

Canberra Older Person's Pleasant Events Schedule

- Look at clouds
- Sit in the sun for 10 minutes
- Be with friends
- Be with family
- Go shopping
- Swim at one of Canberra's many swimming pools, or walk in water if you can't swim - still a great exercise
- Listen to the sounds of nature
- Drive to a lookout e.g. Mt Ainslie or Red Hill, and take in the view
- Meditate
- Invite someone for a coffee. If parking is hard at the trendy places like Gungahlin, Kingston or Braddon, try one of the smaller community centres e.g. the Niugini coffee place at the Duffy shops
- Think about pleasant memories
- Do volunteer work
- Kiss, touch and show affection
- Listen to music
- Notice good things happening to friends or family
- Write a letter, send a card or email
- Collect recipes
- Investigate the Senior Citizens centres
- Cook a cake or a meal
- Compliment or praise someone
- Try a new restaurant, or return to an old one
- Work on a community project e.g. a community garden
- Express something clearly
- Be needed
- Make a project your own way
- Do some gardening
- Amuse others
- Complete a difficult task
- Be with someone you love
- Go bargain hunting
- Worship with others at church
- Feel a divine presence

- Look at the stars
- Read literature, or a magazine!
- Draw or paint
- Enjoy peace and quiet
- Give advice to others based on your experience
- Get to one of our beautiful lakes, sit quietly and listen for birds (best at dawn or dusk)
- Get to one of our beautiful lakes and walk or cycle
- Explore new areas
- Make a daily plan
- Smile at someone
- Clean your house and then enjoy it clean
- Solve a puzzle or crossword
- Put together an outfit to express your personality
- Visit a Museum or gallery. We have so many and most are free. Tell someone what you saw.
- Take a short walk. If you encounter a dog or baby, smile at it

Compiled by:

Dr. Judith Raymond

MBBS, FRANZCP, FPOA