



MEMORY BOXES

SMALL PLEASURES OF LIFE

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FINLAND

A group of people are seated around a dining table, enjoying a meal. The table is set with white plates, glasses, and a large pitcher of red liquid. In the center, there is a roasted turkey and a large loaf of bread. The table is decorated with lit candles and a centerpiece of dried wheat and a red heart. The atmosphere is warm and festive.

FRIENDS

Friends belong to the Small pleasures of the Life:

- discussions with friends
- inviting guests and having a have a good dinner with them
- common meetings in the club house

Quite a special joy is to meet friends that you haven't seen for a long time.

A second coffee break, a cup of coffee with chocolate two hours after breakfast is brings happiness to the morning. A glass of wine belongs to the same category.

The small pleasures of life comes through tastes, as meals cooked by somebody else or pickles bought in a market, which tasted just like in the childhood.

In the same line are morning coffee in a garden.

Grandchildren

- Many participants categorized grandchildren and busying with them into small or even a little bigger pleasures.



MORNINGS

- The first morning pleasure is the sunrise.
- Morning programs on the radio and the newspaper belong to **morning and make happy.**
- **Good TV-programs create joy. Some like "Dancing with stars", while others prefer Heaven TV.**



SPRING

The nature is full of seeds of joy. The advent of spring after a long winter brings happiness and strength: the flowers in the forest and garden, arrival of migratory birds and the first twitter of finches. A special Finnish way to enjoy the nature is sitting on the stairs of the sauna and having a cold drink.

To find a good strawberry meadow brings joy. The strawberries taste delicious and bring to mind sweet memories from the childhood.

Bathing in the sauna and staring at the lake are the core pleasures of Finns. A special joy are the clean, white sheets under which you can lay to sleep relaxed after the sauna.

PETS



Books bring joy and happiness. Some enjoy solving Sudoku, reading good novels or historical books, others studying the Bible.

Cultural hobbies are making good. One enjoy reciting poems, another singing in the choir.

The third enjoys dancing.

Warmth and closeness: a smile, kiss and hug.

A wide-angle photograph of a person swimming in a large, cold body of water. The water is dark and reflects the sky, with a path of ripples leading from the swimmer towards the viewer. The swimmer is wearing a dark cap and is partially submerged. In the foreground, a wooden railing with blue handrails is visible. A sign on the railing reads "Syvyys 160 cm". The background shows a distant shoreline with trees under a blue sky with scattered white clouds.

The joy of physical activity: in addition to the dance gym in the swimming bath.

Swimming in the ice becomes more popular every year in the whole world. After a cold