



## PAY IT FORWARD

It starts with you!

### CEO MESSAGE



**Welcome to the February edition of Horizons! 2021 is in full swing!**

There are lots of exciting things happening at Evergreen in the coming months.

#### LODGE REFURBISHMENT

The electrical works were successfully completed updating the infrastructure and preparing for the new lift and additional capacity.

We are awaiting a delivery date for the new lift. Works are expected to start in March.

Work continues on planning for the kitchen refurbishment - we will keep you updated.

#### IN THE VILLAGE

The outdoor BBQ area in the Community Centre will be refreshed with a bright new coat of paint and new café tables suitable for café diners and Resident BBQs.

Everbean Café is launching an exciting new menu on Monday 1st February. All of your old favourites are on the new menu and also some delicious new items!

Book your table for lunch at Reception!

Warm Regards, **Helen Wilson**

### Pay It Forward as part of Feel Good February.

*Did you know that February is Feel Good February? Evergreen is getting involved this year!*

*There will be small surprises hidden around the Village and Lodge this month! If you happen to stumble across a little something, we'd love you to pass it on to another resident. Or if you'd like to keep this, feel free to create your own little surprise to leave for someone else to find!*

*There are lots of simple ways to pay it forward:*

- **Compliment the first three people you talk to today.**
- **Donate old towels or blankets to an animal shelter.**
- **Surprise a neighbour with freshly baked cookies or treats!**
- **Practice self-kindness and spend 30 minutes doing something you love today.**
- **When you hear that discouraging voice in your head, tell yourself something positive — you deserve kindness too!**

### INSIDE THIS ISSUE

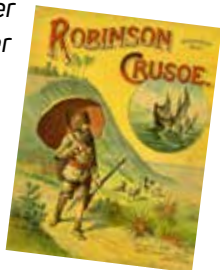
- > February Activities
- > Great Recipe for February
- > Birthday Celebrations
- > Missing Word
- > Laughing Out Loud
- > Resident Committee Update

## AT HOME AND SAFE IN THE LODGE

### Events That Happened In February...

**1709**

British sailor Alexander Selkirk is rescued after being marooned on a desert island for 5 years, his story inspires the novel Robinson Crusoe.



**1869**

The world's largest gold nugget in history is found in Victoria, Australia. It was over 97kg (214lbs).

**1938**

Snow White and the 7 Dwarfs is released by Walt Disney, making more money than any other motion picture up until that point.

**1942**

Glenn Miller is awarded the 1st ever gold record for selling 1 million copies of Chattanooga Choo Choo.

**1952**

Elizabeth II becomes Queen of the United Kingdom. She succeeded her father, George VI, who died that day.

### Christmas Day Lunch



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## OUT AND ABOUT IN THE VILLAGE

### Village Christmas



### A visiting Bluetongue lizard



### Putt Putt



### Scrabble



## REGULAR ACTIVITIES

BOOK THROUGH RECEPTION

### Residents BBQ

**Saturday 6th February at 11.45am**

Community Centre.

Bring your own food and beverage and sense of humour. Come along and join in meeting other residents in the village.

### Darts Every Monday 10am

Community Centre. Come and try your luck.

**Crafty Critters Group** every 1st and 3rd Wednesday of the Month 10am to 12noon Community Centre. Come and show us your crafty skills.

**KLOP'S** Every Wednesday 10.00am to 12noon Community Centre. If you want a good laugh come and watch or play Klop's bring a hat and water bottle, walker friendly.

**Beginners Art Classes** every 2nd & 4th Wednesday of the month 10.00am to 12 noon Community Centre. Come and meet Peter and learn a new hobby.

### Happy Hour Friday 26th February 2021

Bring a gold coin donation. Drinks and light refreshments served. Come along and enjoy the company of fellow residents in your village.

**Podiatrist** Wednesday 17th February 2021 at the Community Centre (Appointment only). Please book at Reception on 4349-2302.

### Putt Putt Golf Every Tuesday 10am

Every Tuesday in the Community Centre. Come and enjoy a game or two and have a laugh.

**Fruit & Vegie Day** Wednesdays from 11.00am Fruit, Vegie's and Eggs available at the Community Centre.

### Community Restaurant Meals on Wheels

Every Friday starting at 10am.

Come along to the Community Centre for fun and games or if you would just like a meal come around 11.30am for only \$12.00 and see Lorraine and her many helpers. Please call Lorraine on 0427 026 229 as we have limited numbers at the moment.

## Welcome To Our New Resident

### Peter & Marjorie McCredie

*Welcome to the Village, we wish you happiness in your new home.*

*Please do not hesitate to come and see the staff at the Community Centre if you require any assistance.*

## West Gosford Pharmacy

### Try our FREE Webster Packing Service

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## AT HOME AND SAFE IN THE LODGE

### Return and Earn at the Lodge

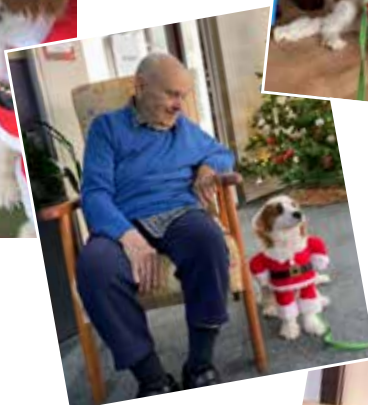


*Lodge Staff and Residents have been collecting glass and plastic bottles over the last couple of months. The team have raised over \$500 for the Leisure and Lifestyle Activities! Congratulations!*

### Ice Cream Van



### Christmas Doggie Visits



## DENTURE CLINIC

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## AT HOME AND SAFE IN THE LODGE

### News from the Lodge

This is our 1st Lodge News for 2021. December was filled with Cute Doggie visits, Carols and Christmas activities. Unfortunately, we were unable to have our Resident and Relative Christmas Party or family members for Christmas Lunch but the wonderful staff made Christmas Day special for our Residents. January's activities included Aussie Wine Tasting, Australia Day Celebrations and of course our Ice Cream Van which everyone is always happy to see.



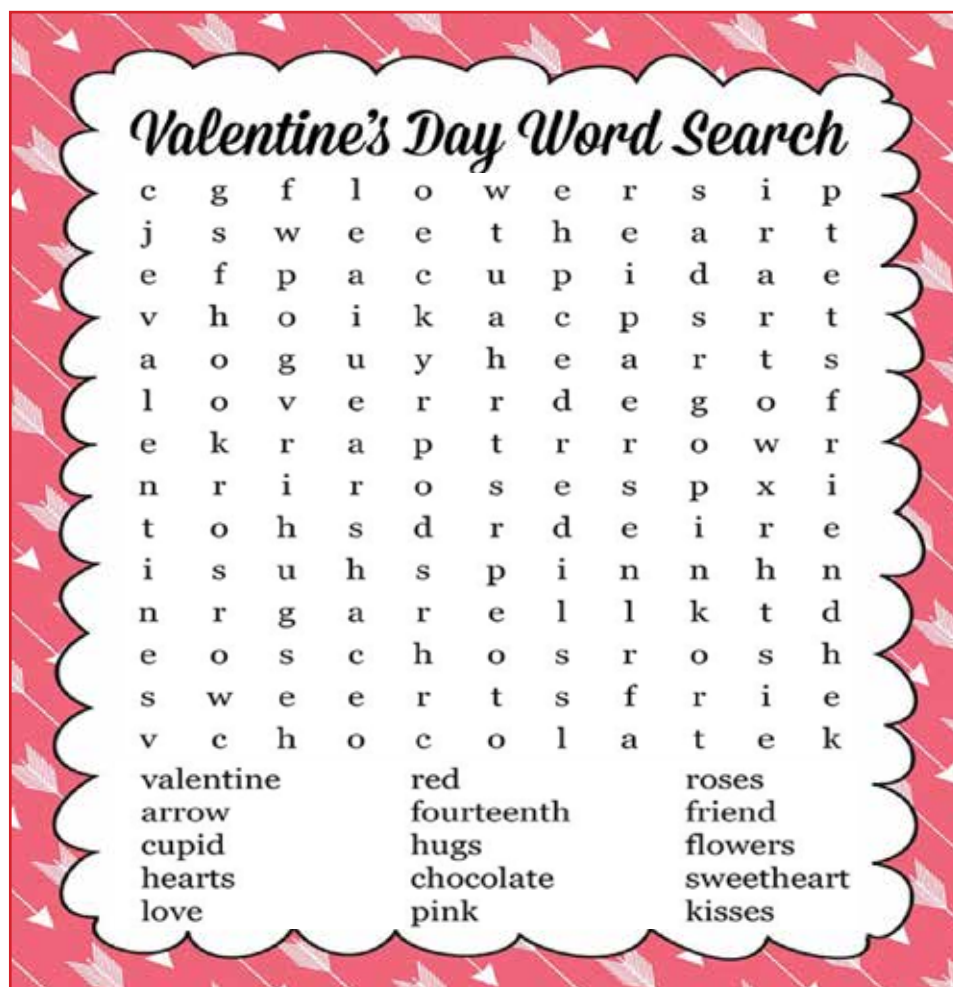
to all these wonderful residents!

### JANUARY

13th Joan Kendricks  
15th Barbara Davidson  
20th Beatrice Roberts  
22nd Betty Van Yzendoorn  
24th Sylvia Pittman  
27th Peter McCulloch

### FEBRUARY

1st John Kennedy  
6th Margaret Mann  
9th Margaret White  
12th Pat Montgomery  
15th Ron Johnson  
17th Letitia Barrett  
19th Margret Broad  
21st Gerald Sutton



## Yallambee Lodge HAIR STUDIO

AT YALLAMBEE LODGE HAIR STUDIO

Thankyou for all your ongoing support.

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# FEBRUARY IN THE LODGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>2</b> 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Craft Group Flower Arranging in the Main Lounge	<b>3</b> 9.30am Resident's Meeting in the Main Lnge 11am Music, Music Music 2pm Wacky Wednesday <i><b>The Day the Music Died</b></i> in the Main Lounge	<b>4</b> 9.30am Move & Groove 10am Quiz Time 11am Chat Time 2pm Bingo in the Main Lounge	<b>5</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	<b>6</b> 2pm MOVIE <i><b>From Time to Time</b></i> in the Main Lounge
<b>7</b> 2pm <i><b>Arm Chair Travel of Egypt</b></i> in the Main Lounge	<b>8</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>9</b> 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Craft Group Pottery with Emilia in the Main Lounge	<b>10</b> 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Wacky Wednesday <i><b>Valentine's Day</b></i> in the Main Lounge	<b>11</b> 9.30am Move & Groove 10am Quiz Time 11am Chat Time 2pm Bingo in the Main Lounge	<b>12</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	<b>13</b> 2pm MOVIE <i><b>Daddy Day Care</b></i> in the Main Lounge
<b>14</b> 2pm <i><b>Arm Chair Travel of Mexico</b></i> in the Main Lounge	<b>15</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>16</b> 9.30am Move & Groove 10am Millionaire Quiz 11am Music, Music Music 2pm Craft Group Grass Heads in the Main Lounge	<b>17</b> 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Wacky Wednesday <i><b>Fads of the 1940s &amp; 1950s</b></i> in the Main Lounge	<b>18</b> 9.30am Move & Groove 10am Quiz Time 11am Chat Time 2pm Bingo in the Main Lounge	<b>19</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	<b>20</b> 2pm MOVIE <i><b>Matilda</b></i> in the Main Lounge
<b>21</b> 2pm <i><b>Arm Chair Travel of Spain</b></i> in the Main Lounge	<b>22</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Bingo in the Main Lounge	<b>23</b> CHINESE THEME DAY 9.30am Move & Groove 10am Chinese Quiz 2pm Craft Group Chinese Lanterns in the Main Lounge	<b>24</b> 9.30am Move & Groove 10am Hot Seat Quiz 11am Music, Music Music 2pm Wacky Wednesday <i><b>Dancing Days</b></i> in the Main Lounge	<b>25</b> 9.30am Move & Groove 10am Quiz Time 11am Chat Time 2pm Bingo in the Main Lounge	<b>26</b> 9.30am Move & Groove 10am Quiz Time 11am Music, Music Music 2pm Music Appreciation in the Main Lounge	<b>27</b> 2pm MOVIE <i><b>Benji</b></i> in the Main Lounge
<b>28</b> 2pm <i><b>Arm Chair Travel of Greece</b></i> in the Main Lounge						

# FEBRUARY IN THE VILLAGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>If you are attending any activities in the Community Centre, you will need to book in at Reception and wear a mask.</b>	<b>1</b> 10-12pm Darts <b>NEW 10am History Club with Peter</b> Bus to Gosford & West Gosford <b>12pm-12.45pm Travelling Book Library Across from Drvewy E</b>	<b>2</b> 10.00am Putt Putt Golf	<b>3</b> 10.00am KLOPS 10.00am Crafty Critters Group	<b>4</b>	<b>5</b> Bus to Gosford & West Gosford <b>10.00am Meals on Wheels</b>	<b>6</b> 11.45am <b>RESIDENT'S BBQ</b>
<b>7</b>	<b>8</b> 10-12pm Darts Bus to Gosford & West Gosford	<b>9</b> 10.00am Putt Putt Golf 10.30am Flower Arranging with Carmen	<b>10</b> 10.00am KLOPS 1pm BEGINNER'S ART CLASSES	<b>11</b>	<b>12</b> Bus to Gosford & West Gosford <b>10.00am Meals on Wheels</b>	<b>13</b>
<b>14</b>	<b>15</b> 10-12pm Darts <b>NEW 10am History Club with Peter</b> Bus to Gosford & West Gosford <b>12pm-12.45pm Travelling Book Library Across from Drvewy E</b>	<b>16</b> 10.00am Putt Putt Golf	<b>17</b> 10.00am KLOPS 10.00am Crafty Critters Group	<b>18</b>	<b>19</b> Bus to Gosford & West Gosford <b>10.00am Meals on Wheels</b>	<b>20</b>
<b>21</b>	<b>22</b> 10-12pm Darts Bus to Gosford & West Gosford <b>NEW 10am Trivia talks with Peter</b>	<b>23</b> 10.00am Putt Putt Golf	<b>24</b> 10.00am KLOPS 1pm BEGINNER'S ART CLASSES	<b>25</b>	<b>26</b> Bus to Gosford & West Gosford <b>10.00am Meals on Wheels</b>	<b>27</b>
<b>28</b>	<b>NEW</b> Computer Assistance and training for residents. 1st Monday of each month. See Reception for more information.			 <b>OPEN 9am- 2pm • Mon-Fri</b> <b>Book at Reception for lunch.</b>		<b>PLEASE REMEMBER:</b> When visiting your Community Centre, you will need to sign in, hand sanitise and practice social distancing + have your temperature checked.



## Evergreen Bird Life

This month's bird is:

### THE EASTERN KOEL



*The Male Koel*

*The Eastern Koel is a large parasitic cuckoo well known for it's carrying "koo-eel" call. It is a summer migrant to the northern and eastern parts of Australia coming from SE Asia.*

*Breeding males often call for long periods, day and night, advertising their territories. The males black/blue plumage differs substantially from the female, immature and juvenile plumages.*

*They are usually found in closed crop forest margins with dense leafy trees where they can be difficult to see. In pairs, small groups or alone and are usually wary and elusive with the males displaying noisily and chasing females in the breeding season. They feed on native fruit and nowadays cultivated fruit also.*



*The Female Koel*

*They breed from Sep-March and being a cuckoo they parasite much smaller birds such as Magpie Larks and Figbirds. The young Koel ejects the hosts eggs or chicks and takes the entire food supply bought by the foster parents.*

## FROM THE YALLAMBEE VILLAGE RESIDENT'S COMMITTEE

Owing to the COVID-19 situation the committee was unable to hold a full meeting on January 4th 2021.

A decision was made to hold an executive meeting plus one.

Carol opened the meeting at 2.30.

**Letter was received** from Helen Wilson CEO thanking Secretary for the November correspondence and enclosing copies of the 20/21 AGM plus Budget Minutes.

**Thankyou cards were delivered** to the many local businesses who donated items to our committee Christmas luncheons. We received wonderful gift vouchers plus other gifts and these were very gratefully accepted by the 'winners' and helped make the days very successful.

Michelle Croft was requested to keep committee informed of new residents.

**In general business** questions were raised apropos the following. (1) Item 16 of Annual Budget re expenditure. (2) Should solar panels be cleaned regularly? (3) Query in regards to closure of the hair salon. Letter to management.

Carol closed the meeting at 3.30pm thanking all for their attendance. Hopefully we will be able to have a full complement of members at our next meeting which is on February 1st.

If any residents have a query or anything of importance they wish to discuss, please feel free to write to your committee secretary or attend a meeting before opening. The full minute of meetings are posted on the notice board.

*By the time this goes to press we will be in the month of February the last month of summer. and the month for lovers. Anyone expecting a Valentine card?*



*Roses are red, Violets are blue  
Honey is sweet, and so are you.*

Enjoy the month of February everyone and thanks for listening,  
**Margaret.**



## Some incredible facts about Australia

### We're goin' to Bonnie Doon

Where do The Castle's Kerrigan family – and their four greyhounds – holiday? Bonnie Doon, 168km north of Melbourne. (The house is available to rent on Airbnb). The dogs – Banshee, Starflash, Trailblazer and Coco – were all sired by Red Rocket.

### Australia's favourite ice cream

Toffee and vanilla ice cream dipped in chocolate wrapped in honeycomb crumbs. Those X factors create a Golden Gaytime (some silly Kiwis call it a Cookie Crumble).

### Australia's Beaches

If you visited one beach in Australia every day... it'd take you more than 29 years. Australia has 10,685 registered beaches.





# LAUGHING OUT LOUD

**COMMON SENSE  
IS LIKE DEODORANT.  
THE PEOPLE WHO  
NEED IT MOST  
NEVER USE IT.**

*I'm best man at  
my buddy's second  
wedding ... is it  
appropriate to open  
my dinner speech  
with: "welcome back  
everyone."*

REMEMBER THE DAYS  
YOU'D GET A  
**VALENTINE BOUQUET**  
AND BE ABLE TO  
**SMELL IT?**



...GOOD TIMES!

## VALENTINE'S DAY JOKES

### WEDDING BUG

Did you hear about the bed bugs who  
fell in love?

*They're getting married in the spring!*

### FIRST DATE

Q. Did Adam and Eve ever have a date?

A. No, they had an apple!

### SURPRISE

One morning Emma woke up with a  
start. Her husband Jim asked what  
was the matter, she told him, "I just  
had a dream that you gave me a pearl  
necklace for Valentine's day. What do  
you think it means?"

"You'll know tonight," Jim said.

That evening, Jim home with a small  
package and gave it to his wife.  
Delighted, Emma opened it - only to  
find a book entitled "The meaning of  
dreams".

### NON STICK

What do you call someone who can't  
stick with a diet? A. A *desserter*.

### REALLY?

A whale swims all day, only consumes  
fish and water, and is fat. A rabbit  
only eats vegetables, runs and hops  
all day long, and only lives 5 years.  
Meanwhile a tortoise doesn't run and  
does nothing energetic, yet it lives for  
450 years. And you tell me to eat well  
and exercise! I don't think so.

## TAKE CARE

I exercised once, but found I was  
allergic to it. My skin flushed and my  
heart raced. I got sweaty and short of  
breath. Very dangerous.

## PREFERRED DIET

I choked on a carrot this afternoon,  
and all I could think was, "I bet a donut  
wouldn't have done this to me."

## THAT'S JUST NOT RIGHT

I saw a driver texting and driving.  
It made me so mad I threw my beer  
at him.

## SECRETS

A husband and wife had been married  
for 60 years and had no secrets  
except for one: The woman kept in her  
closet a shoe box that she forbade her  
husband from ever opening. But when  
she was on her deathbed—and with  
her blessing—he opened the box and  
found a crocheted doll and \$95,000  
in cash. "My mother told me that the  
secret to a happy marriage was to  
never argue," she explained. "Instead,  
I should keep quiet and crochet a  
doll." Her husband was touched. Only  
one doll was in the box—that meant  
she'd been angry with him only once  
in 60 years. "But what about all this  
money?" he asked. "Oh," she said,  
"that's the money I made from selling  
the dolls."



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**VISITING EVERGREEN**  
**Wednesday 3rd March**  
No visits in February

## 70's Songs

Find and circle all of the songs from the 70's that are hidden in the grid.  
The remaining letters spell the title of an additional song from the 70's.



## FEBRUARY BIRTHDAYS

Join us in wishing  
**Happy Birthday**  
to these wonderful residents.

### 1st FEBRUARY

Robyn Duffy .....YV

### 5th FEBRUARY

Suzanne Willis .....YV

Tess Blow.....YV

### 7th FEBRUARY

Claire O'Connor .....YV

### 8th FEBRUARY

Robyn Targett .....YV

Enid Bentick .....YV

### 11th FEBRUARY

Des Mooney .....YV

### 14th FEBRUARY

Carol Fraser .....YV

### 25th FEBRUARY

John Hubbert .....YV

YV = Yallambee Village

ANGIE

BABE

BAD BLOOD

BETH

BROWN SUGAR

CAR WASH

CONVOY

CRACKLIN' ROSIE

CROCODILE ROCK

DANCING QUEEN

DREAMING

DREAMS

FAME

FREE BIRD

GREASE

HEART OF GLASS

HOT STUFF

HOTEL CALIFORNIA

ISLAND GIRL

JIVE TALKIN'

LAYLA

LE FREAK

LOLA

LOVIN' YOU

LOWDOWN

MACARTHUR PARK

MAGGIE MAY

MISS YOU

MONEY

NIGHT MOVES

OHIO

POP MUZIK

RHIANNON

RHINESTONE COWBOY

RICH GIRL

ROXANNE

SAD EYES

SIR DUKE

STAYIN' ALIVE

SUPERSTITION

THE JOKER

TRAGEDY

VENUS

WATERLOO

YOUR SONG

**ON THE MOVE ... 'POST ISOLATION'** Airlines are keen to take you up, up and away, cruise companies are offering great specials throughout 2021 and there are plenty of Australian travel options being advertised.

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| <input checked="" type="checkbox"/> Reverse cycle Air conditioning |   |



To book please call on  
**02 4349 2300**  
or visit Julie at Reception in the Community Centre.



## In Sympathy

Our thoughts and prayers go out to the family and friends of the late:

**Albert Woodward YL, Raie Brady YL  
Heather Whitehead YL, Helen Savage YL  
& Robert Brown YL**

*Our sincere condolences.*



## NO-BAKE TURKISH DELIGHT CHEESECAKE SLICE

### INGREDIENTS

- 200g ginger nut biscuits
- 80g butter, melted
- 1/4 teaspoon ground allspice
- 2 tablespoons boiling water
- 2 teaspoons gelatine powder
- 375g cream cheese, softened
- 1/3 cup caster sugar
- 1/2 teaspoon finely grated orange rind
- 2/3 cup thickened cream
- 150g Coles white chocolate with vanilla, melted
- 1/2 cup pistachio kernels, toasted
- 85g packet creaming soda jelly
- 2 teaspoons rosewater essence

**METHOD Step 1:** Grease a 6cm-deep, 19cm square cake pan. Line base and all sides with baking paper extending paper 5cm above each side.

**Step 2:** Place biscuits in a food processor. Process until coarse crumbs. Add butter and allspice. Process to combine. Press biscuit into base of prepared pan. Refrigerate until required.

**Step 3:** Place boiling water in a small heatproof jug. Sprinkle over gelatine. Stir until gelatine dissolves. Cool for 5 minutes.

**Step 4:** Using an electric mixer, beat cream cheese, sugar and orange rind until light and fluffy. With motor operating, gradually add cream, gelatine mixture and chocolate, beating until mixture thickens slightly. Stir in pistachios. Pour mixture into pan. Refrigerate for 2 hours or until just set.

**Step 5:** Make jelly following packet directions. Stir in rosewater essence. Refrigerate for 1 hour or until cold but not set. Pour over cheesecake layer. Refrigerate for 4 hours or overnight until jelly is set. Carefully lift out of pan. Cut into squares. Serve.

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Advertising flyer c1960s.

## The Ferneries at Matcham

Main Image from a Postcard c1975.



2 baby kangaroos at  
The Ferneries c1950.

### Catering to Our Early Tourists

After the completion of the railway in the late 1800s, the Central Coast suddenly became a viable tourist attraction and holidaying spot. Families came up on the steam train and flocked to its clean beaches and bushy landscapes, happy to get away from busy and overcrowded Sydney.

About thirty years later, as the automobile was becoming popular and new roads were built, a family called the Gethings started a private parkland at Matcham. It would grow to become one of our first tourist enterprises, appealing to all ages as it offered guided walks through beautiful rainforest gardens and glasshouses of rare plants, rides on paddle boats, a small zoo, picnic grounds and a café with special homemade scones. It would operate until the mid 1990s.

Yet, few people realise the business was started as a way for Mrs Gethings to keep her family together. She had two deaf and mute sons, with little prospects of work and opportunity for either of them in the 1920s, so she bought the old farm at Matcham where it was hoped the boys and the rest of her children could work and profit together.

As luck would have it, there was a beautiful rainforest gully on the property and soon the family was looking after, and profiting from, this feature. They dammed up the little creek to make a weir, and one of the deaf and mute brothers built special wooden paddle boats for paying visitors to use. Of all the things remembered about The Ferneries, most people remember riding the little paddle boats, and, in many ways, it became a symbol of the Central Coast's early tourism industry. Later, it would be replaced by far grander enterprises like the Reptile Park and Old Sydney Town.

Article written by Peter Fisher



### MEET THE TEAM

#### **Elizabeth Pal**

Night Duty  
Registered Nurse

#### **What is your role at Evergreen?**

A Registered Nurse mostly as the night shift RN and more recently as Acting Care Manager.

#### **How long have you worked here?**

For three and a half years.

#### **What do you enjoy most about working here?**

I have always liked the culture and friendliness working here and the respect amongst staff members for each other, their roles and for residents. I like that there is a real care factor for the residents amongst staff and a professionalism shown where we support residents, families and one another.

#### **How long have you been nursing for?**

**You have a lot of qualifications!**

Bachelor of Nursing, Diploma of Management Certificate 111 in Aged Care, Certificate IV in Aged Care, Certificate IV Leisure and Lifestyle

#### **How long have you worked in Aged Care?**

I am in my 16th year of working in Aged Care.

#### **What do you like to do in your spare time?**

In my spare time I love the outdoors and love walking along the beach or at Terrigal Haven daily, swimming and exercise, family get togethers and love a good movie. I also enjoy shopping and eating out.