

Book of Joy

Hummingbird Memory Cafe





"Joy is the feeling of grinning inside."

--Melba Cogrove

Book of Joy

Book of Joy by Hummingbird Memory Cafe.

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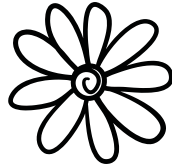
    @hummingbirdmemorycafe

Also by Hummingbird Memory Cafe

Mikey Franklin's Friendship

Poetic Pauses

DEDICATION



"Book of Joy" is written by the Hummingbird Memory Cafe artists who gathered at the Joy Cafe March 2022 to share their experiences about where they have found joy in life.

The book can be read by one reader or by engaging with multiple voices.

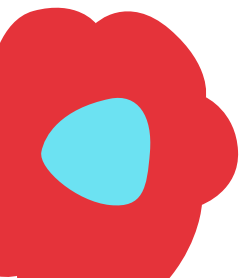
May all our readers share and receive joy as they navigate their journeys.

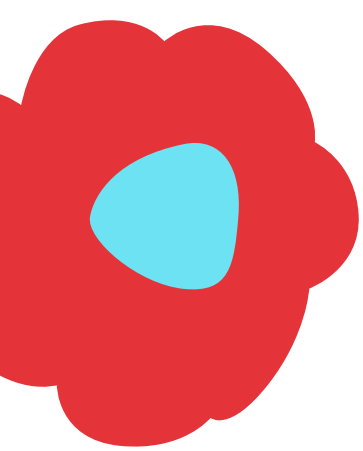
PREFACE

We experience joy in many ways as depicted by this word cloud based on our conversation at the Joy Cafe.



What brings you joy?
Where have you found joy in your life?





Book of Joy

Hummingbird Memory Cafe



Joy makes you happy.



It puts a smile on your face.

Joy must be found within
yourself to share with others.



Shout for joy!

Joy comes with faith.



Joy is a wonderful feeling.

Joy to the world!



Getting together during
holidays can bring joy.

Cooking together as a family is very joyful.



Share childhood memories.

He was a good friend of mine.



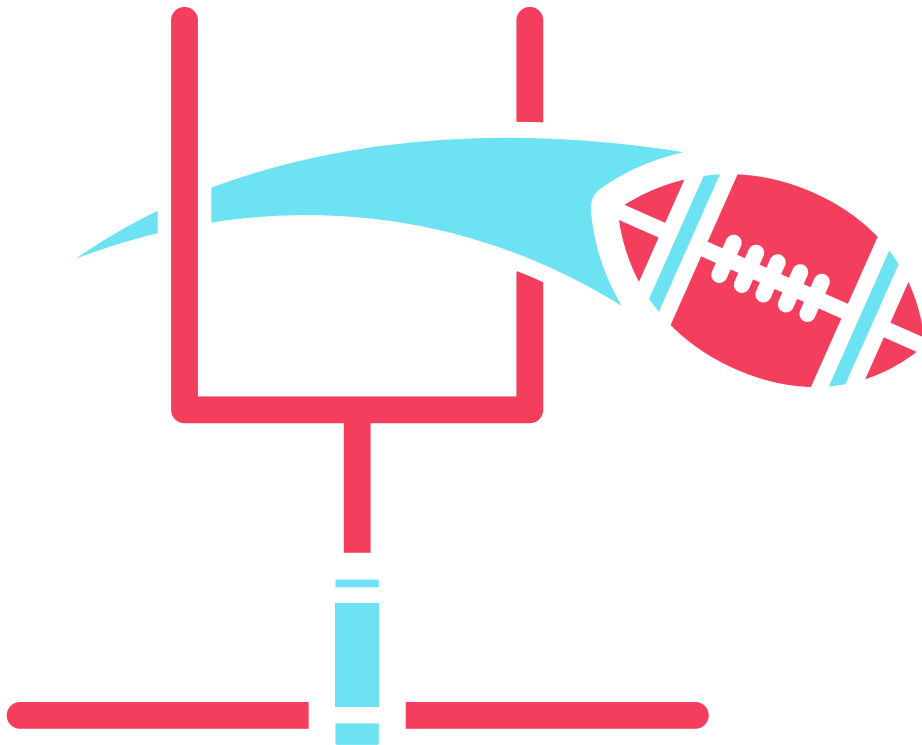
Joy to the world!

Joyful to wake in the morning.



Joy is a purring kitty when I
come home at night.

Joy is when the football team
you are rooting for wins.



Joy can come from success,
good fortune or a sense of
well-being.



Joy makes you happy.



It puts a smile on your face.

ACKNOWLEDGMENTS



Gratitude is extended to all Hummingbird Memory Cafe artists who contribute each month to our collective creativity.

The cafe is grateful to our readers and their interest in the artists and works of the cafe.

Thank you also for the contributions of knowledge, supplies and other tangibles and intangibles that support the cafe mission to provide a social connection for people living with dementia, their carers and others who believe that we can live well with dementia and find joy in our JOurneYs.

Joyful Notes



WHAT BRINGS YOU JOY? WHERE HAVE YOU FOUND JOY IN YOUR LIFE?

The Hummingbird Memory Cafe artists share their thoughts about finding joy in this easy-to-read book appropriate for all ages.

Book of Joy provides opportunities for readers to reflect on joy in their life and consider how joy can be shared with others.

May all readers live well and find joy in their JOurneYs.

