# THE JOY CLUB!!



STARRING

## Barb "Bubbles" Sherf

*Laughter is the Lubricant of Life*

### THE LAUGHTER ALPHABET

**A**
- Aloha
- Age
- Appreciation
- Argument

**B**
- Baby
- Back to Back
- Bad News
- Birth
- Bird

**C**
- Cell phone
- Credit Card
- Conductor

**E**
- Electric Shock
- Ear Wiggle
- Elevator

**F**
- Forgiveness
- Flowers

**G**
- Greeting
- Gradient
- Greeting
- Gibberish

**H**
- Hot Soup
- Ho Ho HAHA
- Heart of Mine

**I**
- I don't know why I'm laughing!!

**J**
- Jackpot
- Jumping Frog

**L**
- Lotion
- Let's just laugh
- Lion
- Lawn Mower

**M**
- Mental Floss
- Milkshake
- Mimic
- Motorboat

**N**
- No Money
- Namaste
- No Reason

**O**
- One Meter
- Orchestra
- Ommm
- Oneness

**P**
- Pigeon Poop
- Paint
- Patty Cake

**Q**
- Queen Wave
- Quiet Laugh

**R**
- Royalty Wave
- Row Laughter
- Roller Coaster

**S**
- Slow Mo
- Shower
- Shy
- Swinging Arms

**T**
- Too Tee Ta

**V**
- Vowels
- Violets

**Z**
- Zzz 😴

***"Very good, very good, Yaay!!"* (x2)**

## What is The Joy Club? 🎭

A gathering built on gratitude, laughter, and connection — sharing joy, moving through guided Laughter Yoga, and journaling in our "Attitude of Gratitude" worksheet!

*"Laughter is a tranquilizer with no side effects."*
**Arnold Glasow**

## Daily Gratitude 🌳

I am grateful for...

The food I have every day
The roof over my head
The people who care about me
My imagination that inspires me
My mistakes that help me improve
The freedom to express my thoughts
My friends who bring joy into my life
My comfortable bed to rest & recharge
Who did I enjoy being with today?
A moment that made me smile today
Someone I'm grateful to know
A simple pleasure I enjoyed today
How can I make tomorrow better?

**Certified Laughter Yoga Leader - NoteToBarb@gmail.com - 215-990-9317**