



Simple Joys

Description



Crestwood Burger with blue cheese and green salad a la leon

One of the things I liked best about working at an office was planning where my co-workers and I were going for lunch. A little sad to say, but true. It was our social time as well as a time to scout out new places to eat. Over the last few weeks I have had a few lunch dates with friends and itâ€™s one of those little things I look forward to. As much as I enjoy reading blogs and the ease of the internet itâ€™s not the same as interacting with people in person. My friend and I went to [Cafe Europa](#) in

Crestwood. The picture above is what I had for lunch and yes it was delicious. [Cafe Europa](#) is nestled in between a strip of shops on 55th street in Kansas City. The shops remind me of something youâ€™d find in the Hamptons and each store has a bright colored door. Itâ€™s very quaint and a great place to go for a girls lunch.



Even though gifts arenâ€™t my main love language (see post on the [5 Love Languages](#)), I love spur of the moment gifts. A friend of mine gave me this lovely owl ornament that she found while traveling. Itâ€™s no secret that I love owls. Little â€œjust becauseâ€ gifts or cards let someone know you were thinking of them and can brighten their day.



I'm gradually working my way to eating healthier snacks. I have a sweet tooth so I love a piece of chocolate every day or a cookie. On a recent trip to Costco with my friend Angela I picked up the Kale salad which she recommended. It has dried cranberries and pumpkin seeds in it and comes with a poppy seed dressing. My family isn't big on spring mix type salads, but I thought it was good and would be nice to have for lunch. The pomegranate pistachios looked delicious to me. We hadn't had lunch yet and I was starving so I was being tempted by everything in the store. They are good, but very peppery. If you are a fan of black pepper then you will probably love them.

I wanted to share this comment from Angela in case you missed it on my [Curly Girl Designs](#) post. **Happiness comes from things and people that surround you and that you love. Joy is vertical or God given. Joy is what keeps us afloat when the happiness isn't there or the things around us are troubling. Joy is our bigger and better boat.** Even though I focus on a lot of things I truly believe joy comes from within us and being in touch with our spirit. I hope you have a joy filled weekend!

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