

13. The Filament Lamps at Belfort

Wijkcentrum 't Bellefort, Iepenlaan 40, Eindhoven (Strijp) (closed on Sundays)

THE HAPPY SPOT

A filament lamp gives warmth and light, two basic ingredients for happiness. Philips has built an entire empire around them. In the Philips village, you can still see the original houses from the turn of the twentieth century. Thousands of professionals came here to live, close by the factory. Behind every home's exterior, lies a story. The filament lamps provide warmth and light, and all lead to the Belfort community center.

WHAT MAKES US HAPPY HERE?

Gratitude for togetherness. Social contact. The feeling of a smile. Learning from each other.

Expressing oneself. Awareness of one's feelings. Simplicity. A warm and welcoming neighborhood.

THE HAPPINESS TIPS

GIVING WARMTH AND LIGHT

- In the 'Kunsterij', creativity comes first – an easel, paper and paint are always on hand there, available for any happiness-seeker to use. Communicating feelings in expressive forms makes people happy. Don't hesitate. **Grab a brush** and paint something original that symbolizes 'happiness' to you. Sign your name on it. All works are collected and exhibited.
- Every week, people gather on the first floor at Mimakkus to train to become a therapeutic clown for the elderly. A clown arouses all kinds of emotions. **Laughter** is one of them. We actually laugh less in response to jokes than in response to contact with others. When was the last time that you really laughed out loud? Laughter is contagious. Share it with at least one new person that you meet in the gathering space today. This place is especially dedicated to getting to know new people and discovering their stories. Take the first step.
- This community center owes its friendly warmth to its **volunteers**. Take a peek inside each of the different rooms. What activities do you see going on there? Volunteering makes people happy. When was the last time that you did something selflessly for another person? What type of volunteer work would you enjoy? Get started doing it or expanding it. Discover all the possibilities in Eindhoven on www.jjibenteenkanjer.nl

EVEN MORE HAPPINESS

Displayed on the community center's counter, you will discover postcards crafted by people at Belfort. Expressing gratitude makes us happy. Who are you truly grateful for in your life and why? Write a sincere **thank-you note** to that person on one of the cards and send it in the mail.