

# Today is a Blessed Day

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**Today is an example of how blessed I feel.** I write this article so that when I become senile, I can look upon this moment and know how fulfilling and cherished my daily life was. 😊

An excellent start of a beautiful day is the ability to “sleep in” to almost lunch time. Thinking that it is time to have a grand meal, and do not want to work to obtain such a meal, I suggested to my wife that we should go out. I was very pleasantly surprised that my wife had other plans! She wanted to try out a noodle dish that she learned from a Chinese social media site called 小红书 (Little Red Book). The dish is called 蟹肉醬麵 (Chinese Crab Sauce Noodles). Since the crab sauce is difficult to obtain here in Canada, she has found a way to replicate a pseudo-facsimile version of the sauce. For more on this dish, you can checkout the following [web site](#).

Of course I went with her plan instead of mine! Long story short, even with a missing ingredient, the noodles were succulent and I finished it in no time.

Sedentary behaviour is extremely

common right after a full meal, so we settled in our comfortable couch and watched a Chinese dating reality show called ([心动的信号7](#)). This show is filled with romantic innuendoes and moments, an excellent heart and eye candy to fill the time.

We then went out for an hour long walk on this sunny and blue sky day. As we were about to finish our walk we came across a neighbour who is also returning home from a basketball game. During our conversation, we talked about dinner preparations. All of a sudden my father called and he wanted to go out for dinner! The timing could not have been more perfect.

We ended up at [聚龍軒 \(The One\)](#). We had a wonderful meal there consisting of a steam fish dish, satisfying soup, various other dishes that opens the appetite to infinite number of bowls of rice.

Belly filled and along with some take outs, I honestly felt blessed today and wish that there are plenty more of these to come. But not too frequent, so that each of these days can be cherished!