

Richmond Seniors 55+yrs



The 5 Senses of Nature Series

While out for a walk, or in your yard:

What do you see? Huge fluffy rainclouds or flocks of snow geese?

What do you feel? Toasty warm with a scarf or hidden under an umbrella

What do you hear? Rain drops or geese honking?

What do you smell? Musty leaves or fireplace smoke?

What do you taste? Hot chocolate, coffee or tea

(Suggestion - keep a journal and record your observations)

**Engaging your senses melts stress and makes it easier to see
the blessings that are all around you**

Check in with your community centre Seniors Coordinator for each month's theme.

We hope you enjoy our November feature. Next update Thursday December 3, 2020



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