

Richmond Seniors 55+yrs



The 5 Senses of Nature Series

While out for a walk, or in your yard:

What do you see? Butterflies or families out for an evening stroll?

What do you feel? A peaceful calm or anticipation?

What do you hear? Gentle wind chimes or swimming pool splashes?

What do you smell? Fragrant roses or coconut sunscreen?

What do you taste? Can you taste watermelon or a juicy peach?

(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 August feature - next update Thursday September 3, 2020



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