

Richmond Seniors 55+yrs



The 5 Senses of Nature Series

While out for a walk, or in your yard:

What do you see? What color is the sunrise or sunset?

What do you feel? A hot summers night, or cool crisp morning?

What do you hear? Children playing or a breezy wind?

What do you smell? Freshly cut grass, BBQ, or...?

What do you taste? Can you taste the BBQ or refreshing lemonade?

Focus on your breathing, relax and enjoy nature!

This is called grounding

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

We hope you enjoy our July feature - next update Thursday Aug 6, 2020



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