

# Richmond Seniors 55+yrs



## The 5 Senses of Nature Series

**While out for a walk, or in your yard:**

**What do you see?** Sparkling river water or birds in the sky?

**What do you feel?** Summer's mid-day heat warming your skin?

**What do you hear?** Seagulls squawking or a distant boat engine?

**What do you smell?** Wild flowers in the grass or tangy salt water?

**What do you taste?** Refreshing iced tea or a cup of hot 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 September feature. Next update Thursday October 1, 2020



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