



CARREFOUR BIENVEILLANCE 50+

Pour un vieillissement actif et heureux
dans Vaudreuil-Soulanges

Newsletter
february 2025



7 ways to spread the love this Valentine's Day

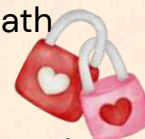
At a time when we need to take care of ourselves and others more than ever, why not take the opportunity to multiply the small, thoughtful gestures around us? Here are 7 ways to share a little love with everyone around us.



1. Love yourself first

Taking time out just for yourself to do what you enjoy isn't at all selfish! In fact, it's essential for recharging your batteries once in a while. This Valentine's Day, take a moment alone to pamper yourself, simply because you deserve it! Looking for inspiration? Plan a relaxing evening: order in from your favorite restaurant and watch a feel-good movie before ending the evening in an ultra-relaxing bubble bath.

2. Celebrate in your love cocoon



Valentine's Day is the perfect opportunity to break the routine and celebrate the beauty of your relationship with a little extravagance. Why not throw yourself an ultra-chic party, but... at home? Say goodbye to flimsy clothes: get dressed up, put a bottle of bubbly in the fridge, and order yourself a sumptuous meal fit for kings. And don't forget to take a few photos to immortalize this sweet moment.

3. Stick with your mini sizes

In the family, tenderness is a daily reality, right down to the smallest gestures. Why not turn Valentine's Day into a big love fest for your toddlers and school-age children? Help your little ones to put together decorations such as garlands and greeting cards to decorate the house. You can add sweet nothings and compliments for each member of the family. To make the day even more festive, prepare some red snacks and, of course, don't hesitate to offer as many hugs as you like!



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5. Put friends first

Our friends are so precious: they're there for us in good times as well as the not-so-good ones. This Valentine's Day, take the time to celebrate your various friendships.

It's the perfect time to write a nice message to each of your friends, thanking them for their support or for their morale-boosting humor.

Mention how their presence has a positive impact on your life.

Enhance your message with photos you've taken together and funny anecdotes, and that's it.

You're guaranteed to make people happy!



6. Pamper our four-legged friends

Our four-legged companions accompany us, without judgment, through the best of times and the worst of times. Lately, they too have been taking part in our many video meetings, and have had to adapt to our more frequent presence at home. Not always easy!

This Valentine's Day, spoil them with a favorite treat or a new toy they'll love.

Kisses guaranteed!



7. Share with those who need it most

If your situation allows, why not spread a little love outside your network too, with those in need? Whether your compassion goes out to animals in shelters, seniors living alone, or families in need, there are so many people and causes to give a little support and love to.

If you'd like to lend a helping hand, you can make a donation to an organization close to your heart, take your surplus food to community fridges, or offer a few hours of your time by volunteering.

Giving is so rewarding.

What a great way to spread the love!



REPAS PARTAGÉS AN ACTIVITY TO CREATE LINKS AND BREAK ISOLATION

Statistics

reference: activity report 2023-2024

Average meal served monthly:	568
Average volunteers monthly:	83
Total volunteers hours:	4002
Total number of participants per year:	4469
Total meal served per year	5115



February schedule

- N.D. de l'Île-Perrot wednesday february 12
- St-Lazare thirsdays february 13
- Pincourt tuesday february 18
- Rigaud thirsdays february 20
- Ville Île Perrot wednesday february 26

wishing more details?

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