

## SENIOR SCAPE: Valentine's Day

**By Christina Doyle**

Ah! those good old days when classroom desks were covered with lovely Valentines.

For some of us, it was like Charlie Brown who only hoped to get one little red Valentine, and it became the dreaded holiday where some of us would rather have stayed at home and not had to face the snickers of our peers as we waited to see if a Valentine ended up on our desk.

Then, by some incredible miracle, there it was: a humble little Valentine that gave you hope that the world was well with you again. This Valentine Seniorscape is for you!

Not to forget our peers who remember those days with fondness and joy.

Although it's just a distant memory, there is much to gain by observing this special month.

There are people all around us, who give their time, their big shoulders to lean on, their gentle hearts, who offer you a few words that somehow carry you through the darkness, such as the uncanny, perfectly-timed phone call or the kind remarks.

These are given to you as gifts.

It's always nice to be on the receiving end but even more gratifying to be the giver. This month, give a little of yourself to someone.

Thank someone for the kindness given to you.

Always think in simple terms. As a retired teacher, the most special gifts came from students who made their own gift and wrote their own message to me.

We must always remember that our words can heal.

We all need to hear sometimes that we are appreciated but we also need to acknowledge those who do the many little things for us.

Pause a moment and take the time to get to know someone new in your life, in your building, in your social circles, and welcome them.

Plant your seeds of kindness, as corny as it sounds. People do notice and listen. Winter can be a very lonely season so let's be that comforting blanket to someone today.

For some of us, hiking, skiing and skating are a thing of the past, and the cold weather only makes us reminisce of days gone by.

However, be grateful that you had those days, those memories, and enjoy this month.

There is a little creativity in everyone, so why not cut out some red hearts, put them up and tell someone you care for them?

Work your magic this season: be bold and say a great big "thank you" to someone for their support. That is all it takes! Work from your heart, say from your heart, do from your heart and it will be the greatest gift of all one can receive.

Happy Valentine's Day to all the Charlie Browns out there and Welcome February!

For more information on the Aurora Seniors' Centre and all it has to offer, drop by 90 John West Way, visit the web site [www.auroraseniors.ca](http://www.auroraseniors.ca), email [auroraseniors@rogers.com](mailto:auroraseniors@rogers.com) or call 905-726-4767 between 9 a.m. and 4 p.m. Monday to Friday.