

Contact us for your auto & property insurance needs.

Relax.
We're offering a local solution you can trust.

Mitchell McConnell Insurance Ltd.

Get an instant quote, call: 1-800-796-2455

(506) 634-7200 | mitchellmcconnell.com
660 Rothesay Ave, Saint John, NB

Public Legal Education and Information Service of New Brunswick (PLEIS-NB)

We offer free brochures and booklets on many legal topics

Helping the public know the law

www.legal-info-legale.nb.ca | 506-453-5369

50/50 LOTTO

Play every week!

1 800 453-4333 • www.nbscf.ca



50+ Newsletter



February 2025 • Issue 2

New Brunswick Senior Citizens Federation

www.nbscf.ca 

Embracing Heartfelt Connections and Winter Well-Being

February in Canada often conjures images of frosty mornings, cozy evenings by the fire, and the heartwarming celebrations of Valentine's Day. Yet, for seniors, this mid-winter month can be about much more than sending cards and sharing chocolates—it's a chance to nurture both emotional and physical well-being, embrace community connections, and take stock of personal health goals.

One of the key themes of February is love in all its forms, including friendships, family bonds, and self-care. Even simple gestures like writing a handwritten note or making a phone call to an old friend can spark feelings of connection that brighten the darker winter days. With social isolation sometimes impacting older adults more profoundly during the coldest months, consider organizing a small gathering or virtual chat—particularly if icy sidewalks make travel challenging. These moments of togetherness remind us that love and companionship can warm hearts despite the frigid temperatures outside.



February is also recognized as Heart Health Month in Canada, an important reminder to pay closer attention to cardiovascular wellness. This could be a great time to try heart-healthy recipes featuring seasonal produce, such as hearty soups packed with root vegetables and legumes. Making small dietary adjustments—like cutting back on

sodium and saturated fats—can have a significant impact on heart health over time. Additionally, gentle physical activities like walking indoors at a local mall or practicing chair yoga at home can support both circulation and flexibility. Many community and fitness centres offer

... continued on next page

Resolutions 2025 - Call for submissions

The NBSCF is now calling for resolutions for 2025, with a deadline of Friday, March 21st. We invite any member, club, or Zone to submit ideas that could enhance the quality of life for senior citizens. Whether you would like to propose a new service, implement a regulation, or solve a common issue in our communities, we encourage you to bring forward realistic solutions in the form of a resolution. Once you have decided on the focus of your resolution,

give it a clear title and explain the reasons behind your proposal.

After receiving your submission, an NBSCF staff member can finalize its wording. You will have the opportunity to review and approve the resolution before it is passed by the Board of Directors for presentation at the 2025 AGM on Tuesday, May 13th, 2025. We believe that thoughtful and actionable resolutions can contribute significantly to positive change, so we look forward

to hearing your ideas.

If you are ready to submit a resolution or need more information, please contact us at the Provincial Office. You can reach us at 1-800-453-4333, 23-451 Paul Street, Suite 209G, Dieppe, NB, E1A 6W8, or by email at info@nbscf.ca. Thank you for your commitment to improving the well-being of seniors in our community, and we look forward to reviewing your submissions.

Embracing Heartfelt Connections *(continued from previous page)*

senior-friendly programs tailored to winter conditions, ensuring that staying active is safe and accessible.

Beyond the focus on romantic love and heart health, February offers other meaningful occasions, like Family Day in several provinces. For seniors, this holiday can serve as a reminder to celebrate family traditions—whether by sharing stories from the past, passing down well-loved recipes, or simply taking time to connect with children, grandchildren, and extended

relatives. These intergenerational moments provide an opportunity to bridge gaps, share wisdom, and create lasting memories.

Finally, consider exploring volunteer opportunities this month. Local shelters, schools, and community organizations often need an extra pair of hands during the winter. Volunteering not only supports your neighbours but also fosters a sense of purpose and connection. Whether it's reading to children at a library, lending

a hand at a food bank, or serving on a community board, giving back can enrich your days and strengthen your ties to those around you.

As you navigate the snowy landscape of February 2025, remember that nurturing heartfelt connections, staying mindful of your health, and finding joy in everyday moments can transform this chilly month into a season of warmth and well-being.

Do you know how much your long-awaited retirement will cost, and what steps you need to take to get there?

We have the answers to your questions!

Make an appointment
uni.ca/wealth
1-888-359-1357

