

Moore Law for Children &

Council on Aging Southern California

WARM HEARTS

Valentines for Seniors

2026

DID YOU KNOW...

There are 45,000 seniors and disabled adults in long-term care facilities in Orange and Riverside Counties? Many are without family or friends, and they often feel forgotten.

You can make a difference in their lives by creating handmade Valentine's Day Cards.

With your help we will deliver over 4,000 cards on Valentine's Day!



Instructions: Valentine's Day Cards for Seniors

- Make cards for Valentine's Day. See *following slides for design ideas, templates, poems, and links to buy inexpensive supply kits.*
- No envelopes needed.
- Do not sign the cards, as that can confuse the seniors if they get a card from someone they don't know.
- No religious statements to respect each person's personal beliefs.
- Deliver before 5 pm on February 1, 2026.

OR

Address: 361 Forest Avenue, Suite 201 (2nd floor), Laguna Beach, 92651

Address: 2 Executive Circle, Suite 175, Irvine, CA 92614

If you have any questions, please email Tatiana@MooreLawOC.com or call (949) 336-7711.

CARD MAKING MATERIALS

Below are some suggested materials to use to make the cards:

- Construction Paper or Card Stock:
Red, Pink, Purple, White
- Glitter Pens
- Markers
- Tissue Paper: Red, Pink, and White
- Foam Stick-On Hearts
- Kits Available for Purchase Online
at [Michael's](#) and [Joann's](#).



SAMPLE VALENTINE'S DAY CARD MESSAGES

Below are some suggested messages to warm their hearts and brighten their day!

- *May your day be filled with all kinds of bright sunny things!*
- *Sending cheerful thoughts to brighten your day!*
- *Sending lots of hugs your way!*
- *Wishing you a day filled with sunshine!*
- *Wishing you a love-filled day!*
- *Wishing you everything that makes you happiest, today and always. Happy Valentine's Day!*
- *Wishing you all the love this Valentine's Day!*
- *You are special you are loved, always.*
- *You are a special flower in the garden of life!*

Roses are red
Violets are blue
Sugar is sweet
And so are you!

Roses are red
Violets are blue
You make the world better,
Just being you.

Easy Card Idea: Bouquet of Hearts

Instructions: On front of card, use green marker to draw stems. Cut out several small hearts and adhere with glue.



Easy Card Idea: Heart Flower

Instructions: Cut out a pink or red heart, green stem, and green petals. Attach to a card with glue.



Easy Card Idea: Heart Flower

Instructions: Cut out three hearts and glue them in flower pattern right on the card. Cut out or draw green stem and petals.



Easy Card Idea: Foam Heart Caterpillar

Instructions: Use foam stick-on hearts to attach in caterpillar shape to card. Use sharpie to draw eyes, smile, antennae, and legs.



Easy Card Idea: Valentine Tree

Instructions: Cut out a tree trunk from brown construction paper, or draw with brown marker. Cut out different colored hearts and attach to tree with glue. You could also use foam stick-on hearts instead of cutouts.



Easy Card Idea: Simple Glitter Pen Designs

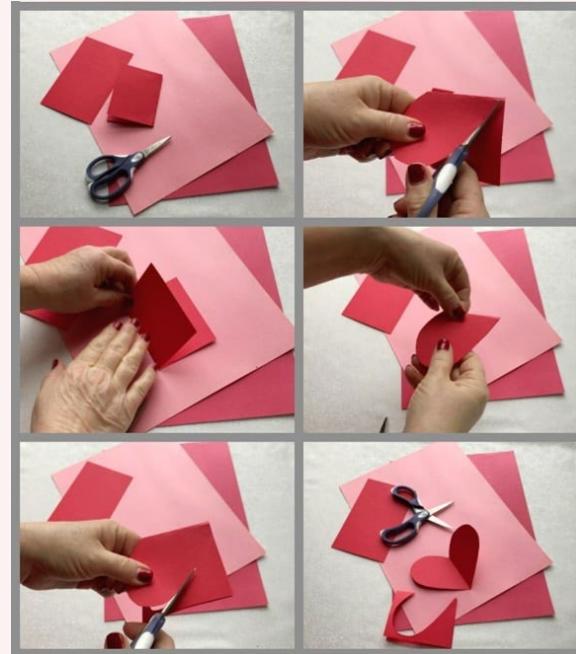


Easy Card Idea: Layered Hearts

Instructions: Cut out three differently sized hearts and glue one on top of the other. In the center, write your message using a glitter pen or colored marker.



Instructions on How to Cut Hearts by Hand



Easy Card Idea: Layered Hearts

Instructions: Cut out various heart shapes and colors, and layer them on front of card.

Use a glitter pen to write
“Happy Valentine’s Day!”



Easy Card Idea: Tic Tac Toe

Instructions: On the front of the card, use a marker to draw a tic tac toe grid and three Xs. Then, add drawn hearts or stick-on foam hearts. Below, write “You Won my Heart!” or a simple “Happy Valentine’s Day!”



Easy Card Idea: Torn Paper Hearts

Instructions: Tear tissue paper or construction paper into tiny pieces, then glue to card in a heart shape. Write “Happy Valentine’s Day!” on front or inside of card.



Easy Card Idea: Tissue Paper Hearts

Instructions: Cut out heart from tissue paper and adhere the hearts to the front of card. Decorate using glitter pen.



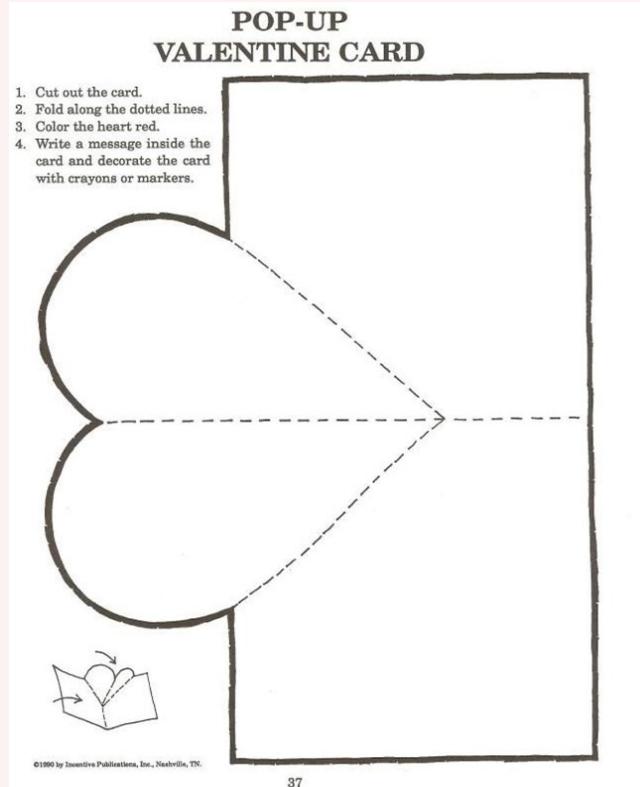
Easy Card Idea: Heart Butterfly

Instructions: Use two heart-shaped doilies, or cut out two hearts from construction paper. Glue the hearts to the front of a card in a butterfly wing shape. Apply stick-on foam hearts down the center to form the body. Use markers or glitter pens to draw eyes, a smile, and antennas. Write a Valentine's Day message on inside of card.

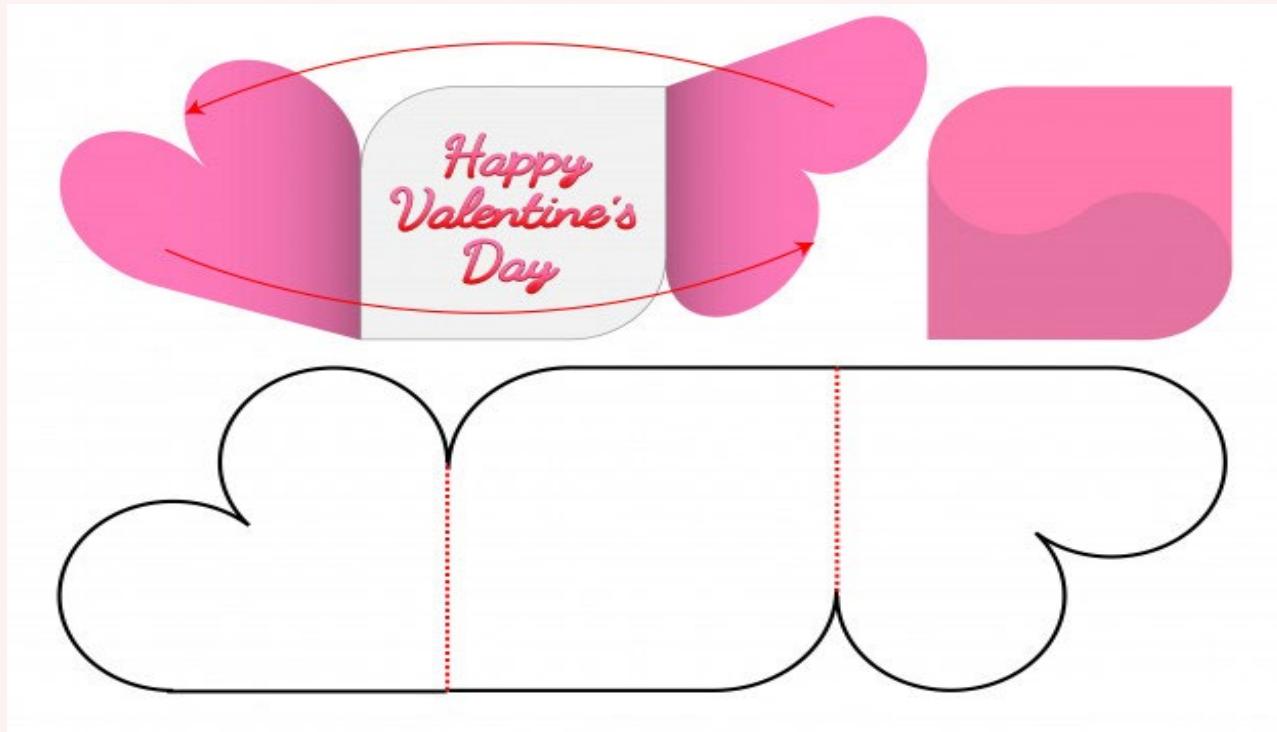


Template: Pop-Up Heart Card

Instructions: Trace this template on construction paper, then cut out and fold the paper following the dotted lines. Write a Valentine's Day message on the inside of the card.

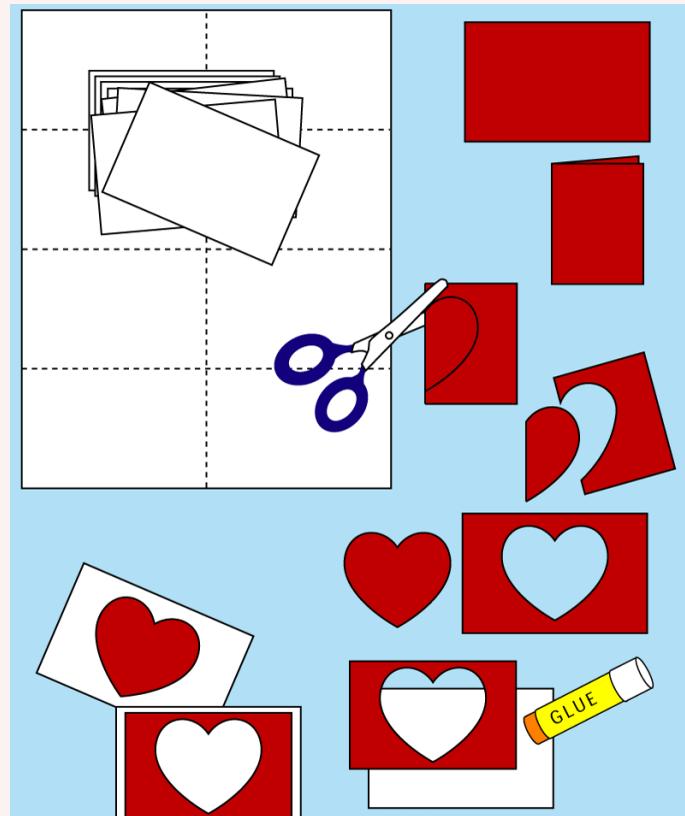


Template:Heart-Shaped Card



Template: Two Cards, One Cutout

Instructions: Cut out heart shapes from red construction paper. Save both the heart and the remaining paper. Glue the heart to one card. Use the paper with the heart-shaped hole for another card.



*Thank you for helping
us help our seniors
feel loved this
Valentine's day!*

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California

