

SENIORS FORUM INITIATIVES & PROGRAMS

LEARNINGS

- **Knowledge Xchange:** Provide KX sessions on relevant topics: health, social, cultural and psychological by bringing in speakers from the community and also collaborating with external Organizations. (This program is open to all, but the topics will be related to seniors)
- **Cultural Integration:** Promote dialogue and understanding of the vast cultural and social diversities and the differences between our past and current lifestyles. Conduct intellectually stimulating sessions to engage Muslim youth in bridging generation gap – mindset perspective.
- **Bridge the Gap:** Provide a platform for seniors to keep up with technological and scientific enhancements that affect their routines and daily lives.

SOCIALS

- **Community Outreach:** Build a positive image of our religion by actively participating in social and welfare initiatives across Canada to demonstrate our core Islamic values in action.
- **Getaways:** Organize periodic social meet-ups and outdoor events to help seniors mingle and interact amongst each other.
- **Seniors Helping Seniors:** Identify and provide support to seniors from all communities who are in need of assistance. Provide volunteering opportunities.

These programs will be managed by Program Operational Teams consisting of members from ***diverse gender and ethnic backgrounds***. We need volunteers to carry out these initiatives; they will be required to develop and execute these programs, we are also looking for helping hands in operational matters.

If you are interested, please contact:

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