

Community Seniors Program

Programs for seniors have been an important contribution made by Masjid Al-Salaam and Education Center in greater Vancouver for many years.

Masjid Al-Salaam and Education Center offers programs for seniors who want to keep active, healthy and engaged in their community and who want to remain at home as long as possible. Helping seniors to stay active is an important facet of our goal i.e. to help seniors enjoy their later years in health and happiness.

As a senior, your independence, health and quality of life are important and so is your desire to remain in your home as you age. We offer **non-medical** programs, services and resources to enrich your life by supporting your independence while promoting health and wellness.

The Program funds projects that help improve the quality of life for seniors and their communities – from enabling seniors to share their knowledge, wisdom and experiences with others, to improving facilities for seniors' programs and activities, to raising awareness of elder abuse and computer literacy.

Objectives of the Seniors Program

- To provide support to seniors in British Columbia, in particular, immigrant seniors.
- To help them participate more fully in community life, through culturally appropriate approaches, information, language and activities, as necessary.
- To help establish a drop-in centre for seniors at the Multicultural Helping House where they can be given information and links to resources, which can provide them access to key services relative to their needs and problems.
- To provide senior clients with connection to activities, clubs, groups, community and recreation centers, community organizations and service providers, who can understand and respond to Filipino seniors' needs and interests.
- Empower seniors to become active, responsible and committed participants in community affairs, and to assume leadership and advocacy roles.
- Information and referral services.
- Informational seminars and workshops.
- Life sharing session

Team Members:

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Community Seniors program, Community Health and Community Kitchen programs are all linked with each other. Community seniors are invited and are educated on health and eating habits through our Community Kitchen programs. Masjid Al-Salaam and Education Center has introduced a 6 week course for seniors on the use of computers and internet.