



SENIOR CITIZENS FORUM

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News Letter – April, 2010

LADIES PROGRAM

The female members of SCF had arranged a one dish party and Milad on 18th March 2010 but due to untimely death of Mrs. Razia Electricwala a beloved and active female

member of SCF, who died while on pilgrimage journey to Iran, this program was converted to condolence Majlis on the same day. All lady members were informed of

the change and they attended the Majlis in large number. Mohterma Zehra Yasubi(of Qom) addressed the Majlis. In her lecture she discussed the laws of inheritance in Islam.

EID MILADUN NABI AT JHAMPIR



OLEMA AND POETS

The members of SCF were taken to Jhampir a town in Thatta district nearly 125 Km from Karachi on Sunday the 14th March 2010. Transport was arranged from Day Care Centre in Soldier Bazaar and from Kashmir Court in PECHS. Male and female members took part in this program.

ADDRESSING THE GATHERING

The bus carrying seniors reached Jhampir at 11 a.m. where grand celebration of Eid-e-Miladun Nabi was held. The poets and reciters presented their poetic composition in praise of the Holy prophet (SAW) and Ahlul Bait (A.S.) while scholars presented speeches paying rich tributes to the qualities of

holy prophet (SAW). Amongst the poets were Sarwar Jawed, Iqbal Majidi, Sajid Rizvi, Qaisar Jafari, Jawed Mazhar Alam, Zaigam Zaidi, Abbas Haider, Nayyer Asadi, Shahid Hussain, Hatif Alwari, Isa Naqvi, Mir Ali Haider, Shabi Haider, Shadab Wasti, Nanda Kamran, Hasan Murtaza. The religious scholars who addressed the gathering were Maulana Razi Haider, Maulana Mohsin Mehdi of Wagreji, Syed Nasir Hashmi and Syed Ali Murtaza Zaidi.

Syed Ijteba Zaidi had made arrangements for the guests which included Niyaz lunch, refreshments and evening tea. The seniors enjoyed this journey and returned to Karachi by 8:30 p.m.

VISIT TO HYDERABAD

The SCF arranged a visit for its members to Hyderabad on Tuesday the 23rd March 2010. The arrangement was made for 50 seniors to travel in Daewoo luxury bus but at the last moment more seniors showed interest to join this program and hence an air-conditioned coaster was also hired to accommodate another 20 seniors. Both the vehicles left Karachi at 8:30 a.m. to drive the seniors to Hyderabad which is 150 km away from Karachi.



MR. OKERA RECITING ZIARAT

The seniors were first taken to Qadamgah for Ziarat of foot prints of Hazrat Ali (A.S). A huge beautiful Shrine is constructed to house the slab which contains marks of Sijdah of Maula Ali (A.S). Mr. Ali Raza Okera recited Ziarat (salutation) to Hazrat Ali (A.S) which is usually recited at his shrine in Najaf. Mr. Haider Ali Allibhai the president recited Ziarat Waresa After staying for about an hour at the shrine, the seniors drove to Hyderabad

Gymkhana where special arrangement was made for recreation and lunch for the seniors. The seniors were taken to the tour of large Gymkhana complex and shown several recreation facilities available at the club.



SENIORS LISTENING TO MR. ALI RAZA AT GYMKHANA

The seniors offered afternoon prayers at the Gymkhana mosque. Thereafter, they assembled in a hall reserved for them. Here Mr. Ali Raza the Honorary Secretary of SCF addressed them. He emphasized the benefit of outings for seniors and advised them to take part in such program as this will keep them happy. The whole day outing provides opportunity of meeting the like minded people and this develops the feeling of brotherhood. Mr. Ali Raza also told the history of Hyderabad city. He said the city was founded by Mian Ghulam Shah Kalhoro in 1768. He built a fort around the city for protection of his people. After the death of Kahoro,

Mir Fateh Ali Shah ruled the city. The city fell to the control of British after a fierce battle which ended on 24th March 1843. The British made the city part of Bombay Presidency of British Colonial Empire.

The 1980s saw a black period in the history of Hyderabad as riots erupted in the city between Sindhis and Muhajirs (immigrants from India). As a result two settlements came into existence, namely, Latifabad for Muhajirs and Qasimabad for Sindhis.



MALE SENIORS AT SHRINE OF QADAMGAH

Mr. Ali Raza further said that Rani Bagh a park in the city was formerly a zoo named Queen Victoria of England (founded by the British Colonial administration) The people know it as Rani Bagh. (Rani means Queen in Urdu) It is now renovated and has become a very beautiful land mark with exotic animals such as lions, zebras, species of different animals and birds. Regarding the history of Qadamgah, Mr

Ali Raza said, it is believed that Hazrat Ali (A.S) once prayed Namaz on a slab which became soft like wax and mark of Maula Ali's (A.S) prostration were impressed on the slab.

The slab was originally acquired by Nizam of Hyderabad Deccan upon his journey to Iraq. He presented this miracle slab to Ghulam Shah Kalhoro

who established it near his fort for Ziarat by the people.



SLAB WITH FOOTPRINTS

After having buffet lunch and rest for some time the seniors were driven to Rani Bagh and then to Civil Aviation Academy at Hyderabad airport. The seniors returned Karachi by 9 pm carrying pleasant memories of full day trip to historical and recreation places.

CARDIAC DISEASES

The Senior Citizens Forum will organize a Free Medical Camp on diagnosis and treatment of heart diseases on Sunday the 11th April, 2010 between 10 a.m. and 2 p.m. at Day Care Centre (DCC), near Panjwani Hospital. The benefit of this facility may be availed

by male and female seniors of 50 years and above. The doctors will provide check up, consultation and medication for heart diseases. Arrangements will also be made for laboratory tests to find out the level of lipids, sugar, blood pressure as well as

to record electronic cardiogram (ECG). The seniors desiring to avail this facility should register their names at DCC on any day between 10 a.m. and 2 p.m. or 4 p.m. and 8 p.m. (except Sunday). Only first 100 seniors will be registered.

FILM SHOW FOR SENIORS

A feature film show was arranged for seniors at Khana-e-Farhang (Cultural Centre of Islamic Republic of Iran) on Saturday the 20th March 2010. The bus carrying male and female seniors reached Khana-e-Farhang at 5 pm. where they were received by staff of Culture Centre. The seniors were then taken to air conditioned auditorium where the film "M LIKE MOTHER" was shown. The story of the film revolves around a child

who suffered chemical effects while in the womb. The doctors diagnosed that it will be a defective child. Hence the father insisted for abortion while the mother strongly protested against this course. Consequently the father separated and went abroad. The mother gave birth to sick and disabled child whom she reared fighting against odds in life. The theme of the story was that children should not be killed before their

birth as ordained by Allah (SWT) in holy Quran. The seniors were given a treat of refreshments and tea. The occasion being night of Eid-e-Navroz, Mr. Ali Raza the Honorary secretary addressed the seniors. He said 21st March is considered "New Day" because according to astronomers, the sun passes through twelve heavenly stages (Zodiac). When the sun completes its travel through all the twelve stages and re-enters the first stage (Aries) the day is



SENIOR'S VIEWING THE called New Day. This phenomenon was first disclosed by Persian king Kumers followed by his successor Jamshed who named this day as Nauroz and declared it as celebration. He also set it

MOVIE AT KHANA-E-FARHANG as day of coronation. During the Abbasi Khilafat Caliph Mansoor adopted this day as holiday and held his Court for public gathering and rejoicing. According to Imam Jafar Al Sadiq (A.S), many important events took place

on this day e.g. the universe was blessed with the air (oxygen) trees, fruits, flowers etc. Prophet Ibrahim (A.S) demolished idols of gods.

On this day, the ark of prophet Nooh (A.S.) rested on mount Judi after subsiding the storm (Quran Chapter 11 Verse 44) the day of Wilayat of Moula Ali (A.S) (18th Zilhijja) at Ghadeer and his taking reins of khilafat (fourth stage) also coincided on 21st March.

The auditorium of Khana-e-Farhang was beautifully decorated and illuminated to mark the occasion

ONE DISH PARTY

The lady members of SCF have arranged a One Dish Party on Wednesday the 14th April 2010 at 5 p.m. at Mehfil-e-Murtaza. All female members are

invited to participate in this program and bring at least one dish cooked by them. Prizes will be awarded to first three best dishes to be decided by a panel of

judges. For further details, please phone Mrs. Masooma Electricwala (4536502) or Mrs. Shehnaz Patel (0333-2164689)

FEATURE FILM SHOW

A film show is arranged at Khana-e-Farhang on Saturday the 17th April 2010. Transport is arranged from Day Care

Centre at 4:00 pm and from Kashmir Court at 4:30 pm Punctuality of time will be strictly observed. The male and

female members wishing to participate are requested to register their names at DCC and pay participation fee Rs.100/= before 15th April 2010.

PICNIC AT HAWK'S BAY

A whole day picnic is arranged for seniors at Hawk's Bay beach on Sunday the 25th April 2010. Transport is

arranged from Day Care Centre at 8 a.m. and from Kashmir Court in P.E.C.H.S at 8:30 a.m. The members wishing to

participate should register their names at DCC and pay participation fee Rs. 400 before 22nd April 2010.

LADIES PROGRAM AT HUSEINI BAGH

A visit is arranged for female members of SCF to Huseini Bagh No. 2 on Friday the 23rd April 2010. Transport will be available from Kashmir Court in P.E.C.H.S at 3:00 p.m and from DCC at 3:30 p.m. They will offer Fateha at the graves and will also have a small duration Majlis for recitation of Suras and Duas. The members wishing to participate should register their names at Day Care Centre and pay participation fee Rs 50. before 21st April 2010

VISIT TO SEHVAN SHARIFF

The SCF has planned two days visit of seniors to the shrine of Imamzada Shahbaz Qalandar on Saturday the 1st May 2010. The original name of Shahbaz Qalandar was Hussain and he was from descendents of Imam Moosa Al- Kazim (A.S). The journey will be in air conditioned luxury bus. Transport will be available from Day Care Centre on 1st May 2010 at 8 a.m. and from Kashmir Court at 8:30 a.m. The seniors will also be taken to other historical places in Sindh. The cost of accommodation, food, refreshment and transport will be Rs. 1500 per person. Only first 45 SCF members who register their names and pay participation charges before 28th April will be accommodated.

REGISTRATION PROCEDURE FOR OUTINGS

It is observed that some members register their names for participation in outing program but promise to pay the participation fee at the time of boarding the bus. Regrettably, such members do not turn up and as such the arrangements are disturbed. The management of SCF has therefore resolved that henceforth the members desiring to join any program should make payment of participation fee in ADVANCE at Day Care Centre and obtain registration ticket.(given in two portions) they should bring both the portions and tender small portion of the ticket before boarding the bus. The members who register their names on telephone but do not deposit participation fee three days before the day of program will lose their registration so as to accommodate other members registered on waiting list. It is also suggested that the members may deposit a lump sum amount say Rs. 2000/5000 by cheque/cash which may be adjusted against their participation in subsequent outing programs and tickets for which will be issued and given to them while boarding the bus. The credit balance if any will be refunded immediately as and when desired by the member.

DELIEVERY OF NEWSLETTER

In last issue of the newsletter we advised the members to collect the copy of monthly newsletter by 10th of every month from DCC or from Mr. Patel/Mr. Okera at Mehfil-e-Murtaza. However, the members desiring to receive the newsletter by post at their home/work address may please provide us with their correct postal address. We also request members to provide us their email address so that we can mail them internet copy of

newsletter every month copy as arranged above.
besides receiving hard

PERSIAN LANGUAGE CLASSES

The SCF plans to arrange members show interest in by direct method. The classes for learning Farsi learning this language we members interested to join at Day Care Centre for the can make arrangement the classes may register benefit of its members and with Khana-e-Farhang for their names with DCC their families. If the teaching Farsi language Phone. 7705853

MEMBERSHIP SUBSCRIPTION

Some of SCF members have to develop the pride us to maintain all activities. have not yet paid their of possession to the The members who have annual subscription for the institution. We have to not cleared their year ended 30th June incur expenditure on outstanding dues are 2010. While some salaries, utilities, stationery earnestly requested to members have not cleared and other incidental make the payment without arrears for earlier years. expenses for carrying out further delay. Remember, this is your several activities. Your own organization and you prompt payment will help

MEMBERSHIP CARDS

The SCF is now in process members who have not provide us their recent of issuing fresh renewed membership card photo (1"X 1"). The forms membership cards valid are requested to please fill can be had from DCC or for next three years. The in new data form and through post if so desired.

SENIORS' DAY CARE CENTRE

As people approach the are a burden upon their love, attention, and often, age of retirement, they are children. It is undoubtedly financial support. The Holy confronted with many the responsibility of the Quran has given a clear difficult challenges ahead the children of aging parents commandment with regard of them. One of the more to take due care of them. to this matter: "If one of complex problems they Although many children them or both of them attain face in this delicate phase are obedient and fully old age in your life, say not of their lives is that of intend to give their aging to them a word of social isolation-the feeling parents as much comfort disrespect, nor shout at of helplessness, as possible, they are them but address them in hopelessness and the unable to do so because terms of honor" feeling of being neglected. of their personal hardships (17:23) The lives of those In some cases, these (like their economic and elderly parents who are depressing feelings lead to other family disrespected by their own increased cravings for responsibilities). Such children inevitably become attention from their children, despite these miserable. On the other children. In other cases, hardships, put in an effort hand, even in situations these feelings lead to to keep their parents where caring children try people believing that they motivated by giving them to support their parents but

are unable to do so because of their other responsibilities, parents tend to feel dejected. They often feel helpless because they cannot disclose their plight to their children (because they would not wish to upset them) or to any outsiders (for the sake of their families' dignity). In both scenarios, the elderly parents consider themselves to be a burden on society, and consequently start losing interest in life. Fortunately, we have come up with a solution to the dilemmas of these troubled individuals: a Day Care Centre for the Elderly. This centre would cater to the social and recreational needs of the elderly, and would give them the joy of the company of others from their own age group. It would motivate them to live longer, more satisfied lives. From a cultural point of view, a Day Care Centre would also mean that children will be saved from the social disgrace of their parents living away from home. The Senior Citizens Forum has set up a Day Care Centre adjacent to Panjwani Hospital in Soldier Bazaar area of Karachi. To add to this, the Nishtar Park, Khorasan mosque,

libraries, Mehfil and places of public gathering such as the Fatimiya Community Centre, and the Fatimiya Computer Training Institute are all in close proximity to the Day Care Centre, and so would provide many recreation and pastime opportunities for the seniors spending time at the Centre.

Accommodation



The Day Care Centre is set up in a double storey house comprising of spacious rooms on both the ground floor and first floor. The premises are sufficient to comfortably accommodate about twenty seniors at any time. A miniature garden is being developed on the roof top of the building. Keeping their old age in mind, we are also installing an elevator for the seniors to access the rooftop.

Furnishing

The Centre is equipped with basic facilities. It also contains comfortable furniture and fittings such as dining tables, easy chairs, sofa sets, etc. the following facilities will also be available for the use of the seniors:

(a) library and reading room containing a vast collection of books (in English, Urdu and Gujarati), magazines, daily newspapers, and various other reading materials. (b) TV Room. (c) Games Room containing accessories for indoor games. The Games Room will also house exercise machines and other equipment for physical fitness.

Other Facilities

Lectures, slide/video shows and social programs will be held periodically for the education, interest and benefit of the seniors. To add to this, outing programs will also be held once a month. Also, a physician will visit the Centre once a week to offer medical checkups. Medical treatment will also be arranged in cases of emergency.

Hygiene Needs

Cleanliness will be strictly observed at the Centre to maintain a hygienic environment. Smoking will not be allowed in the premises.

Warm Welcome

Registered members will receive a warm welcome upon arrival at the centre by courteous staff. The

staff will take care of them and assist them during the time they spend at the centre. Members will have to contact the staff before availing the recreation facilities, so that the staff can accordingly allocate timings of use for facilities equally between members.

Gratitude

The Shaban Family has very kindly offered to bear

the cost of setting up and deficit of the Day Care Centre.

Admission

The seniors desiring to get admission to Day Care Centre are requested to enroll their names by filling in their particulars in the admission form available at the DCC on any day between 10 a.m. to 2 p.m. or 4 p.m. to 8 p.m.

MESSAGING SYSTEM

Mr. Ali Hassan Bhojani is very kindly providing free service for the benefit of members of SCF. The messages of SCF passed by him keeps members informed of the programs and news of SCF activities. The members desiring to give news about the birth or death in their family and important events like their traveling, Majlis, Milad, birthday etc. may send a small message on 0333-2125112 and Mr. Ali Hassan will promptly forward it to all members of SCF. We also request all members to provide us their mobile phone numbers to include them on message service.

OBITUARY

Following seniors of the community expired during the month of March 2010. The readers are requested to recite Sura-e-Fatiha for the departed souls

DATE	NAME OF DECEASED	AGE	DATE	NAME OF DECEASED	AGE
1-Mar	Nazar Hussain S/o. Mohammad Jaffer Parpia	67 Years	13-Mar	Rajab Ali S/o. Rehmatullah Mukadam	87 Years
2-Mar	Inayat Ali (Haji) S/o. Hussain Ali Bhojani	56 Years	14-Mar	Nargis Bano D/o. Haider Ali Virani W/o. Mehboob Ali Rawjani	58 Years
2-Mar	Zehra Bai D/o. Ghulam Hussain Pola W/o. Ismail Jan Mohammad Badami	77 Years	14-Mar	Aladin S/o. Qamarudin Vakil	83 Years
6-Mar	Ghulam Ali Shakir S/o. Wali Mohammad Bhojani	73 Years	17-Mar	Fida Hussain S/o. Mehar Ali Mukhi	94 Years
9-Mar	Tahera Bano D/o. Ashraff Ali Lakhani W/o. Mohammad Ali Lakhani	60 Years	22-Mar	Noor Bano D/o. Mohammad Jaffer Allahrakhia W/o. Abdul Hussain Rehmtulla Hameer	84 Years
11-Mar	Sabira Bai D/o. Dr. Barkat Ali Nanjiani	70 Years	24-Mar	Mukhtar Ali S/o. Kasam Ali Rehmani Kutchmundrawala	70 Years
13-Mar	Haider Ali S/o. Habib Kasim Manori	63 Years	28-Mar	Zainab Bai D/o. Ismail Soomar W/o. Haji Hussain Lakhani	69 Years