



# SENIOR CITIZENS FORUM

(Registered under the Societies Registration Act, 1860)

163-L/3, P E C H Society, Karachi  
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*News Letter - May 2009*

## PICNIC AT B.K. FARM



**Female seniors listening the President and Acting Secretary**

The Senior Citizens Forum arranged a whole day picnic at B. K. Farm on Sunday, 28th April 2009. The farm was booked for exclusive use of seniors so that they can have privacy of the use. 65 male and female seniors participated.



**Male seniors having lunch**

Transport was arranged from Bhojani hall for carrying 25 seniors residing in Soldier Bazaar area and from Mehfil-e-

Murtaza for 40 seniors in P.E.C.H. Society and adjoining areas. Mr. Haiderali Allibhai very kindly took five seniors in his car to reach the destination. He also offered light refreshment to the participants on way to the picnic point.

The seniors reached the destination at 11.30 a.m. Upon arrival the seniors were served tea and light refreshment. Thereafter most of them went to swimming pool for cool retreat because the climate was very hot on that day when the temperature rose to 42 Celsius. Separate swimming pool was available for female seniors also.

Some seniors preferred to avail other recreation facilities available at the park.

In the afternoon Zohrain prayers were offered. Live B-B-Q lunch was arranged for the participants which was taken with great interest. Here also Haiderali Allibhai volunteered mineral water and

soft drinks to all seniors who were very thirsty due to the scorching heat, some seniors went to swimming pool for second time after the lunch.

At about 5.30 p.m. Mr. Haiderali Allibhai addressed the seniors. He informed in detail his visit to senior citizens of Stanmore (London) where he had explained the working of SCF, Karachi particularly its Tiffin Project. Mr. Saghir Abbas Bhojani, the Acting Secretary of the SCF also addressed the participants. He gave details of arrangements made by SCF so as to make the visit of seniors to B.K. Farm pleasant and convenient.

He also invited suggestions from members and their views about regular outing programs for the members. Some members inquired about various activities of SCF to which he gave satisfactory replies.



**Male seniors enjoying in swimming**

The seniors returned Karachi at night fall carrying happy memories of the day passed in outing.

## ALI RAZA LAKHANI VISITS TORONTO

The Honorary Secretary, SCF Mr. Ali Raza T. Lakhani is now on visit to Toronto (Canada). He has been spreading the news about benefits which Senior Citizens Forum is providing to our seniors in Karachi and its multifarious activities for recreation of elderly people. On one Saturday he addressed the Momenin after Namaz-e-Fajr at Crescent Village Community Centre. He explained in detail about setting up of SCF and how it keeps old

aged males and females of our community engaged in recreational programs. He also informed about three benevolent projects taken up by the SCF namely, supply of daily free meals to old aged persons who are unable to cook themselves nor have ability to move out of the home, visiting lonely seniors and setting up Seniors Day Care Centre. The Momenin were highly impressed of the SCF's working for old aged people. They applauded the noble work taken up

by SCF and some of them voluntarily offered contribution towards Tiffin Project. It is heartening that our brothers living in western countries appreciate the community welfare work carried out in under developed countries. Mr. Ali Raza thanked the gathering and expected that more people will send their contributions to SCF through Br. Amin Bhimani, a community worker residing in Crescent Village.

## LECTURE ON BREAST CANCER



**Dr. Muneeza delivering lecture to senior ladies**

The Senior Citizens Forum arranged a lecture for female seniors on 28th April 2009 at Recreation Centre of Mehfil-e-Murtaza, P.E.C.H. Society.

Dr. Muneeza Kishwar, (FCPS) gave lecture on **Breast Cancer** and its remedy. Mrs. Khadija Maysum, a nutritionist introduced the guest speaker. Dr. Muniza explained in detail how the women get breast cancer and explained the precaution for prevention of such

disease. She also showed the exercise and treatment for the cure of this disease. The lecture lasted for 35 minutes but the audience showed much interest on the subject and put up various questions, which were satisfactorily replied by the speaker. The question and answer session continued for another half an hour.

A memento shield was awarded to the speaker at the close of the program by Mrs. Khairunnisa Lakhani (senior most lady). Wilayat TV recorded the proceedings which will be telecast on Haq TV.

The recording of this program has been made by Wilayat T.V. The members can avail the DVD at actual cost Rs. 50. Please contact Mr. Tauqir (Manager),

phone #. 03222-777345 and book your D.V.D.

Light refreshment was served to the participants at conclusion of the program. The audience requested for arranging such informative lectures every month by SCF.

The SCF arranges several indoor and outdoor programs which make the seniors happy and provide them opportunity to meet the people of their age and liking.



**Dr. Muniza receiving shield from Mrs. Khairunnisa Lakhani**

## SENIORS DAY CARE CENTRE

The SCF has been trying to find out a suitable premise for setting up and running Seniors Day Care Centre in Soldier Bazaar since a long time. By the grace of Allah and Masoomin (A S) we are now successful in inducing a Momin to make his double storey house

available for setting up the Centre. We hope and pray that the arrangements shall soon be finalized and we shall be able to present this facility to seniors of our community. Rules and procedure for the use of day care centre are being formulated and applications will be

invited from the seniors as soon as the plans are finalized. We solicit feed back from the community in this respect and would like to know the information of seniors desiring to avail the facility of Seniors Day Care Centre.

## VISITING LONELY SENIORS BY SCF TEAM



**Lady workers giving company to a senior living alone**

The Senior Citizens Forum has embarked upon a program of visiting the old age people who pass their life in solitude because there is no one to live with them or give them a company.

The team comprising Mr. Mohammed Ali Patel, Mrs. Shehnaz Patel, Mrs. Gulshan Pirbhai and Mrs. Hasina visited the seniors of our community living in Kharadar and areas in its vicinity in Karachi. They visited 14 houses of the seniors who are living all alone in one room flats. The team stayed with each of them for considerable time and inquired

about their health and other problems. They gave company to the seniors and had a chat with them that made them happy. They were also given gifts of eatables which they took with gratitude. The visit provided great relief and source of encouragement to live the life happily and fight against difficulties in life. The SCF is continuously in search of such lonely seniors in different areas of the city so that they may be visited periodically.



**Mohamedali Patel (R) with a lonely**

The elderly people feel pinch of miserable conditions in their life particularly if they are living in solitude and the society does not take care of inquiring about their condition and

difficulty in life since they do not possess any relative or their separated children do not pay a visit to them. They will find much solace if someone visits them and shows love for a little while at least once a month.



**Asking about the health of a lone senior**

The SCF invites sympathetic persons to join the team for visiting lonely seniors. Please contact us at [visitseniors@gmail.com](mailto:visitseniors@gmail.com) or call Mr. Mohamed Ali Patel (0300-8228288) to register your name if you are willing to join the team.

## PROGRAMS FOR THE MONTH OF MAY-2009

### VISIT TO ARENA CLUB

The Senior Citizens Forum is always on look to arrange amusing outing programs for its members and take them to different places of entertainment and historical interest. This month a visit is arranged to Arena Club at its new location on Karsaz Road. The club is set up on specious grounds having entertainment facilities including several games like Bowling, Virtual Bowling, Mini Golf, Arcade Games, Kiddy Rides, Ice Staking, Virtual Reality Simulator, Paint Ball and Rock Climbing. Transport is arranged from Bhojani Hall and Mehfil-e-Murtaza at 10.30 a.m. on

Sunday the 31st May 2009. Each participant will receive three free coupons to avail benefit of any of the games offered by the club. The coupons shall however be transferable and any participant not desiring to use it, can pass it over to a colleague. A lavish Brunch will also be offered by the club which is included in the ticket. The stay at the club shall be till 3.30 p.m. The actual cost per participant is Rs. 1,200/= but subsidized with the efforts of our acting Sec. Mr. Saghir Abbas Bhojani and now Rs: 500/= will be charged per participant. Every member will be

entitled to bring two family members of five years and above age as this program is marked as **Grand Family Gala Event** for which there was popular demand from the members. This will therefore be a rare opportunity for members to introduce their younger relatives to their fellow members. The last date for collection of tickets is 28<sup>th</sup> May and first 150 participants shall only be admitted. Please get your tickets from Mr. Mohamed Ali Patel (Phone #: 0300-8228288) or Mr. M. Yaseen Merchant (Phone #: 0300-9275634) on first come first basis.

## ONE DISH PARTY FOR LADIES

The female members of Managing Committee have arranged a One Dish Party for ladies on Wednesday the 27th May 2009 at 5 p.m. at SCF Centre, Mehfil-e-Murtaza. All senior ladies are invited to participate in this interesting

get together. The participants are requested to bring one dish of food cooked by them and share it with other participants. A prize will be awarded to best dish at the end of the program by Mrs. Fatma Yousuf Ramji. The ladies

desiring to participate are requested to please contact Mrs. Masooma Electricwala (Phone. 4536502) for further details. Participation is Free of Charge and the judges would be Rosmeen Pandju and Zohra Rajpar.

## OBITUARY

Following seniors of our community expired during the month of April, 2009. We request the readers to recite Sura-e-Fateha for the departed souls of these seniors.

DATE	NAME OF DECEASED	AGE	DATE	NAME OF DECEASED	AGE
2nd April	Amir Ali S/o. Haji Ghulam Hussain	80 Years	13th April	Sher Ali S/o. Hussain Ali Kikeryawala	75 Years
4th April	Haider Ali S/o. Raza Hussain Merchant	65 Years	15th April	Shabbir Ali S/o. Sher Ali Popat	54 Years
6th April	Shabbir Ali S/o. Ashraq Ali Lakhani	59 Years	18th April	Shirin Bai D/o. Meher Ali Merchant W/o. Noor Mohammad Merchant	80 Years
13th April	Noor Zehra Bai D/o. Yaqoob Ali Padamsi W/o. Yousuf Ali Makkani	58 Years	24th April	Rajab Ali S/o. Qamber Ali Tejani	84 Years
			28th April	Hazir Hussain S/o Haider Ali Tankiwala	67 Years

## REVERED CLERIC AYATOLLAH BAHJAT PASSED AWAY



A top Iranian Shia cleric Grand Ayatollah Hajj Sheikh Mohammad-Taqi Bahjat has passed away on 17th May 2009 at the age of 96 years.

At the age of 14, he moved to Karbala, Iraq to continue his religious studies. Four years later, he moved to Najaf to complete his studies under Ayatollah Taleghani and Ayatollah Naeni. He taught in the Seminary of Qom, Iran. The late Ayatollah was renowned for his academic brilliance, humility, and lofty

spiritual status. For many years now, he had been an unparalleled source of knowledge and piety for the Islamic seminary in Qum and its students; teaching lessons at the highest level for the past 40 years and thereby training scholars of the finest caliber for future generations.

## TIPS FOR HAPPY LIVING

The aged persons have to accept that they can not now do the activities with same efficiency as in young age. They have to reconcile with and accept their deficiencies. Here are some tips for senior citizens which may be written on the mirror or some prominent place for reminding daily.

- I shall accept my limitations and ask for help only when I need it.
- I shall not feel guilty for any negative feelings.
- I shall make a daily routine and stick to it.
- I shall take time for myself every day or involve myself in some recreation activity.
- I shall maintain a sense of humor in my conversation.
- I shall get plenty of rest, exercise and eat a healthy diet.
- I shall see my doctor if I find symptoms of depression or anxiety.
- I shall be in contact with my friend circle.

## HEARING LOSS

At old age, a person loses hearing power. You may have a hearing loss but you are not sure! Here are some possible signs of hearing loss:

- speaking louder than necessary in conversations.
  - thinking that people are always mumbling.
  - turning the TV up so loud that others complain.
  - withdrawing from social contact.
  - ringing or buzzing in the ear(s).
  - difficulty in hearing on the telephone.
- In case of hearing loss, you should consult your doctor how to live with hearing loss and if necessary get hearing device in case of acute problem.