

OSF Hosts Senior Safety Education Session with Halton Police



OSF in collaboration with Halton Police organized an informative and engaging Senior Safety Educational Talk for seniors. The event brought together seniors, community leaders, and law enforcement representatives to discuss important safety issues affecting seniors and to provide practical strategies for staying safe and informed.

The talks focused on several key topics, including personal safety, fraud awareness, scam prevention, and financial crime protection. Participants learned about emerging fraud and scams.



OSF celebrated Happy Mothers' Day



OSF joyfully celebrated Mother's Day, honoring the incredible mothers in our community. The event brought mothers together for an uplifting afternoon filled with heartfelt appreciation, and shared memories, in a recreational atmosphere.



You May Join OSF

Join the Ontario Seniors Forum! If you're 55+, want to connect with like-minded seniors, enjoy engaging activities, informative talks, and a vibrant community. Stay active, well informed.

CRA talk on CPP



Ms. Jenny Dang Tran from Service Canada talked on Canada Pension Plan (CPP) Old Age Security (OAS), including the Guaranteed Income Supplement (GIS) Disability Benefits and Canadian Dental Care Plan at Ontario Seniors Forum Weekly Get together on April 21, 2026 at Milton (Organized under New Horizon for Seniors' Program)

Cultivating Resilience

Mississauga Chapter's Inspiring Events

A positive outlook and a resilient spirit can make every day more fulfilling. Take time to care for your mental and emotional well-being by staying active, maintaining meaningful relationships, and embracing opportunities to learn and grow. Reach out when you need support, and never underestimate the value of a kind conversation or a shared smile. Your strength, wisdom, and life experiences continue to enrich those around you. OSF is committed to supporting seniors in living with purpose, confidence, and connection. Together, we foster a caring community where every senior feels valued, respected, and empowered to enjoy life to the fullest.



OSF Mississauga Chapter continued to organize a series of meaningful programs for seniors. These events encouraged learning, friendship, and community engagement. Congratulations to the dedicated volunteers and members whose commitment has made the chapter's initiatives a great success. We wish them continued success many more impactful activities and events for seniors.



Talk on Dementia by Dr A.Q. Rana

Dr. A. Q. Rana delivered talk on memory problems in seniors, focusing on early recognition, prevention strategies, and healthy aging practices.

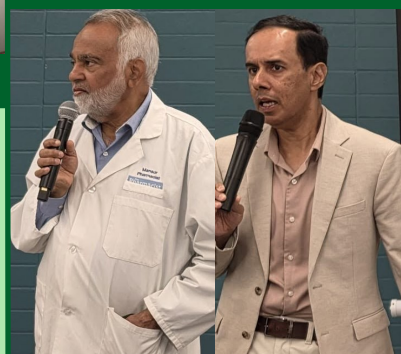


Talk on Fall Prevention and Polypharmacy

The holistic benefits of Walking” by Dr Mehboob & Dr. Afsheen Siddique

Talk on Elder Safety

Mississauga Police, and OSF Mississauga organized an informative Elders Safety session, promoting fraud prevention, personal safety, and community awareness for seniors.



Talk on Fall Prevention for safety by OSF Missisuga



Talk on Stress Management

OSF Mississauga organized Talk on Stress Management

OSF Annual Poetry Session

OSF hosted its Annual Poetry Session (Mushaira) as part of the *New Horizons for Seniors Program*. The event was attended by MPP Zee Hamid and by renowned poets from Canada and Aborad. The program was emceed by Nazimuddin Maqbool, with Dr. Taqi Abedi as Chief Guest. Distinguished poets, including Karamatullah Ghorri, Parveen Sultana Saba, Rashid Hussain Rashid, Noor Shama Noor, Shazia Alam Shazi, Syed Hesham Syed, Farhat Jabeen, Dr. Asad Nasir, Dr. Khalid Ahmed, Qaisar Wajdi, Basharat Rehan, and Rashid Anwar, captivated the audience with their inspiring presentations.



We mourn the passing of Mr. Rahat Ali, 95, a devoted OSF member whose contributions will be fondly remembered.



Open Discussion & Suggestions

Ontario Seniors Forum held an Open Discussion & Suggestions Session on June 16, 2026, in Milton, inviting members to share their ideas, recommendations, and feedback for the organization's future growth and development. The interactive forum provided an excellent opportunity for meaningful dialogue, with members offering valuable insights to help strengthen OSF's programs, services, and community impact.



Rockwood picnic

OSF organized a joyful Picnic at Rockwood Beach under the *New Horizons for Seniors Program*. More than 80 seniors participated in a day filled with music, games, and outdoor recreation in a beautiful natural beach atmosphere.



Sponsoring Opportunities

Support vibrant community events! Partner with the OSF to enhance programs and gain visibility. Contact us today to explore sponsorship benefits!

Talk on Stress Management

Ms. Ambreen Ajaib, CEO Awake gave talk on Stress Management-Epidemic of the 21st century on May 19, 2026 (Under New Horizon for Seniors' Program)



Al-Mustafa Delegation Visit

Mr. Abdulrazzaq Sajid, Chairman, Al-Mustafa along with Mr. Mohammed Nisar visited OSF office and met with Board of Directors, along with Mr. Qaiser Dar and others.



Picnic to Niagara on the Lake



Volunteers Opportunities

Join vibrant OSF community events! Volunteer with the Ontario Seniors' Forum to support programs, connect with seniors, and make a difference. Contact us today to explore more.

OSF Ladies Social Interaction

The OSF Ladies Group continued to meet regularly, providing a welcoming space for members to socialize, celebrate friendships, to promote joy and well being and community engagement



Upcoming Events

OSF will celebrate Father's day on July 5, 2026 at Royal Legion Canada. OSF will have AGM in August 2026. This is year of election. Various outdoor recreation activities will be in summer.

Members enjoyed the memorable picnic to Niagara-on-the-Lake. The Scenic beauty and relaxing atmosphere of lake added extra joy and recreation. An Award was given to the Passage to India Restaurant on their excellent services. They announced 10% for OSF members



Members were delighted to receive OSF caps as a symbol of unity and belonging.

Mr. Khawaja Khurshed Anwer
Executive Director
Dr. Faiq Bilal, President
Dr. Anjum Azhar, Vice-President
Mr. Tariq Muhammed, Secretary

Ontario Seniors Forum Team
Mr. Mohammad Shafiqudin,
Treasurer
Mr. Masud Raja, Member BoD
Mr. Mir Asif Hussain, Member, BoD

Mr. Faheem Ansari, Member, BoD
Mr. Kalim Siddiqui, Chair, Mississauga Chapter
Salim Shaikh, Manager Admin, OSF