

Canorient Seniors Fall Festival

By: Rita Britto

I recently joined the Canorient Senior's Club and attended my first function which was "Fall Festival" on September 29, 2022.

Eager to attend, I arrived early with my friends.

To my great surprise, I met some folks I hadn't seen in many years and was able to connect with them.

The event started with an opening prayer. We then had a talk given by Desiree Dias-Dsouza, MBA. She spoke on "Mental Health Awareness," a topic that is of importance to all, but especially to us seniors. Topics covered were on a holistic approach of taking care of our mental, physical, emotional and I would add spiritual well-being.

Desiree stressed on the importance of socializing and staying connected with others. This helps us overcome feelings of loneliness and isolation.

She emphasized that there should not be a stigma to mental health, as mental health issues affect each person differently and while some may be able to overcome issues easily than others, we should all be compassionate and not put down those who are going through a bad time. If we can be sympathetic to someone who has an illness like cancer, we should definitely be sympathetic to someone who suffers from mental health.

It being my first event, I became aware of the camaraderie among the members and felt like we were "one big happy family", caring about each other and a genuine sense of connectedness.

Tony Misquita played some excellent music which brought back good memories and had many people dancing.

The tables had the fall decorations and were well organized.

I was very impressed with the organizational skills of the Committee - selling the bingo & raffle tickets, the delicious and plentiful Indian/Pakistani lunch, tea, coffee with Gajar Halwa and the details of the overall function.

Reiterating Desiree's comment on socializing and staying connected with others, I feel Canorient Club gives its members this opportunity. I pray Canorient Club will continue to prosper and provide members with many more years of fun, laughter and great activities.

Emails since received include:

"Enjoyed the event yesterday, as I am sure, everyone else did. The food was fab!-----
" Austin Pinto

'We would like to thank all the committee members for a very enjoyable Thursday event at the club. The talk given by Desiree was so informative, interesting and a lot of fun too. The food was very very tasty and plenty, a second helping was offered to one and all. Mr Music Man Tony, played all our favourite tunes for those who wished to dance, including Line Dancing. Thank you Committee for putting in all the hard work and making the event enjoyable for us members.' Take care God Bless Ray and Pam.