

"If one or both of them reach old age with you, do not say to them a word of disrespect, or scold them, but say a generous word to them. And act humbly to them in mercy, and say, 'My Lord, have mercy on them, since they cared for me when I was small'."

(Qur'an. 17: 23-24)

Senior Citizen Day

Senior Citizen Day

Sunday April 25th 2010

11 AM to 1:30 PM

Free Event

Ages 60 and above

Come and join us

- Tips on eating well
- Get to know each other
- Snacks
- Yoga for seniors

ISLAMIC FOUNDATION

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Sponsored by the Women's and
Community Affairs Committee