

## WHO WE ARE

The Bangladeshi-Canadian Community Services (BCS) is a non-profit organization located at Victoria Park Avenue and Danforth Avenue; who has successfully aided the local community since 2000. It is strategically located within a densely populated part of the city, consisting primarily of minority groups.

Knowledge of cultural norms and values has allowed BCS to maximize its potential by providing services targeted at new comers, youth and seniors via programs that incorporate Canadian society whilst maintaining heritage.

BCS has over 3000 beneficiaries that rely on the services provided by the organization, with more being added every year.

## MISSION

*Helping people  
help themselves.*

## VISION for seniors program

BCS aims to improve the quality of life for seniors.

## CONTACT US

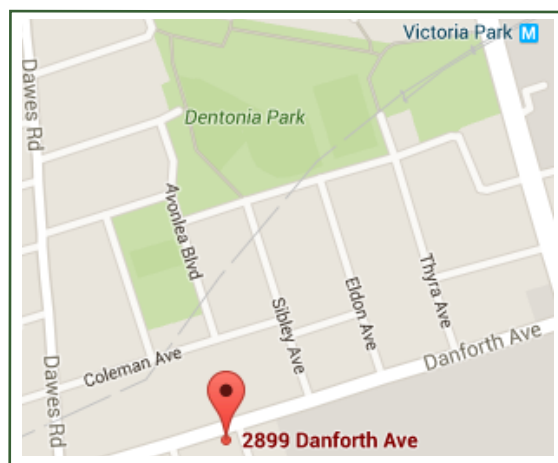
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**Bangladeshi-Canadian  
Community Services**

**Bringing back the  
GOLDEN AGE  
for SENIORS**



# SENIOR PROJECT

BCS has been serving seniors since its inception in 2000. since then our seniors' program has continued to empower more than 314 seniors within the community by engaging them in weekly discussions and facilitating their contributions to the community.

The program has been tailored to address an aging population facing a wide range of difficulties, including frailty, social isolation, immobility, depression, etc. Essentially, it has been designed to support seniors by giving them the means to improve their lives whilst also feeling comfortable alone at home. BCS ensures seniors are confident in the fact that someone is there to stand by their side when needed.



## SENIOR CABINET

BCS has successfully created a senior cabinet in 2016 currently consisting of 10 members. The cabinet is the ideal way to bridge the gap between the needs of seniors and the services provided. Through the Cabinet, BCS will be able to offer enhanced programs to fill in the gaps Seniors face.

## SERVICES OFFERED

### MEDICAL ASSISTANCE

BCS provides accompaniment, pharmacy assistance and support for any medical appointments for seniors when required.

### HOME SUPPORT

- Scheduling medical appointments
- Basic cleaning and meal preparation
- Emotional support
- Assistance in walking



### REFERRAL AND CONNECTIONS

BCS has strong ties with various organizations and individuals and is able to connect seniors with the right resources when necessary.

## LITERACY

### HEALTH & FITNESS

BCS hosts monthly health promotion and health management workshops, and informal discussions to relay and discuss vital health related topics.



## HEALTH & RECREATION

BCS believes seniors are eager to explore different parts of the city and recreational spots, thus BCS takes seniors on bi-monthly field trips.

BCS hosts weekly exercise and meditation programs (Tuesday 10:30 am at Harmony Hall at Crescent Town Club & Thursday 4:30 pm at BCS).



## EVENTS

Seniors are overlooked for their willing to socialize, thus BCS hosts multiple events to provide the opportunity for seniors to meet others just like them. This includes **International + Cultural** Events in addition to entertainment and performances.

### Weekly DROP-IN

- Technology Literacy  
Monday at 11:30 pm
- Coffee and Tea Chats  
(2:30 pm every Thursday)

## INTER-GEN ACTIVITIES

- technology and social media
- writers club
- cultural events

