

Building Connections and Promoting Healthy Ageing: PSCN Seniors' Committee Event Report

1. Introduction and Background

Paywand Social and Cultural Network (PSCN) organized a community gathering for its senior members and friends on **September 3, 2026, at Earl Bales Park in North York, Toronto, Ontario**. The event brought together **30 participants** for five hours, from **1:00 PM to 6:00 PM**, in an atmosphere of friendship, cultural appreciation, and community engagement.

The gathering aimed to strengthen social connections within the Afghan community, particularly among seniors and newcomers, while providing a welcoming environment for friendship, mutual support, and meaningful social interaction. Recognizing that social isolation and stress can affect the well-being of older adults and newcomers, PSCN considers such gatherings an important way to encourage community participation, promote active living, and foster a sense of belonging.



The programme included welcoming remarks, cultural expression through poetry, a discussion on mental and physical well-being, a puzzle-solving exercise, refreshments, and recreational activities. Together, these activities provided participants with opportunities to reconnect, exchange experiences, and enjoy time together in a relaxed outdoor setting.

2. Programme Highlights and Activities

2.1 Welcome Remarks and Introduction

Mr. Arif Ayubi welcomed the participants and expressed his appreciation for their attendance and continued engagement with the Paywand community.

In his remarks, he highlighted the importance of organizing regular social gatherings to strengthen connections within the Afghan community, help reduce stress, and build lasting relationships among members. He particularly emphasized the value of such activities for seniors, noting that friendship, social interaction, and mutual support can contribute to emotional well-being and help individuals feel more connected to their community.



He also encouraged participants to maintain these relationships and continue supporting one another through regular communication and community involvement.

2.2 Cultural Activity: Poetry Recitation

Mr. Abdul Sabour Ghorbandi recited a poem about *Watan* (homeland), adding a meaningful cultural dimension to the gathering.

The poetry recitation provided an opportunity for participants to reflect on their homeland, shared memories, cultural identity, and heritage. It also helped create a sense of familiarity and connection among attendees, reinforcing the importance of preserving cultural traditions while building strong community relationships in Canada.

2.3 Presentation on Mental and Physical Well-Being

Dr. Asmatullah Arab delivered an informative discussion on the importance of mental and physical activities for newcomers and seniors.

He highlighted how regular participation in social gatherings, recreational activities, and community programmes can help prevent social isolation and support overall well-being. The discussion emphasized the importance of staying mentally engaged, maintaining physical activity, and developing social connections as part of a healthy and active lifestyle.



This presentation reinforced PSCN's commitment to promoting healthy ageing, social inclusion, and the well-being of newcomers and senior community members.

2.4 Refreshments and Social Interaction

Tea, coffee, and cookies were provided to participants throughout the gathering. The refreshments created an opportunity for attendees to relax, engage in informal conversations, share personal experiences, and strengthen existing friendships.

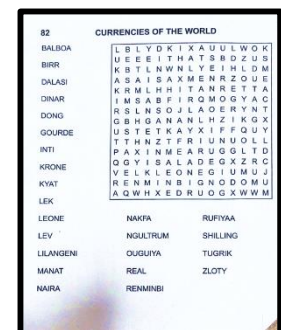
These informal interactions were an important part of the event, allowing participants to become better acquainted, renew social connections, and enjoy a welcoming atmosphere.

2.5 Puzzle Exercise and Brain Stimulation

A puzzle-solving activity was organized to encourage mental engagement, concentration, and

problem-solving skills. The exercise was designed to provide an enjoyable challenge while highlighting the importance of keeping the mind active, particularly as people grow older.

Participants took part enthusiastically, and the activity encouraged friendly competition and interaction. Two participants who completed the exercise



first each received a **\$25 gift card**, recognizing their achievement and adding to the enjoyment of the programme.

This activity demonstrated how simple, engaging exercises can combine recreation with opportunities for mental stimulation and social participation.

2.6 Recreational and Outdoor Activities

To encourage further interaction and enjoyment of the outdoor environment, volleyball and chess were made available to participants.

Volleyball provided an opportunity for physical movement, teamwork, and friendly recreation, while chess offered an activity that encouraged strategic thinking and mental engagement.

By providing activities suited to different interests and abilities, the gathering encouraged participants to remain active, spend time together, and enjoy the benefits of outdoor recreation.

3. Key Outcomes and Benefits

The gathering provided a valuable opportunity for 30 participants to connect socially, participate in cultural and recreational activities, and discuss issues related to mental and physical well-being.

The principal outcomes included:

- **Strengthened community connections:** Encouraged friendship, networking, and closer relationships among members of the Afghan community.
- **Support for seniors and newcomers:** Provided opportunities for social interaction and helped address the risk of isolation and loneliness.
- **Promotion of mental well-being:** Encouraged participation in activities that stimulate the mind, reduce stress, and support emotional health.
- **Encouragement of physical activity:** Offered outdoor recreation through volleyball and other shared activities.
- **Cultural preservation:** Created an opportunity to celebrate cultural heritage and shared identity through poetry.
- **Promotion of mutual support:** Reinforced the importance of maintaining relationships and supporting one another within the community.
- **Increased community participation:** Encouraged members to remain engaged in social gatherings and future PSCN initiatives.

Overall, the event demonstrated the value of regular community gatherings in creating opportunities for meaningful interaction, active ageing, cultural connection, and social inclusion.

4. Appreciation and Acknowledgements

Paywand Social and Cultural Network extends its sincere appreciation to all 30 participants for their presence, enthusiasm, and contribution to the gathering.

Special thanks are extended to Mr. Arif Ayubi for welcoming the participants and highlighting the importance of community engagement; Mr. Abdul Sabour Ghorbandi for his cultural contribution through poetry; and Dr. Asmatullah Arab for sharing valuable insights on mental and physical well-being.

PSCN also acknowledges everyone who contributed to organizing and facilitating the gathering, including the preparation of refreshments and recreational activities. Their cooperation and commitment helped create a welcoming environment for all participants.

5. Conclusion and Future Outlook

The September 3, 2026, gathering at Earl Bales Park was an opportunity for members and friends of Paywand Social and Cultural Network to come together in a spirit of friendship, cultural appreciation, and mutual support.

Through welcoming remarks, poetry, a well-being discussion, puzzle-solving, refreshments, volleyball, and chess, the event combined social, educational, cultural, and recreational elements in a single community programme.

The gathering reaffirmed PSCN's commitment to strengthening community relationships, supporting seniors and newcomers, promoting mental and physical well-being, and reducing social isolation through meaningful social participation.

PSCN looks forward to continuing such initiatives and creating further opportunities for its members and friends to connect, remain active, share experiences, and support one another. Through regular gatherings and inclusive community programmes, the Network aims to foster a stronger, healthier, and more connected community.

Paywand Social and Cultural Network (PSCN)

Bridges, Not Borders — Connecting People, Strengthening Communities.