

SPECIAL EVENTS OF INTEREST

- 22 Mar 6 PM — Dance in Motion with Evelyn Lao at KCCC
- 24 Mar 3 PM — KCCC Annual General Meeting & election of officers
- 6 Apr 6 PM — FSM Spring Dinner Dance at KCCC
- 20 Apr 6 PM — Monday Night Line Dancing 25th Anniversary at KCCC
- 27 Apr 6 PM — KFCO Dancing Under the Stars at KCCC
- 11 May 6 PM — Waltz into Summer with Ogie Lupac at KCCC
- 24 May 6 PM — FSM Friday Night Dance community event at KCCC
- 7 Jun 6 PM — KFCO 41st Independence Day Gala at Mississauga Grand Banquet & Event Centre
- 30 Jun 12 PM — Kalayaan community Philippines Independence Day picnic celebration at Mississauga Valley Park Areas A, B, C, & D

Filipino Seniors of Mississauga Bulletin

FSM 2024

MARCH, ISSUE 2

A Successful FSM

Valentine's Day Celebration

The FSM association held a successful Valentine's Day celebration at MVCC last 10 Feb 2024.

Quite a nice feeling to see everyone preping up the room with decorations, setting up the ta-



bles, and the food preparations.

The seniors were ever thankful to be serenaded with songs from: Jegma Dimaano, Clem Cabillan, Popoy Cana, Os Magno,



J Mari Azarraga, accompanied on the piano by Mila Magno.



As one of the highlights of the special day, our ladies were given flowers, and some chocolates.



FSM Hosts Friday Night Dance at KCCC



The Filipino Seniors of Mississauga (FSM), would like to express our sincere thanks and gratitude to Kalayaan Cultural Community Centre (KCCC) for giving our seniors group the opportunity to host the Friday Night Dance last 23 Feb 2024. It was a fun-filled night with lots of dancing and socializing among guests. It also gave our members the hands-on exposure and experience in handling such an event. It was a good morale building, training, and confidence boosting undertaking to our officers and committee members which hopefully will be carried forward for the benefit of the senior's association. It was also good to see the spontaneous "Filipino bayanihan" spirit working wonders for the event.

Angkas-Ugnayan Program

Angkas-Ugnayan Program launched by the FSM Sunshine Committee envisions to connect FSM members who are isolated because they do not have a vehicle or a ride to attend FSM functions and activities.

The program asks for volunteers among its members who are willing to share a ride with members in need.

Angkas means to 'hitch' or give a ride to someone.

Ugnayan also means a connection or a linkage.

This program will connect isolated members with other members by giving them a ride to meet-up and hook-up with other members of the association.

The Sunshine committee tries to match a vehicle owner

willing to share and give a ride with a member needing transport to attend activities and interact with friends.

We try to address social isolation of some of our members. Hopefully, this undertaking bears fruit in the long run.

Please reach out Jo Azarraga or Gloria Dy of the FSM Sunshine Committee.

FSM Info and Membership Drive Flyer

FSM Membership Committee prepared a one page infomercial flyer to provide a general idea what the Filipino seniors of Mississauga (FSM) is all about as to its mandates and some pictorial snap shot of some of the activities that the members do.

The future belongs to those who believe in the beauty of their dreams.
Eleanor Roosevelt



Come and join us for some lunch and desserts !



Socialize and move your body with some line dancing !



We welcome government officials and dignitaries to come, visit and join us ! Good to know them better.



Filipino Seniors of Mississauga

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- fsmmississauga@myyahoo.com
- Mailing Address: 5225 Orbitor Dr., Suite 4, Mississauga, ON, L4W 4Y8
- Website: fsmmississauga.ca



Be a member

The Filipino Seniors of Mississauga (FSM) is a Mississauga non-profit association which has its start in 1982. The association has been in existence for more than 41 years. Its mandate:

1. Develop and promote camaraderie and fellowship among members
2. Participate actively in worthwhile community projects
3. Promote unity and better understanding among members and with other organizations
4. Render assistance to bonafide members in every feasible way as the need arises



Please print info:

First Name: _____

Last Name: _____

Address: _____

Contact Nos: _____

Mobile No: _____

Home No: _____

E-mail: _____

Signature: _____

Occupation / Status (optional): _____

Other notes / remarks: _____

Comments / suggestions

Sometimes life hits you in the head with a brick. Don't lose faith.

Steve Jobs

The journey of a thousand miles begins with one step.
Lao Tzu

Practice gratitude and count your blessings. There is always something to be thankful for.

Sai Baba

Do what you can, with what you have, where you are.

Theodore Roosevelt

Meet Our New FSM Members



Man & Felix Morales



Chris Beltran



Marve Castroverde



Danilo Castroverde



Carmelita Rivera



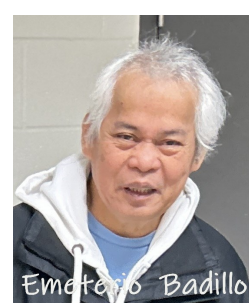
Editha Macasero Eduarte



Nelia Tonido



Monica Badillo



Emeterio Badillo

Courtesy Call to Amanda Zita

FSM Joins the Mississauga Senior's Council

The Filipino Seniors of Mississauga (FSM) join the Mississauga Senior's Council (MSC), which is a conglomerate volunteer based senior groups to foster and represent issues that have a common effect and impact on our interest and well being. There are programs and services aimed at enhancing



the quality of life for seniors living in the City. It's current Chairman is Bob Harrick.



Charity and Rene had short courtesy call to Amanda Zita of MVCC last 14 Mar 2024. On behalf of FSM, a small Sago palm plant, just right for her work desk, was given to Amanda. It's FSM way of showing our token of appreciation for all the help and assistance she has been unselfishly extending to our association. Rene took the opportunity to introduce FSM Secretary, Charity Lim, to Amanda, as she'll be taking over the responsibility of coordinating our weekly MVCC facility needs.

Charity and Rene attended the MSC's 1st quarterly informational meeting last 12 Mar 2024 at the Parkland Lifestyle Residence on the Glen. There were various guest speakers during the day talking of services of interest to seniors, such as, mental health, hypnosis, senior Lifestyle communities, dementia. It was quite an informative session. Carolyn Parrish, Councilor of Ward 5, passed by to give a short talk.



Just sharing , food for thought

3 things you might come to accept, most people ignore the last one.

Number 1:

Self control is strength and calmness is a mastery, you have to get the point where mood does not shift based on the actions of someone else, don't allow others to control the direction of your life and don't allow your

emotions to overpower your intelligence

Number 2:

Stop being afraid to spend money, you go out and spend a \$100 on good food and drinks, so what your time on this planet is a gift, you can always get back money but you can't get back time

Number 3:

In three generations, everyone who knows you

will have died including the people whose opinions stopped you from doing what you want to do all along, imagine someone you know achieved every dream hit every goal and then some years later they get old and die and two years after that how much would you care if you accomplished your goals and dreams, do it for yourself from: theaidimension@





Thank You, KCCC!

On behalf of the Filipino Seniors of Mississauga, our deepest thanks and gratitude for allowing our association the use of the Grand Hall once every quarter for a social event.

We will abide with the guidelines that have been provided. We will do our best to do justice to promote the Kalayaan Centre as a go-to place for the community through the programs undertaken.

Fallsview Casino Trip

The Filipino Seniors of Mississauga embarked on their 1st casino outing for the year last 5 Mar 2024. Participants had a good time trying their luck at the slot machines, others on some table games. Some came out with smiles on their face as happy winners. Others spent the afternoon watching a Chubby Checker show at the Avalon Theater. On the bus trip back to Mississauga, Joe Manzanarez, with his ukelele, Ernie Quinto, J Mari Azarraga, and Clem Cabillan rendered some songs for entertainment. Everyone was provided with a brown bag with hard boiled egg, clementine orange, Skyflakes crackers, and a bottle of water, as "baon" for the trip. Thanks to Mila Magno for sharing with us her home made delicious pandan and ube puto.



A short audience and courtesy call to Carolyn Parrish, Mississauga Councillor Ward 5, at her City Centre office.



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Come and visit us:

Filipino Seniors of Mississauga uses Mississauga Valley Community Center Library Program Rm. 1 facility every:

Wednesday from 6:00 PM to 8:00 PM

Saturdays from 12 noon to 5:00 PM



Depika Damerla, Mississauga Councillor for Ward 7, visited the Filipino Seniors of Mississauga last 17 Feb 2024 during a regular Saturday drop-in gathering at MVCC.