



ISLAMIC FOUNDATION OF TORONTO

SENIORS RESORT RETREAT



- 3 Days & 2 Nights at Kawartha Lakes
- Enjoy Lake Front Cottages
- 2 Breakfasts / 3 Lunches / 2 Dinners
- Snack & Coffee In Cottages
- 1 hr Pontoon Trip On The Lake
- All Inclusive
- Travel By Your Own Car / Transport Provided Depending On Situation

\$175 For Members & \$200 For Non Members

SEPT 14, 15, 16, 2021
TUE - WED - THU

Programs to keep Mind & Soul Healthy:

- Team Building Tasks / Team Games
- Pontoon Ride / Breathing Exercises
- Spiritual Relaxation
- Poetry & Prose
- Bonfire / Fishing

To Register Contact:
Sajeda Khan | 647-836-6264

Last Date to Register
August 20, 2021