



# Nepalese Community Society of Calgary (NCSC)

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- Home
- About ▾
- Programs ▾
- Projects ▾
- Nepali Pathshala ▾
- Resource Center ▾
- Activities & News
- Gallery
- Contact
- Quick Inquiry**



## Rise & Shine Project

Rise and Shine (R & S): Preparing Immigrant Elders to address Social Isolation and Vulnerability



## Rise & Shine Project

Funded by the Capacity Building and the Emerging Issues Fund from the City of Calgary, the main goal of the Rise and Shine initiative is to scope out the issues faced by elders in the community, prioritize the issues and devise actionable items. Led by a Steering Committee headed by a senior volunteer, the project organizes Saturday Scoping Sessions with Snacks (4S) along with outdoor fun activities in which community elders come together in the same platform, enjoy the outdoor environment, share their experience with other seniors and adults, learn from each other and explore the opportunities to make their lives better.

This one time initiative aims to build capacity of the seniors in the area of social mobilization, project management and identifying prominent issues. All of the activities identified will be documented and NCSC will find out the actionable items in the short, medium and long-term. Based on the issues and prioritization, NCSC will explore the resources.

# Activity Report



**Nepalese Community  
Society of Calgary (NCSC)**



## Links

## Highlights

- [Our Programs](#)
- [Our Projects](#)
- [Gallery](#)
- [News & Events](#)

## Contact

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