

## Seniors honour their own and you can join in celebrations

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If you're into South Asian music, dancing and drama, then check out South Asian Heritage Day celebrations next Saturday.

Entertainment includes:

- Dancing from South Asian dancer Menaka Thakkar (artistic director of The Menaka Thakkar Dance Company);
- A friendship song in Gurajati, Indian and Kashmiri dancing;
- A poetry recital in Urdu;
- A ten-minute play in Hindi and English and;
- The playing of traditional musical instruments from Sri Lanka.



Malini Pararajasingham leads a Markham Tamil Seniors Association yoga class before the group participates in next Saturday's South Asian Heritage Day celebrations at the Markham Civic Centre.

About 600 seniors are expected to attend the showcase, but you do not have to be in your retirement years to attend.

The event celebrates achievements of South Asian seniors by presenting four awards. The winners will be announced between 11 a.m. and 1 p.m. at the Markham Civic Centre at 101 Town Centre Blvd. in the Warden Avenue and Hwy. 7 area.

Also taking place during that time is the launch of the South Asian Seniors Coalition of York Region.

York Region's seniors groups, 17 in all, are creating a coalition to address common issues.

"Every time we visited seniors groups, they were working in isolation," said Naushad Hirji, chairperson for the Social Services Network, which delivers services to the South Asian community.

This coalition is the solution and it provides a forum for seniors to be together once a month, Mr. Hirji said.

The coalition already has a plan for the next six months, including a picnic, wellness symposium and debate between clubs.

A cultural and music program by the seniors is from 2 to 4 p.m. at Unionville High School at 201 Town Centre Blvd. near Warden Avenue and Hwy. 7.

South Asian heritage day celebrations and awards are next Saturday between 11 a.m. to 4 p.m. at the Markham Civic Centre in the council chambers. For more information, call Naz at 905-940-7864.