

OCSCO Celebrates 25 Years

OCSCO celebrated their 25th anniversary on November 9th, 2010, with a day long celebration held in Toronto at the Latvian Canadian Cultural Centre. The anniversary celebration was attended by over 220 seniors from across the province. They were treated to a diverse selection of speakers and entertainment. The morning started with Bea Levis - a founding member of OCSCO - who presented a historical perspective of the organization. Then Senator Sharon Carstairs spoke eloquently on the issue of aging in Canada. She informed the audience that by 2031, 25% of the Canadian population will be over the age of 65. As such, her presentation was an impassioned call for seniors to get involved to ensure that their concerns are heard and addressed -- now and in the future.

The afternoon session started with the awarding of the 2010 Dan Benedict Award for social justice to Amy Nelson.

Entertainment was provided in the afternoon by Dan Hill - renowned Canadian singer songwriter. Dan wowed the audience with his musical talents - playing some of his well known songs as well as reading excerpts from his deeply personal tribute to his father *I Am My Father's Son*.

Finally the event concluded with smiles all around as Lalita Sharma led a brief session of Laughing Yoga. The attendees left the 25th anniversary event with wide smiles -- courtesy of Lalita's unique form of yoga.