

## Press Release: Indigenous Hoop Dancing with Makhena on We're All In This Together, the Web Series for Seniors

Don't miss the next episode of **We're All In This Together** on **Indigenous Hoop Dancing with Makhena**, which launches on **Friday, June 4 at 6pm**. From her lifelong passion to dance, traditional regalia and deep connection to nature, Makhena Rankin Guèrin shares the origins, magic and medicine of Indigenous hoop dancing that she enthusiastically brings to seniors in her community.

In light of the discovery of the 215 children who died at the Kamloops Residential School, we dedicate this episode to them, their families and their communities. We believe it is imperative that Canadians have an opportunity to learn more of the truth surrounding the realities of Indigenous Peoples in Canada as a result of the intergenerational trauma caused by residential schools, and also to discover the beauty of Indigenous culture and tradition. It is our deepest desire with this episode to foster greater understanding and solidarity with the Indigenous communities.

We're All in This Together is a web-series designed especially for seniors. Each **bi-weekly episode** of the 18 episode web series, directed by Montreal-based, award-winning filmmaker Bobbi Jo Hart, features entertainment, activities and conversations **designed to connect with those in need of support and empathy... with a gentle reminder that we are, indeed, all in this together**. Episodes released so far can easily be found on [YouTube](#) (Search key words "We're All In This Together Senior Web Series") and [Facebook](#) (Search "WereAllInThisTogetherQuebec"), and are available for anyone to enjoy.

This is also a great opportunity to take a moment to assure that the seniors around you are able to access the internet, so that they are able to take advantage of all the online resources available to them.

### **CONTACT**

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### **ABOUT**

**Seniors Action Quebec** works to maintain and enhance the vitality of English-speaking Quebec seniors. All efforts will identify and address challenges and issues to promote a healthy and active lifestyle for English-speaking seniors.

**The English Language Arts Network (ELAN)** is a meeting place for English-language artists and cultural workers of all disciplines from every region of Quebec, where they can share expertise and resources, build audiences and alliances, seek support, advocate for their interests, and make common cause with the Francophone arts community.