

MEDIA RELEASE

27 August 2021

Alice Springs Seniors Expo is the biggest yet!



Seniors are in the heart of the action in Alice Springs on Tuesday 31 August 2021. Between 10am and 1pm, there are Lions, Silver Warriors, Red Centre Line Dancers, Moovers and Groovers, Beaut Ukes and lots of 'Getting Physical' on the Council Lawns.

This is the third Seniors Expo organised by COTA NT in Alice Springs during Seniors Month and is well and truly the biggest yet with over 40 exhibitors in attendance. It's an opportunity for locals to meet and entertain each other; to talk to service providers, clubs, organisations, to enjoy some free refreshments and really get to know the ins and outs of an active, busy, vibrant and supportive community. There is a fair bit to fit into three hours, but there is also plenty of coffee to keep everyone going and plenty of shaded seating.

"We'd like to acknowledge all our Club and Associate Members, exhibitors and community members who are supporting this year's Expo," said Sue Shearer, CEO of COTA NT. "To come together, to meet and celebrate, to get informed about local and Territory activity, initiatives, supports and services is of paramount importance. We would also like to thank the Northern Territory Government for the Seniors Month grant which part-funded the event and the tremendous support provided by the Alice Springs Town Council."

Patrons are invited to pick up a program and a refreshment ticket from the COTA NT table, which also promotes the two major programs delivered by COTA NT in Central Australia, Aged Care Navigator (which assists people to access government-funded aged care services) and NT Seniors Card (which helps to reduce the cost of living and support Territory businesses).

Local COTA NT Program Managers will be joined by representatives from NT Seniors Recognition and Concessions Scheme, Alice Springs Senior Citizens, Probus, National Seniors, Bosom Buddies, U3A, Seniors Relationships Australia, Relationships Australia, Disability Royal Commission Services, Heart Foundation, Alice Springs Town Council Public Library and Town Council Healthy Communities Program, NT Consumer Affairs, Anti-Discrimination Commission, Dementia Support Australia, Association of Independent Retirees, Multicultural Community, Robyn Lambley MLA

COTA Northern Territory is the peak advocacy and representation organisation for senior Territorians advocating for and working towards an age-friendly, just, inclusive and equitable society since 1969

Member for Araluen, Volunteering NT, Plaza Wellbeing Centre, Palliative Care NT, Carers NT, Dementia Australia, CAWLS, ARRCs, Total Recreation, YMCA, Neighbourhood Watch NT, Victims Of Crime NT, Joshua Burgoyne MLA Member for Braitling, The Mens Shed, Catholic Care, Hands on People, Hello Alice, Alice Springs' Golf/Bowls and Bridge Clubs, Get Physical and last but not least, 8CCC Community Radio.

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Details and program from,

<https://www.cotant.org.au/seniors-expo/alice-springs-seniors-expo-2021/>