

MEDIA RELEASE

18 August 2023

## Big day out for Seniors at the Convention Centre

**COTA NT Central Australia has created the largest Expo ever for seniors in Alice Springs to celebrate this year's Seniors Month. With the support of the Northern Territory Government and co-host Alice Springs Town Council, the event combining Seniors Expo and Seniors Still Got Rhythm brings over 50 exhibitors to town and an anticipated crowd of over 400.**

All are welcome at the Alice Springs Convention Centre, Tuesday 22 August (10am to 2pm).

After the formal event opening by the Honourable Lauren Moss MLA, Minister for Seniors the doors open to *Expo* in the MacDonnell Room and *Seniors Still Got Rhythm* in the Ellery Room. Entry is free to all members of the community. Free refreshments including morning tea, lunch and Rotary sausage sizzle will help keep energy levels up for a busy day of conversation, information and entertainment.

“There are 54 exhibitors at our Expo this year,” says Sue Shearer Chief Executive of COTA NT. “This is more than ever before – and they are all there to provide seniors with information, advice and support face-to-face, person-to-person. This is the only opportunity in the year for seniors to get the help they need during one very big, comfortable and enjoyable day out. No being put on-hold, no computer or Internet needed and time for understanding.

“We are very appreciative of the support of the Territory Government for helping us put this event on, to all the exhibitors, to sponsors Power and Water for enabling us to give Alice Springs seniors free personal safety alarms and of course, to Alice Springs seniors who support Expos so fantastically well.

“Expect plenty of conversations on Tuesday around personal and home safety, banking, legal services, palliative care, advance personal plans, food bank, scams awareness, civic services, retirement, aged care services, consumer and human rights, complaint processes and dispute resolution, pension, cost of living, concessions, mobility aids, health and well-being and more.

“Check out the program before or on the day – lots of information and giveaways to take home, quizzes and competitions to enjoy, dance, live music and community radio broadcasting by 8CCC.”

The full event program is online ([www.cotant.org.au/alice-springs-seniors-expo-2023](http://www.cotant.org.au/alice-springs-seniors-expo-2023)) and available on the day.

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COTA NT is the leading advocacy organisation for senior Territorians  
*established 1969*

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