

COTA NT launches dementia-friendly activities program

COTA NT is excited to announce the start of its “Active Minds, Active Bodies: A Dementia-Friendly Fitness and Socialisation” project with a series of activities especially designed for those living with early onset dementia.

The program includes biweekly sessions of Seated Funfit exercise, monthly choir singing and monthly line dancing. Each session is held at 10.30am, costs a gold coin and free transport for a limited number of participants (for pick-ups and drop-offs) can be booked in advance with COTA NT. The number of participants in each activity is capped to ensure each group is suitable for those who prefer a quieter environment.

“We are thrilled to offer these dementia-friendly activities which are crucial in supporting the social and physical well-being of seniors with early onset dementia. We know that listening to music, dancing and singing provide positive feelings so this program aims to provide a bit of everything,” said Sue Shearer, Chief Executive Officer, COTA NT. “It helps to maintain active lifestyles and at the same time, helps foster community and social connections among participants, their families and carers.”

“We would like to acknowledge the funding support from the Dementia Friendly Communities program delivered by Dementia Australia and funded by the Australian Government, and the wonderful support of our program supporters and group facilitators, Sharon Kelly from Superageing (seniors’ exercise and wellness classes), Ruth Gardener from Let’s Sing (community choir) and Natalie Eerden from NuLine Dance (line dancing).”

Media contact: Sue Shearer, CEO COTA NT 08 8941 1004

MORE INFORMATION

Program information, www.cotant.org.au/programs/fit-for-life/dementia-friendly-activities

For information and bookings, contact Cecilia at COTA NT 08 8941 1044

Activity Schedule:

- **Seated Funfit:** Held on the 1st and 3rd Mondays of each month at 10:30 AM, excluding public holidays and instructor rest days.
- **Choir Singing:** Takes place once a month on Wednesdays from 10:30 AM to 11:30 AM.
- **Line Dancing:** Scheduled for the 4th Wednesday of each month, from 10:30 AM to 11:30 AM.
- **No Classes:** There will be no classes during public holidays and the Christmas break.
- Bus pick ups commence at approximately 9am and drop offs being from 11.30am.