

MEDIA RELEASE

24 June 2024

Darwin event is the one-stop shop for seniors

COTA NT's 9th Expo for seniors in Darwin will be the biggest yet with over 100 exhibitors and performers registered to attend. It is the premium opportunity of the year for older people, their families, friends and communities to find out more about ageing well in the NT.

The event supported by a Northern Territory Government Major Community Event Grant from the Community Benefit Fund, sponsors Netball NT and Territory FM 104.1 and NT stakeholders is being held on Saturday 29 June between 10am and 2pm at the CDU Stadium, Sitzler Netball Centre in Marrara. Over 3,000 people are expected to attend including the Minister for Seniors, the Hon Ngaree Ah Kit MLA and COTA NT's patron, His Honour Professor the Honourable Hugh Heggie AO PSM.

Free entry and free morning tea are available for each person attending with BBQ and barista coffee available to purchase. Talented locals will be providing live music and playing popular favourites to sing-along too, dance and fitness groups will showcase their activities and encourage newbies to join, and exhibitors – in greater number than ever before – will provide information on a huge range of topics including aged care, concessions, consumer discounts, end of life planning, entertainment, finance, fitness, health and well-being, hobbies and interests, home and lifestyle, mobility, retirement, rights, safety, transport, volunteering and voting.

“This year's Expo will literally fill the stadium and we urge Territorians of all ages to come along on the day to enjoy the event's unique celebratory atmosphere,” says Sue Shearer, CEO of COTA NT. “Not only is Expo a one-stop information shop, but it provides the best opportunity of the year for seniors to connect and engage with each other and community stakeholders. Expo provides a vital in-person platform for government, service providers, businesses and groups to share information about their services, products and support for NT Seniors. This year, we have new exhibitors from business and not-for-profit sectors and representatives from our political parties – the opportunity is there to talk about future policies which may affect seniors' rights and well-being. We encourage everyone to make the most of every conversation.”

Doors open at 10am, with an Opening Ceremony at 10.10am after which access to the Exhibitors will be available.

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Full program including Exhibitors list and performance schedules,

<https://www.cotant.org.au/darwin-seniors-expo-2024/>