

**A day of
celebration,
information &
conversation**

COTA
NORTHERN TERRITORY
for senior Territorians



DARWIN

SENIORS EXPO

**FREE
ENTRY
for patrons**

**Enjoy our
sparkling 10th
anniversary
year!**



Saturday 28 June 2025, 10am – 2pm

CDU Stadium, Sitzler Netball Centre, 235 Abala Road, Marrara

**Say hi to Territory 104.1 FM
& pick up your event program**

**Meet & greet, take a seat
& plan your experience**

**Enjoy live music & free
morning tea on the verandah**

**Talk to our exhibitors in-person
Be inspired by our performances,
demonstrations & JOIN IN**

PARTY LIKE IT'S 2025!



Proudly sponsored by
**NORTHERN
TERRITORY
GOVERNMENT**



territoryfm
104.1

airnorth
together we fly

Information about Expo

WELCOME

Pick up your printed program on entry.

MOVING AROUND THE VENUE

Keep your distance (1.5m) from others moving around Expo wherever practical and possible. Keep your speed down to walking pace if you are using a mobility scooter.

PHOTOGRAPHY

Photography, audio and video recording will occur at this event. By entering the event, you consent to photography, audio and video recording and its reproduction to be used by COTA NT in its marketing.

REFRESHMENTS

To reduce the risk of spills and slip hazards, please consume food and drink on the outdoor verandah or in stadium seating only (does not include water bottles).

VOLUNTARY ASSUMPTION OF RISK

You undertake entry to, and any activity at Expo, at your sole risk and acknowledge and voluntarily accept the level of risk consequent with entry and activity.

FIRST AID AND LOST PERSONS

For First Aid assistance, visit St John Ambulance at Booth 66.

SMOKING AND ALCOHOL

This is a smoke-free and alcohol-free event.

TOILETS AND BATHROOMS

Toilets and changing rooms are located within the facility and are signed.

EMERGENCY

In case of emergency, all patrons must leave the building immediately when the alarm is sounded through the exits. Exit points are clearly signed. The assembly point is in the car park.

WATER

All attendees can refill water bottles or use the water fountains on site. One water bottle is provided per person as part of morning tea.

VOLUNTEERS

Most of the site crew are volunteers and have donated their time and energy to Expo. They are highly valued members of our team, so please be patient and respectful with them.

Welcome to COTA NT's 10th Year of Expo.

This is a special anniversary event for COTA NT, and we are delighted to share it with you. We have kept every single ingredient of Expo that made it such a success in its inaugural year. Community, connection and celebration.

In 2015, I was one of the Exhibitors taking my spot on the lawns of the Museum and Art Gallery. I did not envisage being here today as the CEO of COTA NT and overseeing not only this Expo's success, but those in Katherine and Alice Springs too.

Firstly, I would like to acknowledge and thank our Sponsors, Members, Club & Associate Members, our volunteers and of course my colleagues. Without them, an event of this magnitude – an event unequivocally designed for seniors – simply would not be possible. Funds from the NT Government's Major Community Benefit Fund could not, in my mind, be better spent!

Netball NT and Territory 104.1 FM have been our partners for many years – thank you to them for a super spacious and cool venue, year-in and year-out enthusiasm and terrific support on the airwaves. We would also like to recognise and thank Anglicare NT, Carers NT, City of Darwin, Darwin Community Legal Service, Dementia Australia NT, Jacana Energy, Prosper and Relationships Australia NT for their support of every single Expo since 2015. We love that you love our event!

Bear with us as we celebrate with a bit of bling and cake this year. We feel we earned it. Come over to the COTA NT booths and find out more about our work and let us know what you thought of our 2025 Expo.

So, thank you for coming today, supporting our work and proving how important events like Expo are to our community.

Sue Shearer

Sue Shearer
CEO, COTA NT



Opening ceremony (10am) by the Hon Lia Finocchiaro Chief Minister of the Northern Territory Government

In attendance, COTA NT's patron, His Honour Professor the Honourable Hugh Heggie AO PSM.

Access to Exhibitors will be available at the conclusion of the Opening Ceremony.

If you have booked a space at one of our 2 workshops held on the mezzanine level, access is via the lift.

What's Happening Today

Lobby

- **Territory FM 104.1** – Broadcasting live between 10am and 1pm

ON ARRIVAL – Pick up your printed program on entry. Please take a seat (Court 1), read the program and plan your day (take your time, it can be a 'big' day). Exhibitors are listed in the program alphabetically and booth numbers are by their name.

Refreshments

Please consume refreshments outside of the indoor courts and enjoy!

- **Free morning tea** available on the verandah from 10.30am
- **Casuarina Lions Club sausage sizzle** on the lawns (access via the verandah) - Gold coin donation
- **Luvva Cuppa** – barista coffee and specialty drinks available to purchase outside Expo entry.

Verandah

Sit back with morning tea and sing along, hand jive, toe tap, dance or simply enjoy music from our talented musicians.

- **Musical Jam** 10.30am to 11.15am
- **Yvette Young** 11.30am to 1.30pm

Workshops

Held on the mezzanine level of the venue (accessible via the lift in the foyer). For pre-booked ticket holders only.

- **BeCyber Secure** 11am to 12pm
- **Dying to Know** 12.30pm to 2pm

If you were unable to secure a spot, ask COTA NT staff (Booth 35) to record your interest in attending in the future. Information on both topics is available from the COTA NT website (www.cotant.org.au/information) along with many others.

Court 1

Enjoy the energy and music of local dance groups and give their join-in opportunities a go. Finish off with a relaxing, free yoga session (suitable for all abilities).

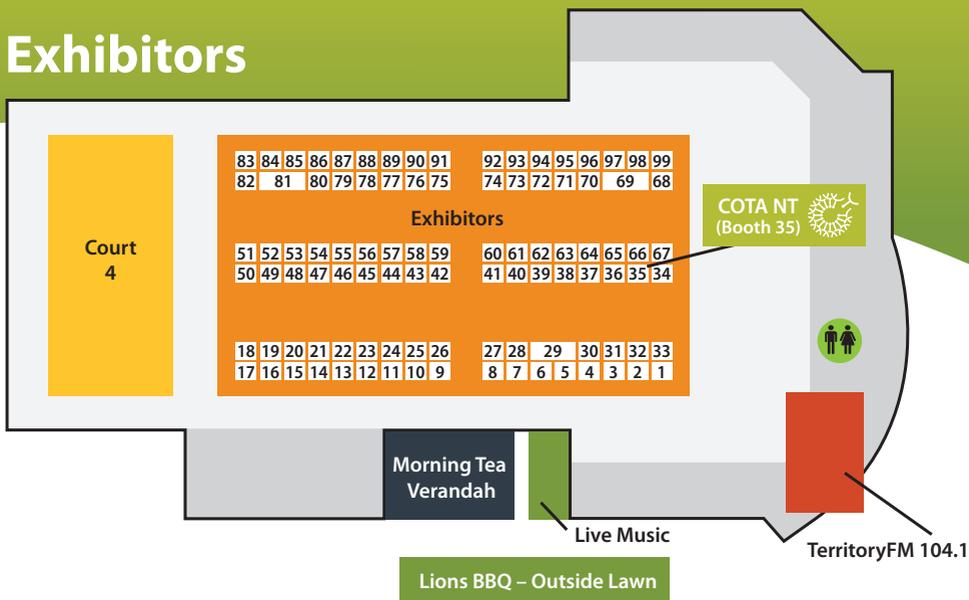
- **Nuline Dancing** 10.30am to 11am
- **Top End Mustangs Inc** 11.30am to 12pm
- **Darwin Line Dancing** 12.30pm to 1pm

Court 4

- **Darwin Table Tennis Association** 10am to 1pm
- **Flametree Yoga** 1pm to 2pm

** Please note all timings are approximate and program may be subject to change.*

Exhibitors



Air North 33 Find out where they fly & enter the prize draw.

Amnesty International 48 Championing human rights.

Anglicare NT 15 Promoting services in aged care.

Anti-Discrimination Commission / Community Visitor 80 Info on rights & responsibilities.

Asthma Foundation NT 27 Info, devices & education.

Audika 79 Free hearing screenings.

Australian Ears and Hearing Care 47 Government hearing services.

Australian Government Department of Health & Aged Care 77 & 78 Aged care legislation & reform.

Australian Independent Retirees 13 Association, membership & meeting info.

Australian Seniors Computer Clubs Australia (ASCCA) 43 Sign up for Be Connected Digital training.

Autism NT 53 Info & support.

Bendigo Bank - Coolalinga & Districts 34 Local banking services.

Carers NT 88 Carer Gateway support & services, freebies.

Casuarina Lions Club 1 Info about activities & volunteering projects.

Centre for Disease Control - NT Health 91 Immunisation & entomology advice.

City of Darwin 69 Council events, services & programs.

COTA Membership & Home Maintenance Scheme 36 Join today.

COTA NT 35 Peak body programs & services.

COTA NT Aged Care Navigator 32 Help to access aged care services & end of life planning.

Country Liberal Party 21 Meet your MLA.

Crest NT 85 Workplace & employment support.

- Danila Dilba Health Service 5**
Care support services.
- Darwin Bridge Club 14**
Witness the greatest mind-sport.
- Darwin Camera Club 54**
Photographic display.
- Darwin Community Legal Service 70**
Free legal advice & support.
- Darwin Ears & Hearing 25**
Showcasing audiology clinic services.
- Darwin Entertainment Centre 12**
Upcoming events & seniors' pricing.
- Darwin Frocktails 84**
Raffle, garments display & event promo.
- Darwin Table Tennis 20**
Play & membership info.
- Deckchair Cinema 64**
Program info & offers.
- Dementia & Alzheimer's Australia NT Division 59** *Info & answering questions.*
- Dementia Support Australia 42**
Free tailored NT-wide care.
- Department of Health Aged Care – Psychogeriatric Service 82**
Top End Aged Care Unit services.
- Department of Infrastructure, Planning & Logistics 41** *Seniors Shuttle Bus, NT Public Transport Services.*
- Department of People, Sports and Culture 3**
NT Concession and Recognition Unit.
- Dietitians NT 22**
Label reading, free label cards, portion plates & nutrition samples.
- DonateLife NT 24** *Organ donation information & registration.*
- Emerse 89**
Water-based fitness & therapy.
- English & Scottish Country Dancing 62** *Meet the members.*
- Flametree Yoga Studio 55**
Local sessions & special offers.
- Greenfields Living 76**
Darwin & Palmerston retirement villages.
- HPA Incorporated 45**
Gardening & home maintenance services.
- Inner Balance Health 96** *Aged care physiotherapy & small-group classes.*
- Jacana Energy 67**
Energy efficiency & money-saving tips.
- Karama Community Garden 86**
Info, membership & plant raffle.
- Keep Moving Pty Ltd 81**
Mobility equipment display & info.
- Knit and Natter 63**
Display & info on charitable projects.
- Life Without Barriers 8**
Aged care info & merchandise.
- Limitless Australia NT 29**
Daily living aids & mobility equipment.
- LiveUp 44**
Healthy ageing info & tools for every day.
- MAXIFECT 75** *Promoting positive interpersonal relationships.*
- Melaleuca Australia 95**
Info about services.
- Motor Vehicle Registry 40** *Licences & vehicle registrations, discounts.*
- National Seniors Top End 61**
Info on activities & membership.
- nbn™ Local NT 68** *Network upgrade news & service performance checks.*
- Neighbourhood Watch NT 6**
Safety information & tools.
- Northern Territory Consumer Affairs 56** *Helpful handouts & consumer rights.*

Northern Territory Electoral Commission 87

Updating enrolment details & more.

Northern Territory Fire and Rescue Services 10

Smoke alarms, escape plans & advice.

Northern Territory Working Women's Centre 38 *Work related advice, training & advocacy for reform.*

NT Breast Cancer Voice 60

Services & screenings info.

NT Seniors Card 31

Consumer concessions for 60+.

NT Seniors Voice 74 *Voice of senior Territorians online & in print.*

Palliative Care NT 90 *Advance Personal Planning & palliative care info.*

PICAC (Partners in Culturally Appropriate Care) 37 *Multicultural support & advocacy.*

Probus Club of Darwin Inc 97 *Retirement fun & friendship.*

Prosper Darwin Prostate Cancer Support Group 2 *Info, lived experience & support.*

Public Guardian and Trustee 98 *Guardianship, estates & wills.*

Relationships Australia – Northern Territory 26 *Elder abuse prevention & seniors' services.*

Riding for the Disabled Top End 83 *Services info & volunteer recruitment.*

Royal Darwin and Palmerston Hospital (RDPH) Volunteers 99 *Info.*

Royal Life Saving Society (Australia) NT Branch 11 *Info on Cool Seniors water exercise & drowning prevention.*

Seniors Craft & Chat 73 *Creative group with displays of work.*

Services Australia 46

Meet local aged care & financial officers.

Southern Cross Care (SA, NT & Vic Inc) 94 *Exercise classes, grip strength test & giveaways.*

St John Ambulance Australia (NT) Inc 66 *First-aid products, volunteer info & lockbox registrations.*

TeamHEALTH 92 *Independent home living services.*

Territory Funerals 28 *Prepaid funerals, funeral bonds, funeral planning & more.*

The Heart Foundation 72 *Walking groups, healthy eating and free heart check.*

The Hospital Research Foundation – Parkinson's SA & NT Support Group 4 *Information about Darwin group.*

The Man Walk 71 *Walking & talking for men's health.*

Thermomix in Australia 58 *Showcasing new Thermomix TM7.*

Top End Vision & Mobility 57 *Assisted technology showcase.*

Victims of Crime NT Inc 7 *Victim support & property crime services.*

Vitality Health and Rehab 93 *Exercise physiology for osteoporosis, arthritis, falls prevention & more.*

Voluntary Assisted Dying 30 *Advocates, history & calls for action.*

Volunteering NT 39 *Promotion of new connection tool.*

Walk Darwin 65 *Specialised sightseeing walking tours.*

Wildcare Inc 23 *Animal care factsheets, video & wildlife info.*

Will Care Home Support 9 *Services info.*

COTA NT is the Peak Body for seniors in the Northern Territory and is dedicated to promoting the well-being of senior Territorians aged 50 years and over. First incorporated in the Northern Territory in 1969, COTA NT has represented the interests of senior Territorians within the COTA movement across Australia for over 55 years.



In the Northern Territory, we provide:

- Advocacy for social justice and well-being for older people
- Policy advice to all levels of government
- Programs & services which support seniors in advance personal planning, aged care access, digital literacy, fitness, health, cost of living and more.

You can support our work by becoming a financial Member (available to individuals, couples and not-for-profit organisations), a Sponsor or Supporter.



www.cotant.org.au | 8941 1004

We hope you enjoyed COTA NT's 10th Darwin Expo.

Please send any feedback about the event or our work to communications@cotant.org.au



COTA NT (Council on the Ageing Northern Territory) Inc is a registered charity and incorporated Public Benevolent Institution (PBI) with Deductible Gift Recipient (DGR) status (as Council on the Ageing (Northern Territory) Inc.) Registered charity number 86316991800. ABN 86 316 991 800

We look forward to seeing you during Seniors Month and beyond.

Disclaimer: Expo activities are provided by third parties not COTA NT. Your legal relationship is with that provider. COTA NT takes no responsibility for any damage, loss, costs, expenses, liability, claims, demands, actions, proceedings, injury (including death) or dispute due to or arising out of, directly or indirectly, the actions or omissions (whether wilful, negligent or otherwise) of COTA NT (including staff and volunteers) or any participant (including yourself) or any third-party provider. Event information is subject to change.