

MEDIA RELEASE

25 July 2022

The biggest event for the over 50s in the Territory is back!

In true Territory fashion, last-minute exhibitor registrations have really clocked up and at this year's Expo there are now over 65 exhibitors keen to meet the public on Saturday 30th July at the CDU Stadium, Sitzler Netball Centre. Doors open at 10am and entry is free to all.

The event starts with uniquely furry greeting from RSPCA and a chance to chat about pet fostering and adoption. The stadium's full-sized indoor netball courts will be put to full use with one court acting as a community stage and two full courts dedicated to stalls. Entry includes a free community barbecue and light morning tea, served in COVID-friendly boxes.

Territory 104.1^{FM} broadcast live from the venue and will help steer people through the morning's activities. The community stage area hosts performances and demonstrations from local dance groups, musicians and fitness classes. The audience are invited to get up and join in with a seated aerobic brain gym, balance class and line dancing – all of which can be enjoyed at home later.

The stall holders this year are really going for gold offering free sugar and blood pressure tests; info about NT seniors' concessions; assistance with retirement, banking and finance; free exercise bands and home exercise programs; information and support for those living with dementia, prostate cancer, asthma, arthritis, Parkinson's, incontinence, osteoporosis and disability; free consumer, legal and electoral information and advice; digital literacy support; funeral planning; display of mobility equipment; opportunity to talk all things aged care and nursing services, healthcare and consumer complaints; information about local library services, volunteer and seniors' groups and how to join them.

There is more to see and do when conversation dries up including free calligraphy demonstrations, CPR participation (on mannikins), watching quilting demonstrations, getting an insight into bridge,

Saturday 30 July, 10am to 2pm
CDU Stadium, Sitzler Netball Centre, 235 Abala Road, Marrara NT 0812

Darwin
SENIORS EXPO
2022

*Take a ticket at entry
for morning tea
(served boxed)*
All current COVID-19 health
and safety guidelines apply

All are welcome to Expo

- Experience a friendly, furry g'day greeting!
- Free entry, free barbecue and morning tea
- Enjoy dances, song and performances
- Relax with Territory 104.1^{FM} on centre court
- Your time to try barre and balance, seated aerobics and table tennis
- Talk to over 65 exhibitors and scoop up some freebies
- Enter raffles and prize giveaways
- Get free health tests, screenings and more!

COTA NT
NORTHERN TERRITORY
for senior Territorians

NORTHERN TERRITORY
GOVERNMENT

netball
fm
104.1

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

COTA NT (Council on the Ageing) Inc, Spillett House, 65 Smith Street, Darwin NT 0800
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Registered Charity 86316991800

browsing artwork, crafts and books for sale, playing table tennis, entering raffles from the Bendigo Bank, the Lions Club and Darwin Table Tennis, reading the latest Seniors Voice, Seniors Month Calendar and NEW Seniors Card Discount Directory, spinning the prize wheel and picking up free show bags and giveaways from many of the stall holders including free 'Super Ageing' exercise classes.

“This is our seventh Seniors Expo in Darwin and we are thrilled that so many of our Club and Associate Members have supported the event once again and are turning out in force to share vital information with seniors in the community,” said Sue Shearer, CEO of COTA NT. “It’s the best opportunity of the year for the public to meet and connect with service providers, businesses and seniors’ groups and it’s an excellent start to what promises to be an exciting and jam-packed Seniors Month this August.

“We have a small staff on board to help run the day, but we welcome volunteers to join us. It’s hard work but fun and we have always help with set up/pack down, check-in and keeping our morning tea area tidy. Contact us on 08 8941 1004 or via the website if you can help.”

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Media contact:

Sue Shearer, CEO COTA NT 08 8941 1004

Darwin Seniors Expo 2022 - Saturday 30 July 2022, 10am to 2pm

Venue: CDU Stadium, Sitzler Netball Centre, 235 Abala Road, Marrara NT 0812

Poster and program available here, www.cotant.org.au/darwin-seniors-expo

Volunteers can register here, www.cotant.org.au/darwin-seniors-expo/volunteer

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