

MEDIA RELEASE

26 August 2022

The event of the year for Alice seniors!

COTA NT have teamed up with Alice Springs Town Council to create a combined event celebrating the best of Alice Springs this Seniors Month. The event features the winning formula of COTA NT's *Seniors Expo* and Council's *Senior Got Talent* event, this year named '*Seniors Still Got Rhythm.*'

Doors to the Alice Springs Convention Centre open at 10am with a formal welcome from Mayor Matt Paterson and COTA CEO Sue Shearer. Entry is free to all and the day also includes a free morning tea, community BBQ and lunch. During the day, attendees can enjoy a lively and entertaining program of music and dance, and chat away to more than 43 exhibitors.

This year's exhibitors offer a huge range of information, freebies and support around: access to aged care, home care and residential aged care services, council services including library services and volunteering opportunities, legal aid, financial services, insurance, retirement lifestyle village planning, digital literacy, concession and seniors card schemes, palliative care, advance care planning, food bank, health including cancer awareness, dementia, oral health, immunisations, pensions and retirement planning, free pet minding service for those going to hospital, mobility equipment, community radio, first aid (some kits for sale), safety in the community and at home, personal and home alarm system. Exhibitors will also be talking about local fitness, leisure and club activities including basketball, bridge, walking groups, cardio and strength fitness classes, Men's Shed, Senior Citizens, Probus and U3A.

There is a huge amount going on aside from conversation – the competitions, quizzes, brain gyms, free massages will all prove popular. And it's all backed by local community radio, 8CCC providing live broadcast, music and announcements throughout the event.

Event sponsored by the Northern Territory Government.

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Media contact:

Sue Shearer, CEO COTA NT 0408 987 751

Date/Time: Tuesday 30 August, 10am to 2pm

Venue: Alice Springs Convention Centre, 93 Barrett Drive, Alice Springs, NT 0870 2022

Poster and program available here, <https://www.cotant.org.au/alice-springs-expo/>



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

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