



Friday 31 May, 10am – 2pm
Palmerston Recreation Centre
11 The Boulevard, Palmerston

Celebrating conversation, living life to the full, empowering modern ageing and being bolder not just older!

FREE ENTRY

- Free refreshments and live music
- Giveaways and competitions
- Over 80 stalls with info, advice and giveaways
- Choirs, dance performances, join in line dancing, have a try Tai chi and table tennis
- Chance to win a \$1000 travel voucher
- Live 104.1 Territory FM broadcast
- Prize for best dressed in gold!
- And lots more!

2019 Seniors EXPO



Major and Gold Sponsors



Seniors Expo Supporters



TODAY'S HOUSEKEEPING



We are using every corner of the centre this year, so please visit all our wonderful exhibitors in the following areas:

- **Community Room 1** – free morning tea and exhibitors
- **Community Room 2 – Malak Marketplace Community Stage:** performers, join-in dance and exercise and exhibitors
- **Verandah** – free barbecue 11am – 1pm, live music and exhibitors



You can access the stadium from the verandah

- **Stadium** – Over 60 exhibitors inside with lots of information, giveaways and competitions!



You can access the stadium through the double doors opposite the community rooms



If you need assistance finding your way, please ask one of our gold-hatted staff or volunteers from Palmerston Seniors College.



Photography, audio and video recording may occur at this event. By entering this event, you consent to photography and its reproduction to be used by COTA NT to promote similar events in the future, highlight the event and exhibit the capability of COTA NT.



All refreshments must be consumed outside of the main stadium area.



Voluntary assumption of risk: You undertake any activity at Expo at your sole risk and acknowledge and voluntarily accept the level of risk consequent with that activity. If you have any concerns regarding your fitness level, ability or skill to undertake these activities, you should seek appropriate independent advice (including medical) before choosing to participate.



First aid is provided by St John's Ambulance, located in the First Aid Room between the stadium and the main entrance foyer.



This is a smoke free and alcohol-free event.



Toilets and changing rooms are located within Recreation Centre and are accessible from the main foyer and from the stadium.



In the case of emergency, all patrons must leave the building immediately when the alarm is sounded through the exits. Exit doors in the recreation centre are clearly signed. The assembly point is Goyder Square.



We encourage all attendees to use and fill their own reusable water bottles from the bubblers onsite to reduce the number of plastic bottles being used. Bottles can also be filled in the Community Room 1 morning tea area.

FROM ALL OF US, WELCOME TO COTA NT'S SENIORS EXPO 2019



From left to right: Tania, Stephanie, Chrissy, Cecilia, Debbie, Sue, Suzanne, Yvonne, Fran, Janet and Ridhy

Welcome to COTA NT's fifth Seniors Expo. I am once again very grateful for the wonderful support of this event from you, from our Patron, Her Honour the Honourable Vicki O'Halloran AM Administrator of the Northern Territory, our sponsoring partners, participating organisations and individuals, staff and volunteers. Without you on board, the Expo would only be an idea rather than a reality and I thank you all.

COTA NT is a relatively small not-for-profit organisation, but we are proud to continually be punching above our weight.



We aim to go the extra yards wherever we can to advocate for seniors in the Northern Territory and make sure our voice is heard.

Today's event is all about voices joining in conversation and celebration. We invite you to meet as many exhibitors as you can this morning, support those performing and enjoy some refreshments. A big part of what COTA NT does is to promote well-being for older Territorians and today's event will hopefully inform and inspire you to be bolder, not just older!

The organisation celebrates 50 years in the Territory this year and we love that at this year's Expo we can be goldier and bolder too!

If you want to join COTA NT and help make our voice louder, or simply find out what programs and events we are currently working on, please visit us at our tables today.

Sue Shearer, CEO – COTA NT

PROGRAM

MAIN ENTRANCE

Access from The Boulevard

Territory FM

Outside Broadcast

Pick up your program

from our staff and volunteers

FOYER

Seating for morning tea

and access to verandah

MORNING TEA

Community Room 1

(to the right of the main entrance)

10am onwards – Free morning tea

served by staff and volunteers

10.30am – Cutting of COTA's

50th Anniversary cake (VIP only)

Exhibitors

Beryl Murphy (Jewellery) **79**

Caryota Book Exchange **80**

Knit and Knatter **81**

Landscapes in Watercolour **82**
(Pam Watson)

VERANDAH

Access from main entrance

10.00am onwards

Live music from Rockin' Bill Roy and the Seniors Sunshine Band

11.00am – 1.00pm

Free barbecue from Tammy and team from Bunnings

Exhibitors

Darwin Table Tennis Association **68**

(try a free game of table tennis and find out more)

Red Hat Society **71**

(heart of the fun zone)

Wicked NRG **72**

(free protein balls and heaps of energy to share!)

MALAK MARKETPLACE COMMUNITY STAGE

Community Room 2

(to the right of the main entrance, next to Community Room 1)

If you see or try an activity that you enjoy today, make sure you ask the groups about their regular meeting times, so you can attend.

10.30am	Welcome – Malak Marketplace Chair, Lina Paselli
10.30am – 10.50am	Beverley McShanag
10.50am – 11.10am	Top End Mustangs Inc.
11.10am – 11.30am	Grey Panthers
11.30am – 11.50am	Seated Aerobics (for everyone in the audience)
11.50am – 12.00pm	Break
12.00pm – 12.20pm	Palmerston Senior Songsters
12.20pm – 12.40pm	Darwin Line Dancing
12.40pm – 1.00pm	Sing Australia
1.00pm – 1.20pm	NuLiNe Dance (all welcome to join the last dance)
1.20pm – 1.50pm	Tai Chi (warm-up, beginners' session, cool down – all welcome to join in)
2.00pm	Farewell

Please note this schedule is subject to change.

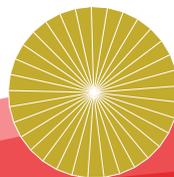
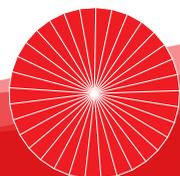
Exhibitors:

Malak Marketplace 78

Sing Australia 77

Wendy Kingshott Remedial Massage 75-76

(offering free head/neck massages in a quiet corner)



STADIUM

Access from the main entrance foyer or from the double doors outside opposite the Community Rooms.

Sponsors Area

10.00am – Formal opening (all welcome to attend)

- Welcome from CEO of COTA NT
- Address from our Patron

10.20am Formal photograph with VIP and special guests

Have a sit down and chat to our staff and key sponsors and find out more about their programs, products and services.



COTA NT

1

Enter here for the Best Dressed in Gold competition! Meet COTA staff, become a member and find out more about our programs.

COTA Coomalie

2

NT Seniors Card

10

Aged Care Navigators and My Aged Care NT Regional Assessment Service

11

City of Palmerston

3

Be Connected

4

Life Without Barriers

5

Greenfields Living

6

Jacana

7

Flight Centre

8

Territory FM

9

Exhibitors

You'll find plenty on offer from our exhibitors today: free health checks and services, information, displays, competitions and giveaways!

Aged Care Unit

12

Anglicare NT

14

AIR Darwin (Association of Independent Retirees)

13

Amity Community Services

15

Arthritis and Osteoporosis NT

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Asthma Foundation NT	17		
AustralianSuper	18	Northern Territory	42
Calvary Community Care	20	Consumer Affairs	
Carers NT	21	NT Concession and	43
Chiropractic Life NT	22	Recognition Scheme	
City of Darwin	23	NT Legal Aid Commission	44
Continence Foundation of Australia	24	NT Neighbourhood Watch	45
Craft and Quilting Down the Track	25	Office of the Ombudsman / Office of the Information	46
Darwin Community Legal Service	26	Commissioner / Anti-Discrimination Commission / Health and Community Services Complaints Commission	
Darwin Occupational Services	27	Palmerston And Litchfield Seniors	47
Darwin Patchworkers & Quilters	61	Association Inc. (PLSA) & 50+ Club	
DAS Electrical	29	Parkinson's NT Support Group	48
Dementia Australia	30	Probus Clubs of Darwin	49
Department of Health – Cancer Screening Services, BreastScreenNT	31	Prosper – Darwin Prostate Cancer Support Group	52
Digital Inclusions Northern Australia	32	Regis Aged Care	53
Equip4Living	50	Relationships Australia Northern Territory	54
Event Cinemas	33	Royal Life Saving NT	55
Fraud Risk Management – The Western Union Company (Sydney)	35	Southern Cross Care SA & NT	56
Genealogical Society of the Northern Territory Inc (Family History Place)	36	Team Health	66
Golden Glow Nursing	37	Territory Funerals	59
HELLOWORLD TRAVEL DARWIN	38	Territory Labor	34
Humpty Doo Fibrecraft Guild	39	Telstra Licensed Store Darwin	60
NDIS – APM (Partner of NDIS)	40	The Ionian Club of Darwin	28
Niagara Therapy	57	Tunstall Healthcare	62
Nightcliff Bendigo Bank	41	Victims of Crime	63
		Volunteering NT	64
		You Are Important Australia Ltd	65
		1 Territory Party	67

WE HOPE YOU ENJOYED OUR FIFTH SENIORS EXPO!

Stay informed about news, events and issues relevant to you by signing up for COTA NT News – call us on 8941 1004 or visit www.cotant.org.au

The winner of the Best Dressed in Gold prize donated by the Hon Lauren Moss MLA will be notified after the event and details posted on the COTA NT Facebook page (@COTANorthernTerritory).

Please send any feedback or suggestions for Expo 2020 to our Events Manager on events@cotant.org.au

COTA NT (Council on the Ageing Northern Territory) Inc.

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ceo@cotant.org.au



www.cotant.org.au



[/COTANorthernTerritory](https://www.facebook.com/COTANorthernTerritory)

Further reading and resources – www.cotant.org.au/about-us

Information for seniors in the NT – www.cotant.org.au/information

Disclaimer: The 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.