

Seniors' health and wellness celebrated in Alice Springs

COTA NT is organising a Seniors' Health and Wellness event on Thursday 3 September, on the Alice Springs Town Council lawns from 10am to 1pm. The event is part of Seniors Month celebrations but was been delayed a few days and the venue changed, due to COVID-19 considerations.

The day will be focused on providing information on many topics for local seniors as well as a programme of events. There will also be a free sausage sizzle, muffin and free coffee or tea of your choice for seniors from a local coffee cart.

There are eighteen organisations attending the event with information on different services or recreational opportunities available in Alice Springs. They include: Aged Care Navigator (access to aged care), Alice Springs Town Council Healthy Communities, Calvary Community Care, Carers NT, Central Australian Women's Legal Service, COTA NT, Dementia Australia, Disability Advocacy Service, Get Physical Gym and Squash Centre, Heart Foundation Walking Group, Men's Shed, Probus, Relationships Australia, Territory Families - Territory Recognition Scheme and Territory Carers and Concession Scheme, University of the 3rd Age, Victims of Crime and YMCA.

A programme of events starts with a demonstration of an exercise class by the YMCA Silver Warriors at 10am. This will be followed by the Red Centre Line Dancers at 11.45. The winner of the "Still Got Talent" event held last week was Dave Oakes, and he will be performing at 11.30am followed by a demonstration of chair exercises by Get Physical at 12.00pm.

Free food and hot drinks will be available for seniors from 1pm. The event has been supported by a Northern Territory Government Seniors Month Grant and in-kind support from the Alice Springs Town Council, for which COTA NT is most grateful.

####

Media contact:

Fran Kilgariff 0438 635 354,
Deb Pepper 0423 828 558

COTA Northern Territory is the peak advocacy and representation organisation for senior Territorians advocating for and working towards an age-friendly, just, inclusive and equitable society since 1969

COTA NT Inc
GPO Box 852
Darwin NT 0801

65 Smith Street
Darwin NT 0800
ABN 86 316 991 800

P: (08) 8941 1004
E: admin@cotant.org.au
www.cotant.org.au



Seniors Card
Freecall: 1800 441 489
E: seniorscard@cotant.org.au
www.ntseniorscard.org.au