

# Katherine Seniors Expo

Conversations and free classes  
for health and wellbeing

**Wednesday 17 March 10am to 2pm**  
**Henry Scott Recreation Centre (YMCA)**  
**- Roller Rink, 2525 Stuart Hwy**



**YMCA**

We build strong **PEOPLE**  
strong **FAMILIES**  
strong **COMMUNITIES**

**WE**  
**LIFE WITHOUT BARRIERS**  
**VE**





# About COTA NT

COTA NT has over 50 years of history in advocating for senior Territorians and ensuring their voice has a say in the development of public policy and legislation.

COTA NT aims to defend and safeguard seniors' rights and ensure their views are genuinely considered, especially when decisions are being made about their lives.

## COTA NT Members

As the voice of Senior Territorians, our members are a vital part of everything we do.

Our membership not only keeps us informed of issues affecting senior Territorians, but is part of our movement for change.

## Stay Connected

Sign up as a **Member** or **sign up to our e-news** to stay in touch.



Become a COTA NT Member at the Katherine Seniors Expo and get

## 3 months free Membership

You'll get **15 months** for the price of **12\***

*Join  
the COTA  
movement  
for change*



\*This offer is applicable during March 2021 only. Annual Memberships won't be need renewing until June 2022



Advocacy



Research



Discounts



Events



Giveaways



Maintenance\*



Library



News

\*Home Maintenance Services for Members in Katherine are currently in development

# Program

10am	Welcome from Sue Shearer, COTA NT CEO
10.15am – 10.35am	<b>Zumba Gold</b> demo (15-20 minutes) Kym YMCA
10.45am – 11.00am	<b>Chair Aerobics</b> join-in session (20 minutes) Sharon Kelly
11.15am – 11.35am	<b>Pilates</b> join-in session (20 minutes) Introduction to ZOOM (plus Q&A)
12.00pm – 12.15pm	<b>Yoga</b> – demo (15-20 minutes) Mel YMCA
12.30pm – 1.15pm	<b>Tai Chai</b> – Join-in session (approx 45 minutes) Bernie Lee

# Exhibitors

- ARRCs
- Aged Care Navigators
- AnglicareNT
- AIR
- Carers NT
- COTA NT
- Darwin Community Legal Service
- Hands on People
- Katherine Physio
- Katherine Senior Citizens
- Neighbourhood Watch NT
- Life Without Barriers
- NT Consumer Affairs
- NT Seniors Card
- Relationships Australia NT
- Super Aging
- Tai Chi for Health
- Territory Families, Housing and Communities
- Victims of Crime
- Viking Pools
- YMCA

**COTA NT Raffle Prize**  
**Valued at \$100**  
Sign up to e-news to enter  
at the COTA table



NAME	SIGNATURE (when signing this petition, you are declaring you are a resident or citizen of Australia)