

Alice Springs
**SENIORS
EXPO**

&

SENIORS
**Still Got
Rhythm**



2023

Tuesday 22 August, 10am to 2pm

**Alice Springs Convention Centre,
93 Barrett Dr, Alice Springs**

**CONNECTING
COMMUNITY**

**Everyone is
welcome at EXPO**

A combined event to celebrate community
and NT Seniors Month 2023 brought to you
by COTA NT and the Alice Springs Town Council

- Start with 8CCC Community Radio
- **Enjoy 3 for FREE!**
Entry, COTA NT morning tea and Alice
Springs Town Council lunch
- Plus sausage sizzle
- Join in with dancing, singing and fitness
- Visit, watch and talk to over 50
exhibitors and performers.



PowerWater



Seniors Expo



Seniors Still Got Rhythm

A joint Seniors Month event by COTA NT and Alice Springs Town Council

Foyer, MacDonnell and Ellery Rooms, Ampitheatre, Convention Centre

10am Official opening (foyer) The Hon Lauren Moss MLA, Minister for Seniors
Following the opening, programs begin in the MacDonnell and Ellery Rooms

10am to 1pm

Sausage sizzle cooked by Rotary in the Ampitheatre

11am to 11.30am

COTA NT morning tea served in the MacDonnell Room

12.30pm to 1pm

Lunch by ASTC in the Ellery Room

Expo

MacDonnell Room

Tea and coffee available

from 10am to 2pm

Ray Murtagh

10.30am to 11.30am

Morning Tea

11am to 11.30am

8CCC Radio

11.30am to 12.30pm

Sally Westaway (harp)

12.30pm to 1.30pm

Expo finishes 2pm

1.30pm Door prize winner
announced at COTA table #1

Still Got Rhythm

Ellery Room

Introduction

10.15am to 10.20am

Movers and Groovers

10.20am to 10.40am

Alice Swings Class & Demo

10.40am to 11.00am

Paul Ah Chee

11.30am to 12pm

Open Mic

12.15pm to 12.30pm

Lunch

12.30pm to 1.30pm

1pm Lucky door prizes announced

Exhibitors & Table Locations

Aged & Community Care Providers Australia – 19

Retirement living, housing and care.

Alice Denture Clinic – 45

Discount services, plus Expo offer.

Alice Springs Basketball – 48

Walking basketball, played termly.

Alice Springs Community Bank – 54

Banking services and Piggy!

Alice Springs Senior Citizens – 3

Info about 50+ activities + lucky draw.

Alice Springs Public Library – 16

Info on civic and library services.

Alice Springs Aquatic & Leisure Centre – 15

Senior swim programs and more.

AnglicareNT Alice Springs – 47

Care finder service for homeless/vulnerable seniors, Aged Care Visitors program.

Assoc of Independent Retirees NT – 20

Help for self-funded retirees.

Australian Financial Complaints Authority – 11

Independent dispute resolutions.

Australian Regional & Remote Community Services (ARRCS) – 17

Info on aged care services, plus freebies.

Bosom Buddies – 55

Breast cancer awareness & education.

Braitling Electorate Office – 27

Chat to MP Joshua Burgoyne plus raffle.

Breastscreen NT – 9

Info about breast screening for all ages.

Carers NT – 23

Services for all carers in the NT.

Catholic Care NT – 22

Aged care rights and services.

Central Australian Women's Legal Service (CAWLS) – 36

Free legal services, plus merch and raffle.

COTA Central Australia & NT Seniors Card – 1

Free personal safety alarms & info. Event info.

COTA NT Aged Care Navigator – 2

Help accessing aged care services.

Crest NT – 18

Workforce help in community care sector.

Darwin Community Legal Service – 21

Info about Seniors Rights Service & more.

Dementia Australia – 14

Education plus brain display, puzzles and prize giveaway.

Dementia Support Australia – 31

Person-centred care for dementia.

Flynn Drive Community Health Centre – 5

Oral health and nutrition info.

Foodbank Alice Springs – 49

Info plus Food Awareness Hamper draw.

Get Physical – 51

Membership competition, free gym passes & exercise demos.

Health and Community Services Complaints Commission – 44

Help to resolve issues.

Heart Foundation (Walking Group) – 46

Like-minded group meeting for walks.

Keep Moving – 52

Latest mobility equipment and aids.

Marion Scrymgour Federal Member for Lingiari – 41

Federal matters, aged pension & more.

Martha's Crafts – 43

Craft demonstration and sales.

Mental Health Association of Central Australia (MHACA) – 40

Info plus Wellbeing Hamper draw.

Multicultural Community Services Central Australia – 53

Activities, advocacy and support.

MVR Department of Infrastructure, Planning & Logistics – 10

Registration services, plus discount info.

National Seniors – 56

Advocacy & social activities for over 50s.

Neighbourhood Watch NT – 30

Info on staying safe & giveaways.

NT Electoral Commission – 37

Update enrolment and info on voting.

NT Consumer Affairs – 26

Info on rights and scams, plus merch.

NT Health Aged Care Unit – 35

Home support for health issues.

NT Working Women's Centre – 24

Workplace rights.

Palliative Care NT – 34

Advance Personal Plans and info.

Probus Club Alice Springs – 4

Info and talk to members.

Public Guardian and Trustee – 28

Guardianship and estate info.

Relationships Australia NT – 39

Elder Abuse service info plus merch.

Remembering Cyclone Tracy Inc. – 32

Get involved in commemoration.

Robyn Lambley Member for Araluen – 38

Chat and raise any concerns.

Royal Life Saving Society (Australia) NT Branch – 42

Free membership, program info & more.

Services Australia – Centrelink – 8

Meet Aged Care Specialist and Financial Information Service Officers.

St John Ambulance NT – 13

Event first aid post and information.

Telecommunication Industry Ombudsman – 12

Telephone and internet complaints.

Territory Care & Support Services (TCASS) – 50

Info on services, plus lucky spin-the-wheel.

Territory Families Housing & Communities (NTG Seniors Recognition Unit) – 25

Info on NTG seniors concessions and more.

The Department of Health and Aged Care (Social Deck) – 6

Info about reform to aged care and how to have your say.

The Department of Health and Aged Care – 7

Info about government services & support.

U3A – 33

Info about membership and groups.

Victims of Crime NT – 29

Personal and home security info, plus freebies.

Please note: Program may be subject to change.