SENIORS MONTH
OCT 2026

COTA TASMANIA

CELEBRATE AGEING

We're turning up the celebration! Seniors Week is now bigger and better - introducing Celebrate Ageing | Seniors Month. More events, more connections, more fun...

Host an event this October

Celebrate Ageing | Seniors Month is happening throughout October, giving you plenty of opportunity to bring your community together with something fun, inspiring or meaningful. It's also a fantastic way to showcase your organisation, attract new members and boost participation in your groups or programs.

Become an Event or Activity Host and list your event in the official guide, completely <u>FREE</u>!

Register your event to take place between 1 and 31 October 2026 and include the details on how people can get involved.

Not sure what to host? Take a look on the next page for ideas and inspiration: events can be big or small, creative or practical, social or educational. They might be a casual morning tea, a workshop to learn a new skill, a community gathering, or an activity that brings people together to share ideas, experiences and connection.

Hosting more than one activity? You're welcome to list multiple events!

Registrations close 1 July 2026

https://cotatas.org.au/events-and-activities/seniors-month

Arts & Creativity

Art & craft workshops, gallery tours, music, theatre, writing & poetry

Learning & Talks

Guest speakers, health & wellbeing info, safety & volunteering tips

Sports & Recreation

Lawn bowls, tennis, table tennis, golf, ball sports, bushwalks & cycling

Social & Connection

Card & board games, club & community open days, bring a friend day, intergenerational activities

Health & Fitness

Gentle exercise, walking group, dance, yoga, strength & balance, mindfulness & meditation

History & Heritage

Guided tours, museums, ghost & heritage tours & wildlife park visits

Food & Meals

Community lunches, morning & afternoon teas, cooking, cultural food, recipe swaps

Wellbeing & Support

Health screenings, wellness hubs, aged care & retirement info, personal growth sessions