



FOR IMMEDIATE RELEASE

Friday October 13, 2023

## Seniors Week Tasmania Celebrates 25 Years

The silver jubilee of COTA Tasmania's Seniors Week which begins this Sunday (Oct 15) marks a significant milestone for the celebration of the State's seniors and the remarkable contributions they make to communities.

Organised by COTA, the 25th anniversary of Seniors Week is dedicated to the theme of 'Celebration,' highlighting the countless ways seniors enrich our lives.

Throughout the State, Seniors Week will feature a vibrant array of daily events that showcase the talents, wisdom, and vitality of older generations. From the graceful moves of Beginner Line Dancing in Glenorchy to the artistic expression of Suminagahsi Ink Marbling Workshop in Launceston, there's something for everyone to enjoy. Ballet for Seniors in Rosny Park, Excellent Elders on e-bikes in Cornelian Bay, and the heart-warming Intergenerational Gardening in Wynyard are just a few examples of the activities that will take place during the week.

In special moments, Seniors Week will host session titled 'Up Close and Personal' featuring Keith Potger, the founding member of the legendary folk-pop group The Seekers. These sessions in Bridgewater, Sorell and Lindisfarne will provide an opportunity for attendees to engage with Keith Potger, hear his stories, and enjoy his music.

CEO of COTA Tasmania Craig Chadwick said Seniors Week served as a platform to shine a celebratory light on the remarkable achievements of seniors and their ongoing contribution to society.

"It is a reminder that age is just a number and that seniors are an integral part of our communities, continuously making a positive impact.

The over 50s now represent 40.9% of the population in Tasmania. Mr Chadwick emphasised the importance of advocating for seniors and their unique needs.

"Seniors are an invaluable resource in our society, and it is our duty to ensure their voices are heard, their rights are protected, and their well-being prioritised. Seniors Week is a time to not only celebrate their achievements but also to advocate on their behalf.

"As we gather to celebrate the 25th anniversary of the week in Tasmania, we invite people of all ages to participate in events, join in the festivities, and take a moment to acknowledge the seniors in their lives.

Let's come together to recognise the wisdom, resilience, and spirit of our seniors, and reaffirm our commitment to building inclusive communities where every generation is valued and respected," Mr Chadwick said.

For more information on Seniors Week Tasmania please check the program of activities here: [https://cotatas.org.au/wp-content/uploads/sites/3/2023/08/Seniors-Week-Program-2023\\_WEB-low-res.pdf](https://cotatas.org.au/wp-content/uploads/sites/3/2023/08/Seniors-Week-Program-2023_WEB-low-res.pdf)

## Seniors Week Launch on Sunday (October 15)

- What: Seniors Week will be launched this Sunday (October 15) by the Minister for Community Services Jo Palmer MLC
- Where: The Windsor Community Precinct, Riverside Olympic Football Club, 1 Windsor Drive, Riverside Launceston
- Time: 9.45am

The media is invited to send representatives to cover the launch on Sunday as well as cover some of the week's statewide activities which are set out in this guide:

For more information:

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