



MEDIA RELEASE

Wednesday, 1 April 2020

Celebrating a Queensland for All Ages 17-25 August 2019

Council on the Ageing (COTA) Queensland coordinates Queensland Seniors Week on behalf of the Queensland Government, bringing people together to 'Celebrate a Queensland of all Age' through a variety of events and activities across the state.

Queensland Seniors Week provides opportunities to promote positive community attitudes towards older people and ageing, facilitate community participation, and enhance community connections, aligning with the Queensland Government's and COTA Queensland's vision of building Age-friendly communities in Queensland.

COTA Queensland has worked with hundreds of event organisers across Queensland to provide over 800 activities such as expos and information days, IT classes, dances, theatrical performances, fitness classes, walking tours, arts and crafts and of course the occasional morning tea.

These activities recognise the diversity of interests of people as we age.

"Here's the thing about ageing, we all do it, so let's celebrate this wonderful achievement" said Lisa Hodgkinson COTA Queensland's Seniors Week Coordinator.

To find events near you visit www.qldseniorsweek.org.au or phone 1300 738 348.

Seniors Week is a time to recognise and acknowledge the importance of our older community members but it's important to remember that connecting with our older community members can be done at any time of year. It is as simple as saying g'day.'

ENDS

Media contact Lisa Hodgkinson 0423 155 634.