



Seniors Week 2009 will be held from the 15th to the 22nd March.

Seniors Week is coordinated by Council on the Ageing (ACT) and is proudly sponsored by the ACT Government. COTA was pleased to compile a program of 120 events for Seniors Week 2008. These activities gave our senior community the opportunity to participate in many varied and sometimes unique events in and around Canberra.

Seniors Week provides an opportunity to learn, discover different aspects of the community and understand more about Canberra. Attempting a new sport or recreational activity, learning more through a lecture, participating in the 'mini expo' on Seniors Day and attending an 'open day' at a club or community organisation all provide possible new insights.

We appreciate the many firms, organisations and groups who contributed generously to make Seniors Week interesting, enlightening and effective in 2008.

COTA (ACT) is writing to you to request your participation in Seniors Week 2009. If your organisation is running an event or would be interested in organising an event between the 15th and 22nd of March 2009, please contact us.

"Mythbusters" is the perfect way to learn more about other people, religions or services. Many organisations have tours or open days during Seniors Week. This allows the public to attend information sessions, tours, ceremonies or facilities that may have previously been a mystery. Previous participants have been William Cole Funerals and the Lower Molonglo Water Treatment Centre.

Seniors Day, is a 'fair' type environment that in 2008 was held at the Old Bus Depot. Seniors had the opportunity to talk to representatives of the 48 participating organisations on health, government issues, leisure and lifestyle. During the day, participating organisations provided entertainment on the central stage and presentations and talks in the gallery.

Your organisation will gain from the free advertising of your event in the Seniors Week Program and other media prior to and during Seniors Week. In addition, older members of the public appreciate your participation in this community event.

I have attached 2 forms for you to complete. One outlining your participation in Seniors week and/or "Mythbusters", and the second for your participation in Seniors Day on the 19th of March. Please complete one form for each registration, you may have multiple registrations. Forms can be completed and emailed to events@COTA-ACT.org.au, faxed to 62853422 or posted to the COTA office, at PO Box 5566, Hughes, ACT 2605.

If you do not wish to receive any further information about Seniors week, please advise me & I will remove you from the contact list.