

AGEING WELL EXPO &

CELEBRATION



TUESDAY 23 NOVEMBER 2021

10:30am - 3:30pm



Over 30 exhibitors at the Expo to discuss their services and support

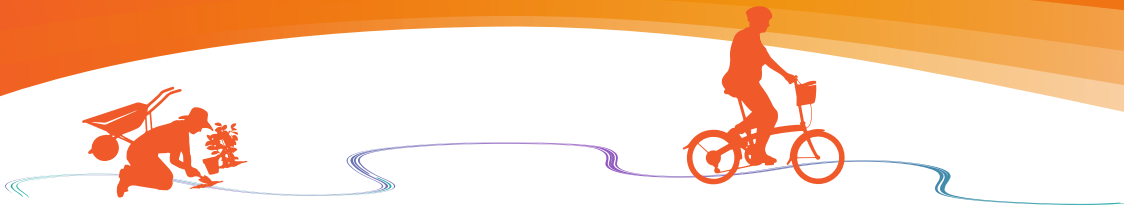
- Lifestyle options
- Wellbeing activities
- Community groups
- Demonstrations and more

Campbelltown City Council, 172 Montacute Road, Rostrevor 5073

A safe, sustainable, vibrant Community

EVERYONE CAN DROP INTO THE FUNCTION CENTRE

Bookings essential for breakout sessions



FUNCTION CENTRE

INSIDE

- 10:30 Kaurna Acknowledgement/ Welcome
- 10:45 Moving to Music Demonstration
- 11:15 Chi Ball Demonstration
- 12:15 Moving to Music Demonstration
- 1:00 Rotary Community Connections Cafe - chair exercise
- 1:30 Come & Try Bowls Demonstration

OUTSIDE

- 11:00 Hearing Dog Talk

ACTIVITIES

Pearls of Wisdom

Games

Balance & posture assessments

Falls Risk Assessments

Ageing Well consultation

And more

OUTDOOR GYM

- 11:00 Hands-on workshop on managing osteoarthritis and using outdoor gym equipment
- 12:00 Presenter: Back in Motion

MINI THEATRE

FOOD & DRINK

BBQ LUNCH

- Community Connections Pop-Up Café
- Self-Serve Tea and Coffee

MEETING ROOMS 1&2

LIFESTYLE

- 10:45 Simple and Nutritious Cooking for One
Presenter: Rebecca Greco
- 11:30 Optimal nutrition for good musculoskeletal health
Presenter: Rebecca Greco
- 12:45 Volunteering: making a difference **1**
Presenter: Rachel McCaskill
- 12:45 Housing Options: Downsize, Residential, Co-housing **2**
Presenter: Catalyst Foundation
- 1:30 Greening your small garden space
Presenter: Alan Halsted

Bookings essential

2:30 FASHION PARADE



For more information go to:

call 8366 9272 or visit www.campbelltown.sa.gov.au/activeageing

For booking: www.ageingwellexpo.eventbrite.com.au

COUNCIL CHAMBERS

AGED CARE SERVICES

- 10:45 Introduction to My Aged Care
Presenter: Catalyst Foundation
- 11:25 Aged Care Alternatives
Presenter: Mark Trebilcock
- 11:45 Understanding Home Care Packages
Presenter: Catalyst Foundation
- 12:30 Advanced Care Directives
Presenter: Catalyst Foundation
- 1:10 Social Links - Discover and Explore and Home Assist Information Session
Presenter: ACH Group

Bookings essential

CAMPBELLTOWN ARTHOUSE

CONNECTION

- 10:45 CommuniTEA
- 11:00 HomeStart Finance 'Reverse Mortgage' Talk
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- 12:45 CommuniTEA
- 12:45 Mindset for Life
Presenter: Cathie Graham
- 1:45 Mindset for Life
Presenter: Cathie Graham

Bookings essential

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