

Macleay Valley Seniors Expo

Live life in colour

Join us for a vibrant community event celebrating healthy ageing, creativity and connection.

The Expo brings together over 50 local organisations, services and activities to help older residents stay active, informed and connected.

Enjoy live entertainment, interactive activities and short information

talks, and speak directly with organisations that support seniors and their families.

Use this program to plan your day and discover services, activities and community groups from across the Macleay Valley.



Entertainment & Information Talks

10:00 - 10:30

Terry's Disco

Entertainment

10:30 - 10:45

Rose Life Care

Navigating access to services and support at home

10:45 - 11:00

Carers NSW

Support available to carers

11:00 - 11:20

NSW Police

Crime prevention and community safety

11:20 - 11:50

Pete Ball

Live Music

11:50 - 12:20

Terry's Karaoke

Entertainment

12:20 - 12:35

Community Gateway

Social connection and mental wellbeing for seniors

12:35 - 12:50

NVC Group

Falls prevention and simple exercises

12:50 - 1:05

Omnicare

Nutrition and meal services

1:05 - 1:35

Pete Ball

Live Music

1:35 - 2:00

Terry's Disco

Final Entertainment Set

Program and exhibitors subject to change



Shuttle bus available – book by 25 March by calling Kelly on 0429 058 475

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seniors2026](https://ksc.pub/seniors2026)



KEMPSEY
Shire Council

**macleay
valley coast**

LINKED
COMMUNITY SERVICES

Movement & Wellbeing Sessions

Take part in short sessions designed to support gentle movement, relaxation and healthy ageing.

10:30 - 10:50

ShiBashi Tai Chi

Gentle guided Tai Chi session

11:00 - 11:15

Laughter Yoga

Fun breathing and laughter exercises

11:20 - 11:40

ShiBashi Tai Chi

Gentle guided Tai Chi session

11:45 - 12:00

Laughter Yoga

Fun breathing and laughter exercises

1:00 - 1:20

Gentle Chair Exercises

Strength and balance activity

1:30 - 1:50

Gentle Chair Exercises

Strength and balance activity

Interactive Activities - All day

Get involved in the interactive activities taking place throughout the Expo. These fun and welcoming sessions are suitable for all abilities and offer a chance to try something new.

Activities will include:

Pickleball Demonstration & Stall

Try out this fun, easy-to-learn sport and find out how to join a local group.

Manhuti WalkAbout Jewellery & Weaving

Learn simple weaving techniques and create your own piece of jewellery.

Guided Creative Art Project – Deb Broughton

Join local artist Deb Broughton for a collaborative painting activity. No experience needed.

Dementia Friendly Activities

Dementia Australia will offer dementia-friendly activities and provide practical advice and resources for people living with dementia, their families and carers.

Health & Wellbeing

Connect with local organisations offering practical advice and support to help you stay healthy and independent as you age.



Country Care Group

Explore mobility aids and independent living equipment designed to help people stay safe and independent at home.

Dementia Australia

Access information, resources and practical advice for people living with dementia and their families.

Diabetes Australia

Learn about diabetes management, nutrition and exercise and support available through the National Diabetes Services Scheme.

Mid North Coast Local Health District & Health Promotion

Lifestyle and health advice, including nutrition, physical activity and healthy ageing, along with free blood pressure checks and monitoring.

Strongray Health & Wellness Clinic

Demonstrations of treatment equipment, health advice and discount vouchers.



Aged Care & Independent Living

Speak directly with organisations that help people remain independent at home, access aged care services and support, or explore residential aged care and retirement living options.

Australian Unity

Home health services supporting people to stay independent at home, including updates on Support at Home reforms.

Booroongen Djugun Limited

Discover culturally inclusive residential aged care supporting Aboriginal and non-Indigenous residents.

Bupa

Speak with staff about residential aged care services and support options available locally.

Calvary Aged Care

Learn about residential aged care services, lifestyle programs and accommodation options.

Community Gateway

Get guidance on navigating aged care services and accessing home support programs.

Dovida

Find out about personalised in-home care services designed to support independent living.

Durri Aboriginal Corporation Medical Service

Receive support and advice about applying for Home Care Packages and other aged care services.

Kinchela Boys Home Aboriginal Corporation (KBHAC)

Learn about programs supporting survivors and descendants, including support for Elders and assistance accessing aged care and community services.

Kirinari Community Services

Information about disability and aged care services that support independence at home.

Macleay Valley Roshana Care

Learn about residential aged care, with residents sharing first-hand insights.

Macleay Valley Village

Find out about the over-55s village offering independent living and lifestyle options.

NVC Group

Get information about Home and Community Care services and Support at Home.

Omnicare

Learn about home support services and meal programs, with free blood pressure checks available.

Rose Life Care

Receive advice accessing services for older people and connecting seniors with support.

The Salvation Army Aged Care

Information about in-home aged care services and support available.



Government Services & Rebates

Access practical information about government services, rebates and support programs available to seniors.

NSW Reconstruction Authority

Pick up emergency preparedness packs and learn how to plan ahead for emergencies.

Service NSW

Get information on rebates, concessions and other services available.

Services Australia

Advice about Centrelink, Medicare services and accessing aged care support.



Legal & Financial Advice

Speak with organisations offering guidance and support on legal matters, financial wellbeing and advocacy.

Justice Advocacy Service

Information about we offer for people with cognitive impairment and volunteer opportunities.

Kempsey Neighbourhood Centre

Access financial counselling and support to help manage money and navigate financial hardship.

Seniors Rights Service

Free legal advice, aged care advocacy and financial support for older people.



Social & Recreational Groups

Discover local clubs and organisations offering activities, learning opportunities and social connections.

Country Women's Association (CWA)

Meet members of the local CWA branch, with fundraising items for sale and information about getting involved.

Kempsey Family History Group

Guidance on researching family history and building a family tree.

Kempsey Friendship Force

Information about social interaction and cultural exchange opportunities.

Kempsey Library

Learn what's on offer at Kempsey Library, from books, DVDs, digital resources and events.

Kempsey VIEW Club

Women supporting women and young Australians through community connection and The Smith Family programs.

Macleay Valley Croquet Club

Learn about croquet with demonstration equipment and information on joining the club.

U3A – Kempsey Macleay Valley

Explore learning programs, activities and social opportunities for older residents

Kempsey Probus Club

Learn about local Probus social groups for older adults and pick up an Emergency Medical Information Booklet approved by NSW Ambulance (\$2).



Community Support & Carer Services

Learn about organisations providing community support, transport and services supporting seniors and carers.

Carers NSW

Support and services for carers through the Carer Gateway program.

Each

Learn about the Care Finder Program which helps people navigate and access services

Linked Community Services

Find out about community transport services and how to register.

Lifeline GambleAware

Support and information for people affected by gambling harm, including counselling services.

Mission Australia

Information about the Family and Carer Mental Health Program.

NSW Police

Local officers available to provide community safety advice.

Red Cross

Learn about friendly volunteer visiting program, daily check-in calls and social connection programs.

St Vincent de Paul

Information about community support services and volunteer opportunities.

UHA Kempsey Hospital Branch

Fundraising stall supporting Kempsey District Hospital, with merchandise and raffles on the day and information about volunteering opportunities.

Scan the QR Code or contact Council for more information.

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seniors
2026**

