

Tuesday, 19 October 2010

EXPO CATERS TO THE OVER 55s 'TO DO' LIST

A growing number of the Over 55s are keen to dispel the myth that they are looking forward to a 'quiet retirement'.

City of Ryde Mayor, Cllr Artin Etmekdjian, said: "Living healthy, active lives, managing their finances, travelling, keeping in touch with what's going on in the world and the community, are now top of the Over 55s *to do* list.

"As the age barriers come down and older people look for more ways to enrich their lives and to step out of their comfort zones, this Expo gives them a great opportunity to see what services and opportunities are on offer to them," he said.

With the theme 'Nutrition and Healthy Living', Eastwood Plaza plays host to the annual Over 55s Expo on Wednesday 3 November, for people living in the City of Ryde, Hornsby Shire and Parramatta City Council areas.

One of the highlights of the Expo will be a presentation by special guest speaker Dr Rosemary Stanton OAM at 11.00am on important aspects of a good diet for older people.

There will be over 30 stalls with information on local services and activity providers, entertainment and a question and answer session with the Mayors of the City of Ryde, Hornsby Shire and Parramatta City.

Interpreter services will also be available at the Information Kiosk for speakers of Cantonese, Mandarin and Korean to assist the large multilingual community in the area.

Over 55s Expo, Eastwood Plaza, Wed 3 November 9.30am – 1.30 pm.

Eastwood Plaza is close to Eastwood railway station and bus services: go to www.131500.com.au for timetables.

You can also catch the Top Ryder (City of Ryde free bus) to Eastwood (go to www.ryde.nsw.gov.au/topryder for information)

For more details go to: www.over55expo.org

Media contact: Lee Kirkland Media Officer City of Ryde 9952 8083