



Meet special guest  
**Australia's original  
MasterChef,  
Julie Goodwin**

Cooking presentation and  
book signing on Friday  
31 May, 12noon



Meet special guest  
**Commando  
Steve**

Demonstration and  
book signing on  
Saturday 1 June,  
12noon

**Tamworth to Tamworth Sports Dome via South Tamworth (loop service)**

Monday to Friday  
Tamworth Buslines timetable

map ref	am	am	am	am	am	am	am	pm	pm	pm	pm	pm	pm
1 Kable Ave Atrium Centre	...	...	...	9:05	9:45	10:30	11:25	12:00	1:10	1:50	2:50V	4:35	6:00
2 White St Stand	...	...	...	9:07	9:47	10:32	11:27	12:02	1:12	1:52	2:52V	4:37	6:02
3 Brisbane St (Adairs)	...	...	7:55H	9:10	9:50	10:35	11:30	12:05	1:15	1:55	2:55V	4:40	6:05
5 Opp Shoppingworld- Bridge	...	...	7:57H	9:12	9:52	10:37	11:32	12:07	1:17	1:57	2:56V	4:42	6:07
14 Goonoo Goonoo / Vera	...	7:35S	8:01H	9:16	9:56	10:41	11:36	12:11	1:21	2:01	3:02V	4:46	6:11
16 Goonoo Goonoo/Catala Lane	6:55	7:37S	8:03H	9:18	9:58	10:43	11:38	12:13	1:23	2:03	...	4:48	6:13
21 Ringers Road- Longyard Hotel	6:57	7:43S	8:05H	9:20	10:00	10:45	11:40	12:15	1:25	2:05	...	4:50	6:15
65 Ringers Road/Jack Smyth	6:58	...	8:06H	9:21	10:01	10:46	11:41	12:16	1:26	2:06	...	4:51	6:16
22 Greg Norman Dr / Edward St	7:01	7:44S	8:09H	9:24	10:04	10:49	11:44	12:19	1:29	2:09	3:18V	4:53	6:19
23 Edward / Wilburtree	7:03	7:48S	8:11H	9:26	10:06	10:51	11:46	12:21	1:31	2:11	3:06V	4:55	6:21
24 Edward / Vera	7:05	7:49S	8:13H	9:28	10:08	10:53	11:48	12:23	1:33	2:13	3:07V	4:56	6:22
25 Kathleen St (Coles)	7:06	7:50S	8:14H	9:29	10:09	10:54	11:49	12:24	1:34	2:14	3:47V	4:58	6:24
26 Belmore/Bridge	7:08	...	8:16H	9:31	10:11	10:56	11:51	12:26	1:36	2:16	3:57V	4:59	6:26
63 Barnes/Belmore Sts- Taminda	7:11	...	...	...	...	...	...	...	...	...	...	...	...
64 Plain/Avro Sts- Taminda	7:14	...	...	...	...	...	...	...	...	...	...	...	...
5 Shoppingworld- Bridge St	7:17	...	8:18H	9:33	10:13	10:57	11:53	12:28	1:38	2:17	4:00V	5:01	6:28
1 Kable Ave Atrium Centre	7:21	...	8:20H	9:37	10:17	11:00	11:57	12:32	1:42	2:20	...	5:04	6:32
4 Brisbane/Kable Ave	...	7:57S	...	...	...	...	...	...	...	...	4:08V	...	...

Saturday  
Tamworth Buslines timetable

map ref	am	am	pm	pm	pm	pm
1 Kable Ave Atrium Centre	8:30	10:15	12:00	2:00	4:00	5:20
2 White St Stand	8:32	10:17	12:02	2:02	4:02	5:22
3 Brisbane St (Adairs)	8:35	10:20	12:05	2:05	4:05	5:25
5 Opp Shoppingworld- Bridge	8:37	10:22	12:07	2:07	4:07	5:27
14 Goonoo Goonoo / Vera	8:41	10:26	12:11	2:11	4:11	5:31
16 Goonoo Goonoo/Catala Lane	8:43	10:28	12:13	2:13	4:13	5:33
21 Ringers Road- Longyard Hotel	8:45	10:30	12:15	2:15	4:15	5:35
65 Ringers Road/Jack Smyth	8:46	10:31	12:16	2:16	4:16	5:36
22 Greg Norman Dr / Edward St	8:49	10:34	12:19	2:19	4:19	5:39
23 Edward / Wilburtree	8:51	10:36	12:21	2:21	4:21	5:41
24 Edward / Vera	8:53	10:38	12:23	2:23	4:23	5:43
25 Kathleen St (Coles)	8:54	10:39	12:24	2:24	4:24	5:44
26 Belmore/Bridge	8:56	10:41	12:26	2:26	4:26	5:46
63 Barnes/Belmore Sts- Taminda	...	...	...	...	...	...
64 Plain/Avro Sts- Taminda	...	...	...	...	...	...
5 Shoppingworld- Bridge St	8:58	10:43	12:28	2:28	4:28	5:48
1 Kable Ave Atrium Centre	9:02	10:47	12:32	2:32	4:32	5:52
4 Brisbane/Kable Ave	...	...	...	...	...	...

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**Loving  
your  
later life  
expo.**

**Explanations**

H Operates School Holidays Only  
S Operates School Days Only  
V School Day Diversions



**Loving  
your  
later life  
expo.**



**EVENT PROGRAM**

**Tamworth Regional Entertainment  
Conference Centre (TRECC)  
31 May & 1 June, 2024 9am - 3pm**

Showcasing products and services to  
inform, educate and entertain.

2 day lifestyle event for people  
over 60, carers, and support people.  
Everyone is welcome!

- Exhibitors
- Guest Speakers
- Workshops
- Demonstrations
- Entertainment
- Market Stalls

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SCAN TO LEARN MORE



## FREE VISITOR ENTRY - 2024 LATER LIFE EXPO

The Loving your Later Life 2-day lifestyle expo for people over 60 years showcases a range of products and services designed to inform, educate and entertain a broad range of interests for men and women.

Grab a goodie bag and stay for the day. Bring your friends and family and let's celebrate the many ways to 'Love Your Later Life'.



## FRIDAY PROGRAM 31 May, 2024 9am - 3pm

9:00am

Doors Open

10:00am - 10:30am

McLean Care  
Anna Franklin - Community Program Manager

**Navigating Aged Care**

Your guide to accessing and understanding aged care services. This presentation will cover the complexities of the system, covering topics such as government subsidies, eligibility criteria, assessments, and the array of care options available. A roadmap for navigating the aged care landscape with confidence and assurance.

11:00-11:30 am

McLean Care  
Stuart Pinchen - IT and Communications Manager

**Cyber Security**

Empower our ageing community with essential knowledge and skills to navigate the digital world safely. From recognising common online scams to securing personal information, you'll learn the tips and tools to enhance cybersecurity awareness and protect against cyber threats.

12noon - 1:00pm

Julie Goodwin  
Cooking Demonstrations

**Julie Goodwin - Demo**

Join the original MasterChef Julie Goodwin for a cooking demonstration featuring three simple and comforting dishes: a hearty soup, flavourful chicken curry and a tasty stove top frittata. Julie will share simple yet effective tips to help you cook these dishes easily at home. Get ready to discover new flavours and cooking techniques that will make mealtime a joyous occasion!

1:15pm - 1:45pm

Julie Goodwin Book Signing

2:00pm - 2:30pm

iAgeHealth - Demonstration  
Stuart Pinchen and Abby Schmidt

**Virtual Workforce Model - Demo**

Discover how McLean Care's groundbreaking iAgeHealth platform is revolutionising access to care in rural and regional Australia. Addressing nurse and allied health shortages, iAgeHealth employs a bespoke virtual workforce model, connecting skilled clinicians remotely for timely assessments and interventions. By integrating IoT devices and AI analytics, it ensures in-depth, tailored care, preventing unnecessary hospitalisations.

## EVERYONE IS WELCOME - 2024 LATER LIFE EXPO



## SATURDAY PROGRAM 1 June, 2024 9am - 3pm

9:00am

Doors Open

9:30am - 10:15am

PRD Real Estate  
Rebecca Creighton-Clarke

**Downsizing, Selling in Your Retirement**

During our aging lives our priorities change and downsizing to a more manageable home can provide a better quality of life. This presentation will provide you with an insight to the intricacies of this process, especially from a legislative and/or incentives perspectives.

11:00am - 11:30am

ThermoMix Tamworth  
Rebecca Barwick & Diana Nichols

**Butter & Soft Serve Ice Cream - Demo**

Rebecca and Diana, experts from ThermoMix in Tamworth, will guide you through the process, demonstrating how effortless it is to create these treats in just minutes. Plus, with reduced sugar content, you can indulge guilt-free in these healthier alternatives.

11:30am - 12noon

The Magic of the Latin rhythm  
Johan Guezada

**Interactive Dance Session**

Immerse yourself in The Magic of Latin Rhythm with our experienced dancer and award-winning instructor. For couples and individuals.

12noon - 12:45pm

Commando Steve  
The Art of Aging Well with Health and happiness

**Commando Steve - Demo**

Health and Happiness is about embracing aging with vitality and joy. It involves strengthening the body through regular exercise, promoting overall health and wellbeing through a balanced diet and self-care practices. Mental wellbeing through activities like meditation and nurturing community and connection provides support and fulfillment in later life. You'll learn about these strategies to enrich your aging process and cultivate a more fulfilling, vibrant life. You have to keep moving to keep moving!

1:00pm - 1:30pm

Commando Steve Book Signing

1:45pm - 2:30pm

McLean Care  
Enablement and Wellness

**Enablement and Wellness**

Explore tailored exercises, techniques, and interventions aimed at improving mobility, reducing pain, and enhancing overall quality of life. Join us as we discuss evidence-based strategies and practical tips to empower aging individuals to maintain independence and vitality.

3:00pm

Cancer Council  
Raffle Winner announcement

**Raffle Winner Drawn - Sketch by John Everett**

Based on an original photo, John's sketch is a replica of the scene that depicts a logging camp east of Armidale in a rough heavily wooded forest country in 1919 showing temporarily tent formations in a hardwood forest.

Are you interested in exhibiting or sponsoring our 2025 event?

For more information on sponsoring or exhibiting at the 2025 Loving Your Later Life Expo, please visit [www.mcleancare.org.au/events/loving-your-later-life-expo-tamworth/](http://www.mcleancare.org.au/events/loving-your-later-life-expo-tamworth/)

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