



Lifestyle Expo to showcase ageing well in Selwyn

The Selwyn District is a wonderful place to age well, and the annual SWELL Senior Lifestyle Expo and associated events will showcase what is on offer and connect older residents through organisations and activities that support wellbeing and inclusion within the community.

The SWELL Expo, organised by the Selwyn District Council, will be held on Tuesday 15 October from 9am until 2pm at the Lincoln Event Centre and feature over 70 community clubs, organisations and well-being providers from throughout the district. The Expo will be the highlight of SWELL 2024, three weeks of special events focused on ageing well, which will include guided walks, exercise classes, workshops, movies, poetry readings and much, much more.



Mayor Sam Broughton says that the SWELL events and Expo are an important part of the social calendar in Selwyn, as the population over 65 years will become increasingly important to the fabric of our community.

“According to council projections, the figure of residents over 65 years of age will triple in the next 30 years from the latest Census figure,” says Broughton.

“The older age groups are vital to the success of our community, so the Council earlier this month adopted Te Paepae Ageing Well Strategy to provide the direction for the council and other stakeholders to make Waikirikiri Selwyn a great place to live for residents over 65.”

The Council will officially launch and explain the details of Te Paepae Ageing Well Strategy at the SWELL Expo, alongside a host of other topical speakers.

Speakers from different organisations will talk about mindful aging, how to recognise scams, legal matters, brain health and positive ageing.

Mayor Broughton encourages residents and their families to come along to the Expo where they can learn which social activities and community groups in Selwyn to join and find out everything you need to know about healthcare, life planning, volunteering and travel.



They will also be able to enjoy live entertainment, food, drinks and a variety of market stalls.

Debbs Moody from Bupa Ashford Retirement Village says their organisation is delighted to be a Partner Sponsor for the SWELL Expo 2024.

“The SWELL Expo is all about celebrating the people of Selwyn, and supporting them to age well. As a global healthcare company, our purpose is to help people live longer, healthier, happier lives, which aligns seamlessly with our support of the SWELL Expo,” says Moody.

The three weeks of special events include intergenerational story time at the Lincoln Library, or you can join the Council biodiversity team for an enchanting walk at Ahuriri.

You can book yourself in for a mature and motivated exercise class at Lincoln Event Centre or West Melton or take a stroll around the Selwyn Sports Centre indoor walking track where you'll be treated to a morning tea after all your hard work.

You can also give Pickleball, HydroTone or Zumba a try, ride an e-bike, learn about funding for your community group, sit back and relax and enjoy an old classic film.

To find out more and book yourself in, pick up a copy of the What's on in Selwyn brochure from your local library or Council community centre or go to:

selwyn.govt.nz/swell

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