

**COUNCIL ON THE AGEING (COTA) TASMANIA
LAUNCH AND ANNOUNCEMENT OF THE THEME
FOR SENIOR WEEK 2025
ADDRESS BY
HER EXCELLENCY THE HONOURABLE BARBARA BAKER AC,
GOVERNOR OF TASMANIA
WARRANE COMMUNITY GARDEN, WEDNESDAY 2 APRIL 2025**

Good morning, everyone. I am pleased to be with you to announce and launch the theme for Seniors Week 2025.

May I begin by acknowledging the Palawa people upon whose land we gather. I acknowledge today's Tasmanian Aboriginal Community as ongoing custodians of country. I recognise their enduring culture and deep connection to land, sea, sky, and waters.

Seniors Week is a key event for our Council on the Ageing (COTA) in Tasmania and is celebrated every year. Along with the Walk against Elder Abuse, Seniors Week raises the profile of issues that confront older members of our community. Seniors Week recognises and celebrates the rich contributions that our older Tasmanians continue to make to our communities.

As the Patron of COTA Tasmania, I am honoured to support the work of COTA that has represented the voices of older Tasmanians for over 60 years, with your mission to challenge ageism, promote the rights, interests, and value of all Tasmanians as they age, and to advocate for a society where ageing is celebrated as a time of opportunity, contribution, and dignity.

COTA Tasmania's values of respect, diversity, and collaboration aim to foster meaningful relationships between generations, and to enrich our communities.

During Seniors Week 2025, from October 13th to 19th, there will be many events held across our State, providing opportunities for older and younger generations to come together, share experiences, and learn from each other.

I commend COTA Tasmania for your ongoing promotion of the wellbeing of older Tasmanians and for encouraging communities to approach the ageing process positively.

I am delighted to announce that the theme for Seniors Week 2025 is “Connecting Generations: Food”. And what better way to connect than through food, with a shared meal or treasured recipe, or preparing a dish together. Food is more than what we eat; it is a bridge between family, friends, and guests, with recipes passed from generation to generation. Our theme encourages us to break bread together and foster greater understanding and respect.

Here in the Warrane Community Garden, I take great pleasure in officially launching Seniors Week 2025.

Thank you.