

## From the Desk of the CEO

COTA NT NEWS Issue 12: January 2018

### PATRON FOR COTA NT

COTA NT is delighted to announce the Patron for COTA NT, the Honourable Vicki O'Halloran, Administrator of the Northern Territory. Myself and our General Manager, Lina Paselli met with Her Honour. Seniors and the issues facing seniors is very high on the Administrator's agenda. Her Honour will open our annual Seniors Expo on the 1<sup>st</sup> June.



### SENIORS EXPO – REGISTRATIONS OPEN

It is nearly February, so we are urging organisations who wish to be involved with our SENIORS EXPO to get in early, book their sponsorship and their space. Registration forms are available in print from Spillett House (M-F, 9am – 3pm), by email on request (phone the office on 8941 1004) or online at, <http://www.cotant.org.au/information/seniors-expo/seniors-expo-registration-2018/>



### SENIORS CARD

As most of you will be aware, from February COTA NT will be taking over the administration of the NT Seniors Card scheme. The dedicated web site at [ntseniorscard.org.au](http://ntseniorscard.org.au) will list all the businesses offering discounts to seniors throughout the Northern Territory. We will also be producing the printed discount directory. The free numbers for the card scheme will remain the same, so if you need a new card or you are now eligible, call number, **1800 441 489**.



SENIORS CARD

### BUSINESS AS USUAL

From 2<sup>nd</sup> February, all our regular programmes will resume i.e. Pilates, Zumba Gold, Musical Jam and many more. Don't forget to visit our online calendar to see what's on:

<http://www.cotant.org.au/territory-seniors-calendar/cota-nt-event-calendar/>



The Lord Mayor of Darwin, the Right Worshipful Kon Vatskalis has also donated funding for our morning teas, which will be organised on a quarterly basis with the first being due in March.

## **New Program starting on Friday 2 February, 12.30pm (\$3 per person per class)**

A new Stretch and Flex program designed by Sharon Kelly to help seniors with their flexibility, balance, physical confidence and competency starts on 2 February. The program is designed to be progressive, so improvements can be monitored.



*This 12-week (subsidised) program has been made possible with funding from the Bill Raby Diabetes Fellowship Community Grants Program.*

With all exercise programs, you must fill out a pre-exercise screening form prior to the class starting and participate at your own risk. *We recommend seeking advice for your medical practitioner prior to starting new programs of exercise.*

## **TERRITORY EVENTS AND ACTIVITIES**

<http://www.cotant.org.au/territory-seniors-calendar/>

Our Territory Seniors Calendar is for seniors Territory-wide and is an excellent opportunity to advertise and list your future events for free. Our Events and Communications Manager, Stephanie Kendall regularly picks up listings on the calendar for further promotion to Facebookers.

## **PROPOSED REDEVELOPMENT OF SPILLETT HOUSE**

Much work has gone on behind the scenes regarding the re-development of Spillett House. Meetings with the NT government have taken place and we are organising a meeting with City of Darwin regarding Poinciana Park, which as visitors to COTA NT will know is totally underutilised.

We will put a proposal to the City of Darwin regarding re-leasing of this space to be utilised with our proposed development and become a seniors' outside activity centre with exercise equipment that would be appropriate for seniors to increase their movement and mobility.

Take care

Sue Shearer, CEO COTA NT