

DROP IN AND SEE US

COTA NT offices are open
Mondays to Fridays, 9am – 3pm
except public holidays.

Enquiries can be directed to the
CEO 8941 1004 or via
ceo@cotant.org.au



[www.facebook.com/
COTANorthernTerritory](http://www.facebook.com/COTANorthernTerritory)

SENIORS VOICE – TALKING ABOUT TODAY'S ISSUES

Every week, COTA NT contributes a column SENIORS VOICE to the Sun Newspapers, the Northern Territory's only free weekly community newspapers – please make sure you pick up a copy. In the last few issues, we have talked about:



- [NT Seniors Outraged Over Cutbacks](#)
- [COTA NT Vows to Fight Cuts to Seniors' Concessions](#)
- [Get Help if Your Health or Well-Being is Jeopardised](#)
- [Centrelink's Duty of Care](#)
- [Pals Cure Loneliness](#)

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Articles available to read in full on the COTA website, please visit <http://www.cotant.org.au/news/senior-moments/>

HARMONY DAY 23 MARCH 2016

Many thanks to the Cambodian, Tamil and Thai community seniors who helped us to create one of the most beautiful and delicious Harmony Day events yet at Spillet House today. It was a privilege to learn more about the Cambodian and Thai cultures and to embrace our multicultural and harmonious community.



FALLS PREVENTION EVENT

COTA NT has teamed up with Arthritis & Osteoporosis NT, Darwin Podiatry and Bodyfit to present this year's falls prevention event, **WATCH YOUR STEP**.

- Come along and find out how to prevent falls by fall-proofing yourself and your surroundings, how to reduce injury and make a plan.
- Learn some proprioceptive exercises to improve your foot positioning and posture, view anti slip socks for activities like yoga, stretching and tai chi, and shoes for walking and weight bearing exercise classes.
- Try some gait retraining and motion exercises for the foot and ankle to help mobility by combating arthritis and prevent walking weakness in chronic health conditions.
- After a light morning tea, you can also join in a Bodyfit's (gentle) exercise session designed to help improve strength and balance.

Date/time: Wednesday 13 April, 10am - 11am

Bookings required: events@cotant.org.au with name and phone number or ring 8941 1004

FREE MOVIE & MORNING TEA

Courtesy of BCC Cinemas, you are invited to a FREE special preview screening and morning tea of Florence Foster Jenkins at Casuarina on: **Wednesday 4 May, 10am Morning Tea**
11.00am Screening

From acclaimed director Stephen Frears (*Philomena*, *The Queen*), Meryl Streep stars in the true story of Florence Foster Jenkins, a much-loved New York heiress and socialite who obsessively pursued her dream of becoming a great singer.

Convinced of her own talent, the voice Florence heard in her head was beautiful, while to everyone else it was hilariously awful. Her husband, aristocratic actor St. Clair Bayfield (Hugh Grant), had protected his beloved from the truth for years. But when Florence decided to give a public concert at Carnegie Hall

The poster features a large red footprint graphic on a light orange background. The text 'WATCH YOUR STEP' is written vertically in large white letters on the left. On the right, it says 'FALLS PREVENTION MONTH' at the top, followed by the event details: '10AM TO 11AM WEDNESDAY 13 APRIL COTA, SPILLETT HOUSE 65 SMITH STREET, DARWIN'. Below that, it says 'FIND OUT HOW TO PREVENT FALLS LEARN ABOUT GAIT RE-TRAINING STRENGTH & BALANCE EXERCISE CLASS MORNING TEA + Q&A'. At the bottom right, it says 'Book with COTA on events@cotant.org.au or 8941 1004'. Logos for COTA, Darwin Podiatry, Arthritis & Osteoporosis NT, and BODYFIT are at the bottom.



in 1944, St Clair knew it was only a matter of time before her beautiful dream would be shattered.

Funny, moving and featuring a brilliant performance by three-time Academy Award winner Meryl Streep, *Florence Foster Jenkins* is a fitting tribute to an irrepressible diva whose passion for music was matched only by her determination to share it with the world.

Tickets are available through COTA only. Each ticket admits 1.

EXPO UPDATE – FRIDAY 3 JUNE 2016, STARTS 10AM

Registrations closed for EXPO registrations and this year, over 55 groups, organisations, service providers and government agencies will showcase their age-friendly activities and services.

Join us for stalls, performances, live music, refreshments, opportunities to join in with activities and a chance to catch up with old friends.

For a sneak preview of who's coming this year, please visit our web page,

<http://www.cotant.org.au/programs-events/seniors-expo-2016/>



SENIORS EXPO - a very special, award-winning community event

SURF SPACE – IT'S YOUR SPACE!

Remember, our dedicated computer space for seniors at Spillet House is open every day between 9am and 3pm. You can come in and browse the Internet at no cost for as long as you like.

If you prefer book in with Fran on a Friday mornings for some help with Internet basics including: cyber safety, turning machines off/on, locating and opening Internet browsers, using search engines, accessing websites and webpages.



WHAT'S ON IN APRIL AND MAY?

If you want to know what's happening at COTA during April and May, come on into Spillet House between 9am and 3pm (Mondays to Fridays, not public holidays) and pick up a printed program.

Alternatively, visit the PROGRAMS AND EVENTS section of our website and click on the monthly program flyer, <http://www.cotant.org.au/programs-events/>

Snapshot:

Mondays Pilates & Bingo | **Tuesdays** Musical Jam |

Wednesdays ZUMBA Gold (new evening time) | **Fridays** Internet Classes and ZUMBA GOLD

Please email Events on events@cotant.org.au or phone 8941 1004 during office hours for more information.



VOLUNTEER FOR COTA

If you are interested in volunteering for COTA, we currently have opportunities in the following areas:

- **Office Support** – You will be required to work 'front-of-house' dealing with enquiries, phone calls and some cleaning and administrative tasks. You may also be asked to offer basic internet assistance.
- **Internet Trainer** – You will be required to spend a few hours each work as a COTA Peer Educator helping seniors work through basic internet competency in our dedicated classroom space.

For both positions, a current OCHRE card will be required. Please email a brief resume to COTA CEO Graeme Bevis at ceo@cotant.org.au if you are interested in either of these roles.