



NORTHERN TERRITORY

**seniors
month**

August 2018

Also available online at

www.cotant.org.au/territory-seniors-calendar

Celebrate this
Seniors Month



www.nt.gov.au/community/seniors

www.cotant.org.au

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p>Darwin Palmerston</p> <p>Please note events held in Darwin are listed before those for Palmerston.</p> 			<p>1</p> <p>Chair Aerobics 9.30am–10.30am Zumba Gold 5.30pm–6.15pm Aqua – Deepwater 5.30pm–6.30pm</p> <p>Early Morning Walk 6am–6.45am</p>	<p>2</p> <p>Pensioners Workshop Open Day 8am–2pm Securing Your Home 9.30am–11am Family History Library 10am–4pm Squash & Racquetball 10am–11.30am WETS & Grey Medallion 1pm–2pm Scottish Country Dancing 6pm–8pm Singing for Health 7pm–9pm</p>	<p>3</p> <p>Mitchell Centre Walking Group 7.30am Zumba Gold 9.30am–10.15am Get to Know Your Tablet 10am–12pm</p> <p>Early Morning Walk 6am–6.45am Coomalie Seniors Picnic 9.30am–2pm</p>	<p>4</p> <p>Multicultural Seniors Lunch 12pm–2pm Aqua – Deepwater 5.30pm–6.30pm</p>
<p>5</p> <p>Seniors' Square Dance 4pm–6pm</p> <p>NuLiNe Dance 2.30pm–4.30pm</p>	<p>6</p> <p>Social Tabletennis 9am–11am Come & Try Lawn Bowls 10am–2pm Zumba Gold 5.30pm–6.15pm</p> 	<p>7</p> <p>Finding our Feathered Friends 7am–11am Social Tabletennis 9am–11am Musical Jam 10am WETS & Grey Medallion 12.30pm–2.30pm Movies at the Library 1pm Mystery Bus Tour 4.30pm–5.45pm Rock and Roll Social Dance Lessons 7pm–10pm</p>	<p>8</p> <p>Bus Trip to Litchfield 9am–3pm Orienteering 9am–11am Social Tabletennis 9am–11am Grandparents Fun Bus with Grandchildren 9.30am–11.30am Seated Aerobics 9.30am–10.30am Gardening Awards 12pm–1.30pm Aqua – Deepwater 5.30pm–6.30pm Zumba Gold 5.30pm–6.15pm</p> <p>Early Morning Walk 6am–6.45am</p>	<p>9</p> <p>Social Tabletennis 9am–11am Stretch n Flex 9.30am–10.15am Family History Library 10am–4pm Lawn Bowls 10am–1pm Squash & Racquetball 10am–11.30am WETS & Grey Medallion 1pm–2pm Singing for Health 7pm–9pm</p> <p>Zumba Gold 9am–10am Securing Your Home 12pm–1.30pm</p>	<p>10</p> <p>Mitchell Centre Walking Group 7.30am Social Tabletennis 9am–11am The Grey Panthers 9.30am–11am Zumba Gold 9.30am–10.15am Robots, Virtual Reality, 3D Printing and more 10am–12pm</p> <p>Early Morning Walk 6am–6.45am</p>	<p>11</p> <p>Dragonboat Paddling 9am–12pm Malak Marketplace Tour 4.30pm–6.30pm Aqua – Deepwater 5.30pm–6.30pm</p>
12	13	14	15	16	17	18

<p>Laughter Wellness 8am–9am Powerlifting 11am–12pm Seniors' Square Dance 4pm–6pm</p> <p>NuLiNe Dance 2.30pm–4.30pm</p>	<p>Casuarina Walking Group 7.30am Pilates 9.30am–10.15am Become a Dementia Friend Morning Tea 10am–11.30am Come & Try Lawn Bowls 10am–2pm Social Bingo 10.30am–1.30pm Aqua – Deepwater 5.30pm–6.30pm Zumba Gold 5.30pm–6.15pm</p>	<p>Invitation Ambrose 8.30am–1pm Musical Jam 10am The Spirited Life of Marie Byles 10.30am–11.30am WETS & Grey Medallion 12.30pm–2.30pm Mystery Bus Tour 4.30pm–5.45pm Rock and Roll Social Dance Lessons 7pm–10pm</p> <p>1st Birthday Lunch 12pm–2pm</p>	<p>Seated Aerobics 9.30am–10.30am Aqua – Deepwater 5.30pm–6.30pm</p> <p>Early Morning Walk 6am–6.45am Orienteering 5pm–7pm</p>	<p>Family History Library 10am–4pm Know Your Rights Forum 10am to 12pm Squash & Racquetball 10am -11.30am WETS & Grey Medallion 1pm–2pm Singing for Health 7pm–9pm</p>	<p>Mitchell Centre Walking Group 7.30am Day Out of Darwin 9.30am–3pm The Grey Panthers 9.30am–11am Karama Library 10am–12pm</p> <p>Early Morning Walk 6am–6.45am Celebrate Seniors Month with Greenfields Living 10am–12pm Brain Gym with Morning Tea 10am–12pm</p>	<p>Birds Nest Basket Weaving Workshop 1pm–4pm Aqua – Deepwater 5.30pm–6.30pm Masked Glamour Ball 7.30pm–late</p>
<p>19 Grab A Granny 12pm–2pm Seniors Of Excellence NT Inc Awards 2.30pm–4.30pm Seniors' Square Dance 4pm–6pm</p> <p>Powerlifting 11am–12pm NuLiNe Dance 2.30pm–4.30pm</p>	<p>20 Casuarina Walking Group 7.30am Pilates 9.30am–10.15am Come & Try Lawn Bowls 10am–2pm Social Bingo 10.30am–1.30pm Aqua – Deepwater 5.30pm–6.30pm</p> <p>Seniors Forum 10am–2pm</p>	<p>21 2 Hour Harbour Cruise 9.30am–12pm Jewellery Making 10am–12pm Seniors in the 21st Century 10am–12pm Brain Gym with Morning Tea 10.30am–12.30pm WETS & Grey Medallion 12.30pm–2.30pm Mystery Bus Tour 4.30pm–5.45pm Rock & Roll Social Dance 7pm–10pm</p>	<p>22 Seniors Golf Ambrose 8.30am Orienteering 9am–11am Chronic Pain Course 9.30am–12pm Seated Aerobics 9.30am–10.30am Movie and Morning Tea 10am Aqua – Deepwater 5.30pm–6.30pm</p> <p>Early Morning Walk 6am–6.45am Seniors Golf Ambrose 8.30am</p>	<p>23 Stretch n Flex 9.30am–10.15am Family History Library 10am–4pm Securing Your Home 10am–11.30am Squash & Racquetball 10am -11.30am WETS & Grey Medallion 1pm–2pm Singing for Health 7pm–9pm</p>	<p>24 Mitchell Centre Walking Group 7.30am The Grey Panthers 9.30am–11am Morning of Entertainment (DHS) 10am–12pm Movies at the Library 1pm</p> <p>Early Morning Walk 6am–6.45am</p>	<p>25 Get Together and Lunch with Music 11.30am–2pm Malak Marketplace Tour 4.30pm–6.30pm Aqua – Deepwater 5.30pm–6.30pm Rock & Roll Social Dance 7.30pm–11.30pm</p>
<p>26 Seniors' Square Dance 4pm–6pm</p> <p>NuLiNe Dance 2.30pm–4.30pm</p>	<p>27 Casuarina Walking Group 7.30am Pilates 9.30am–10.15am Come & Try Lawn Bowls 10am–2pm Social Bingo 10.30am–1.30pm Line Dancing 2pm–5pm Aqua – Deepwater 5.30pm–6.30pm</p>	<p>28 Musical Jam 10am WETS & Grey Medallion 12.30pm–2.30pm Mystery Bus Tour 4.30pm–5.45pm</p>	<p>29 Chronic Pain Course 9.30am–12pm Seated Aerobics 9.30am–10.30am Aqua – Deepwater 5.30pm–6.30pm Zumba Gold 5.30pm–6.15pm Deckchair Cinema Night 6pm</p> <p>Early Morning Walk 6am–6.45am Orienteering 5pm–7pm</p>	<p>30 Introduction to Woodworking 8am–2pm Family History Library 10am–4pm Squash & Racquetball 10am -11.30am WETS & Grey Medallion 1pm–2pm Singing for Health 7pm–9pm</p>	<p>31 Finding our Feathered Friends 7am–11am Walking Group 7.30am Introduction to Woodworking 8am–2pm The Grey Panthers 9.30am–11am Zumba Gold 9.30am–10.15am</p> <p>Early Morning Walk 6am–6.45am</p>	

Darwin

Chair Aerobics

1 August, 9.30am–10.30am

Learn to improve your mobility, flexibility, posture and alignment without leaving your chair.

Venue: Spillett House, 65 Smith St, Darwin

Bookings required: Yes **Cost:** Free

Contact: www.codsensiors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

Zumba Gold

Wednesdays 1, 8 & 29 August, 5.30pm–6.15pm

Zumba Gold – Latin inspired dance fitness class.

All levels, low intensity.

Venue: Spillett House, 65 Smith St, Darwin

Bookings required: No **Cost:** \$5

Contact: Ann McNamara 0418 826 168

anniemc9@gmail.com

Aqua Classes – Deepwater

1, 4, 8, 11, 13, 15, 18, 20, 22, 25, 27 and

29 August, 5.30pm–6.30pm

Suitable for all fitness levels. Aqua provides both cardio and toning forms of exercise.

Venue: Darwin Ski Club,

20 Conacher St, Fannie Bay

Bookings required: No

Cost: \$2 pool entry or free for Ski Club members.

\$7 for seniors – First two classes are FREE

Contact: Sheryl Murray 0429 095 111

Pensioners Workshop Open Day

2 August, 8am–2pm

Visit the workshop, see amenities, observe activities and meet members. Light lunch supplied.

Venue: 2/48 Albatross St, Winnellie

Bookings required: Preferred **Cost:** Free

Contact: 8947 7098

Come & Try Scottish Country Dancing

2 August, 6pm–8pm

Non-competitive social dancing to toe tapping music. Suits all (partners not required)

Venue: Masonic Hall, Stokes Street, Parap

Bookings required: No **Cost:** Free

Contact: Mara Dobrini, 0438 842 138

maradobrini@hotmail.com

Organiser: Arafura Scottish Country Dancers

Singing for Health & Social Benefits

Thursdays 2, 9, 16, 23 and 30 August,

7pm–9pm including supper

Come with the voice you have. No auditions or singing experience needed.

Venue: Music Room, Essington School, Rossiter St, Rapid Creek

Bookings required: No **Cost:** Free

Contact: Pauline 0438 596 912

Organiser: Sing Australia Darwin Group

Coomalie Seniors Picnic

3 August, 9.30am–2pm

Picnic at Batchelor Oval with morning tea and lunch provided, plus museum visit, bowls, skittles, poetry, Men's Shed, Grey Panthers and more.

Venue: Batchelor Oval,

Nurndina Street, Batchelor

Bookings required: Yes **Cost:** \$6 for meals.

Transport from Darwin

and Palmerston \$9. Free from Adelaide River

Contact: Jan Jewell 8976 0255

Organiser: Coomalie Branch of COTA NT

Heart Foundation – Mitchell Centre Walking Group

Fridays 3, 10, 17, 24 and 31 August, 7.30am

Explore open spaces in your area while improving your heart and health.

Venue: Mitchell Centre Information Desk,

Seniors Social Tabletennis

6, 7, 8, 9 and 10 August, 9am–11am

Fun social sport. No experience required.

Venue: Multipurpose Hall Marrara Sports Stadium, Marrara, Darwin

Bookings required: Yes **Cost:** Free

Contact: TY Lee, 0477 748 497

Organiser: Darwin Table Tennis Association

Come and Try Lawn Bowls

6, 13, 20 and 27 August, 10am–2pm

Enjoy a fun, friendly introduction to lawn bowls under the big top.

Venue: Darwin Bowls and Social Club, 8 Conacher Street, Fannie Bay

Bookings required: Essential **Cost:** Free

Contact: Shaun Northcote 0429 633 241

Organiser: Darwin Bowls

Zumba Gold

Mondays 6 and 13 August, 5.30pm–6.15pm

Zumba Gold – Latin inspired dance fitness class. All levels, low intensity.

Venue: Harmony Hall, 44 Patterson St, Malak

Bookings required: No **Cost:** \$6

Contact: Ann McNamara 0418 826 168

anniemc9@gmail.com

Finding our Feathered Friends

7 and 31 August, 7am–11am

Bird finding including walking and travel. Light refreshments provided.

Venue: Around Darwin

Bookings required: Essential **Cost:** Free

Contact: Navin 8927 8488

Organiser: Diabetes Association NT,

Healthy Living NT and NT Bird Specialists

Orienteering for Fun & Fitness

8 August, 9am–11am

Short orienteering course around the area followed by refreshments and socialising.

Venue: Central Green, George Brown Botanical Gardens, Darwin

Bookings required: No **Cost:** Free

Contact: Tammie Coyne 0438 738 197

Organiser: Top End Orienteers

Grandparents Fun Bus Time with their Grandchildren

8 August, 9.30am–11.30am

Celebrate the special bond between grandparents and their grandchildren.

Venue: Water Gardens, Freshwater Road, Jingili

Bookings required: No **Cost:** Free

Contact: www.codsensiors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

Seated Aerobics

Wed 8, 15, 22 & 29 August, 9.30am–10.30am

Improve your mobility, flexibility, posture and alignment without leaving your chair!

Venue: Spillett House, 65 Smith Street, Darwin

Bookings required: No **Cost:** \$5

Contact: Sharon Kelly 0438 890 089

Organiser: Sharon Kelly

Seniors Gardening Competition Awards Event

8 August, 12pm–1.30pm

Announce 2018 Seniors' Gardening Competition prizes. Awards presentation with light lunch.

Venue: NAB House, 71 Smith St, Level 2 Board Room

Bookings required: Yes **Cost:** Free

Contact: Heimo Schober 8981 5535 or 0407 186 461 or ceo@kabcnt.org.au

Organiser: Pensioners Workshop

Securing Your Home

2 August, 9.30am–11am

Interactive information session on keeping safer in your home.

Venue: Spillett House, 65 Smith Street, Darwin

Bookings required: Essential **Cost:** Free

Contact: Victims of Crime 8941 0995

Come and Try Day at the Family History Library

Thursdays 2, 9, 16, 23 & 30 August, 10am–4pm

Browse library books and use computer databases to further your family research – bring along any known family information.

Venue: Family History Centre,

84 Smith Street, Darwin (between Searcy and Whitfield Streets)

Bookings required: Not required, but for one on one help ring 0428 298 002 to book researcher

Cost: Free, photocopy costs are extra

Contact: Dianne 0428 298 002

Organiser: Family History Library Centre of the Genealogical Society

Seniors Squash & Racquetball

Thurs 2, 9, 16, 23 & 30 August, 10am–11.30am

Come have a hit with fellow seniors.

Venue: Darwin Squash Centre,

6 Marrara Drive, Marrara

Bookings required: Yes **Cost:** \$5

Contact: 8945 7362

Organiser: Darwin Squash Centre

Cool Seniors WETS & Grey Medallion

2, 7, 9, 14, 16, 21, 23, 28 and 30 August,

Tues 12.30pm–2.30pm, Thurs 1pm–2pm

Free Aquatic activities for Senior Territorians.

Exercise, swimming, lifesaving skills, water safety.

Venue: NT Swim School, 12 Caryota Ct,

Coconut Grove NT

Bookings required: Yes **Cost:** Free

Contact: Laura 8981 5036

programsnt@rlssa.org.au

Organiser: Royal Life Saving NT

Mitchell Street, Darwin

Bookings required: No **Cost:** Free

Contact: www.codsensiors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

Zumba Gold

Fridays 3, 10 and 31 August, 9.30am–10.15am

Zumba Gold – Latin inspired dance fitness class.

All levels, low intensity.

Venue: Spillett House, 65 Smith St, Darwin

Bookings required: No **Cost:** \$5

Contact: Ann McNamara 0418 826 168

anniemc9@gmail.com

Get to Know Your Tablet

3 August, 10am–12pm

Learn the basics: turn it on, keep it charged, use an app, take a selfie, and more. BYO tablet.

Venue: Casuarina Library,

17 Bradshaw Tce, Casuarina

Bookings required: Yes **Cost:** Free

Contact: www.codsensiors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

Multicultural Seniors Lunch – Celebrating Strength in Diversity

4 August, 12pm–2pm

Join MCNT for a delicious lunch recognising the contributions of multicultural seniors.

Venue: Melaleuca Refugee Centre, Darwin

Bookings required: Yes **Cost:** Free

Contact: MCNT 8945 9122

Organiser: Multicultural Council of the NT

Seniors' Square Dance at CDU

Sundays 5, 12, 19 and 26 August, 4pm–6pm

Free activities and light refreshment provided.

Venue: Indonesian Garden, CDU Casuarina Campus, Casuarina

Bookings required: No **Cost:** Free

Contact: Shu Qin Li 0410 551 532

Organiser: Australia China Friendship Society NT

Musical Jam

Tuesdays 7, 14 and 28 August, 10am onwards

Join a friendly group of musicians to sing and play. Some tuition available BYO instrument.

Venue: Spillett House, 65 Smith Street, Darwin

Bookings required: No **Cost:** Gold coin

Contact: COTA NT 8941 1004

Movies at the Library – Finding Your Feet

7 August, 1pm

A hilarious and heartwarming comedy proving it's never too late to start again.

Venue: Casuarina Library,

17 Bradshaw Tce, Casuarina

Bookings required: Yes **Cost:** Free

Contact: www.codsensiors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

Mystery Bus Tour

Tuesdays 7, 14, 21 & 28 August, 4.30–5.45pm

Bus tour of places of historical interest.

Venue: Ross Smith Memorial, Fannie Bay

Bookings required: Yes **Cost:** Free

Contact: Ingrid Nadjarian 0439 906 094

Organiser: Fannie Bay History &

Heritage Society

Rock and Roll Social Dance Lessons

Tuesdays 7, 14 and 21 August, 7pm–10pm

Rock n roll tuition followed by social dance.

Venue: Darwin Golf Club, Links Road, Marrara

Bookings required: No **Cost:** \$5

Contact: Mike O'Malley 8985 6680

Organiser: Rock and Roll Social Group

Bus Trip to Litchfield

8 August, 9am–3pm

Bus trip to Litchfield Park to visit Wangi Falls.

Picnic lunch provided.

Venue: Wangi Falls, Litchfield National Park

Bookings required: Yes **Cost:** \$20

Contact: Carmel Sellwood 7979 0814

Organiser: Evergreens Seniors Club Inc

Organiser: Keep Australia Beautiful Council NT

Stretch n Flex

9 and 23 August, 9.30am–10.15am

Low intensity exercise to improve balance, mobility and flexibility.

Venue: Spillett House, 65 Smith Street, Darwin

Bookings required: No **Cost:** Free

Contact: Sharon Kelly 0438 890 089

Organiser: Sharon Kelly

Lawn Bowls

9 August, 10am–1pm

Come along for a fun morning of bowls and mini health checks.

Venue: Darwin Bowls and Social Club, 8 Conacher Street, Fannie Bay

Bookings required: Yes **Cost:** Free

Contact: www.codsensiors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

The Grey Panthers

Fridays 10, 17, 24 and 31 August, 9.30am–11am

Every Friday morning at Tracks Dance Studio in Darwin City.

Venue: Tracks Dance, 56 McMinn Street, Darwin

Bookings required: Yes (for venue confirmation) **Cost:** \$5

Contact: Tracks Dance 8941 1410

Organiser: Tracks Dance

Robots, Virtual Reality, 3D Printing and more

10 August, 10am–12pm

Come and try some of the latest tech gadgets and gizmos at fun and interactive drop in session. See different robots, the 3D printer, try the virtual reality goggles and more.

Venue: Casuarina Library,

17 Bradshaw Tce, Casuarina

Bookings required: No **Cost:** Free

Contact: www.codsensiors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

Dragonboat Paddling

11 August, 9am–12pm

Learn to paddle in a dragonboat: fun and fitness on the water!

Venue: Kahlin Park (Beach area) Cullen Bay

Bookings required: Yes **Cost:** Free

Contact: Mel Hazard 0437 716 418

email:mellohazard@gmail.com

Organiser: Darwin Waterfront Warriors Club Inc

Malak Marketplace Tour

11 and 25 August, 4.30pm–6.30pm

Get to know local organic produce. Enjoy a guided tour followed by a delicious tasting session.

Venue: Malak Marketplace Entrance, Chambers Crescent, Malak

Bookings required: Yes **Cost:** Free

Contact: www.codseniors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

Laughter Wellness

12 August, 8am–9am

Laugh like you have never laughed before!

The session will enable everyone to laugh in a comfortable environment.

Venue: Water Gardens, Freshwater Road, Jingili

Bookings required: No **Cost:** Free

Contact: www.codseniors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

Powerlifting

12 August, 11am–12pm

Come and learn three lifts and benefits of powerlifting.

Venue: Snap CBD, 3 Nylander Street, Parap

Bookings required: No **Cost:** Free

Contact: Lolita Wikander 0421 314 515

Organiser: Darwin Powersports Inc.

The Spirited Life of Marie Byles with Author Anne McLeod

14 August, 10.30am–11.30am

Marie Byles' life story has powerful narrative about human rights, conservation, ecology, feminism and spirituality – join author Anne McLeod as we explore the work.

Venue: Casuarina Library,

17 Bradshaw Tce, Casuarina

Bookings required: Yes **Cost:** Free

Contact: www.codseniors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

Know Your Rights Forum

16 August, 10am–12pm

An information session for seniors and people with disability.

Venue: Nightcliff Community Centre, 18 Bauhinia St, Nightcliff

Bookings required: Yes **Cost:** Free

Contact: Jess 8948 5400

Organiser: Integrated Disability Action

Day Out of Darwin

17 August, 9.30am–3pm

Bus ride to iconic Noonamah Hotel, Adelaide River pub and the war cemetery.

Venue: Darwin Rural

Bookings required: Yes, 8945 5018, 8985 5324 **Cost:** \$15

Contact: Bridie 8945 5018, Elaine 8985 5324

Organiser: Coconut Grove Seniors Community Hall Inc

Come and Celebrate Seniors Month with Greenfields Living

17 August, 10am–12pm

Indulge in morning tea and some fun activities.

Venue: Durack Gardens Community Centre, 91 Packard Avenue, Palmerston

Seniors Of Excellence NT Inc Awards Presentation Ceremony

19 August, 2.30pm–4.30pm

Welcoming 2018 Award Nominees to the Seniors Of Excellence NT Award family.

Venue: Darwin Trailer Boat Club, 8 Atkins Drive, Fannie Bay, Darwin

Bookings required: No **Cost:** Free

Contact: Mike Foley OAM 0438 279 244 or email seniorsofexcellence@bigpond.com

Organiser: Seniors of Excellence NT

2 Hour Harbour Cruise

21 August, 9.30am for 10am boat departure, return at 12 noon

Seniors Month Darwin Harbour Morning Tea Cruise

Venue: Boat leaves Cullen Bay Ferry Terminal at 10am sharp

Bookings required: Yes. Tickets must be purchased through Eventbrite: eventbrite.com.au/e/seniors-month-probus-darwin-harbour-cruise-tickets-47005186779

Cost: \$30 per person, includes morning tea

Contact: Eean Thorne OAM 0417 082 182 eean.thorne@hotmail.com

Organiser: Probus Club of Charles Darwin

Jewellery Making

21 August, 10am–12pm

Jewellery making – wire wrapping, gemtrees, pendant making. Morning tea and demonstrations.

Venue: Knuckey Lagoons Recreation Reserve, 3326 Brandt Rd, Berrimah

Bookings required: Yes **Cost:** Free

Contact: Adina Poole 8927 3285

Organiser: The Top End Gem & Mineral Club Inc

Seniors in the 21st Century – Your Rights Explained

Chronic Pain? Don't Let It Stop You Doing the Things You Enjoy!

22 and 29 August, 9.30am–12pm

Two part course suitable for anyone with chronic pain, whatever the cause.

Venue: Jeff Collins Electorate Office, Stuart Park

Bookings required: Yes **Cost:** Gold coin donation for materials and morning tea

Contact: Administrative assistant, 8948 5232, adminassist@aont.org.au

Organiser: Arthritis Foundation NT



Heart Foundation – Casuarina Walking Group

Mondays 13, 20 and 27 August, 7.30am

Explore open spaces in your area while improving your heart and health.

Venue: Casuarina Shopping Centre Car Park (opposite Kmart Tyre and Auto)

Bookings required: No **Cost:** Free

Contact: www.codsensiors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

Pilates

Mon 13, 20 & 27 August, 9.30am–10.15am

Slow, controlled movements to increase strength and balance.

Venue: Spillett House, 65 Smith Street, Darwin

Bookings required: No (but space limited to 20)

Cost: \$5

Contact: Sharon Kelly 0438 890 089

Become a Dementia Friend Morning Tea

13 August, 10am–11.30am

Venue: Nightcliff Community Centre, 18 Bauhinia St, Nightcliff

Bookings required: RSVP 8948 5228

Cost: Free

Contact: Dementia Australia

Social Bingo

Mondays 13, 20 & 27 August, 10.30am–1.30pm

Small social group playing at slow speed.

Venue: Spillett House, 65 Smith Street, Darwin

Bookings required: No **Cost:** \$20 (approx.)

Contact: COTA NT 8941 1004

Seniors Month Invitation Ambrose

14 August, 8.30am–1pm

Fun golfing event including lesson, equipment hire and lunch.

Venue: Darwin Golf Club, Links Road, Marrara

Bookings required: Yes **Cost:** \$10

Contact: Darwin Golf Club Pro Shop 8927 1015

Organiser: Northern Territory Senior Women Golfers' Association

Bookings required: by 10 Aug – 1300 669 755 or enquiries@greenfieldsliving.com.au

Cost: Free

Contact: Amy Trezise 1300 669 755

Organiser: Greenfields Living

Seniors at Karama Library

17 August, 10am–12pm

This month enjoy an art workshop with a local artist.

Venue: Karama Library, Karama Shopping Centre, Kalymnos Drive, Karama

Bookings required: Yes **Cost:** Free

Contact: www.codsensiors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

Birds Nest Basket Weaving Workshop with Aly de Groot

18 August, 1pm–4pm

Nurture your 'bird mind' and weave your own nest.

Venue: Casuarina Library Meeting Room, 17 Bradshaw Terrace, Casuarina. Entrance through the courtyard.

Bookings required: Yes **Cost:** Free

Contact: www.codsensiors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

Masked Glamour Ball by NTBDA

18 August, 7.30pm–late

Showcasing balldancing and fun with catered supper provided. BYO event

Venue: Harmony Hall, Paterson St, Malak

Bookings required: Yes: Book through ntbd@ yahoo.com.au, or 0409 977 553

Cost: NTBDA members \$25, non members \$30

Contact: 0409 977 553

Organiser: NT Ballroom Dancing Association

Grab A Granny

19 August, 12pm–2pm

A fun event and luncheon to bring grandparents and grandchildren together.

Venue: The Pint Club, 165 Abala Road, Marrara

Bookings required: Yes **Cost:** Free

Contact: Amy Smith 8945 2452

Organiser: Pint Club Inc

21 August, 10am–12pm

The Hon Dr Kay Patterson, Age Discrimination Commissioner speaks on issues including elder abuse, what is age discrimination and more.

Venue: Spillett House, 65 Smith Street, Darwin

Bookings required: Yes – eventbrite.com.au/e/seniors-in-the-21st-century-your-rights-explained-tickets-47005087482

or phone for assistance

Cost: Free

Contact: COTA NT 8941 1004

Brain Gym with Morning Tea

21 August, 10.30am–12.30pm

Your brain matters! Find out how to keep your brain active and healthy with brain gym.

Venue: Nightcliff Community Centre, 18 Bauhinia St, Nightcliff

Bookings required: RSVP 8948 5228

Cost: Free

Contact: Dementia Australia

Organiser: Dementia Australia

Seniors Golf Ambrose

22 August, Tee off 8.30am

Nine hole 4-person Ambrose followed by BBQ lunch. Organise your own group or we'll put you in a team.

Venue: Humpty Doo & Rural Area Golf Club, Pioneer Drive Humpty Doo

Bookings required: No. Please register on the day at 8am

Cost: Free. Motorised carts and equipment provided

Contact: Val Moon 0409 057 300

Organiser: Humpty Doo & Rural Area Golf Club Inc

Orienteering for Fun and Fitness

22 August, 9am–11am

Short orienteering course around the area followed by refreshments and socialising.

Venue: Jingili Water Gardens, Darwin

Bookings required: No **Cost:** Free

Contact: Tammie Coyne, 0438 738 197

Organiser: Top End Orienteers

Movie and Morning Tea: Preview Screening of Book Club

22 August, 10am

Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club. Morning tea supplied courtesy of BCC Cinemas.

Venue: Cinema 7, Casuarina Square Shopping Centre, 247 Trower Rd, Casuarina

Cost: Free

Bookings: Tickets must be collected from COTA NT from 1 August only

Contact: COTA NT 8941 1004

Organiser: COTA NT, BCC Cinemas

Securing Your Home

23 August, 10am–11.30am

Interactive information session on keeping safer in your home.

Venue: Casuarina Library Meeting Room, 17 Bradshaw Terrace, Casuarina

Bookings required: Yes **Cost:** Free

Contact: Victims of Crime 8941 0995

Morning of Entertainment

24 August, 10am–12pm

Darwin High School students and staff will host a morning of entertainment followed by a morning tea.

Venue: Darwin High School, Atkins Rd, The Gardens

Bookings required: Yes **Cost:** Free

Contact: Sally Walker 8999 1222

Organiser: Darwin High School

Movies at the Library – Murder on the Orient Express

24 August, 1pm

A lavish train ride through Europe quickly unfolds into thrilling mystery.

Venue: Nightcliff Library, Pavonia Place, Nightcliff

Bookings required: Yes **Cost:** Free

Contact: www.codsensiors.eventbrite.com

Organiser: Elizabeth 8930 0409 City of Darwin

Seniors Get Together and Lunch with Music

25 August, 11.30am–2pm

Get-together of seniors followed by lunch.

Venue: Harmony Hall,

44 Patterson Street, Malak

Bookings required: Yes **Cost:** Free

Contact: Ramanan Rasathurai

0452 623 415, tamilocietynt@gmail.com

Organiser: Tamil Society of the NT Inc.

Rock and Roll Social Dance

25 August, 7.30pm–11.30pm

Social dance with live music.

Venue: Darwin Golf Club, Links Road, Marrara

Bookings required: No **Cost:** \$10

Contact: Mike O'Malley 8985 6680

Organiser: Rock and Roll Social Group

Line Dancing

27 August, 2pm–5pm

Workshop for Senior Territorians to learn line dancing followed by afternoon tea.

Venue: Seniors Hall, Musgrave Crescent, Coconut Grove, Nightcliff

Bookings required: Yes **Cost:** Free

Contact: Carol 0401 119 127 or

Debbie 0429 431 400

Organiser: Top End Mustangs Inc.

Deckchair Cinema Night featuring 'The Guernsey Literary & Potato Peel Pie Society'

29 August, gates open 6pm.

Movie starts 7.30pm.

Deckchair Cinema provides deckchairs, straight-back seats and cushions. Kiosk will be open.

Venue: Deckchair Cinema, Jervois Road, Darwin Waterfront

Palmerston

Seniors Gardening Competition & Awards Event

Garden judging conducted throughout July.

Awards Presentation 8 August, 12pm–1.30pm

Announce 2018 Seniors' Gardening Competition prizes. Awards presentation with light lunch.

Venue: NAB House, 71 Smith St,

Level 2 Board Room

Bookings required: Yes **Cost:** Free

Contact: Heimo Schober 8981 5535.

0407 186 461 or ceo@kabcnt.org.au

Organiser: Keep Australia Beautiful Council NT

Early Morning Walks

Wednesdays 1, 8, 15, 22 and 29 August, 6am–6.45am

Walk the green outdoor spaces of Palmerston.

Venue: Sanctuary Lakes, Palmerston

Bookings required: Contact organiser if you haven't attended previously

Cost: Free

Contact: Pam 0417 088 929

Pensioners Workshop Open Day

2 August, 8am–2pm

Visit the workshop, see amenities, observe activities and meet members. Light lunch supplied.

Venue: 2/48 Albatross St, Winnellie

Bookings required: Preferred **Cost:** Free

Contact: 8947 7098

Organiser: Pensioners Workshop

Early Morning Walks

Fridays 3, 10, 17, 24 & 31 August, 6am–6.45am

Walk the green outdoor spaces of Palmerston.

Venue: Carpark behind Salt & Pepper, Durack

Bookings required: Contact organiser if you

Seniors Sunday NuLiNe Dance

5, 12, 19 and 26 August, 2.30pm–4.30pm

Easy level dance routines to a variety of music genres incl tea/coffee.

Venue: Gray Community Hall,

Cnr Essington Ave & Victoria Drive

Bookings required: Yes

Cost: \$8 single, \$10 for two

Contact: Natalie 0418 826 778

Organiser: NuLiNe Dance-NT

Finding our Feathered Friends

7 and 31 August, 7am–11am

Bird finding including walking and travel.

Light refreshments provided.

Venue: Around Darwin

Bookings required: Essential **Cost:** Free

Contact: Navin 8927 8488

Organiser: Diabetes Association NT, Healthy Living NT and NT Bird Specialists

Zumba Gold

9 August, 9am–10am

Zumba Gold – Latin inspired dance fitness class. All levels, low intensity.

Venue: Community Room 2, Palmerston

Recreation Centre, 11 The Boulevard

Bookings required: No **Cost:** Free

Contact: Ann McNamara 0418 826 168

anniemc9@gmail.com

Securing Your Home

9 August, 12pm–1.30pm

Interactive information session on keeping safer in your home.

Venue: Community Room 1, Palmerston Recreation Centre, 11 The Boulevard

Bookings required: Essential **Cost:** Free

Contact: Victims of Crime 8941 0995

Powerlifting

19 August, 11am–12pm

Come and learn three lifts and benefits of powerlifting.

Venue: Next Level Gym,

1/35 Granites Drive, Rosebery

Bookings required: No **Cost:** Free

Contact: Lolita Wikander 0421 314 515

Organiser: Darwin Powersports Inc.

Palmerston Seniors Forum

20 August, 10am–2pm

Palmerston seniors consultation regarding current issues and feedback to City of Palmerston.

Venue: Cazaly's Palmerston Club, 10 Temple Tce

Bookings required: Yes **Cost:** Free

Contact: Bookings will be taken during Seniors Fortnight booking events

Organiser: City of Palmerston, Palmerston Seniors Advisory Group

2 Hour Harbour Cruise

21 August, 9.30am for 10am boat departure, return at 12 noon

Seniors Month Darwin Harbour Morning Tea Cruise.

Venue: Boat leaves Cullen Bay Ferry Terminal at 10am sharp

Bookings required: Yes. Tickets must be purchased through Eventbrite: [eventbrite.com.au/e/seniors-month-probus-darwin-harbour-cruise-tickets-47005186779](https://www.eventbrite.com.au/e/seniors-month-probus-darwin-harbour-cruise-tickets-47005186779)

Cost: \$30 per person, includes morning tea

Contact: Eean Thorne OAM

0417 082 182, eean.thorne@hotmail.com

Organiser: Probus Club of Charles Darwin

Bookings required: Yes **Cost:** Free
Contact: www.codseniors.eventbrite.com
Organiser: Elizabeth 8930 0409
City of Darwin

Introduction to Woodworking

30 to 31 August, 8am–2pm

Complete project under supervision or more advanced projects.

Venue: 2/48 Albatross St, Winnellie

Bookings required: Yes **Cost:** Free

Contact: 8947 7098

Organiser: Pensioners Workshop

haven't attended previously

Cost: Free

Contact: Pam 0417 088 929

Coomalie Seniors Picnic

3 August, 9.30am–2pm

Picnic at Batchelor Oval with morning tea and lunch provided, plus museum visit, bowls, skittles, poetry, Men's Shed, Grey Panthers and more.

Venue: Batchelor Oval,
Nurndina Street, Batchelor

Bookings required: Yes

Cost: \$6 for meals. Transport from Darwin and Palmerston \$9. Free from Adelaide River

Contact: Jan Jewell 8976 0255

Organiser: Coomalie Branch of COTA NT

The Grey Panthers

Fridays 10, 17, 24 and 31 August, 9.30am–11am

Every Friday morning at Tracks Dance Studio in Darwin City.

Venue: Tracks Dance,
56 McMinn Street, Darwin

Bookings required: Yes
(for venue confirmation)

Cost: \$5

Contact: Tracks Dance 8941 1410

Organiser: Tracks Dance

Orienteering for Fun & Fitness

15 August, 5pm–7pm

Short orienteering course around the area followed by refreshments and socialising.

Venue: Sanctuary Lakes, Palmerston

Bookings required: No **Cost:** Free

Contact: Tammie Coyne 0438 738 197

Organiser: Top End Orienteers

Come and Celebrate Seniors Month with Greenfields Living

17 August, 10am–12pm

Join Greenfields Living and indulge in a morning tea and some fun activities.

Venue: Durack Gardens Community Centre,
91 Packard Avenue, Palmerston

Bookings required: by 10 Aug –
1300 669 755 or
enquiries@greenfieldsliving.com.au

Cost: Free

Contact: Amy Trezise 1300 669 755

Organiser: Greenfields Living

Brain Gym with Morning Tea

17 August, 10am–12pm

Your brain matters! Find out how to keep your brain active and healthy with brain gym.

Venue: Terry Mills Electorate Office,
Oasis Shopping Centre

Bookings required: RSVP 8948 5228

Cost: Free

Organiser: Dementia Australia

Seniors Golf Ambrose

22 August, Tee off 8.30am

Nine hole 4-person Ambrose followed by BBQ lunch. Organise your own group or we'll put you in a team.

Venue: Humpty Doo & Rural Area Golf Club,
Pioneer Drive Humpty Doo

Bookings required: No. Please register on the day at 8am

Cost: Free. Motorised carts and equipment provided

Contact: Val Moon 0409 057 300

Organiser: Humpty Doo & Rural Area Golf Club Inc

Line Dancing

27 August, 2pm–5pm

Workshop for Senior Territorians to learn line dancing followed by afternoon tea.

Venue: Seniors Hall Musgrave Crescent,
Coconut Grove, Nightcliff

Bookings required: Yes **Cost:** Free

Contact: Carol 0401 119 127 or

Debbie 0429 431 400

Organiser: Top End Mustangs Inc.

Orienteering for Fun & Fitness

29 August, 5pm–7pm

Short orienteering course around the area followed by refreshments and socialising.

Venue: Durack Heights Community Centre,
33 Packard Ave, Durack

Bookings required: No **Cost:** Free

Contact: Tammie Coyne 0438 738 197

Organiser: Top End Orienteers

Introduction to Woodworking

30 to 31 August, 8am–2pm

Complete project under supervision or more advance projects.

Venue: 2/48 Albatross St, Winnellie

Bookings required: Yes **Cost:** Free

Contact: 8947 7098

Organiser: Pensioners Workshop



Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p>Darwin Rural Alice Springs Katherine Tennant Creek</p> <p>Please note events are listed in the order of the regions above.</p>			<p>1 Free Internet Hour 10am–5.45pm Come Fly With Me 2pm–4pm</p> <p>Morning Tea with Mayor and Councillors 10am–11.30am</p> <p>Gardening Activities 10am–12pm</p>	<p>2 Free Internet Hour 10am–5.45pm</p>	<p>3 Coomalie Seniors Picnic 9.30am–2pm</p> <p>Free Internet Hour 10am–5.45pm</p> <p>Securing Your Home 8.30am–10.30am</p> <p>Trivia at the Library 10am–12pm</p>	<p>4 Free Internet Hour 10am–12.45pm</p>
<p>5 Free Internet Hour 10am–12.45pm</p>	<p>6 Free Internet Hour 10am–5.45pm</p>	<p>7 Craft Morning 9.30am–1.30pm</p> <p>Free Internet Hour 10am–5.45pm</p>	<p>8 Seniors Gardening Competition & Awards Event 12pm–1.30pm</p> <p>Free Internet Hour 10am–5.45pm Come Fly With Me 2pm–4pm</p> <p>Lunch in a Rural Setting 9.30am</p> <p>Chair Exercises for Seniors 10am–12pm</p>	<p>9 Securing Your Home 8.30am (TBC)</p> <p>Free Internet Hour 10am–5.45pm</p>	<p>10 The Grey Panthers 9.30am–11am Seniors Morning Tea 10.30am–12pm</p> <p>Aqua Aerobics 8.30am Free Internet Hour 10am–5.45pm Seniors Month Morning Tea with the Mayor 10.30am–12pm</p> <p>Craft Activities 10am–12pm</p>	<p>11 Free Internet Hour 10am–12.45pm Race Day 1.30pm–6pm</p>
<p>12 Free Internet Hour 10am–12.45pm</p>	<p>13 Free Internet Hour 10am–5.45pm</p>	<p>14 Craft Morning 9.30am–1.30pm 1st Birthday Lunch 12pm–2pm</p> <p>Free Internet Hour 10am–5.45pm Herbs and Veggies – Miniature Gardens 2pm–4pm</p>	<p>15 Celebrate our Seniors TBC</p> <p>Free Internet Hour 10am–5.45pm Come Fly With Me 2pm–4pm</p> <p>Outback Experience with Tom Curtis</p>	<p>16 Free Internet Hour 10am–5.45pm</p>	<p>17 The Grey Panthers 9.30am–11am Come and Celebrate Seniors Month with Greenfields Living 10am–12pm</p> <p>Aqua Aerobics 8.30am Free Internet Hour 10am–5.45pm</p>	<p>18 Free Internet Hour 10am–12.45pm</p>

			Movie and Lunch at the Hall 10am–1pm		Games at the Library 10am–12pm	
19 Free Internet Hour 10am–12.45pm	20 Free Internet Hour 10am–5.45pm Police Talk on Safety for Seniors 10am–12pm	21 Craft Morning 9.30am–1.30pm Seniors Month 2 Hour Harbour Cruise 9.30am–12 noon Free Internet Hour 10am–5.45pm	22 Seniors Golf Ambrose 8.30am Free Internet Hour 10am–5.45pm Come Fly With Me 2pm–4pm Poppy Making 10am–12pm	23 Free Internet Hour 10am–5.45pm Evening at the Movies 4pm–6pm	24 The Grey Panthers 9.30am–11am Brain Gym with Morning Tea 10am–12pm Free Internet Hour 10am–5.45pm Seniors Health and Wellness Day 10am–2pm	25 Taminmin Seniors Poetry Lunch 11.30am–3pm Free Internet Hour 10am–12.45pm Craft Activities 10am–1pm
26 Free Internet Hour 10am–12.45pm	27 Free Internet Hour 10am–5.45pm	28 Craft Morning 9.30am–1.30pm Free Internet Hour 10am–5.45pm	29 Free Internet Hour 10am–5.45pm Still Got Talent – Seniors Talent Quest 11am–2pm Come Fly With Me 2pm–4pm Smiles and Miles Seniors Adventure 10am–4pm St John's First Aid Refresher Session 10am–12pm	30 Free Internet Hour 10am–5.45pm Cyber Safety for Seniors 1.30pm–3pm Smiles and Miles Seniors Adventure 10am–4pm	31 The Grey Panthers 9.30am–11am Free Internet Hour 10am–5.45pm Smiles and Miles Seniors Adventure 10am–4pm Craft Activities 10am–1pm	



Darwin Rural

Seniors Gardening Competition & Awards Event

Garden judging conducted throughout July.
Awards Presentation 8 August, 12pm–1.30pm
Announce 2018 Seniors' Gardening Competition prizes. Awards presentation with light lunch.

Venue: NAB House, 71 Smith St,
Level 2 Board Room

Bookings required: Yes

Cost: Free

Contact: Heimo Schober 8981 5535,
0407 186 461 or ceo@kabcnt.org.au

Organiser: Keep Australia Beautiful Council NT

Coomalie Seniors Picnic

3 August, 9.30am–2pm

Picnic at Batchelor Oval with morning tea and lunch provided, plus museum visit, bowls, skittles, poetry, Men's Shed, Grey Panthers and more.

Venue: Batchelor Oval,
Nurndina Street, Batchelor

Bookings required: Yes

Cost: \$6 for meals. Transport from Darwin and Palmerston \$9. Free from Adelaide River

Contact: Jan Jewell 8976 0255

Organiser: Coomalie Branch of COTA NT

Craft Mornings

Tuesdays 7, 14, 21 and 28 August

9.30am–1.30pm

Come and try patchwork, crochet, cross-stitch, knitting, embroidery, quilting and more.

Venue: Bee Hive, Fred's Pass Reserve,
cnr Stuart Highway and Bees Creek Rd

Bookings required: No

Cost: Free

Celebrate Our Seniors

15 August

Venue: TBA

Bookings required: Please phone
for information

Cost: Free

Contact: Rosanne Rowlings 8978 2295

Organiser: Victoria Daly Regional Council

Come and Celebrate Seniors Month with Greenfields Living

17 August, 10am–12pm

Join Greenfields Living and indulge in a morning tea and some fun activities.

Venue: Durack Gardens Community Centre,
91 Packard Avenue, Palmerston

Bookings required: RSVP by 10 August –
1300 669 755 or

enquiries@greenfieldsliving.com.au

Cost: Free

Contact: Amy Trezise 1300 669 755

Organiser: Greenfields Living

2 Hour Harbour Cruise

21 August, 9.30am for 10am boat

departure, return at 12 noon

Seniors Month Darwin Harbour

Morning Tea Cruise.

Venue: Boat leaves Cullen Bay

Ferry Terminal at 10am sharp

Bookings required: Yes. Tickets must be
purchased through Eventbrite:

eventbrite.com.au/e/seniors-month-

probus-darwin-harbour-cruise-

tickets-47005186779

Cost: \$30 per person, includes morning tea

Contact: Eean Thorne OAM 0417 082 182,

eean.thorne@hotmail.com

Organiser: Probus Club of Charles Darwin

Alice Springs

Free Internet Hour

1 to 31 August, Monday to Friday

10am–5.45pm, Sat/Sun 10am–12.45pm

Free internet is available to you for the
month of August.

Venue: Alice Springs Public Library

Bookings required: No

Cost: Free

Contact: Felicity Thorne 8950 0555

Organiser: Alice Springs Public Library

Come Fly With Me

1, 8, 15, 22 and 29 August, 2pm–4pm

Guided tour of Central Australian Aviation
Museum, flight simulator, Devonshire Tea and
DVD on the Connellan Airlines story.

Venue: Central Australian Aviation Museum,
Bellman Hangar, Araluen Cultural Precinct,

6 Memorial Drive, Alice Springs

Bookings required: Yes

Cost: \$2

Contact: 8953 8554

Organiser: Central Australian Aviation
Museum Inc

Aqua Aerobics

10 and 17 August, 8.30am

An aquatic aerobic class to get you moving
with minimal bone stress.

Venue: Alice Springs Aquatic and
Leisure Centre, 14 Speed St, The Gap

Cost: Free, with free cup of coffee

afterwards for first timers

Bookings: No

Contact: Simon Duke 8950 4361

Organiser: Alice Springs Aquatic and
Leisure Centre

Herbs and Veggies – Miniature Gardens

14 August, 2pm–4pm

Speaker event with guest Geoff Miers and
opportunity to learn how to create herb gardens
in small space.

Venue: National Pioneer Women's Hall of
Fame, 2 Stuart Terrace, Alice Springs

Bookings required: Yes

Cost: Free

Contact: Jess Hacket 8952 9006

Organiser: National Pioneer Women's
Hall of Fame

Seniors Health and Wellness Day

24 August, 10am–2pm

Displays and information to keep you
healthy and active and involved in the
Alice Springs community.

Venue: Yeperenye Shopping Centre,
36–38 Hartley St, Alice Springs

Cost: Free

Contact: Nicole Walsh Manager 8952 5177

Organiser: Yeperenye Shopping Centre

Still Got Talent – Seniors Talent Quest

29 August, 11am–2pm

The 7th edition of Still Got Talent celebrates
the many talents of seniors in the community.

Talent categories include: singers, musical
instruments, comedians, poets, story tellers,
and any talent you can think of! If you don't
like the thought of performing come along and
spectate at the event. Places are limited! Proudly
sponsored by the Northern Territory Government.

Venue: Witchetty's, Araluen Cultural Precinct

Bookings required: Yes. RSVP to

astc@astc.nt.gov.au or phone 8950 0500

Cost: Free

Contact: 8932 6036
Organiser: Quilters Down the Track

Securing Your Home

9 August, 8.30am–10am

Interactive information session on keeping safer in your home as per Crime Prevention Through Environmental Design guidelines.

Venue: Batchelor (TBA)

Bookings required: Essential

Cost: Free

Contact: Victims of Crime 8941 0995

The Grey Panthers

Fridays 10, 17, 24 and 31 August, 9.30am–11am

Every Friday morning at Tracks Dance Studio in Darwin City.

Venue: Tracks Dance,
56 McMin Street, Darwin

Bookings required: Yes
(for venue confirmation)

Cost: \$5

Contact: Tracks Dance 8941 1410

Organiser: Tracks Dance

Seniors Morning Tea

10 August, 10.30am–12pm

Seniors morning tea with Friends of the Taminmin Library and guest speaker.

Venue: Taminmin Community Library,
Challoner Cct, Humpty Doo

Bookings required: No

Cost: Free

Contact: 8988 1200

Organiser: Taminmin Community Library

1st Birthday Lunch

14 August, 12pm–2pm

A celebration of Seniors in the Territory with the First Birthday of Berry Springs Seniors.

Venue: Berry Springs Tavern,
Cox Peninsula Road, Berry Springs

Bookings required: Yes

Cost: \$10

Contact: Ida Anderson 8988 6040

Organiser: Berry Springs Branch of COTA NT

Seniors Golf Ambrose

22 August, Tee off 8.30am

Nine hole 4-person Ambrose followed by BBQ lunch. Organise your own group or we'll put you in a team.

Venue: Humpty Doo & Rural Area Golf Club,
Pioneer Drive Humpty Doo

Bookings required: No. Please register
on the day at 8am

Cost: Free. Motorised carts and equipment
provided

Contact: Val Moon 0409 057 300

Organiser: Humpty Doo & Rural Area
Golf Club Inc

Brain Gym with Morning Tea

24 August, 10am–12pm

Your brain matters! Find out how to keep your brain active and healthy with brain gym.

Venue: Taminmin Community Library,
Challoner Cct, Humpty Doo

Bookings required: No

Cost: Free

Contact: 8988 1200

Organiser: Dementia Australia & Taminmin
Community Library

Taminmin Seniors Poetry Lunch

25 August, 11.30am–3pm

Promotes an entertaining and enjoyable shared opportunity for poets, readers and listeners.

Venue: Taminmin Community Library,
Challoner Cct, Humpty Doo

Bookings required: Yes

Cost: Free

Contact: Sandra Parker 0427 451 949

Organiser: Friends of the
Taminmin Library

Seniors Month Morning Tea with the Mayor

10 August, 10.30am–12pm

Celebrate Seniors Month by joining Mayor Damien Ryan for a morning tea with a guest speaker.

Venue: Alice Springs Town Council
Function Room

Bookings required: Yes. To book please call
8950 0525 or email asignor@astc.nt.gov.au

Cost: Free

Contact: Alice Springs Town Council

Organiser: Alice Springs Town Council

Race Day

11 August, 1.30pm–6pm

An opportunity to renew friendships, watch five races and enjoy afternoon tea.

Venue: Alice Springs Turf Club

Bookings required: Yes

Cost: \$10 per person

Contact: Pat Gallagher 8952 1830,
gallypat@westnet.com.au

Organiser: National Seniors,
Central Australia Branch

Contact: Alice Springs Town Council
Organiser: Alice Springs Town Council

Cyber Safety for Seniors

30 August, 1.30pm–3pm

Learn how to stay safe online with Information Security Manager, Sharmila Packiaraja.

Venue: Alice Springs Public Library

Bookings required: Yes

Cost: Free

Contact: Clare Fisher 8950 0555

Organiser: Alice Springs Public Library



Katherine

Morning Tea with Mayor and Councillors

1 August, 10am–11.30am

An opportunity to meet with Mayor and Councillors in a relaxed setting.

Venue: Katherine Town Council Civic Centre

Bookings required: Yes

Cost: Free

Contact: Rebecca, Katherine Town Council 8972 5500, Gillian Hagger, Katherine Senior Citizens 8972 2201

Organiser: Katherine Town Council

Securing Your Home

3 August, 8.30am–10.30am

Interactive information session on keeping safer in your home as per Crime Prevention Through Environmental Design guidelines.

Venue: TBA

Bookings required: Please phone for more information

Cost: Free

Contact: Victims of Crime 8941 0995

Lunch in a Rural Setting

8 August, 9.30am – bus leaves

Cinema Car Park

Enjoy morning tea and lunch in a rural setting.

Venue: Karingal – Florina Road, Katherine

Bookings required: Yes

Cost: \$8

Contact: Gillian Hagger 8972 2201

Organiser: Gillian Hagger

Outback Experience with Tom Curtis

15 August, time TBA on booking

A 90 min show will provide the group with a taste of the inner workings of an outback cattle station.

Venue: 115 Collins Road, Katherine

Bookings required: Yes

Cost: \$10

Contact: Collen Wakefield 8971 2766

Organiser: Carers NT

Evening at the Movies

23 August, 4pm–6pm

Movie with afternoon tea provided.

Venue: Katherine Theatre Silver Screen, First St, Katherine

Bookings required: Yes

Cost: Free

Contact: Lauren 8963 6100

Organiser: Anglicare NT – Katherine

Smiles and Miles Seniors Adventure

29 to 31 August (inclusive), 10am–4pm (daily)

An adventure in the Territory visiting some of our iconic towns.

Venue: Pine Creek, Emerald Springs and Darwin Litchfield National Park

Bookings required: Yes

Cost: Please contact NTFS for pricing as includes overnight accommodation

Contact: NT Friendship & Support

Elise Cottam 8971 0027

Organiser: NT Friendship & Support Inc

Tennant Creek

Gardening Activities

1 August, 10am–12pm

Gardening activities with light refreshments provided.

Venue: 49 Haddock Street, Tennant Creek

Bookings required: Yes

Cost: Free

Contact: Dorothy Hardaker 0400 511 687

Organiser: Tennant Creek Senior Citizens and Pensioners Association

Trivia at the Library

3 August, 10am–12pm

Enjoy a morning of testing your trivia knowledge. Refreshments included.

Venue: Tennant Creek Public Library, Tennant Creek

Bookings required: Yes

Cost: Free

Contact: Dorothy Hardaker 0400 511 687

Organiser: Tennant Creek Senior Citizens and Pensioners Association

Chair Exercises for Seniors

8 August, 10am–12pm

Suitable for all. Refreshments included.

Venue: 49 Haddock Street, Tennant Creek

Bookings required: Yes

Cost: Free

Contact: Dorothy Hardaker 0400 511 687

Organiser: Tennant Creek Senior Citizens and Pensioners Association

Craft Activities

10 August, 10am–12pm

Including jewellery making. Light refreshments provided.

Movie and Lunch at the Hall

15 August, 10am–1pm

Enjoy a movie with good company. Refreshments included.

Venue: 49 Haddock Street, Tennant Creek

Bookings required: Yes

Cost: Free

Contact: Dorothy Hardaker 0400 511 687

Organiser: Tennant Creek Senior Citizens and Pensioners Association

Games at the Library

17 August, 10am–12pm

Social games morning at the library. Refreshments included.

Venue: Tennant Creek Public Library, Tennant Creek

Bookings required: Yes

Cost: Free

Contact: Dorothy Hardaker 0400 511 687

Organiser: Tennant Creek Senior Citizens and Pensioners Association

Police Talk on Safety for Seniors

20 August, 10am–12pm

Find out how to stay safe in your home, online and out and about.

Venue: 49 Haddock Street, Tennant Creek

Bookings required: Yes

Cost: Free

Contact: Dorothy Hardaker 0400 511 687

Organiser: Tennant Creek Senior Citizens and Pensioners Association

Poppy Making

22 August, 10am–12pm

Using crochet, knitting and felting techniques. Refreshment included.

Venue: 49 Haddock Street, Tennant Creek



Venue: 49 Haddock Street, Tennant Creek

Bookings required: Yes

Cost: Free

Contact: Dorothy Hardaker 0400 511 687

Organiser: Tennant Creek Senior Citizens and Pensioners Association

Bookings required: Yes

Cost: Free

Contact: Dorothy Hardaker 0400 511 687

Organiser: Tennant Creek Senior Citizens and Pensioners Association

Craft Activities

25 August, 10am–1pm

Focussing on card making.

Refreshments included.

Venue: 49 Haddock Street, Tennant Creek

Bookings required: Yes

Cost: Free

Contact: Dorothy Hardaker 0400 511 687

Organiser: Tennant Creek Senior Citizens and Pensioners Association

St John's First Aid Refresher Session

29 August, 10am–12pm

Bring your first aid skills up to date with this refresher session.

Venue: 49 Haddock Street, Tennant Creek

Bookings required: Yes

Cost: Free

Contact: Dorothy Hardaker 0400 511 687

Organiser: Tennant Creek Senior Citizens and Pensioners Association

Craft Activities

31 August, 10am–1pm

Scrapbooking session – sharing knowledge, tips and know-how.

Venue: 49 Haddock Street, Tennant Creek

Bookings required: Yes

Cost: Free

Contact: Dorothy Hardaker 0400 511 687

Organiser: Tennant Creek Senior Citizens and Pensioners Association



The SENIORS MONTH 2018 calendar has been produced by Council on the Ageing (Northern Territory) Inc – COTA NT – on behalf of Territory Families, Northern Territory Government.

All information is published as provided by event organisers to COTA NT and Territory Families and considered true and correct at the date of publication. However, changes to circumstances may impact on the accuracy of the information.

Northern Territory Seniors Month August 2018

NORTHERN TERRITORY
**seniors
month**
August 2018



www.nt.gov.au/community/seniors



www.cotant.org.au