

Katherine Seniors Exp

Conversations and free classes for health and wellbeing

Wednesday 17 March 10am to 2pm Henry Scott Recreation Centre (YMCA) - Roller Rink, 2525 Stuart Hwy



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We build strong **PEOPLE** strong FAMILIES strong **COMMUNITIES**

WE **LIFE WITHOUT BARRIERS** VE



About COTA NT

COTA NT has over 50 years of history in advocating for senior Territorians and ensuring their voice has a say in the development of public policy and legislation. COTA NT aims to defend and safeguard seniors' rights and ensure their views are genuinely considered, especially when decisions are being made about their lives.

COTA NT Members

As the voice of Senior Territorians, our members are a vital part of everything we do. Our membership not only keeps us informed of issues affecting senior Territorians, but is part of our movement for change.

Stay Connected

Sign up as a Member or sign up to our e-news to stay in touch.

Become a COTA NT Member at the Katherine Seniors Expo and get

movement for change

*This offer is applicable during March 2021 only. Annual Memberships won't be need renewing until June 2022





*Home Maintenance Services for Members in Katherine are currently in development

News

Program

10am	Welcome from Sue Shearer, COTA NT CEO	
10.15am – 10.35am	Zumba Gold demo (15-20 minutes) Kym YMCA	
10.45am – 11.00am	Chair Aerobics	
	join-in session (20 minutes) Sharon Kelly	
11.15am – 11.35am	Pilates join-in session (20 minutes)	
	Introduction to ZOOM (plus Q&A)	
12.00pm – 12.15pm	<mark>Yoga</mark> – demo (15-20 minutes) Mel YMCA	
12.30pm – 1.15pm	Tai Chai –	
	Join-in session (approx 45 minutes) Bernie Lee	

Exhibitors

- ARRCS •
- **Aged Care Navigators** •
- AnglicareNT •
- AIR
- **Carers NT**
- **COTA NT**
- **Darwin Community Legal Service** Communities •

- **NT Consumer Affairs**
- **NT Seniors Card**
- **Relationships Australia NT** •
- **Super Aging**
- **Tai Chi for Health**
- **Territory Families, Housing and**

- Hands on People •
- **Katherine Physio** •
- **Katherine Senior Citizens** •
- **Neighbourhood Watch NT** •
- **Life Without Barriers** •

- COTA NI Rotte Prize COTA Jalleo enerstople Significative Cota toble **Victims of Crime**
- **Viking Pools**
- YMCA



Support COTA NT's Petition to Federal Government: Repeal Section 50A of the Northern Territory (Self Government) Act 1978 to allow the NT to enact laws dealing with voluntary assisted dying

TO THE HONOURABLE THE SPEAKER AND MEMBERS OF THE HOUSE OF REPRESENTATIVES

Petition: Repeal Section 50A of the Northern Territory (Self Government) Act 1978 to allow the NT to enact laws dealing with voluntary assisted dying.

REASONS In 1997, the Commonwealth Parliament inserted a clause into the ACT and NT's Self-Government Acts which states that these two jurisdictions have no power to make laws with respect to voluntary assisted dying. This is unfair and unreasonable - and increasingly untenable - as states around the country are passing legislation in this area. Territory citizens are being denied their democratic rights and are disadvantaged on the basis of where they live. This situation should not be allowed to persist. The citizens of the Northern Territory deserve the same rights as any other Australian.

REQUEST We therefore ask the House to give back to the Northern Territory the right to enact laws dealing with voluntary assisted dying. *The Petitioners respectfully request the House to repeal section 50A of the Northern Territory (Self Government) Act 1978 so as to allow the NT Legislature to enact laws dealing with voluntary assisted dying.*

PRINCIPAL PETITIONER: Full name: Sue Shearer on behalf of COTA NT Signature*

Address65 Smith Street, Darwin NT 0800Emailceo@cotant.org.auTelephone08 8941 1004 or 0408 987 751

*When signing this petition as principal petitioner, you are declaring you are either a resident or citizen of Australia.

NAME	SIGNATURE (when signing this petition, you are declaring you are a resident or citizen of Australia)