

NORTHERN TERRITORY SENIORS MONTH

AUGUST 2022



www.nt.gov.au/community/seniors



www.cotant.org.au



Phone Before You Go

Reach out to the event organisers and check that the event details haven't changed before you go
(Information in the print calendar is as provided by event organisers at the time of going to print)

See the latest updates on the online calendar at www.cotant.org.au/territory-seniors-calendar








NORTHERN TERRITORY SENIORS MONTH

AUGUST 2022



● Darwin ● Palmerston & Rural

Events are organised in chronological order. Full details are available online at www.cotant.org.au/territory-seniors-calendar.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 	2 Aged Care Reform Forum 8.30am-1pm Royal Lifesaving's Cool Seniors 12.30pm-2.30pm Get Started Online – Internet Basics 10am-11.30am Walk 'n Wag 5.40pm English Country Dancing 4pm-6pm Berry Springs Seniors 5th Birthday Lunch 12pm	3 Jewellery Making 9am-3pm Chair Aerobics 9.30am-10.15am Larrakia Cultural Awareness Presentation 10am-11.30am Understanding Dementia 10am-12pm Walking Netball 10am-12pm Intro to nbn™ & Probus 10.30am-12.30pm Pilates 11am-11.50am Creative Sewing 11am-2pm Ballroom, Sequence & Progressive Dancing 2pm-4pm OZ Forum 2022 5pm-7pm Add Your Voice & Sing 7pm-8.15pm	4 Social Table Tennis 9am-11am Tai Chi 9.15am-10.30am, Beginners Classes, 10.30am-11.30am Movie Screening – Cyrano 10am-12pm Royal Lifesaving's Cool Seniors 12.30pm-1.30pm Scottish Dancing 6pm-8pm CWA 7pm	5 Bowling 9am Pilates for Seniors 10am-10.50am Aboriginal Rock Art Painting 10am-11.30am Cooking Classes 10.30am-12.30pm Lunch in Batchelor 10am-2pm	6 Calligraphy for Creativity & Wellness 9am-1pm 
7 	8 Freemasonry and Freemasons Hall Presentation Sessions Times tbc Drumming Workshop 9am-10am Pilates 9.30am-10.15am Balance & Flexibility 10.30am-11.15am	9 Come & Try Golf – Invitation Ambrose 8.30am Get Started Online – Internet Safety 10am-11.30am Musical Jam 10am Royal Lifesaving's Cool Seniors 12.30pm-2.30pm English Country Dancing 4pm-6pm Lapidary Workshops & Demonstration Day 9.30am-2.30pm	10 Jewellery Making 9am-3pm Chair Aerobics 9.30am-10.15am Free Line Dancing Lessons 9.30am-10.30am Beading Workshop 10am-12pm Walking Netball 10am-12pm Pilates 11am-11.50am Creative Sewing 11am-2pm Ballroom, Sequence & Progressive Dancing 2pm-4pm Add Your Voice & Sing 7pm-8.15pm	11 Darwin's Hidden Secrets Walk 9am-10.30am Social Table Tennis 9am-11am Tai Chi 9.15am-10.30am, Beginners Classes, 10.30am-11.30am Hand Building with Clay 10am and 1pm (2 sessions) Painting in Watercolour with Pam Watson 12pm-2pm Royal Lifesaving's Cool Seniors 12.30pm-1.30pm Scottish Dancing 6pm-8pm	12 Bowling 9am Pilates for Seniors 10am-10.50am A Conversation with Robyne Burridge OAM 10am-11.30am Cooking Classes 10.30am-12.30pm	13 Calligraphy for Creativity & Wellness 9am-1pm Saturday Social Dance – Ballroom, Sequence & Progressive 7.30pm 

14

Virtual Tour of World Treasures
3pm-5pm



15

Pilates 9.30am-10.15am
Balance & Flexibility
10.30am-11.15am

16

Get Started Online – MyGov for Beginners
10am-11.30am
Musical Jam 10am
Royal Lifesaving's Cool Seniors 12.30pm-2.30pm
English Country Dancing
4pm-6pm
Walk 'n Wag 5.40pm

17

Jewellery Making 9am-3pm
Chair Aerobics
9.30am-10.15am
Therapy Dogs & Morning Tea 10am-11am
Walking Netball 10am-12pm
Pilates 11am-11.50am
Creative Sewing 11am-2pm
Ballroom, Sequence & Progressive Dancing
2pm-4pm
Add Your Voice & Sing
7pm-8.15pm
Seniors Day
9.30am-3pm

18

Jingili Water Gardens Walk & Talk 9am to 10am
Social Table Tennis
9am-11am
Tai Chi
9.15am-10.30am, Beginners Classes, 10.30am-11.30am
Hand Building with Clay
10am and 1pm (2 sessions)
Painting in Watercolour with Pam Watson
12pm-2pm
Royal Lifesaving's Cool Seniors 12.30pm-1.30pm
Planning for Retirement
2pm-3.30pm
Scottish Dancing 6pm-8pm

19

Bowling
9am
Pilates for Seniors
10am-10.50am
Seniors @ the Libraries – Connecting History with Images
10am-11.30am
Cooking Classes
10.30am-12.30pm
Cultural & Educational Activities
10am-2pm

20

Calligraphy for Creativity & Wellness
9am-1pm
Zumba
9.30am-10.15am
Taminmin 19th Seniors' Poetry Lunch
11.30am-2.30pm

21

Activities Day
10am

22

Aqua Fitness
9am-9.45am
Pilates 9.30am-10.15am
Love Your Body
10am-11.45am
Balance & Flexibility
10.30am-11.15am
Library Buddies
10.30am-12pm

23

Ongoing Digital Literacy Sessions 12.30pm-2pm
Introduction to Woodwork 9am-2pm
Get Started Online – Buy & Sell Online
10am-11.30am
Musical Jam 10am
Royal Lifesaving's Cool Seniors 12.30pm-2.30pm
Dreamcatchers Workshop
1.30pm-3.30pm
English Country Dancing
4pm-6pm

24

Introduction to Woodwork 9am-2pm
Jewellery Making 9am-3pm
Chair Aerobics
9.30am-10.15am
Grandparents & Grandchildren Morning Tea
9.30am-11.30am
Walking Netball 10am-12pm
Pilates 11am-11.50am
Creative Sewing 11am-2pm
Ballroom, Sequence & Progressive Dancing
2pm-4pm
Add Your Voice & Sing
7pm-8.15pm

25

George Brown Darwin Botanic Gardens Walk
9am-10.30am
Social Table Tennis
9am-11am
Introduction to Woodwork 9am-2pm
Tai Chi
9.15am-10.30am, Beginners Classes, 10.30am-11.30am
Royal Lifesaving's Cool Seniors 12.30pm-1.30pm
Scottish Dancing 6pm-8pm

26

Bowling
9am
Pilates for Seniors
10am-10.50am
Seniors Morning of Entertainment
10am-12pm
Movie Screening – The Dig
10am-12pm

27

Shuyookh Dinner
Time tbc
Zumba
9.30am-10.15am

28

Seniors Of Excellence NT Awards
2.30pm

29

Aqua Fitness 9am-9.45am
Pilates 9.30am-10.15am
Love Your Body
10am-11.45am
Balance & Flexibility
10.30am-11.15am
2022 Seniors Garden Competition & Awards Presentation Luncheon
10.30am-2pm
Communication & Dementia 5pm-7pm
Library Buddies
10.30am-12pm

30

Aboriginal Rock Art Painting 10am-11.30am
Musical Jam 10am
Royal Lifesaving's Cool Seniors 12.30pm-2.30pm
English Country Dancing
4pm-6pm
Walk 'n Wag 5.40pm

31

Jewellery Making
9am-3pm
Chair Aerobics
9.30am-10.15am
Movie Screening – Belfast
10am-12pm
Walking Netball 10am-12pm
Pilates 11am-11.50am
Creative Sewing 11am-2pm
Ballroom, Sequence & Progressive Dancing
2pm-4pm
Add Your Voice & Sing
7pm-8.15pm



Event details may change!

Phone the organiser before you go to any event and remember to abide by all current COVID-19 community safety advice.

We advise making early bookings wherever possible, as many events have limited spaces. Please ensure you cancel your booking with an event organiser if you cannot attend. For the online and most recently updated version of the Seniors Month Calendar 2022, visit www.cotant.org.au/territory-seniors-calendar. A PDF version of this printed calendar is also available on this page.



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**NORTHERN
TERRITORY
GOVERNMENT**

COTA
NORTHERN TERRITORY
for senior Territorians

DARWIN

Aged Care Reform Forum

2 August, 8.30am-1pm

Find out what \$19.1 billion of aged care reform spending means for you from key note speakers. Lunch provided. Tickets must be shown on entry.

Venue: Nitmiluk Room, Parliament House, 15 Mitchell Street, Darwin

Bookings: Required **Cost:** Free

Organiser: COTA NT **Contact:**

08 8941 1004, cotant.eventbrite.com

Get Started Online –

Internet Basics

2 August, 10am-11.30am

Introduction to the internet and email for beginners. **Venue:** Casuarina Library

Guyugwa Room, 17 Bradshaw Terrace,

Casuarina **Bookings:** Required

Cost: Free **Organiser:** City of Darwin

Contact: 08 8930 0409

Royal Lifesaving's Cool Seniors

Tuesdays 2, 9, 16, 23 & 30,

12.30pm-2.30pm, Thursdays 4, 11,

18 & 25 August, 12.30pm-1.30pm

Fully supervised lifesaving skills and rescue techniques in heated pool.

Venue: Parap Swimming Pool,

77 Ross Smith Avenue, Parap

Bookings: Required **Cost:** Free

Organiser: Jacki-Lee Fawcett WSAP &

Programs Officer **Contact:** 08 8981 5036

Gemstone Jewellery Making

Wednesdays 3, 10, 17, 24 & 31 August,
9am-3pm

Sandwich lunch, tea and coffee provided.

Gemstones, materials and tools are supplied. 5 workshops with 6 places.

Venue: Silver Studio, Tactile Arts,

19 Conacher St, The Gardens

Bookings: Required **Cost:** \$20

Organiser: Frances Ricketts

Contact: 0448 904 461

francesricketts58gmail.com

Chair Aerobics –

Face to Face & via Zoom

Wednesdays 3, 10, 17, 24 & 31 August,
9.30am-10.15am

Gentle sitting exercises for home designed to improve mobility and prevent falls.

Venue: Spillett House, 65 Smith Street,

Darwin **Bookings:** Required **Cost:** \$5-7

Organiser: Sharon Kelly, Super Ageing

Contact: 0438 890 089

Larrakia Cultural Awareness

Presentation

3 August, 10am-11.30am

Photos, quotes, personal stories, videos, newspaper articles and historic content. Seats limited. Book early.

Light refreshments provided.

Venue: Civic Centre Function Area,

17 Harry Chan Avenue, Darwin

Bookings: Required **Cost:** Free

Organiser: City of Darwin

Contact: 08 8930 0409

Pilates

Wednesdays 3, 10, 17, 24 & 31 August,
11am-11.50am, Fridays 5, 12, 19 &
26 August, 10am-10.50am

Stretch and movement class for balance, falls prevention, joint mobility and bone strength.

Venue: Encore Pilates and Wellness,
47-49 Stuart Highway, Stuart Park

Bookings: Not required **Cost:** \$5

Organiser: Katie Crane, Encore Pilates

Contact: 0417 003 974,

info@encorepilates.com.au

Our Common Threads –

Creative Sewing

Wednesdays 3, 10, 17, 24 & 31 August,
11am-2pm

Weekly creative sewing sessions for women.

Venue: Spillett House,

65 Smith Street, Darwin

Bookings: Not required **Cost:** Free

Organiser: Kerry Thomas & COTA NT

Contact: 0438 936 862 or 08 8941 1004

Ballroom, Sequence &

Progressive Dancing

Wednesdays 3, 10, 17, 24 & 31 August,
2pm-4pm

Ballroom, New Vogue, Waltz, Foxtrot, Saunter, Cha Cha, Tango, Rumba, Samba, Jive & fun partner dances.

Venue: Malak Community Centre,

13 Malak Crescent, Malak

Bookings: Not required **Cost:** \$5

Organiser: Evelyn O'Brien & Maree

Kuczborski, Letz Dance with Maree

Tai Chi

Thursdays 4, 11, 18 & 25 August,
9.15am-10.30am, Beginners Classes,
10.30am-11.30am

Led by qualified Sifu Tom Rees, both classes held on ongoing basis. 2nd class for beginners.

Venue: Spillett House, 65 Smith Street,
Darwin **Bookings:** Required **Cost:** \$5-7

Organiser: Tom Rees & COTA NT

Contact: 0439 844 115 or 08 8941 1004

Movie Screening – Cyrano

4 August, 10am-12pm

Cyrano nurses a silent, long-unrequited adoration for his beloved Roxanne.

How can he win her?

Venue: Darwin City Library, Civic Centre,
17 Harry Chan Avenue, Darwin

Bookings: Required **Cost:** Free

Organiser: City of Darwin

Contact: 08 8930 0409

Darwin Festival

4-21 August, 10am-11pm daily

Arts festival combining Darwin's spirit and energy with warm outdoor festivities and a vibrant program of events.

Venue: Festival Park, 13 Harry Chan
Avenue, Darwin **Cost:** Various

Organiser: Darwin Festival

Contact: www.darwinfestival.org.au

Scottish Country Dancing

Thursdays 4, 11, 18 & 25 August,
6pm-8pm

Beginners welcome. First class free

www.surveymonkey.com/r/PN96VVX

English Country Dancing

Tuesdays 2, 9, 16, 23 & 30 August, 4pm-6pm Country dancing with the Playford Dancers. Newcomers welcome.
Venue: Masonic Hall, 23 Stokes Street, Parap **Bookings:** Not required **Cost:** \$8 **Organiser:** Anna **Contact:** 8981 6400

Walk 'n Wag

2 August, 5.40pm
Stroll with new 2 and 4-legged friends plus dog care advice. BYO dog if you can.
Venue: Lee Point Beach (meet at the Car Park), Lee Point Road, Lee Point
Bookings: Not required **Cost:** Free **Organiser:** City of Darwin **Contact:** 08 8930 0409

Fitnutz Aqua Aerobics

Mondays, Wednesdays, Saturdays 8.30am-9.15am
45 minute sessions are suitable for young and old, beginners and experienced, men and women of all sizes and fitness level.
Venue: Nightcliff Pool, Nightcliff
Bookings: Not required **Cost:** \$10-80 **Organiser:** Nicole **Contact:** 0421 986 252 nichole.higgins@cdu.edu.au

Understanding Dementia

3 August, 10am-12pm
Introduction to dementia, overview of different types of dementia and support.
Venue: Dementia Australia Winnellie, Terminal One Building, 7/396 Stuart Highway, Darwin **Bookings:** Required **Cost:** Free **Organiser:** Alison Boyle, Dementia Australia **Contact:** 0490 375 098, ud_3aug_winnellie.eventbrite.com.au

Walking Netball

Wednesdays 3, 10, 17, 24 & 31 August, 10am-12pm
Stay active with netball played at walking pace, designed for all levels of fitness and experience.
Venue: Sitzler Netball Stadium, 235 Abala Rd, Marrara **Bookings:** Not required **Cost:** \$5 **Organiser:** Gayle Nairn, Netball NT **Contact:** 0429 617 059

Intro to nbn™ & Darwin Probus Club

3 August, 10.30am-12.30pm
General meeting and guest speaker from nbn™. Meetings open to visitors interested in club. **Venue:** Tracy Village Sports Club **Bookings:** Required **Cost:** Free **Organiser:** Gwenda Smallacombe **Contact:** 0458 676 940

Contact: 0401 935 758 or 0437 163 224 darwinandntballroomdancers@outlook.com

OZ Forum 2022

3 August, 5pm-7pm
Discussion about volunteering with 2022 National Senior Australian of the Year Valmai Dempsey and 2022 NT Australian of the Year Robyne Burridge OAM.
Venue: NT Library, Parliament House **Bookings:** Required **Cost:** Free **Organiser:** Anna McDonald Australia Day Council NT **Contact:** 08 8989 5290 www.australiaday.org.au/nt/news

Add Your Voice & Sing

Wednesdays 3, 10, 17, 24 & 31 August, 7pm-8.15pm
Community choir for anyone who enjoys singing.
Venue: Essington School Music Centre, Rossiter Street, Rapid Creek **Bookings:** Required **Organiser:** Let's Sing **Contact:** 0431 179 047

Social Table Tennis

Thursdays 4, 11, 18 & 25 August, 9am-11am
For all ability levels including beginners. Coaching available.
Venue: General Purpose Hall, Marrara Sports Centre, Abala Rd, Marrara **Bookings:** Not required **Cost:** Free **Organiser:** Christine Marshall **Contact:** 0429 171 326

for Seniors Month.

Venue: Masonic Hall, 23 Stokes Street, Parap **Cost:** \$8 **Organiser:** Mara **Contact:** 0438 842 138

Bowling

Fridays 5, 12, 19 & 26 August, 9am
No skill required! Meet new people in Darwin, very casual and morning tea provided.
Venue: 8 Conacher Street, Fannie Bay – Darwin Bowls and Social Club **Bookings:** Required **Cost:** \$5 **Organiser:** Darwin Bowls Club – Michelle Sandford **Contact:** 08 8981 3221

Aboriginal Rock Art Painting

5 August, 10am-11.30am
Create wonderful Aboriginal rock art paintings with Katelynn.
Venue: Casuarina Library Guyugwa Room, 17 Bradshaw Terrace, Casuarina **Bookings:** Required **Cost:** Free **Organiser:** City of Darwin **Contact:** 08 8930 0409

Cooking Classes

5, 12 & 19 August, 10.30am-12.30pm
Week 1: A chook makes 6 dishes. Week 2: desserts, cakes and cookies with healthier twist. Week 3: Mince meals for a week saving time, money and wastage.
Venue: Darwin Languages Centre – Adult Short Courses, 1 Namarluk Drive, Ludmilla **Bookings:** Required **Cost:** Free **Organiser:** Sarah Triffitt – Darwin Adult Short Courses **Contact:** 0452 013 5400 www.adultshortcourses.com



Make your City of
Darwin event bookings at
codseniors.eventbrite.com

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Calligraphy for Creativity & Wellness

6, 13 & 20 August, 9am-1pm

Discover the art of handwriting. Materials and lunch provided.

Venue: Tracy Village Social & Sports Club, 28 Tambling Tce, Lyons

Bookings: Required

Cost: Early-bird registration by 15 July \$59.50 for all 3 sessions.

\$69.50 for all 3 sessions after 15 July

Organiser: Sandra Wedding, Darwin Calligraphy **Contact:** 0423 919 674

www.darwincalligraphy.com.au/shop

Freemasonry & Freemasons Hall Presentation Sessions

8 August, for times ring organiser

Includes explanation of the Freemasons Lodge and origins of Freemasonry (lasts approx one hour).

Venue: Freemasons Hall, 23 Stokes St, Parap **Bookings:** Required **Cost:** Gold coin

Organiser: John Whyte, Public Officer, DMPI NT **Contact:** 0438 243 628

Drumming Workshop

8 August, 9am-10am

Fun and positive energy workshop with Adam Scriven covering basic techniques and rhythms.

Venue: Civic Centre Courtyard, 17 Harry Chan Avenue, Darwin

Bookings: Required **Cost:** Free

Organiser: City of Darwin

Contact: 08 8930 0409

Get Started Online – Internet Safety

9 August, 10am-11.30am

Learn to stay safe when going online in fun interactive session.

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

Bookings: Required **Cost:** Free

Organiser: City of Darwin

Contact: 08 8930 0409

Musical Jam

Tuesdays 9, 16, 23 & 30 August, 10am onwards

Easy music selected for beginners and more experienced musicians. BYO instruments. Light refreshments available.

Venue: Spillett House, 65 Smith Street, Darwin

Bookings: Not required

Cost: Gold coin **Contact:** 08 8941 1004

Top End Mustangs

Free Line Dancing Lessons

10 August, 9.30am-10.30am

Learn to line dance in a fun and friendly environment.

Venue: CWA Hall, 1/27 Bishop Street, Woolner **Bookings:** Required

Cost: Free **Organiser:** City of Darwin

Contact: Julie, Top End Mustangs Inc, 0438 852 998,

secretary.tem@outlook.com

Beading Workshop

10 August, 10am-12pm

Use bought and upcycled beads to

Painting in Watercolour with Pam Watson

11 & 18 August, 12pm-2pm

Includes take-home set of 18 colours, brushes and paper.

Venue: Spillett House, 65 Smith Street, Darwin **Bookings:** Required **Cost:** \$25

Organiser: COTA NT **Contact:**

08 8941 1004, cotant.eventbrite.com

A Conversation with Robyne Burridge OAM – NT Senior Australian of the Year 2022

12 August, 10am-11.30am

Conversation about life as a mentor and advocate, a businesswoman, Councillor and recipient of the Order of Australia Medal. Light refreshments provided.

Venue: Casuarina Library, 17 Bradshaw Terrace, Casuarina **Bookings:** Required

Cost: Free **Organiser:** City of Darwin

Contact: 08 8930 0409

Saturday Social Dance – Ballroom, Sequence & Progressive

13 August, 7.30pm

Ballroom, New Vogue, Waltz, Foxtrot, Saunter, Cha Cha, Tango, Rumba, Samba, Jive & fun partner dances.

Venue: The Harbour Room (White room next to Anglican Church), 2 Smith Street, Darwin City

Bookings: Not required **Cost:** \$10

Organiser: Evelyn O'Brien & Maree Kuczborski, Letz Dance with Maree

Contact: 0401 935 758 or 0437 163 224

Therapy Dogs & Morning Tea

17 August, 10am-11am

Join furry friends for morning cake and connections.

Venue: Nightcliff Library, 10 Pavonia Place, Nightcliff **Bookings:** Required

Cost: Free **Organiser:** City of Darwin

Contact: 08 8930 0409

Jingili Water Gardens Walk & Talk

18 August, 9am to 10am

Talk about Water Gardens and other parks and public places green, vibrant, and full of biodiversity.

Venue: Jingili Water Gardens, 86 Freshwater Road, Jingili **Bookings:** Required **Cost:** Free **Organiser:** City of Darwin **Contact:** 08 8930 0409

Planning for Retirement

18 August, 2pm-3.30pm

Join FIS to find out what you need to know.

Venue: Spillett House, 65 Smith Street, Darwin **Bookings:** Required **Cost:** Free

Organiser: COTA NT **Contact:**

08 8941 1004, cotant.eventbrite.com

Seniors @ the Libraries – Connecting History with Images

19 August, 10am-11.30am

Learn to research family history online and to save your precious photos or slides.

Venue: Karama Library, Karama Shopping Centre, 37 Kalymnos Drive, Karama **Bookings:** Required

Cost: Free **Organiser:** City of Darwin

Contact: 08 8930 0409

Pilates – Face to Face & via Zoom

**Mondays 8, 15, 22 & 29 August,
9.30am-10.15am**

*Improve strength, flexibility, balance,
coordination and posture.*

Venue: Spillett House, 65 Smith Street,
Darwin **Bookings:** Required **Cost:** \$5-7
Organiser: Sharon Kelly, Super Ageing
Contact: 0438 890 089

Balance & Flexibility

**Mondays 8, 15, 22 & 29 August,
10.30am-11.15am**

*Release tight joints, increase mobility and
improve strength and stability.*

Venue: Spillett House, 65 Smith Street,
Darwin **Bookings:** Required **Cost:** Free
Organiser: City of Darwin **Contact:**
Sharon Kelly, Super Ageing 0438 890 089

Come & Try Golf – Invitation Ambrose

**9 August, registration 8.30am,
play 9.30am-12pm**

*Fun golfing including lesson, equipment
hire and lunch. Lunch follows play.*

Venue: Darwin Golf Club, Links Rd,
Marrara **Bookings:** Required **Cost:** \$10
Organiser: Northern Territory Senior
Women Golfers' Association
Contact: 0411 200 140

create a range of fabulous creatures.

Venue: Nightcliff Library, 10 Pavonia
Place, Nightcliff **Bookings:** Required
Cost: Free **Organiser:** City of Darwin
Contact: 08 8930 0409

Darwin's Hidden Secrets Walk

11 August, 9am-10.30am

Find Darwin secrets and hidden treasures.

Venue: Raintree Park (meet near
John McDouall Stuart's statue), The
Mall, Smith Street, Darwin **Bookings:**
Required **Cost:** Free **Organiser:** City
of Darwin **Contact:** 08 8930 0409

Hand Building with Clay

**11 & 18 August, 10am & 1pm
(2 sessions on each day)**

*Two, 2-hour sessions before you pick up
your piece after firing.*

Venue: Darwin Languages Centre –
Adult Short Courses, 1 Namarluk Drive,
Ludmilla **Bookings:** Required **Cost:** Free
Organiser: Sarah Triffitt – Darwin Adult
Short Courses **Contact:** 0452 135 400
www.adultshortcourses.com

darwinandntballroomdancers
@outlook.com

Virtual Tour of World Treasures

14 August, 3pm-5pm

*Join Hailey from nbn™ in the Sistine Chapel
and more. Interactive quizzes and morning
tea provided. BYO devices if you have one.
Bookings essential (numbers limited).*

Venue: Dumabudla Centre, Haileybury
Rental School, 6057 Berrimah Road
Berrimah **Bookings:** Required **Cost:** Free
Organiser: nbn™ & COTA NT **Contact:**
08 8941 1004, cotant.eventbrite.com

Get Started Online – MyGov for Beginners

16 August, 10am-11.30am

*Beginners session on how to set up and
use your own MyGov account safely, link
Medicare and government services.*

Venue: Casuarina Library Guyugwa
Room, 17 Bradshaw Terrace, Casuarina
Bookings: Required **Cost:** Free
Organiser: City of Darwin
Contact: 08 8930 0409

Walk 'n Wag

16 August, 5.40pm

*Stroll with new 2 and 4-legged friends
plus dog care advice. BYO dog if you can.*

Venue: Bicentennial Park (near the
Cenotaph) Esplanade, Darwin
Bookings: Required **Cost:** Free
Organiser: City of Darwin
Contact: 08 8930 0409

Zumba

20 & 27 August, 9.30am-10.15am

*Low-impact Latin-American inspired
dance moves for dancing fun.*

Venue: Darwin Languages Centre –
Adult Short Courses, 1 Namarluk Drive,
Ludmilla **Bookings:** Required **Cost:** Free
Organiser: Sarah Triffitt – Darwin Adult
Short Courses **Contact:** 0452 135 400
www.adultshortcourses.com

Activities Day

21 August, 10am

*Art, music and yoga followed by lunch
and entertainment.*

Venue: Harmony Hall, 44 Patterson
Street, Malak **Bookings:** Required
Cost: Free to all Financial Members
Organiser: Tamil Society NT
Contact: Chandran 0433 100 834

Aqua Fitness

22 & 29 August, 9am-9.45am

Aqua fitness in heated pool.

Venue: Darwin Languages Centre –
Adult Short Courses 1 Namarluk Drive,
Ludmilla **Bookings:** Required
Cost: Free **Organiser:** Sarah Triffitt –
Darwin Adult Short Courses
Contact: 0452 135 400
www.adultshortcourses.com

Love Your Body

**Mondays 22 & 29 August,
5 & 12 September 10am-11.45am**

*4-week program of physical activity and
nutritional advice from Healthy Living NT.*
Venue: Spillett House, 65 Smith Street,
Darwin **Bookings:** Required **Cost:** Free
Organiser: COTA NT **Contact:**
08 8941 1004, cotant.eventbrite.com

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Ongoing Digital Literacy Sessions

23 August, 12.30pm-2pm

Start of 8 session program to improve digital literacy.

Venue: Spillett House, 65 Smith Street, Darwin **Bookings:** Required **Cost:** Free

Organiser: COTA NT **Contact:**

08 8941 1004, cotant.eventbrite.com

Introduction to Woodwork

23, 24 & 25 August, 9am-2pm

Tuesday – workshop famil. Thurs & Fri work on project. Light lunch supplied.

Venue: Pensioner's Workshop, 2/48 Albatross Street, Winnellie

Bookings: Required **Cost:** Free

Organiser: Darrell McAlister, Pensioner's Workshop

Contact: 08 8947 7098

Get Started Online –

Buy & Sell Online

23 August, 10am-11.30am

Learn how to stay safer when you buy and sell online from traditional retailers and online marketplaces.

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

Bookings: Required **Cost:** Free

Organiser: City of Darwin

Contact: 08 8930 0409

Dreamcatchers Workshop

23 August, 1.30pm-3.30pm

Create a large or small Dreamcatcher from recycled and bought materials.

Venue: Casuarina Library Guyugwa

Movie Screening – The Dig

26 August, 10am-12pm

In 1939, an archaeologist stumbles upon the remains of a Viking burial site.

Venue: Darwin City Library, Civic Centre, 17 Harry Chan Avenue, Darwin

Bookings: Required **Cost:** Free

Organiser: City of Darwin

Contact: 08 8930 0409

Shuyookh Dinner

27 August, time TBC

Fine dining, health presentation and sports.

Venue: tbc **Bookings:** Required **Cost:**

Free **Organiser:** UMNT Community

Services **Contact:** 08 8900 7544

Seniors of Excellence NT Awards

28 August, 2.30pm

Celebrating community contributions.

Venue: International Tennis Centre, Marrara **Bookings:** Required

Organiser: Michael F Foley OAM

Contact: 0438 279 244. Bookings via seniorsofexcellence@gmail.com

2022 Seniors Garden Competition & Awards Presentation Luncheon

29 August, 10.30am-2pm

Free lunch, gardening Q&A session and home security information.

Venue: Pearl Retirement Village Leisure Centre, 11 Waratah Cr, Fannie Bay, Darwin

Bookings: Required **Cost:** Free to participants, family, and friends

Organiser: Heimo Schober KABC(NT)

Contact: 0407 186 461 or 08 8981 5535

Movie Screening – Belfast

31 August, 10am-12pm

Belfast, 15 August 1969. Will Buddy's family stay or start packing?

Venue: Karama Library, Karama Shopping Centre, 37 Kalymnos Drive, Karama

Bookings: Required

Cost: Free

Organiser: City of Darwin

Contact: 08 8930 0409

Chansons Française in the Dry

Details from organiser

Sing and dance to French songs. Light breakfast provided. Guests can purchase drinks and more food from café.

Venue: De La Plage, Surf Life Saving Club, Lot 9316 Darribah Road, Brinkin

Bookings: Not required

Organiser: Nicholas Gromik

Contact: 0431 450 918

Make your City of Darwin
event bookings at
codseniors.eventbrite.com



PALMERSTON & RURAL

Berry Springs Seniors 5th Birthday Lunch

2 August, 12pm

Lunch, games, raffles and cake!

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

Bookings: Required

Cost: Free

Organiser: Kerry Steward, COTA NT

Contact: 0409 694 075. Tickets via berryspringsseniors@gmail.com

City of Palmerston Seniors Day

17 August, 9.30am-3pm

Free activities and experiences with Council staff. Enjoy free lunch, plus tea, coffee and cake throughout the day.

Venue: Palmerston Recreation Centre, 11 The Boulevard Palmerston City.

Bookings: Required. Contact PLSA or City of Palmerston Recreation Centre

08 8935 9926 to register **Organiser:** Alyssa Finn, City of Palmerston

Contact: 08 8935 9926

Room, 17 Bradshaw Terrace, Casuarina
Bookings: Required **Cost:** Free
Organiser: City of Darwin
Contact: 08 8930 0409

Grandparents & Grandchildren Morning Tea

24 August, 9.30am-11.30am
Fun Bus Mobile Playgroup with special activities and yummy morning tea.
Venue: Jingili Water Gardens, 86 Freshwater Road, Jingili
Bookings: Required **Cost:** Free
Organiser: City of Darwin
Contact: 08 8930 0409

George Brown Darwin Botanic Gardens Walk

25 August, 9am-10.30am
Meet Walk Darwin guide for a 1.5 hour guided walking experience.
Venue: George Brown Darwin Botanic Gardens Car Park, Gardens Road, The Gardens
Bookings: Required **Cost:** Free
Organiser: City of Darwin
Contact: 08 8930 0409

Seniors Morning of Entertainment

26 August, 10am-12pm
Delicious morning tea and beautiful performances. Bookings essential.
Venue: Darwin High School in the Tank, 10 Atkins Drive, Darwin
Bookings: Required **Cost:** Free **Organiser:** Sally Walker, Darwin High School
Tickets: darwinhigh.nt.edu.au/events/seniors-morning-of-entertainment-2021

Communication & Dementia

29 August, 5pm-7pm
For family carers and family members of people living with dementia.
Venue: Dementia Australia Winnellie, Terminal One Building, 7/396 Stuart Highway, Darwin
Bookings: Required
Cost: Free
Organiser: Alison Boyle, Dementia Australia **Contact:** 0490 375 098
ud_3aug_winnellie.eventbrite.com.au

Aboriginal Rock Art Painting

30 August, 10am-11.30am
Create wonderful Aboriginal rock art paintings with Katelynn.
Venue: Casuarina Library Guyugwa Room, 17 Bradshaw Terrace, Casuarina
Bookings: Required
Cost: Free
Organiser: City of Darwin
Contact: 08 8930 0409

Walk 'n Wag

30 August, 5.40pm
Stroll with new 2 and 4-legged friends plus dog care advice. Come with dog or without!
Venue: Gurumbai Walk (meet at car park at the corner of Sir Norman Brearley Drive & Larkin Drive), Eaton
Bookings: Not required
Cost: Free
Organiser: City of Darwin
Contact: 08 8930 0409

CWA

4 August, 7pm
Guest speaker nbn™. Meeting open to visitors interested in how CWA works.
Venue: Howard Hall, 315 Whitewood Rd, Howard Springs
Bookings: Required
Cost: Free **Organiser:** CWA Litchfield
Contact: 08 8981 6885
cwalitchfield@outlook.com
www.cwant.net/cwa-nt-branches

Lunch in Batchelor

5 August, 10am-2pm
Grey Panthers performance and Batchelor museum visit. Bus available from Darwin, Palmerston & rural areas. \$8 for lunch. \$10 for bus transport from city. Bookings for lunch and bus essential.
Venue: Litchfield Outback Resort, Rum Jungle Road, Batchelor
Bookings: Required **Cost:** \$8 lunch, \$10 bus from City **Organiser:** Jan Jewell, COTA Coomalie **Contact:** 08 8976 0255

Lapidary Workshops & Demonstration Day

9 August, 9.30am-2.30pm
Jewellery making, demonstrations of faceting, rock carving, cabochon making and more. Morning tea and lunch included. Places are limited. Bookings essential.
Venue: Knuckey Lagoon Recreation Reserve, 110 Brandt Road, Knuckey Lagoon
Bookings: Required
Cost: Free **Organiser:** Marilyn McAuliffe, Top End Gem & Mineral Club Inc.
Contact: 0412 711 422,
tegmclub@gmail.com

Cultural & Educational Activities

19 August, 10am-2pm
Traditional arts and crafts, bush tucker education and cultural significance.
Venue: Batchelor Community Library, BIITE Campus, Batchelor
Bookings: Required **Cost:** Free
Organiser: Andrew Roberts, Coomalie Community Government Council
Contact: 08 8976 0058

Taminmin 19th Seniors' Poetry Lunch

20 August, 11.30am-2.30pm
Write a poem or bring a favourite poem to share. Lunch provided. RSVP required.
Venue: Humpty Doo Village Green, Challoner Cct Humpty Doo
Bookings: Required **Cost:** Free
Organiser: Sandra E Parker
Contact: 0427 451 949
sandra@parkershousen.net

Library Buddies : A Litchfield Community Intergenerational Program

Mondays 22 Aug – 19 Sep, 10.30am-12pm
Seniors and pre-schoolers students share activities over 5 weeks. Morning tea is provided. Contact library to register interest.
Venue: Taminmin Community Library, 70 Challoner Circuit, Humpty Doo
Bookings: Required **Cost:** Free
Organiser: JoAnne Scott, Taminmin Community Library
Contact: 08 8988 1200




NORTHERN TERRITORY SENIORS MONTH

AUGUST 2022



● Alice Springs ● Katherine ● Tennant Creek ● Online

Events are organised in chronological order. Full details are available online at www.cotant.org.au/territory-seniors-calendar.

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 	2 Groove Fit 12pm Lift For Life at Get Physical 6pm Move & Mingle at The Y 8am-9am Activity Group 10am-1pm Woolcraft Knitting, Crochet & Looming 10am-12pm Protect Yourself Against Scams 11am-12pm	3 Luncheon – Not the Masters Games 12pm-2pm Come Fly With Me 2pm-4pm Lift For Life at Get Physical 5.15pm Movie Day 10am-12pm Chair Aerobics via Zoom 9.30am-10.15am	4 Aged Care Reform Forum 8.30am-1pm Lift For Life at Get Physical 6pm Safer Online Shopping & Banking 2.30-3.30pm	5 Bingo 11.30am Lift For Life at Get Physical 5.30pm Move & Mingle at The Y 8am-9am	6 Scrapbooking 10am-12pm
7 	8 Self Defence for Seniors 10.30am-11.30am Bingo 11.30am Lift For Life at Get Physical 5.15pm Senior Citizens Morning Tea 10am-12pm Pilates via Zoom 9.30am-10.15am	9 Mayoral Morning Tea 9am-11am Groove Fit 12pm Lift For Life at Get Physical 6pm Move & Mingle at The Y 8am-9am Activity Group 10am-1pm	10 Come Fly With Me 2pm-4pm Lift For Life at Get Physical 5.15pm Mataranka Revisited 9.30am Creating with Resin 10am-12pm Chair Aerobics via Zoom 9.30am-10.15am	11 Staying on Your Feet Workshop 11.30 am Lift For Life at Get Physical 6pm Stories & Games From Yesteryear 9.30am-11.30am Soapmaking 10am-12pm	12 Bingo 11.30am Lift For Life at Get Physical 5.30pm Move & Mingle at The Y 8am-9am	13 Old Timers Fete 10am 



**NORTHERN TERRITORY
SENIORS MONTH**

AUGUST 2022



**NORTHERN
TERRITORY
GOVERNMENT**

COTA
NORTHERN TERRITORY
for senior Territorians

ALICE SPRINGS

Groove Fit

Tuesdays 2, 9, 16, 23 & 30 August, 12pm

A fun dance based session with simple moves and great music.

Venue: Get Physical, 13 Gap Road, Alice Springs
Bookings: Not required
Cost: Free **Organiser:** Maria Lennartz
Contact: 0439 887 235

Lift For Life at Get Physical

Tuesdays 2, 9, 16, 23 & 30 August, 6pm

Thursdays 4, 11, 18 & 25 August, 6pm,
Fridays 5, 12, 19 & 26 August, 5.30pm
Try Lift 4 Life strength training.

Venue: Get Physical, 13 Gap Road, Alice Springs
Bookings: Not required
Cost: Free **Organiser:** Maria Lennartz
Contact: 0439 887 235

Luncheon – Not the Masters Games

3 August, 12pm-2pm

Seniors lunch hosted by local MLAs including 2 course meal + drink, games, prizes and give aways. Dress to express your sporting prowess!

Venue: Gillen Club, Milner Road
Bookings: Required **Cost:** \$10
Contact: Call Kym 08 8951 5463 or David 08 8951 5568 to book

Come Fly With Me

Wednesdays 3, 10, 17, 24 & 31 August, 2pm-4pm

Full Devonshire tea available. Guided tours of museum including the Heron aircraft.

Lift For Life at Get Physical

Mondays 8, 15, 22 & 29 August & Wednesdays 3, 10, 17, 24 & 31 August, 5.15pm

Try Lift 4 Life strength training.

Venue: Gym Room, Alice Springs Aquatic and Leisure Centre, 10 Speed St, Alice Springs
Bookings: Not required **Cost:** Free
Organiser: Maria Lennartz
Contact: 0439 887 235

Mayoral Morning Tea

9 August, 9am-11am

Join the Mayor for free morning tea acknowledging contributions made by seniors to community.

Venue: Civic Centre Function Room, 93 Todd St, Alice Springs
Bookings: Required **Cost:** Free
Organiser: Alice Springs Town Council
Contact: 08 8950 0500

Staying on Your Feet Workshop

11 August, 11.30 am

Find out how to stay on your feet, prevent falling and get up safely.

Venue: Get Physical, 13 Gap Rd, Alice Springs
Bookings: Not required
Cost: Free **Organiser:** Maria Lennartz
Contact: 0439 887 235

Old Timers Fete

13 August, 10am

Food, stalls, auctions, lucky door prizes, entertainment and more.

Venue: Old Timers Village, 245 Stuart Hwy, Alice Springs

Digital Literacy Sessions with nbn™

29 August, 10.30am

Start an 8 session program to improve your digital literacy.

Venue: 50+ Community Centre, 11 Wills Terrace, Alice Springs
Bookings: Required
Cost: Free
Organiser: COTA NT/nbn™
Contact: 0438 635 354
centralaustralia@cotant.org.au

KATHERINE

Move & Mingle at The Y

Tuesdays 2, 9, 16, 23 & 30 August & Fridays 5, 12, 19 & 26 August, 8am-9am
Gentle exercises to help with everyday tasks. Plus morning tea.

Venue: The Y Katherine, Henry Scott Recreation Centre, Lot 2525 Stuart Hwy, Katherine
Bookings: Not required
Cost: Free
Organiser: Bron Humphrys, The Y Katherine
Contact: 08 8972 2592

Activity Group

Tuesdays 2, 9, 16, 23 & 30 August, 10am-1pm

Something different every week!

Venue: AnglicareNT Katherine, 15 Third Street, Katherine

COTA NT's Seniors Expo & Seniors Still Got Rhythm 2022

30 August, 10am-2pm

Combined Expo and Entertainment event featuring winners of 2021 Seniors Still Got Talent quest, morning tea, stalls, entertainment, displays, performances and more.

Venue: Alice Springs Convention Centre, 93 Barrett Drive, Alice Springs
Bookings: Not required
Cost: Free **Organiser:** Fran Kilgariff, COTA NT
Contact: 0438 635 354
www.cotant.org.au/alice-springs-expo

Campfire Capers

17 August, 10am

Cornbeef and damper lunch provided by Members of the local National Trust. Bookings essential.

Venue: O'Keefe House, Riverbank Drive, Katherine
Bookings: Required **Cost:** \$20
Organiser: Y Gitsam G Hagger
Contact: 0414 839 043 or 0488 269 632

Morning Tea & Mincemeat Movie

18 August, 10am morning tea, 10.45am movie

Jo Hersey invites you to celebrate Seniors Month with morning tea and a movie. RSVP by 15 Aug.

Venue: Katherine Cinema
Bookings: Required **Cost:** Free
Contact: 08 8973 8461
electorate.katherine@nt.gov.au

Venue: Bellman Hangar, Central Australian Aviation Museum, 6 Memorial Avenue, Alice Springs
Bookings: Not required **Cost:** \$2
Organiser: Heather Robinson, Secretary, Central Australian Aviation Museum
Contact: 08 8953 8554

Aged Care Reform Forum

4 August, 8.30am-1pm
Find out what \$19.1 billion of aged care reform spending means for you from key note speakers. Lunch provided.

Venue: Crowne Plaza Alice Springs Lasseters, 93 Barrett Drive, Alice Springs
Bookings: Required **Cost:** Free
Organiser: COTA NT **Contact:** 08 8941 1004, cotant.eventbrite.com

Self Defence for Seniors

8 & 15 August, 10.30am-11.30am
Simple techniques to help you in frightening situations.

Venue: Alice Springs Public Library, cnr Gregory & Leichardt Tces, Alice Springs
Bookings: Required **Cost:** Free
Organiser: Alice Springs Public Library
Contact: 08 8950 0555, aspl.eventbrite.com.au or email library@astc.nt.gov.au

Bingo

Mondays 8, 15, 22 & 29 August & Fridays 5, 12, 19 & 26 August, 11.30am
Everyone welcome.
50+ Community Centre, 11 Wills Terrace, Alice Springs
Bookings: Not required
Cost: \$5 per book **Organiser:** Alice Springs Seniors Citizens Association
Contact: 08 8952 4072

Bookings: Not required
Organiser: Kerry Lowing
Contact: 0427 073 248

Probus Club Quiz & Afternoon Tea

24 August, 2-4pm
History quiz followed by afternoon tea.
Venue: Gillen Club, Milner Road, Alice Springs
Bookings: Required
Cost: Free **Organiser:** Pat McDonald
Contact: Text 0413 213 481 or leave message or email probusofstuart@gmail.com

U3A Walk & Morning Tea

25 August, walk commences 9.30am
Meet at museum for walk around Araluen Park precinct. Morning tea 10.30am.
Venue: Central Australian Aviation Museum, Memorial Ave, Alice Springs.
Bookings: Not required
Cost: Free
Organiser: Pat Black
Contact: 0419 836 845

High Tea Bingo

27 August, 2pm-3pm
Afternoon tea and social game of bingo. Lots of great prizes to win!
Venue: Alice Springs Public Library cnr Gregory & Leichardt Tces, Alice Springs
Bookings: Required
Cost: Free
Organiser: Alice Springs Public Library
Contact: 08 8950 0555, aspl.eventbrite.com.au or email library@astc.nt.gov.au

Bookings: Not required
Cost: Free
Organiser: AnglicareNT Katherine
Contact: 08 8963 6100

Senior Citizens Morning Tea

8 August, 10am-12pm
Chat with Mayor about life in Katherine. Morning tea provided.
Venue: Katherine Museum
Bookings: Not required
Cost: Free
Organiser: Sinead Te Wake, Katherine Town Council
Contact: 08 8972 5500

Mataranka Revisited

10 August, depart 9.30am
Travel in bus for sightseeing + lunch.
Venue: From Katherine Cinema carpark
Bookings: Required
Cost: \$20
Organiser: Y Gitsham G Hagger
Contact: 0414 839 043 or 0488 269 632

Stories & Games From Yesteryear

Thursday 11 August, 9.30am-11.30am
Share intergenerational story time and games with Katherine families. Morning tea provided.
Venue: Katherine Museum Grounds, Gorge Road, Katherine
Bookings: Not required
Cost: Free
Organiser: Kellie Hoffman, Katherine Town Council
Contact: 08 8971 1188

Fun in the Park

24 August, 10am
Big games in the town square. Refreshments provided by Meeting Place Kiosk.
Venue: Town Square, Katherine
Bookings: Required **Cost:** \$20
Organiser: Y Gitsham G Hagger
Contact: 0414 839 043 or 0488 269 632

COTA NT Seniors Catch Up

Thursday 25 August, 10am-11.30am
COTA NT members and Katherine Seniors afternoon tea with Hailey from nbn™.
Venue: to be advised **Bookings:** Required **Cost:** Free **Organiser:** Sue Kendrick **Contact:** 08 8941 1004

Digital Literacy sessions with nbn™ & Katherine Library

Thursday 25 August 10am-11.30am
Start of 8 sessions to improve your digital literacy.
Venue: Katherine Library
Bookings: Required **Cost:** Free
Organiser: Katherine Town Council/ nbn™ **Contact:** 08 8971 1188

Cultural Tour to Top Didj Art Gallery

31 August, 10am
Experience traditional fire-making, cultural painting and yarn telling. Refreshments provided.
Venue: Didj Art Gallery, Gorge Road, Katherine
Bookings: Required **Cost:** \$20
Organiser: Y Gitsham G Hagger
Contact: 0414 839 043 or 0488 269 632

We advise making early bookings wherever possible, as many events have limited spaces. Please ensure you cancel your booking with an event organiser if you cannot attend. For the online and most recently updated version of the Seniors Month Calendar 2022, visit www.cotant.org.au/territory-seniors-calendar. A PDF version of this printed calendar is also available on this page.



**NORTHERN TERRITORY
SENIORS MONTH**

AUGUST 2022



**NORTHERN
TERRITORY
GOVERNMENT**

COTA
NORTHERN TERRITORY
for senior Territorians

TENNANT CREEK

Woolcraft Knitting, Crochet & Looming

2 August, 10am-12pm

Venue: 49 Haddock Street,
Tennant Creek NT

Bookings: Required

Cost: Free

Organiser: Tennant Creek Senior
Citizens and Pensioners Association

Contact: Kathy 0407 398 891;

Sylvia 0417 834 649

Movie Day

3 August, 10am-12pm

Venue: 49 Haddock Street,
Tennant Creek NT

Bookings: Required

Cost: Free

Organiser: Tennant Creek Senior
Citizens and Pensioners Association

Contact: Kathy 0407 398 891;

Sylvia 0417 834 649

Scrapbooking

6 August, 10am-12pm

Venue: 49 Haddock Street,
Tennant Creek

Bookings: Required

Cost: Free

Organiser: Tennant Creek Senior
Citizens and Pensioners Association

Contact: Kathy 0407 398 891;

Sylvia 0417 834 649

Beading

18 August, 10am-12pm

Venue: 49 Haddock Street,
Tennant Creek

Bookings: Required

Cost: Free

Organiser: Tennant Creek Senior
Citizens and Pensioners Association

Contact: Kathy 0407 398 891;

Sylvia 0417 834 649

Cardmaking

20 August, 10am-12pm

Venue: 49 Haddock Street,
Tennant Creek

Bookings: Required

Cost: Free

Organiser: Tennant Creek Senior
Citizens and Pensioners Association

Contact: Kathy 0407 398 891;

Sylvia 0417 834 649

Computer Fun

24 August, 10am-12pm

Venue: 49 Haddock Street,
Tennant Creek

Bookings: Required

Cost: Free

Organiser: Tennant Creek Senior
Citizens and Pensioners Association

Contact: Kathy 0407 398 891;

Sylvia 0417 834 649

Chair Exercises

26 August, 10am-12pm

Venue: 49 Haddock Street,
Tennant Creek NT

ONLINE

Protect Yourself Against Scams

Tuesday 2 August, 11am-12pm

*It pays to be savvy. Find out how to
protect your personal information from
scammers, safely make friends online, spot
investment scams and where to go for
help. Register to book your spot.*

Venue: Online event – live

Bookings: Required –

[www.beconnected.esafety.gov.au/
bookings#protect-yourself-
against-scams](http://www.beconnected.esafety.gov.au/bookings#protect-yourself-against-scams)

Cost: Free

Organiser: eSafety Commissioner

Contact:

beconnected.enquiries@esafety.gov.au

Chair Aerobics via Zoom

**Wednesdays 3, 10, 17, 24 & 31 August,
9.30am-10.15am**

*Gentle sitting exercises designed to help
improve mobility and prevent falls (can be
done at home). Zoom support is available.*

Venue: Online event – live

Bookings: Required – 0438 890 089

Cost: \$5-7

Organiser: Sharon Kelly, Super Ageing

Contact: 0438 890 089

Safer Online Shopping & Banking

Thursday 4 August, 2.30 – 3.30pm

*Find out about benefits of online shopping
and banking, how to safely shop and pay*

Video Calling & Messaging

Tuesday 16 August, 9.30 – 10.30am

*Find out how to set up for video calling,
use Skype, use WhatsApp and FaceTime.
Register to book your spot.*

Venue: Online event – live

Bookings: Required –

[www.beconnected.esafety.gov.au/
bookings#connecting-to-others](http://www.beconnected.esafety.gov.au/bookings#connecting-to-others)

Cost: Free **Organiser:** eSafety

Commissioner **Contact:**

beconnected.enquiries@esafety.gov.au

How to Use Government Websites

Thursday 18 August, 1.30 – 2.30pm

*Find out which government websites
might benefit you, how to set up a
MyGov account, link other government
services to your MyGov account and how
to keep your personal details safe and
secure. Register to book your spot.*

Venue: Online event – live

Bookings: Required –

[www.beconnected.esafety.gov.au/
bookings#how-to-use-government-
websites](http://www.beconnected.esafety.gov.au/bookings#how-to-use-government-websites)

Cost: Free **Organiser:** eSafety

Commissioner **Contact:**

beconnected.enquiries@esafety.gov.au

nbn™101 Virtual Presentation

Thursday 25 August, 1.30pm-3pm

*Virtual presentation by nbn™ Community
Ambassador offering overview of nbn™
network, Smart Devices and Scam
Awareness and questions.*

Creating with Resin

10 August, 10am-12pm

Venue: 49 Haddock Street,
Tennant Creek

Bookings: Required

Cost: Free

Organiser: Tennant Creek Senior
Citizens and Pensioners Association

Contact: Kathy 0407 398 891;
Sylvia 0417 834 649

Soapmaking

11 August, 10am-12pm

Venue: 49 Haddock Street,
Tennant Creek

Bookings: Required

Cost: Free

Organiser: Tennant Creek Senior
Citizens and Pensioners Association

Contact: Kathy 0407 398 891;
Sylvia 0417 834 649

Candle Making

16 August, 10am-12pm

Venue: 49 Haddock Street,
Tennant Creek

Bookings: Required

Cost: Free

Organiser: Tennant Creek Senior
Citizens and Pensioners Association

Contact: Kathy 0407 398 891;
Sylvia 0417 834 649

Bookings: Required

Cost: Free

Organiser: Tennant Creek Senior
Citizens and Pensioners Association

Contact: Kathy 0407 398 891;
Sylvia 0417 834 649

Health Talk

30 August, 10am-12pm

Venue: 49 Haddock Street,
Tennant Creek NT

Bookings: Required

Cost: Free

Organiser: Tennant Creek Senior
Citizens and Pensioners Association

Contact: Kathy 0407 398 891;
Sylvia 0417 834 649

Creating Fragrances with Essential Oils

31 August, 10am-12pm

Venue: 49 Haddock Street,
Tennant Creek

Bookings: Required

Cost: Free

Organiser: Tennant Creek Senior
Citizens and Pensioners Association

Contact: Kathy 0407 398 891;
Sylvia 0417 834 649

*for things online, how to do everyday
banking safely online and what to look
out for. Register to book your spot.*

Venue: Online event – live

Bookings: Required –

[www.beconnected.esafety.gov.au/
bookings#shopping-banking](http://www.beconnected.esafety.gov.au/bookings#shopping-banking)

Cost: Free

Organiser: eSafety Commissioner

Contact:
beconnected.enquiriesesafety.gov.au

Pilates via Zoom

**Mondays 8, 15, 22 & 29 August,
9.30am-10.15am**

*Improve core strength, flexibility,
balance, coordination and posture.
Zoom support is available.*

Venue: Online event – live

Bookings: Required – 0438 890 089

Cost: \$5-7

Organiser: Sharon Kelly, Super Ageing

Contact: 0438 890 089

Venue: Online/virtual

Bookings: Required – [www.eventbrite.
com.au/e/nbn101-tickets-354453298357](http://www.eventbrite.com.au/e/nbn101-tickets-354453298357)

Cost: Free

Organiser: nbn™

Contact: 0459 370 413,
haileyhardynbnco.com.au

We advise making early bookings wherever possible, as many events have limited spaces. Please ensure you cancel your booking with an event organiser if you cannot attend. For the online and most recently updated version of the Seniors Month Calendar 2022, visit www.cotant.org.au/territory-seniorscalendar. A PDF version of this printed calendar is also available on this page.



I am delighted to release details of this year's Seniors Month which offers over 200 events for this August held throughout the Territory.

Thank you to all the event organisers who have created a wonderfully diverse calendar of events which celebrates seniors and their contributions to our community. August really is the best month of the year to try out a new activity and there's plenty to choose from.

You can get active with aqua aerobics, tai chi, netball, dancing, Pilates and guided walks; learn something new in computing, woodwork, lifesaving, dancing, golf and beading classes; enjoy conversations with well-known Territorians and visiting speakers; take part in lunches, dinner, picnics, cooking lessons, reading groups, arts and crafts workshops including rock art, calligraphy, soap making, beading, bush tucker, jewellery making, sewing, painting and clay sculpture; find out about aged care reform, living with dementia and the work of advocates in the NT; plus tours, singing groups, storytelling and poetry and deep diving into our rich cultural and family histories.

I hope you enjoy every day of August and perhaps find an activity that you enjoy for the rest of the year too.



The Hon Lauren Moss,
Minister for Seniors



Aged Care Forums

Once in a life-time reform

The Australian Government is investing \$19.1 billion over 5 years to reform 5 pillars of the aged care sector: home care, residential aged care services and sustainability, residential aged care quality and safety, workforce and governance.

Find out what these reforms mean for you.

Key speakers

- Janet Anderson
Aged Care Quality & Safety Commissioner
- Jan Yates AM
CE, COTA Australia & Chair, Council of Elders
- The Hon Dr Kay Patterson AO
Age Discrimination Commissioner
- Gill Yearsley
CEO, NT Primary Health Network

RSVP Register via Eventbrite (preferred) [cotant.eventbrite.com](https://www.eventbrite.com.au)
08 8941 1004 or email activities@cotant.org.au

