

NORTHERN TERRITORY SENIORS MONTH

AUGUST 2025



COTA
NORTHERN TERRITORY
for senior Territorians

 cotant.org.au

 **NORTHERN
TERRITORY**
GOVERNMENT

 nt.gov.au/community/seniors/seniors-month

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

Information in the print calendar is as provided by event organisers at the time of going to print, but event details may be subject to change.



**NORTHERN TERRITORY
SENIORS MONTH**

AUGUST 2025



**NORTHERN
TERRITORY
GOVERNMENT**

COTA
NORTHERN TERRITORY
for senior Territorians

Seniors Month is a time to celebrate the remarkable contributions of older Territorians and the role they continue to play in shaping our communities. As the Minister for Youth, Seniors and Equality, I'm delighted to be part of this important celebration.

The Northern Territory Government is committed to supporting the health and wellbeing of our seniors. With the number of Territorians aged 65 and over projected to grow to more than 35,000 by 2035-36, it is more important than ever that we make the Territory an age-friendly place to live, work and stay for the long-term. Through the Northern Territory Seniors Policy 2021-2026, we are taking a whole-of-government approach to delivering services and support to reflect what matters most to seniors:

- Economic Participation and Financial Security
- Safety and Security
- Health and Wellbeing
- Social Inclusion and Diversity.

Each year, Seniors Month highlights the importance of active ageing and the value of building inclusive, accessible communities for all.

Our government continues to listen and respond to the needs of older Territorians, including through the Minister's Advisory

Council for Senior Territorians. This dedicated group provides an important link between government and community, helping to shape better policies and services on key issues such as housing, elder abuse, cost of living and ageism.

I would like to sincerely thank the board and staff of COTA NT – particularly CEO Ms Sue Shearer – for their ongoing dedication and tireless efforts in supporting seniors across the Territory. Their leadership continues to support seniors across the Territory through a strong Seniors Month program and the successful delivery of the 10th anniversary Darwin Seniors Expo in June.

Thank you also to the many community organisations who applied for 2025 Seniors Month grants. Your commitment to recognising and celebrating the contributions of seniors is truly appreciated.

Congratulations to everyone involved, and I look forward to seeing many of you at events throughout the month!

Jinson Charls MLA
**Minister for Youth,
Seniors and
Equality**



Printed copies of the Seniors Month Calendar can be collected from nearly 80 outlets across the Territory including Electorate Offices, libraries, shopping and community centres, supermarkets, post offices, retirement villages, and the Northern Territory Government's Department of People, Sport & Culture Service Centres (previously Territory Families Shopfronts).

🌐 www.cotant.org.au/seniors-month

Diary notes:

At the time of going to press details of the following activities were not available. Refer to the online calendars.

- **Tiaras and Teacups High Tea** (Darwin)
- **BeCyber Smart Presentations** (Darwin, Palmerston & Rural and Alice Springs). Sessions will provide tips on protecting your devices and online accounts from cyber criminals.

COTA NT events (Darwin) are listed on pages 4 & 5

City of Darwin events are listed on pages 6 & 7

4 August is a public holiday. Activities (especially regular ones) scheduled for that day may not go ahead. We advise checking beforehand.

Also, in August but not part of Seniors Month:
Garma Festival 1-4 Aug, **Darwin Festival** 7-24 Aug,
Darwin Aboriginal Art Fair 7-10 Aug, **Portrait of a Senior**
Territorian art exhibition Alice Springs 12 July-17 Aug
and **Katherine Multicultural Festival** 30 Aug.



Check online for updates or call the event organiser.



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

Follow the COTA NT Facebook page for news and updates



/COTANorthernTerritory



Put a pin on it
Pull out the centre
pages to see the
entire calendar.

DARWIN

Cool Seniors – Water Exercise Tropical Style (WETS) & Grey Medallion Training

Fridays 1, 8, 15, 22 & 29 Aug,
WETS 10am-10.45am,

Grey Medallion 11am-11.45am

*Lifesaving skills, CPR, stroke correction &
water safety, water exercise in heated pool.*

Venue Parap Swimming Pool,
77 Ross Smith Avenue, Parap

Bookings Required,
call 8981 5036 to book.

Cost Free

Organiser Royal Life Saving Society
(Australia) NT Branch

Info Laura Withers 8981 5036

Steady & Strong

Fridays & Tuesdays (ex public holidays),
10am-11am

*Osteoporosis education & classes to
build strength, improve balance & reduce
the risk of falls. Max 30 registered
participants (who choose either Tuesday
or Friday sessions).*

Venue 5/8 Totem Road, Coconut Grove

Bookings Required

Cost Free

Organiser Vitality Health and Rehab

Info Emma Labessa 0477 193 541

Golden Gears – Senior Ride

2 Aug, 9am-10am

*One-hour ride through East Point Reserve
with morning tea. BYO bike & helmet.*

Venue Playground Carpark,
East Point Reserve, Darwin

Bookings Essential via events.humanitix.
com/golden-gears-senior-ride

Cost Free

Organiser Darwin Off Road Cyclists

Info darwinoffroadcyclists@gmail.com



Photographed at COTA NT's Seniors Expo 2024

Come and Try Table Tennis

Tuesdays & Thursdays, 9am-11am

*Social table tennis. Wear sports
shoes, BYO water bottle & towel.
Refreshments provided.*

Venue Table Tennis Hall, Multi-Purpose
Sports Hall, Marrara Sporting Precinct,
10 Abala Road, Marrara

Bookings No

Cost Free

Organiser Darwin Table Tennis
Association

Info Christine Marshall 0429 171 326

English Country Dancing

Tuesdays, 4pm-6pm

*Dance like Elizabeth Bennett on sprung
wooden floor.*

Venue Masonic Hall,
23 Stokes Street, Parap

Bookings No

Cost Free

Organiser Anna Harris

Info 8981 6400

Let's Sing

Wednesdays, 7pm-8pm

*Community choir for adults of all ages &
experience levels.*

Venue Music Centre, Essington School,
Rossiter Street, Rapid Creek

Bookings No

Cost First class is free

Organiser Let's Sing

Info Ruth Garden 0431 179 047

Come and Try Lawn Bowls

Thursdays 7, 14, 21 & 28 Aug,
10am-12pm

Have fun learning to play lawn bowls.

Venue Darwin Bowls & Social Club,
8 Conacher Street, Fannie Bay

Bookings Preferred

Cost Free

Organiser Darwin Bowls & Social Club

Info Mark Hall 0427067217 or
Colleen Orr 0427 009 227



Supplied by Darwin Social & Bowls Club

Scottish Country Dancing

Thursdays 7, 14, 21 & 28 Aug, 6pm-7pm

*Dance to reels, jigs & Strathspeys in
air-conditioning, on sprung floors.*

Venue Masonic Hall,
23 Stokes Street, Parap

Cost Free

Organiser Arafura Scottish Dancers

Info Mara Dobrini 0438 842 138



Book early
and avoid
disappointment!

DARWIN

Seniors Healthy Workshop

10 Aug, 3pm-7pm

Tai chi, exercises & brain games with entertainment & refreshment.

Venue ACFS NT Community Centre,
39 Parkside Crescent, Leanyer

Bookings Preferred, contact organiser

Cost Free **Organiser** Australia-China
Friendship Society

Info Shu Qin Lin 0484 183 963

Managing Chronic Pain

15 Aug, 9.30am-1pm

Self management workshop.

Venue AONT Office, Shop 48
Rapid Creek Business Village,
48 Trower Road, Millner

Bookings Essential – call 1800 011 041

Organiser Arthritis & Osteoporosis NT
(AONT) **Info** 1800 011 041

DHS Seniors' Morning of Entertainment

**15 Aug, 10am-12pm (no arrivals
before 9.45am)**

Morning tea and student performances.

Venue Darwin High School,
Atkins Road, Bullocky Point

Bookings Required (open 21 July)

Cost Free

Organiser Darwin High School

Info Sally Walker 8999 1222

Bookings open on 21 July,

compasstix.com/e/8pbpr09oew

Pensioners Workshop Winnellie Open Day

19 Aug, 9am-2pm

*Tour workshops & view projects, light
lunch provided.*

Venue Unit 2, 48 Albatross Street,
Winnellie

Bookings Required **Cost** Free

Organiser Pensioners Workshop
of the NT

Info Darrell McAlister 8947 7098

Devonshire Tea

19 Aug, 10.30am-12.30pm

*Devonshire tea in the grounds of
Burnett House.*

Venue Burnett House, Myilly Point

Bookings Required **Cost** \$5 per person

Organiser National Trust Darwin Branch

Info Bookings open 14 July through
trybooking.com/events/landing/1418075

Paint and Picnic with a Pony

21 Aug, 9.30am-1.30pm

*Guided painting session & equine
interaction.*

Venue Riding for the Disabled,
38 Catalina Road, Marlow Lagoon

Bookings Preferred – Email
admin@rdatopend.org.au

to express interest **Cost** Free

Organiser Riding for the
Disabled Top End

Info Ian Harkness 8931 0093

COTA NT is the peak advocacy
body for seniors in the NT. It runs
regular activities, major community
events and Seniors Month events (see
cotant.org.au/territory-seniors-calendar
for details). Tickets for COTA NT ticketed
events are available via the online
calendar listing.

All activities are held at COTA NT, Spillett House, 65 Smith Street, Darwin unless
otherwise stated. Public parking is available close by on Smith Street.



Pilates (In person & by Zoom)

Mondays, 9.30am-10.15am

*For mobility, strength & balance.
BYO mat & water bottle.*

Bookings Required

Cost \$8 COTA NT Members,

\$10 Non-Members

Organiser Super Ageing

Our Common Threads

Wednesdays, 11am-2pm

*Social sewing & crafts. Bring a plate &
your project.*

Bookings No

Cost Gold coin / share plate

Organiser Our Common Threads

Info COTA NT 8941 1004



2025
Seniors' Morning of Entertainment

FRIDAY
AUGUST 15 10 AM-12 PM

Darwin High School in the Tank
Atkins Drive, The Gardens

RSVP's open 21 July and close 8 August.

Guests must register to attend via Compass Tix
<https://compassfix.com/c/xcamogjx6q> and tickets are limited to the first 250 Seniors to register.

Event parking is available on the covered basketball court next to the Tank.

Italian Seniors Cultural Day

17 Aug, 12.20pm-4pm

Lunch including homemade pasta, music & entertainment.

Venue Italian Club, 131 Abala Road, Marrara

Bookings Bookings are essential by 1 August. Contact organiser

Cost \$45 per person. Pensioners \$30 with complimentary wine at door. Juniors Under 15 yrs \$30, Under 10 yrs free.

Organiser The Italian Club Darwin

Info Felix Matarazzo 0438 884 591
info@italianclubnt.com.au

Come & Try Argentine Tango

22 Aug, 7pm-9.30pm

Warm-up, easy dance steps & supper.

Venue Masonic Hall,

23 Stokes Street, Parap

Bookings Preferred, contact organiser

Cost Free

Organiser Northern Tango Darwin

Info Carol Richards 0435 531 959

Live Healthy and Active: Yoga Stretch & Zumba

23 Aug, 10am-12.30pm

Social sessions enhancing overall wellbeing.

Venue Vietnamese Community in

Australia – NT Chapter Inc.,

6 Earhart Court, Marrara

Bookings No

Cost Free

Organiser Vietnamese Community in Australia – NT Chapter Inc.

Info Hong Hai Doan

The Family History Place Open Day

23 Aug, 10am-4pm

Assorted workshops, including introduction to the GSNT library.

Venue The Family History Place,

Unit 1, Harry Giese Building,

1 Willeroo Street, Tiwi

Bookings Preferred, contact organiser

Cost Free

Organiser Genealogical Society of the Northern Territory

Info committee@gsnt.org.au,

8981 7363 during library hours

Info Sharon Kelly 0438 890 089

superageing.com.au/bookings

Strong & Functional

Tuesdays, 9am-9.45am

Strength training & functional movements.

Bookings Required

Cost \$8 COTA NT Members,

\$10 Non-Members

Organiser Super Ageing

Info Sharon Kelly 0438 890 090

superageing.com.au/bookings



Musical Jam

Tuesdays, 10.15am-12.15pm

Social music & song. All welcome.

BYO instrument.

Bookings No **Cost** Gold coin

Info COTA NT 8941 1004

Seated Aerobics (In person & by Zoom)

Wednesdays, 9.30am-10.15am

Cardiovascular fitness, coordination & muscle tone.

Bookings Required

Cost \$8 COTA NT Members,

\$10 Non-Members

Organiser Super Ageing

Info Sharon Kelly 0438 890 091

superageing.com.au/bookings

Tai Chi with Tom

Thursdays, Advanced 9.15am-10.15am, Beginners 10.30am-11.30am

Meditation & slow, controlled movement.

Bookings No

Cost \$5 COTA NT Members,

\$7 Non-Members

Organiser Tai Chi with Tom

Info COTA NT 8941 1004

My Aged Care Services Presentation

14 Aug, 1pm-2pm

Services overview, including fees & Services Australia's support.

Bookings Required, booking through website preferred.

Cost Free

Info COTA NT 8941 1004

cotant.org.au/event/my-aged-care-services-presentation

Timeless Treasures Trivia: Unlocking the Past Together

21 Aug, 10.30am-3pm

Fun and trivia with light lunch.

Tables of 6 only.

Venue Darwin International Tennis Centre, (1st Floor Function Room),

Level 1/9 Abala Road, Marrara

Bookings Required, booking through website preferred.

Cost \$20 **Organiser** COTA NT

Info COTA NT 8941 1004

cotant.org.au/event/timeless-treasures-trivia-unlocking-the-past-together





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DARWIN



Bookings codseniors.eventbrite.com
Enquiries only Phone 08 8930 0409
Cost Free



Healthy Darwin

A range of subsidised activities – fitness bootcamps, aqua fitness, yoga, zumba, fitness 4 independence, beach walking, belly dancing, pilates – to help you lead a healthy lifestyle. The Dry Season timetable is available from the City of Darwin website: www.darwin.nt.gov.au/community/programs/healthy-darwin



Running the World Majors with Allira Jennings

1 Aug, 10am-11am

From outback beginnings to New York, 10 marathons, 10 years, family inspired.

Venue Casuarina Library,
17 Bradshaw Terrace, Casuarina
Bookings Required, via eventbrite
Cost Free

Dementia Awareness Information Session

5 Aug, 10am-11am

Learn more about dementia, diagnosis & available support resources with Dementia Australia.

Venue Casuarina Library,
17 Bradshaw Terrace, Casuarina
Bookings Required, via eventbrite
Cost Free

Dementia Awareness Information Session

13 Aug, 10am-11am

Learn more about dementia, diagnosis & available support resources with Dementia Australia.

Venue Karama Library,
Karama Shopping Plaza,
31 Kalymnos Drive, Karama
Bookings Required, via eventbrite
Cost Free



Origami Earring Making Workshop

14 Aug, 10am-12pm

Learn to create origami cranes & transform them into unique handmade earrings.

Venue Lyons Community Centre,
25 Damabila Drive, Lyons
Bookings Required, via eventbrite
Cost Free



Movie Screening: Brooklyn

20 Aug, 10am-11.30am

Irish immigrant in 1950s Brooklyn must choose between two countries & lives.

Venue Nightcliff Library,
10/12 Pavonia Place, Nightcliff
Bookings Required, via eventbrite
Cost Free

Community Support & Advice Group

22 Aug, 9am-10.30am

Free drop-in sessions for housing, disability & mental health support services advice.

Venue Karama Library,
Karama Shopping Plaza,
31 Kalymnos Drive, Karama
Bookings No
Cost Free

Personalise a Library Bag

26 Aug, 12.30pm-2pm

Join the STEAM team to "Personalise a Library Bag" & make your own unique bag.

Venue Casuarina Library,
17 Bradshaw Terrace, Casuarina
Bookings Required, via eventbrite
Cost Free

Jacana Energy Tips for Everyday Life Session

6 Aug, 10am-11am

Save on power bills with Jacana Energy's tips for energy-efficient living.

Venue Nightcliff Library,
10/12 Pavonia Place, Nightcliff

Bookings Required, via eventbrite

Cost Free

Fun Bus Adventures with Grandparents

7 Aug, 9.30am-11.30am

Celebrate grandparents with play, activities and fun for kids aged 0-5.

Venue Yanyula Park,
59 Yanyula Drive, Anula

Bookings No

Cost Free

Family History Workshop

8 Aug, 10am-11am

Discover family history, digitise memories & connect with others.

Venue Casuarina Library,
17 Bradshaw Terrace, Casuarina

Bookings Required, via eventbrite

Cost Free

Sunrise Yoga

11, 18 & 25 Aug, 6.30am-7.15am

Outdoor yoga. BYO towel, water bottle & mat.

Venue Nightcliff Seabreeze Slab,
Nightcliff Foreshore, Casuarina Drive,
Nightcliff

Bookings No

Cost Free

Wonder Darwin's Walks

15 Aug, 9am-11am

Explore Darwin's street art with a guided tour & interactive AR experience.

Venue Meet outside the Westpac Bank,
The Mall, Darwin City

Bookings Required, via eventbrite

Cost Free

Library Lounge: Personalise a Library Bag

19 Aug, 10am-12pm

Join us to create your dream library bag with paint, iron-ons & rhinestones.

Venue Casuarina Library,
17 Bradshaw Terrace, Casuarina

Bookings Required, via eventbrite

Cost Free

Native Bees with Barry Conde

20 Aug, 7.30pm-8.30pm

Join Barry Conde's free workshop on native stingless bees & hive management.

Venue Nightcliff Community Centre,
18 Bauhinia Street, Nightcliff

Bookings Required, via eventbrite

Cost Free

Origami Peace Catcher Workshop

21 Aug, 10am-11.45am

Craft origami cranes into charms, make a wish or create a peace catcher.

Venue Lyons Community Centre,
25 Damabila Drive, Lyons

Bookings Required, via eventbrite

Cost Free



Neighbourhood Watch NT Seniors Safety Advice Session

27 Aug, 10am-11.45am

Join a safety session to learn, discuss & improve personal community safety.

Venue Karama Library,
Karama Shopping Plaza,
31 Kalymnos Drive, Karama

Bookings Required, via eventbrite

Cost Free





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AUGUST 2025



● **Darwin** ● **Palmerston & Rural** ● **Alice Springs** ● **Katherine** ● **Tennant Creek & Other Regions** ● **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
31 NT Seniors of Excellence Awards 2025 2pm-4.30pm					1 Running the World Majors 10am-11am Steady & Strong 10am-11am Cool Seniors 10am-10.45am, 11am-11.45am Tai Chi 10.30am-11.30am Track Walking 7.30am-8.30am Cards and Games 2pm-5pm Fit 4 Life 5pm-5.45pm	2 Golden Gears – Senior Ride 9am-10am Fit 4 Life 10.15am-11am
3	4 Better Balance 1pm 	5 Strong & Functional 9am-9.45am Table Tennis 9am-11am Steady & Strong 10am-11am Dementia Awareness Information Session 10am-11am Musical Jam 10.15am-12.15pm English Dancing 4pm-6pm Berry Springs Birthday Lunch 11am Fit 4 Life 9.15am-10am, 10.15am-11am, 6pm-6.45pm	6 Seated Aerobics, in person & by Zoom 9.30am-10.15am Jacana Energy Tips for Everyday Life 10am-11am Common Threads 11am-2pm Let's Sing 7pm-8pm Tai Chi 11.30am-12.30pm Water Exercises 9am-10am Text Analysis 10.30am-12.30pm Seniors Lunch 12pm-2pm Come Fly With Me 1pm-3pm Cards and Games 1pm-4pm Fit 4 Life 5.15pm-6pm Morning Tea 10am-12pm Gardening Fun 10am-12pm Respect & Safety Building Strength 10am	7 Table Tennis 9am-11am Tai Chi 9.15am-10.15am, 10.30am-11.30am Fun Bus Adventures with Grandparents 9.30am-11.30am Lawn Bowls 10am-12pm Scottish Dancing 6pm-7pm Jingili Watergardens Walk & Lunch 8.30am bus pick up Fit 4 Life 9.15am-10am, 10.15am-11am, 6pm-6.45pm Quiz Afternoon 1pm-4pm Chance to Dance 6pm-7pm Morning Tea with your Local Member 9.30am-11am	8 Family History Workshop 10am-11am Steady & Strong 10am-11am Cool Seniors 10am-10.45am, 11am-11.45am Tai Chi 10.30am-11.30am Track Walking 7.30am-8.30am History Group 10am Cards and Games 2pm-5pm Fit 4 Life 5pm-5.45pm	9 Fit 4 Life 10.15am-11am Scrapbooking 10am-12pm
10 Seniors Healthy Workshop 3pm-7pm Come and Try Ukelele 2pm-3pm	11 Sunrise Yoga 6.30am-7.15am Pilates – in person & by Zoom 9.30am-10.15am	12 Strong & Functional 9am-9.45am Table Tennis 9am-11am Steady & Strong 10am-11am Musical Jam 10.15am-12.15pm	13 Seated Aerobics, in person & by Zoom 9.30am-10.15am Dementia Awareness 10am-11am Common Threads 11am-2pm	14 Table Tennis 9am-11am Tai Chi 9.15am-10.15am, 10.30am-11.30am Lawn Bowls 10am-12pm	15 Darwin Walk 9am-11am Managing Pain 9.30am-1pm Steady & Strong 10am-11am Cool Seniors 10am-10.45am, 11am-11.45am	16 Fit 4 Life 10.15am-11am

	Fit 4 Life 5.15pm-6pm Resin Creativity 10am-12pm Chair Cardio 10am	English Dancing 4pm-6pm Fit 4 Life 9.15am-10am, 10.15am-11am, 6pm-6.45pm Alice Springs Seniors Expo 10am-2pm Respect & Safety Chair Strength 10am	Let's Sing 7pm-8pm Seniors Day Forum 9.30am Senior Australian of the Year 10am-12pm Tai Chi 11.30am-12.30pm Water Exercises 9am-10am Text Analysis 10.30am Come Fly With Me 1pm-3pm Cards and Games 1pm-4pm Fit 4 Life 5.15pm-6pm Fashionistas 10am-1pm Seniors Safety 10am-12pm	Origami Earring Making Workshop 10am-12pm My Aged Care Services Presentation 1pm-2pm Scottish Dancing 6pm-7pm Barefoot Bowls 10am Heritage Walk and Morning Tea 9am-11am Fit 4 Life 9.15am-10am, 10.15am-11am, 6pm-6.45pm Lawn Bowls 10.30am-12pm Chance to Dance 6pm-7pm	DHS Morning 10am-12pm Tai Chi 10.30am-11.30am Track Walking 7.30am-8.30am Cards and Games 2pm-5pm Fit 4 Life 5pm-5.45pm Cardmaking 10am-12pm 
17 Italian Seniors Cultural Day 12.20pm-4pm	18 Sunrise Yoga 6.30am-7.15am Pilates – in person & by Zoom 9.30am-10.15am Wilderness Wanderlust: A Nature-Enriched Seniors' Adventure 10am-3pm Fit 4 Life 5.15pm-6pm Jewellery Making 10am-12pm	19 Strong & Functional 9am-9.45am Table Tennis 9am-11am Pensioners Workshop 9am-2pm Winnellie Open Day 9am-2pm Steady & Strong 10am-11am Library Lounge: Personalise a Library Bag 10am-12pm Musical Jam 10.15am-12.15pm Devonshire Tea 10.30am-12.30pm English Dancing 4pm-6pm Fit 4 Life 9.15am-10am, 10.15am-11am, 6pm-6.45pm	20 Seated Aerobics, in person & by Zoom 9.30am-10.15am Movie Screening: Brooklyn 10am-11.30am Common Threads 11am-2pm Let's Sing 7pm-8pm Native Bees 7.30pm-8.30pm Tai Chi 11.30am-12.30pm Water Exercises 9am-10am Text Analysis 10.30am-12.30pm Come Fly With Me 1pm-3pm Cards and Games 1pm-4pm Fit 4 Life 5.15pm-6pm Intergenerational Teddy Bears Picnic 10am-12pm Essential Oils 10am-12pm Respect & Safety	21 Table Tennis 9am-11am Tai Chi 9.15am-10.15am, 10.30am-11.30am Paint and Picnic with a Pony 9.30am-1.30pm Origami Peace Catcher Workshop 10am-11.45am Lawn Bowls 10am-12pm Trivia 10.30am-3pm Scottish Dancing 6pm-7pm Casa de Bilsk Bus Tour 8.30am bus pick up Paint and Picnic with a Pony 9.30am-1.30pm The Great Escape 12pm-3pm Fit 4 Life 9.15am-10am, 10.15am-11am, 6pm-6.45pm Mayoral Morning Tea & Seniors Still Got Talent 9am Lawn Bowls 10.30am-12pm Music As You Like It 2pm-3.30pm Chance to Dance 6pm-7pm	22 Community Support & Advice Group 9am-10.30am Steady & Strong 10am-11am Cool Seniors 10am-10.45am, 11am-11.45am Argentine Tango 7pm-9.30pm Tai Chi 10.30am-11.30am Track Walking 7.30am-8.30am Treasures of Old Timers Traeger Museum 10am-2pm Cards and Games 2pm-5pm Fit 4 Life 5pm-5.45pm Gift Box Making 10am-12pm
24	25 Sunrise Yoga 6.30am-7.15am Pilates – in person & by Zoom 9.30am-10.15am Fit 4 Life 5.15pm-6pm Healthy Living 10am-12pm	26 Strong & Functional 9am-9.45am Table Tennis 9am-11am Pensioners Workshop Day 9am-2pm Steady & Strong 10am-11am Musical Jam 10.15am-12.15pm Personalise a Library Bag 12.30pm-2pm English Dancing 4pm-6pm A Night at the Band Hall 6.30pm-9pm Fit 4 Life 9.15am-10am, 10.15am-11am, 6pm-6.45pm Movie Morning 10am Movie Day 10am-12pm Respect & Safety	27 Seated Aerobics, in person & by Zoom 9.30am-10.15am Safety Advice 10am-11.45am Common Threads 11am-2pm Let's Sing 7pm-8pm Walk & Coffee 10am-11am Tai Chi 11.30am-12.30pm Water Exercises 9am-10am Text Analysis 10.30am-12.30pm Come Fly With Me 1pm-3pm Cards and Games 1pm-4pm Fit 4 Life 5.15pm-6pm Bees R Us 10am-2pm Respect & Safety	28 Table Tennis 9am-11am Pensioners Workshop Day 9am-2pm Tai Chi 9.15am-10.15am, 10.30am-11.30am U3A 9.30am-12pm Lawn Bowls 10am-12pm Scottish Dancing 6pm-7pm Trivia Day 9.30am-2pm Aqua Aerobics & Lunch bus pick up 10am Fit 4 Life 9.15am-10am, 10.15am-11am, 6pm-6.45pm Lawn Bowls 10.30am-12pm Chance to Dance 6pm-7pm	29 Steady & Strong 10am-11am Cool Seniors 10am-10.45am, 11am-11.45am Tai Chi 10.30am-11.30am Track Walking 7.30am-8.30am Cards and Games 2pm-5pm Fit 4 Life 5pm-5.45pm Candle Making 10am-12pm
					30 Darwin Frocktails: Night Under the Stars 5.30pm Fit 4 Life 10.15am-11am Garden Paths to Wellbeing 11am-1pm Arts & Crafts Show and Tell 10am-12pm



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DARWIN

Pensioners Workshop Days

26 & 28 Aug, 9am-2pm

Learn & try skills on small project (materials provided at no cost).

Venue Unit 2, 48 Albatross Street, Winnellie

Bookings Required **Cost** Free

Organiser Pensioners Workshop of the NT

Info Darrell McAlister 8947 7098

A Night at the Band Hall

26 Aug, 6.30pm-9pm

Rehearsal night with the band plus supper.

Venue Darwin City Brass Band Hall, 2 Abala Road, Marrara

Bookings Required

Cost Free

Organiser Darwin City Brass Band

Info Barbara Eather 0407 302 177

Bookings open 29 July, trybooking.com/DCIXA

U3A Come and Try Meeting

28 Aug, 9.30am-12pm

Guest Speaker: Charlie King AM, well-known human rights campaigner, founder of the domestic violence zero-tolerance campaign 'NO MORE'.

Venue Meeting Room, Casuarina Library, 18 Bradshaw Terrace, Darwin

Bookings No **Cost** Free

Organiser U3A Darwin

Info 0437 664 399

PALMERSTON & RURAL

Tom's Tai Chi

Fridays 10.30am-11.30am,

Wednesdays 11.30am-12.30pm

Indoor classes starting with Advanced followed by Beginners.

Venue Gray Community Hall, cnr Essington Avenue & Victoria Drive, Gray

Bookings Not required

Cost \$5 COTA NT Members,

\$7 Non-Members

Organiser COTA NT 8941 1004

COTA Berry Springs Birthday Luncheon

5 Aug, 11am onwards

8th birthday lunch.

Venue Berry Springs Tavern, Cox Peninsula Road, Berry Springs

Bookings Required, contact event organiser

Cost \$20

Organiser COTA Berry Springs

Info Denise Goodfellow 0438 650 835 / COTA NT 8941 1004

Seniors Day Forum in Palmerston

13 Aug, 9.30am-2pm

Range of speakers, information, craft & fitness, plus lunch with musical trivia.

Venue Palmerston Recreation Centre, 11 The Blvd, Palmerston City

Bookings 80 tickets available for

Senior Australian of the Year Morning Tea

13 Aug, 10am-12pm

Morning tea and Michael Foley's story.

Venue Cazalys Palmerston Club, 10 Temple Terrace, Palmerston

Bookings Required

Cost Free

Organiser Australia Day Council Northern Territory

Info Anna McDonald 8989 5290

Bookings by email to

office@adcnt.org.au or call 8989 5290

Wilderness Wanderlust: A Nature-Enriched Seniors' Adventure

18 Aug, 10am-3pm

Road trip with nourishing lunch in serene environments. Suitable for all.

Venue Bus departs Berry Springs (shopping centre car park), travels to Bark Hut Inn and returns to departure point

Bookings Required, bookings through website preferred

Cost \$20

Info COTA NT 8941 1004

cotant.org.au/event/wilderness-wanderlust-a-nature-enriched-seniors-adventure

Paint and Picnic with a Pony

21 Aug, 9.30am-1.30pm

Guided painting session & equine interaction.

Venue Riding for the Disabled,

The Great Escape: VR Day for the Young at Heart

21 Aug, 12pm-3pm

Immersive VR experience celebrating seniors through movement, learning, connection & storytelling.

Venue Palmerston Recreation Centre, 11 The Blvd, Palmerston City

Bookings Not required **Cost** Free

Organiser Palmerston & Regional Basketball Association

Info Jessica Simmons 0475 563 183

Seniors Walk & Coffee

27 Aug, 10am-11am

Guided walk in the air-con catering for all abilities. Wear red if possible.

Venue (Meet Jenny at top of escalator) Palmerston Shopping Centre, 10 Temple Terrace

Bookings Preferred **Cost** Free

Organiser Heart Foundation

Info Julie-Anne Overell 0417 865 854 eventbrite.com.au/e/the-heart-foundation-seniors-walk-for-seniors-month-tickets-1388939438249

Community Trivia Day

28 Aug, 9.30am-2pm

Trivia for tables of 6, Grey Panthers presentation & light lunch.

Venue Litchfield Outback Resort, 49 Rum Jungle Road, Batchelor

Bookings Required, call Jan

Cost \$5 per person

Organiser COTA Coomalie

Info Janette Jewell 0408 760 257

Darwin Frocktails 2025:

A Night Under the Stars

30 Aug, 5.30pm onwards

Celebrate home sewing showing off me-made magic!

Venue Saltwater @ Bundilla, 19 Conacher Street, The Gardens

Bookings Required through website

Cost \$65

Organiser Darwin Frocktails

Info events.humanitix.com/darwin-frocktails-2025

NT Seniors of Excellence Awards 2025

31 Aug, 2pm-4.30pm

Awards and afternoon tea.

Venue Italian Club, 131 Abala Road, Marrara

Bookings No

Cost Free

Organiser Seniors of Excellence NT

Info Mike Foley OAM 0438 279 244

Arts & Cultural Day with Lunch

Visit to Museum and Art Gallery of the NT for Elders.

Organiser Darwin Aboriginal Indigenous Women's Shelter (DAIWS)

Members of the Palmerston and Litchfield Seniors Association, 20 available through City of Palmerston website.

Cost Free

Organiser City of Palmerston (Council)

Info Tree Gillam 8935 9923
palmerston.nt.gov.au/events



38 Catalina Road, Marlow Lagoon

Bookings Preferred – email admin@rdatopend.org.au to express interest

Cost Free **Organiser** Riding for the Disabled Top End

Info Ian Harkness 8931 0093



Photo supplied by Riding with the Disabled Top End



Image by Yanis Ladjouzi from Pixabay

Check prior to leaving home if your event is still running as planned.

Coomalie Seniors Activities

Events are open to Coomalie Seniors only due to the size of the bus.

Bookings Bookings are required for all activities.

Cost All activities are free unless stated.

Organiser Coomalie Community Government Council

Info Andrew Roberts 8976 0058, coomalie.nt.gov.au/seniors-month-25

Jingili Watergardens

Walk & Lunch

7 Aug, 8.30am (first bus pick up in Batchelor), 9am Adelaide River
Gardens exploration with light lunch provided.

Venue Jingili Watergardens, Trower Rd & 91 Freshwater Rd, Jingili

Barefoot Bowls & Lunch

14 Aug (bus pick up 10am Adelaide River)
Social & fun games with shoes off (optional).

Venue Rum Jungle Bowls Club, Pinaroo Way, Batchelor

Casa de Bilsk Bus Tour

21 Aug, 8.30am (first bus pick up in Batchelor), 9am Adelaide River
Enjoy nursery, art gallery and café in Howard Springs. Lunch is at own cost.
Venue 405 Whitewood Road, Howard Springs

Aqua Aerobics & Lunch

28 Aug (bus pick up 10am Adelaide River)
Suitable for all levels of fitness.
Venue Batchelor Pool, Pinaroo Crescent, Batchelor

ALICE SPRINGS

27th Portrait of a Senior Territorian Art Award Exhibition

to 17 August

Check the Araluen Arts Centre website
for details.

Venue Araluen Arts Centre,
61 Larapinta Drive, Araluen

Organiser Tactile Arts

Info Araluen Arts Centre 8951 1122

araluenartscentre.nt.gov.au/whats-on

2025 Seniors Lunch 'In The Jungle'

6 Aug, 12pm-2pm

With Hon. Joshua Burgoyne MLA and
Hon. Bill Yan MLA. Dress in your best
animal print.

Venue Gillen Club, 57 Milner Road

Bookings Required

Cost \$10

Organiser Braiuling Electorate Office

Info 8951 5463



Seniors Quiz Afternoon

7 Aug, 1pm-4pm

Fun quiz with afternoon tea.

Venue 50+ Centre, 11 Wills Terrace

Bookings Preferred, call organiser

Cost Free

Organiser National Seniors Australia,
Central Australian Branch

Info Jenny Richter

0419 182 790

Chance to Dance

Thursdays, 6pm-7pm

Beginners dance class for adults
over 50. Fun way to get fit.

Venue Araluen Arts Centre,
61 Larapinta Drive, Araluen

Organiser GUTS Dance Studio

Info gutsdance.org.au/
public-programs/classes,

0406 610 453

Alice Springs Seniors Expo

12 Aug, 10am-2pm

Stalls, live music and refreshments.

Venue DoubleTree by Hilton Hotel,
82 Barrett Drive

Bookings No

Cost Free

Organiser COTA NT

Info COTA NT 8941 1004 or

0423 828 558

Exhibitor registrations open until 21 July.



Photo supplied by COTA NT

U3A

If you are interested in joining any
of these activities, please contact
the U3A organiser listed. Unless stated
otherwise, these activities are held at the
50+ Community Centre, 11 Wills Terrace.

Track Walking

Fridays, 7.30am-8.30am

Walks suitable for all abilities.

Venue Various

Info Pat Black

0419 836 845

Cards and Games

Fridays, 2pm-5pm

Social games for mental agility.

Info Rob Dominguez

0418 897 777

Water Exercises

Wednesdays, 9am-10am

Easy aqua aerobics in warm water.

Venue Alice Springs Aquatic Centre,
10 Speed Street, The Gap

Info Jo Black

0417 820 750

Text Analysis

Wednesdays, 10.30am-12.30pm

Books and literary discussion.

Info Mary Prunter

0439 659 243

Fit 4 Life Classes

Tuesdays & Thursdays 9.15am-10am, 10.15am-11am, 6pm-6.45pm, Fridays 5pm-5.45pm, Saturdays 10.15am-11am
Exercise safely with joint friendly and beginner workouts.

Venue Get Physical, 13 Gap Road

Bookings No

Cost Free

Organiser Get Physical

Info Maria Lennartz 8952 3233

Come Fly With Me

Wednesdays, 1pm-3pm

Devonshire teas and museum displays.

Venue Central Australian Aviation Museum, Bellman Hanger, 6 Memorial Drive, Gillen

Bookings No

Cost \$2

Organiser Central Australian Aviation Museum

Info Heather Robinson
08 8953 8554

Fit 4 Life Classes

Wednesdays & Mondays, 5.15pm-6pm

Exercise safely with joint friendly and beginner workouts.

Venue Alice Springs Aquatic & Leisure Centre, 10 Speed Street, The Gap

Bookings No **Cost** Free

Organiser Get Physical

Info Maria Lennartz 8952 3233

Come and Try Lawn Bowls

14, 21 & 28 Aug, 10.30am-12pm

Lawns bowls at the golf club.

Venue Alice Springs Golf Club, Cromwell Drive, Desert Springs

Bookings No

Cost Free

Organiser Alice Springs Lawn Bowls

Info Yvonne Driscoll 0419 263 254

Mayoral Morning Tea & Seniors Still Got Talent

21 Aug, 9am

Morning tea, join-in activities, talent show and conversations with the Mayor and elected officials.

Venue Alice Springs Convention Centre, 93 Barrett Drive

Bookings Registrations required for catering purposes (via ATSC website). Talent should contact organiser in advance.

Cost Free

Organiser Alice Springs Town Council
Info 8950 0568

eventbrite.com.au/e/seniors-morning-tea-still-got-talent-tickets-1393350862939?

Treasures of Old Timers

Traeger Museum

22 Aug, 10am-2pm

Presenters talk about selected items with historical & family perspectives. Light refreshment available.

Venue Old Timers Traeger Museum, 245 Stuart Highway

Bookings No **Cost** Free

Organiser Old Timers Traeger Museum

Info 0428 714 128 or 0407 015 007

High Tea Bingo

23 Aug, 3pm-4.30pm

Delicious treats and prizes. Dress code applies. No alcohol.

Venue Alice Springs Public Library, cnr Gregory & Leichardt Tcs

Bookings Required

Cost Free

Organiser Alice Springs Public Library

Info 08 8950 0555 or via eventbrite page.

Garden Paths to Wellbeing

30 Aug, 11am-1pm

Gardens stroll, brunch and gardening workshop.

Venue Westside Community Garden, 56 Milner Road, Gillen

Bookings Required

Cost \$10 per person

Organiser COTA NT & Westside Community Gardens

Info COTA NT 8941 1004 (info & payments) or 0423 828 558 (info only)
cotant.org.au/event/garden-paths-to-wellbeing

Cards and Games

Wednesdays, 1pm-4pm

Social games for mental agility.

Info Rob Dominguez
0418 897 777

History Group

8 Aug, 10am

Perspectives on the local history of Central Australia.

Info Gavin Carpenter
0418 808 505

Come and Try Ukelele

10 Aug, 2pm-3pm

Learn the basics. BYO ukelele & chair.

Olive Pink Botanic Gardens
Info Marg Collins
0400 087 290

Heritage Walk and Morning Tea

14 Aug, 9am-11am

Easy walk and social tea.

Venue Starts/finishes at 50+ Community Centre
Info Pat Black
0419 836 845

Music As You Like It

21 Aug, 2pm-3.30pm

Shared enjoyment of music.

Info Maya Cifali
0450 474 043

Movie Morning

26 Aug, 10am

Movie at Alice Springs Cinema.

Venue Alice Springs Cinema, Todd Plaza, 11 Todd Street
Info Sue O'Callaghan
0458 973 738

Follow COTA NT
on Facebook for more
Seniors Month event news
from event organisers

 COTANorthernTerritory



**NORTHERN TERRITORY
SENIORS MONTH**

AUGUST 2025



**NORTHERN
TERRITORY
GOVERNMENT**

COTA
NORTHERN TERRITORY
for senior Territorians



Photo by Alexas Fotos

KATHERINE

Seniors' Mayoral Morning Tea

6 Aug, 10am-12pm

Join Mayor Elisabeth Clark and enjoy live music.

Venue 24 Stuart Highway, Katherine

Bookings Required

Cost Free

Organiser Katherine Town Council

Info Bookings open 1 July.

Isabella Murphy 0498 725 055

trybooking.com/events/landing/1411104

Bees R Us

27 Aug, 10am-2pm (lunch at 12.30pm)

Visit to local apiary to observe bees at work & honey processing. Bus travel can be arranged. Bookings essential.

Venue The Land of Roos and Honey, 330 Zimin Drive, Katherine & Katherine Country Club, 40 Pearce Street, Katherine

Bookings Required, call organiser

Cost \$25

Organiser Katherine Senior Citizens Association

Info Yvonne Gitsham 0414 839 043

ONLINE

Online Zoom Exercise Classes with Third Age Fitness

Bookings Required

Cost Free

Organiser Third Age Fitness

Info Trudi 0402 138 091

bit.ly/NTSeniorsBookings

Better Balance

4 Aug, 1pm

Standing and seated exercises you can do at home. Use a sturdy chair.

Building Strength

6 Aug, 10am

Build muscle and improve overall fitness at home. Have something heavy to hold.

Chair Cardio

11 Aug, 10am

Improve cardio fitness and build leg strength at home. Use sturdy chair.

Chair Strength

12 Aug, 10am

Target entire body strength and flexibility while seated. Use sturdy chair and something heavy to hold.

Pilates (In person & by Zoom)

Mondays, 9.30am-10.15am

For mobility, strength & balance.

BYO mat & water bottle.

Bookings Required

Cost \$8 COTA NT Members,

\$10 Non-Members

Organiser Super Ageing

Info Sharon Kelly 0438 890 089

superageing.com.au/bookings

Seated Aerobics

(In person & by Zoom)

Wednesdays, 9.30am-10.15am

Cardiovascular fitness, coordination & muscle tone.

Bookings Required

Cost \$8 COTA NT Members,

\$10 Non-Members

Organiser Super Ageing

Info Sharon Kelly 0438 890 091

superageing.com.au/bookings



Photo supplied by Super Ageing

Morning Tea with your Local Member

7 Aug, 9.30am-11am

Enjoy a beautiful morning tea with home-made treats in private gardens.

Venue 5 Gwendoline Drive, Katherine

Bookings Required **Cost** Free

Organiser Jo Hersey MLA Member for Katherine

Info Jo Hersey MLA / Jen Bauer EO
08 8973 8461

Senior Fashionistas

13 Aug, 10am-1pm

A fun filled morning with Senior Models wearing outfits from the local Op shops sashaying around.

Venue The Coffee Club (located in the Stuart Hotel) 23 Katherine Terrace

Bookings Required, call organiser

Cost \$20 **Organiser** Katherine Senior Citizens Association

Info Yvonne Gitsham 0414 839 043

Intergenerational Teddy Bears Picnic

20 Aug, 10am-12pm

Picnic with teddy bears, plus craft, songs and book reading.

Venue Hot Springs Park, Riverbank Drive, Katherine

Bookings No

Cost Free

Organiser Katherine Public Library

Info 8971 1188

Remember to tell organisers if you cannot make a booked event.

TENNANT CREEK & OTHER REGIONS

Tennant Creek Senior Citizens & Pensioners Association events

Light morning tea is provided for attendees. All welcome.

Venue Senior Citizens Hall, 49 Haddock Street, Tennant Creek

Bookings Not required **Cost** Free

Organiser Tennant Creek Senior Citizens & Pensioners Association

Info Sylvia Kendall 0417 834 649, Bonnie Thompson 0401 117 300

Gardening Fun
6 Aug, 10am-12pm

Scrapbooking
9 Aug, 10am-12pm

Resin Creativity
11 Aug, 10am-12pm

Safety for Seniors
13 Aug, 10am-12pm

Cardmaking
15 Aug, 10am-12pm

Jewellery Making
18 Aug, 10am-12pm

Essential Oils
20 Aug, 10am-12pm



Photo by Mareefe

Gift Box Making
22 Aug, 10am-12pm

Computer Magic
23 Aug, 10am-12pm

Healthy Living
25 Aug, 10am-12pm

Movie Day
26 Aug, 10am-12pm

Candle Making
29 Aug, 10am-12pm

Arts & Crafts Show and Tell
30 Aug, 10am-12pm

Celebrating Elders and Culture

Various times

The Miriam Rose Foundation will be celebrating Aboriginal-Elders and promoting healthy, active ageing, physical and mental wellbeing throughout the month with gentle movement activities like gathering natural materials for crafts and storytelling sessions that support memory, creativity and intergenerational connection. Younger Aboriginal people and community are invited. Details on request from the organiser.

Venue Nauiyu (Daly River) **Organiser** Miriam Rose Foundation (MRF)

Info Kathleen Cole 0402 317 526, miriamrosefoundation.org.au

Respect & Safety: Empowering Seniors Through Awareness and Prevention

Nauiyu – Wednesday 6 Aug

Pine Creek – Tuesday 12 Aug

Kalkarindji – Wednesday 20 Aug

Timber Creek – Tuesday 26 Aug

Yarralin – Wednesday 27 Aug

The Victoria Daly Region's 2025 Seniors Month events will be hosted across five remote communities in the Victoria Daly Region: Kalkarindji, Yarralin, Timber Creek, Pine Creek, and Nauiyu. The events will provide seniors with an opportunity to come together for a morning tea/lunch and engage with informative and educational stalls hosted by the Victoria Daly Regional Council. These events will focus on raising awareness and providing education on key issues such as the prevention of abuse against older people, financial security for seniors and scam awareness.

Venues: Nauiyu, Pine Creek,

Kalkarindji, Timber Creek, Yarralin

Organiser Victoria Daly Regional Council

Info Leanne Buckley 0497 927 098



Bridgette Kikitan
by Miriam Rose
Foundation

Free Entry

Free Morning Tea

BBQ

Interactive Information Stalls

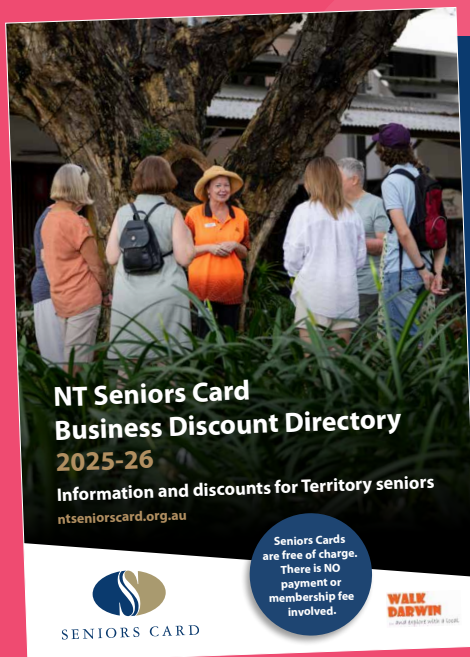


ALICE SPRINGS SENIORS EXPO

*The one-stop info
event of 2025*

**TUESDAY
12 AUGUST 2025
10AM – 2PM**

**DoubleTree by Hilton
Hotel Alice Springs,
82 Barrett Dr, Alice Springs**



OUT NOW *in print and online*

Pick up your copy at the
Alice Springs Seniors Expo
on 12 August or from a
distributing outlet

 ntseniorscard.org.au



Your Seniors Month

- Pull out and pin up the month-to-view calendar
- Events are listed chronologically and by region except for events run by COTA NT in the Darwin region (pages 4-5), City of Darwin (pages 6-7) and Coomalie Community Government Council (page 11)
- Give something new a go! This is the month to go for it
- Check the online calendar for updates
- Book early to avoid disappointment
- Phone before you go to check the event is going ahead as planned
- Let event organisers know if you cannot attend a booked event, so they can offer your space to the waitlist.



This calendar is produced by COTA NT on behalf of the Northern Territory Government. All information was correct at time of going to print. It is highly recommended that you phone before you attend an event, as details may be subject to change. You can also check the online version of this calendar at www.cotant.org.au/territory-seniors-calendar for event updates.