

NORTHERN TERRITORY

Seniors Month

August 2016

Betty Franklin
Robert W. Johnson - The Ancient Mariner

EVENT CALENDAR

The Northern Territory Government supports the active participation of seniors in events held throughout Seniors Month 2016.

The calendar can be found at www.seniors.nt.gov.au

EVENT DETAILS FOR DARWIN

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| Bridge Information Sessions 2 Aug ~ 9:30-11am 11 Aug ~ 2:30-4pm Spillet House, 65 Smith Street | The benefits of bridge; keeps your brain active and is excellent socially. Cost to Seniors: Free Contact: Sue Moffitt 0408 428 221 Organiser: Darwin Bridge Club |
| Cool Seniors & WETS water based program Each Tuesday & Thursday 12:30-1:30pm NT Swim School, Caryota Court, Coconut Grove | A fun social event structured around water familiarisation and water exercise development. Cost to Seniors: Free Bookings: Wayne Van Sambeek 8941 6087 Organiser: Royal Life Saving Society (AUS) NT Branch |
| Come & Try Badminton Each Wednesday & Friday 9-11am 21 Albatross Street, Winnellie | Supervised introduction to indoor badminton with an emphasis on fun and fitness. Cost to Seniors: Free Bookings: Di Symonds 0437 652 249 Organiser: NT Badminton Association |
| Financial Planning for Retirement 4 Aug ~ 5:30-7:30pm Spillet House, 65 Smith Street | Discussion on planning your retirement following changes to the NT Budget. Cost to Seniors: \$3 Bookings: Stephanie Kendall 8941 1004 Organiser: Association of Independent Retirees and Council on the Ageing (NT) |
| Fun and Friendship Day Bus Trip to Mary River Wilderness Resort 26 Aug ~ 8am-4:30pm Mary River Wilderness Resort | Bus trip, boat ride and lunch at Mary River Wilderness Resort. Cost to Seniors: \$15 Bookings: Janet Elliot 0432 154 306 Organiser: Probus Club of Darwin |
| Grey Medallion water based program Each Tuesday ~ 1:30-2:30pm NT Swim School, Caryota Court, Coconut Grove | Designed for over 55's aiming to reduce the drowning rates of older Australians as well as promote an active, healthy and independent lifestyle. Cost to Seniors: Free Contact: Wayne Van Sambeek 8941 6087 Organiser: Royal Life Saving Society (AUS) NT Branch |
| Group Fitness (low impact) 8 Aug ~ 9:15-10am 10 Aug ~ 9:15-10:15am 11 Aug ~ 10-11am 12 Aug ~ 9:15-10:15am The gym @ CDU Freshwater Road, Alawa | Aerobic moves and light weight training giving the whole body a workout. Cost to Seniors: Free Contact: Manager 8946 6971 Organiser: The gym @ CDU |
| History Mystery Tours Each Tuesday ~ 4:20pm Fannie Bay / Parap | Guided bus tour of Darwin historic sites with discussion and refreshments. Bookings essential. Cost to Seniors: Free Bookings: Fiona Douglas 8985 4179 Organiser: Fannie Bay History and Heritage Society |
| Know Your Rights - Information Session 24 Aug ~ 10am Nightcliff Community Centre, 4/18 Bauhinia Street | Information session for seniors and people with disabilities on their rights. Cost to Seniors: Free Contact: Sara Braines-Mead 8948 5400 Organiser: Integrated disAbility Action |
| Masters Triathlon and Seniors Olympic Games 21 Aug ~ 9am-1pm Arafura Athletics Stadium, Abala Road, Marrara | A sporting day out to encourage health and fitness in our community. Cost to Seniors: \$70 for triathlon participants Bookings: Emily Williams 8981 8377 Organiser: YMCA of the Top End |
| Movie Preview & Morning Tea: Ben Hur 24 Aug ~ 10:30am Event Cinema, Casuarina Square Shopping Centre, 247 Trower Road | Free preview of modern epic <i>Ben Hur</i> - tickets from COTA NT only. Cost to Seniors: Free Bookings: Stephanie Kendall 8941 1004 Organiser: Council on the Ageing (NT) |

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| <p>Multicultural Luncheon 26 Aug ~ 11am-1:30pm Spillet House, 65 Smith Street</p> | <p>Celebrate our multicultural community through delicious home-cooked food and entertainment. Cost to Seniors: \$5 Bookings: Stephanie Kendall 8941 1004 Organiser: Council on the Ageing (NT)</p> |
| <p>Open Day at the Pensioners Workshop 11 Aug ~ 10am-2pm 2/48 Albatross Street, Winnellie</p> | <p>Open day for familiarisation and information. Cost to Seniors: Free Bookings: Fran Smith 0403 335 794 Organiser: The Pensioners Workshop</p> |
| <p>Pre-election Exchange on Seniors Issues 10 Aug ~ 5:30-7pm Spillet House, 65 Smith Street</p> | <p>Debate between the Minister for Senior Territorians and Shadow Minister for Senior Territorians. Cost to Seniors: Free Bookings: Stephanie Kendall 8941 1004 Organiser: Association of Independent Retirees and Council on the Ageing (NT)</p> |
| <p>Re-live the past and enjoy nature (Noonamah & Mary River Resort) 19 Aug ~ 9:30am-3pm Noonamah Tavern & Mary River Resort</p> | <p>Visit the tropical gardens behind Noonamah Tavern and enjoy the eco-friendly gardens at Mary River Resort. Bookings close 12-Aug. Cost to Seniors: \$15 Bookings: Bridie McKuskey 8945 5018 Organiser: Coconut Grove Seniors Community Hall</p> |
| <p>Senior Women's Business 30 Aug ~ 9:30am-12:30pm Casuarina Library Meeting Room, Bradshaw Terrace, Casuarina</p> | <p>Mini expo for senior women in promotion of a healthy lifestyle. Cost to Seniors: Free Contact: Leanne Elliott-Holmes 8981 6066 Organiser: The Asthma Foundation of the NT</p> |
| <p>Seniors 5 Steps Morning Tea 8 Aug ~ 10am-12pm Darwin Community Arts, Malak Shopping Centre, 16 Malak Crescent</p> | <p>Seniors morning tea showcasing the 5 steps to achieving maximum brain health. Cost to Seniors: Free Bookings: Rufaro Nyamusara 8948 5228 Organiser: Alzheimer's Australia NT</p> |
| <p>Seniors of Excellence Awards Presentation 2016 21 Aug ~ 3pm Darwin Trailer Boat Club</p> | <p>Acknowledging, rewarding and celebrating voluntary contributions of senior Territorians to their respective communities. Cost to Seniors: Free Contact: Mike Foley 0438 279 244 Organiser: Seniors of Excellence NT</p> |
| <p>Seniors Month Invitation Golf Ambrose 16 Aug ~ 8:30am Darwin Golf Club, Links Road, Marrara</p> | <p>A fun golfing event, including a golf lesson, equipment (if needed) and refreshments. Cost to Seniors: \$10 Bookings: Darwin Golf Club Pro Shop 8927 1015 Organiser: NT Senior Women Golfers' Association</p> |
| <p>Seniors Morning of Entertainment 25 Aug ~ 10am Darwin High School Amphitheatre, Bullocky Point</p> | <p>Darwin High School students showcasing their talents in music, song, dance and hospitality. Cost to Seniors: Free Bookings: Penny Beissbarth 0408 083 353 Organiser: Darwin High School Board</p> |
| <p>Seniors Picnic Day 27 Aug ~ 8am-5pm Litchfield</p> | <p>A seniors day out with entertainment, swimming, games and refreshments. Cost to Seniors: Free Contact: Ili Raqiyawa 0417 890 448 Organiser: Fiji Association of the NT</p> |
| <p>Social Table Tennis Each Tuesday ~ 9-11am Darwin Table Tennis Association, Marrara Indoor Stadium, 10 Abala Road</p> | <p>Social Table Tennis including qualified Level 1 coaching and social competition. Cost to Seniors: Free Bookings: Christine Marshal 0432 834 998 Organiser: Darwin Table Tennis Association</p> |
| <p>Trip to Berry Springs 25 Aug ~ 9:30am-3pm Berry Springs</p> | <p>Coach trip to Berry Springs, stops at Crazy Acres, Darwin Rural Dam, and Litchfield Pub for lunch. Cost to Seniors: \$20 Bookings essential: Gayle Carroll 8985 5406 Organiser: U3A Darwin Inc</p> |
| <p>Woodworking Project at the Pensioners Workshop 25 & 26 Aug ~ 8am-2pm 2/48 Albatross Street, Winnellie</p> | <p>Come and make a small woodwork project of your choice. Cost to Seniors: Free Bookings: Fran Smith 0403 335 794 Organiser: The Pensioners Workshop</p> |

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|---|---|
| Yoga 8 Aug ~ 10-11am The gym @ CDU Freshwater Road, Alawa | Relaxing group class with focus on breathing and flexibility. Cost to Seniors: Free Contact: Manager 8946 9971 Organiser: The gym @ CDU |
| Financial Literacy Seminars - Casuarina Casuarina Community Centre, Community Room, Casuarina Plaza, 256 Trower Road, Casuarina | Cost to Seniors: Free Bookings: FIS Seminar Bookings 13 63 57 or fis.seminar.bookings@humanservices.gov.au Organiser: Department of Human Services, Financial Information Service |
| Accommodation Options in Retirement 19 Aug ~ 10am-12pm | Accommodation options available and issues to be considered, covers retirement villages, family, home equity loans and overview of residential aged care. |
| Protecting Your Assets 19 Aug ~ 2-3:15pm | Provides an understanding of various insurance products and how they work, understanding risk and how to manage it, introduction to Estate planning. |
| Age Pension and Your Choices 22 Aug ~ 10am-12pm | For people who are receiving, or who will soon apply for an Age Pension, covering eligibility and entitlement, safety net principle, and incentives to continued participation in the workforce. |
| Aged Care Fees and Charges 22 Aug ~ 1:30-3:30pm | Summary of home care and residential aged care fees and charges. |
| Managing Money 29 Aug ~ 10:30am-12pm | Take control of your financial position, covering budgeting and saving, managing debt, planning for the future. |
| Salary Sacrifice to Superannuation 29 Aug ~ 1-2:15pm | Explains contributions to superannuation, salary sacrifice to super, tax rules and issues to consider. |
| Introduction to Retirement Income Stream 29 Aug ~ 2:45-4pm | Covers allocated/account based pensions, explains how they work, taxation, account choices and advantages/disadvantages. |
| Financial Literacy Seminars - Darwin | Cost to Seniors: Free Bookings: FIS Seminar Bookings 13 63 57 or fis.seminar.bookings@humanservices.gov.au Organiser: Department of Human Services, Financial Information Service |
| Age Pension and Your Choices 15 Aug ~ 1:30-3:30pm Melaleuca Refugee Centre, Meeting Room, 24 McLachlan Street | For those people receiving, or who will soon apply for, an Age Pension. Covering eligibility and entitlement, safety net principle, and incentives to continued participation in the workforce. |
| Understanding Superannuation 16 Aug ~ 10:30am-12:30pm Spillet House, 65 Smith Street | Explains superannuation. Covering contributions, investment options, taxation treatment, social security treatment and accessing superannuation at retirement. |
| Salary Sacrifice to Superannuation 18 Aug ~ 11am-12:15pm Spillet House, 65 Smith Street | Explains contributions to superannuation, salary sacrifice to super, tax rules and issues to consider. |
| Introduction to Retirement Income Stream 18 Aug ~ 1-2:15pm Spillet House, 65 Smith Street | Covers allocated/account based pensions, explains how they work, taxation, account choices and advantages/disadvantages. |
| Aged Care Fees and Charges 30 Aug ~ 10:15am-12:15pm Spillet House, 65 Smith Street | Summary of home care and residential aged care fees and charges. |
| Protecting Your Assets 30 Aug ~ 1-2:15pm Spillet House, 65 Smith Street | Provides an understanding of various insurance products and how they work, understanding risk and how to manage it, introduction to Estate planning. |

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| COTA NT Fitness and Information Sessions Spillet House, 65 Smith Street | Bookings/Contact: Stephanie Kendall 8941 1004 Organiser: Council on the Ageing (NT) |
| Advanced Personal Plans 9 Aug ~ 10am-12pm | Help and advice in completing an Advanced Personal Plan with light morning tea. Bookings required Cost to Seniors: Free |
| Boxercise 4 Aug ~ 10:30-11:30am | Cardio class suitable for active, fit seniors based around boxing circuit training. Cost to Seniors: Free |
| Chair Aerobics 25 Aug ~ 10:30-11:30am | Cardio exercise from a seated position - suitable for mobility impaired seniors. Cost to Seniors: Free |
| Internet for Beginners Class Each Friday ~ 9:30-11:30am | Introduction to internet browsers, search engines and navigating the World Wide Web. Bookings required. Cost to Seniors: Free |
| iPad Training (4 week course) Each Saturday ~ 9:30-11am | Suitable for beginners and more advanced users, includes all the essentials. Bookings required Cost to Seniors: \$2 donation |
| Laughter Yoga 31 Aug ~ 10-10:40am | A laughter workout to dissolve stress, feel good and connect with others. Cost to Seniors: Free |
| Musical Jam 23 Aug ~ 10:30am onwards | BYO instrument and enjoy music making. Ukulele tuition available for beginners. Cost to Seniors: Free |
| Pilates Each Monday (from 8 Aug) 10:30-11:30am | All over body conditioning, developing strength and flexibility. Suitable for all levels. Cost to Seniors: \$5 per class |
| Social Bingo Each Monday (from 8 Aug) 10:30-1pm | Easy to follow bingo played at speed of the slowest player. Cost to Seniors: \$20 approx. |
| Spilates 23 Aug ~ 10:30am onwards | Exercise fusion class of barre pilates, yoga and callanetics. Suitable for most. Cost to Seniors: Free |
| Zumba Gold 3 Aug ~ 5:30-6:15pm 5 Aug ~ 9:30-10:15am 12 Aug ~ 9:30-10:15am 17 Aug ~ 5:30-6:15pm 19 Aug ~ 9:30-10:15am 24 Aug ~ 5:30-6:15pm 26 Aug ~ 9:30-10:15am 31 Aug ~ 5:30-6:15pm | Modified Zumba class with a focus on moving and having fun. Cost to Seniors: \$5 per class |



City of Darwin Events

Cost to Seniors: Free
Bookings/Contact: Phone 8930 0409 or visit www.codseniors.eventbrite.com
Organiser: City of Darwin

Healthy Moves for Seniors

2 & 9 Aug - 9:30-10:30am

Coconut Grove Seniors Hall

Gentle exercises designed to safely build fitness and strength.

Bookings essential.

Grandparents Story Time

10-10:45am

3 Aug - Darwin City Library

11 Aug - Karama Library

17 Aug - Casuarina Library

23 Aug - Nightcliff Library

Celebrate the special bond between grandparents and their grandchildren at our Story Time sessions.

Film Screening

1-2:30pm

4, 18 Aug - Nightcliff Library

25 Aug - Casuarina Library

The Dressmaker (4 Aug)

Funny Face (18 Aug)

The Lady in the Van (25 Aug)

Bookings essential.

Loud @ the Library

12-1pm

5, 19, 26 Aug - Casuarina Library

12 Aug - Darwin City Library

Live music at the library every Friday lunch time. Featuring local musicians of all genres.

Darwin Heart Foundation Walking Group

Each Friday - 7:30am

Mitchell Centre Information Desk

Explore the beautiful open spaces in your area while improving your heart health and making new friends.

Casuarina Heart Foundation Walking Group

Each Monday (from 8 Aug)

7:30am

Casuarina Shopping Centre

Explore the beautiful open spaces in your area while improving your heart health and making new friends.

Intro to Digital Magazines

8 Aug - 10-11am

Karama Library

Learn to access digital magazines online for free using Zinio. Bring your own smart device.

Bookings essential.

Grandparents Fun Bus Morning Tea with their Grandchildren

10 Aug - 9:30-11:30am

Water Gardens, Jingili

Welcome all grandparents and their grandchildren to the Fun Bus mobile playgroup.

Intro to Social Media

16 Aug - 10am-12pm

Darwin City Library

Walk through the most popular social media sites. Suitable for beginners.

Bookings essential.

Aqua Yoga

20, 27 Aug - 12:30-1:30pm

Casuarina Pool

Water based activity which is low impact and easy on your joints yet challenging.

Bookings essential.

Deckchair Cinema Night: *The Meddler*

24 Aug - 6:30-10:30pm

Deckchair Cinema

Enjoy a relaxing night at Darwin's iconic Deckchair Cinema featuring *The Meddler*.

Bookings essential.

The Big Book Club

31 Aug - 1-2pm

Casuarina Library

Join us for a big book club with a special guest as MC. *The Light Between the Oceans* by M.L. Steadman.

Bookings essential.

EVENT DETAILS FOR

PALMERSTON

Adelaide River Tour

25 Aug - 9am-4pm

Palmerston Bus Exchange to Adelaide River and back.

Visit the Adelaide River Railway Museum, War Cemetery and Berry Springs. Morning tea at Batchelor and lunch at Adelaide River.

Cost to Seniors: \$10

Bookings: Marilyn Roberts 0450 527 915

Organiser: Palmerston Combined Probus Club

Palmerston and Rural Seniors Committee Seniors Fortnight

7-21 Aug

The Seniors Fortnight Program is available to Seniors in the Palmerston and Litchfield Council regions only. The program will be distributed from 1 July 2016.

Further information: Geoff Boyton (Secretary) 0455 660 026 or gboytonseniors@gmail.com

Financial Literacy Seminars

Palmerston Library Community Room, Goyder Square

Cost to Seniors: Free

Bookings: FIS Seminar Bookings 13 63 57 or

fis.seminar.bookings@humanservices.gov.au

Organiser: Department of Human Services, Financial Information Service

Understanding Your Pension

17 Aug - 2:30-4:30pm

Designed for people who are receiving an Age Pension, covers eligibility and entitlement, means tests, deeming, work bonus, obligations and rights, concessions and taxation.

Managing Money

24 Aug - 2:30-4pm

Take control of your financial position. Covering budgeting and saving, managing debt, planning for the future.

Accommodation Options in Retirement

25 Aug - 10am-12pm

Discusses various accommodation options available and issues to be considered, covers retirement villages, family, home equity loans and overview of residential aged care.

Salary Sacrifice to Superannuation

25 Aug - 12:45-2pm

Explains contributions to superannuation, salary sacrifice to super, tax rules and issues to consider.

Protecting Your Assets

26 Aug - 10:30-11:45am

Provides an understanding of various insurance products and how they work, understanding risk and how to manage it, introduction to Estate planning.

Understanding Superannuation

26 Aug - 1:30-3:30pm

Explains superannuation covering contributions, investment options, taxation treatment, social security treatment and accessing superannuation at retirement.

EVENT DETAILS FOR

DARWIN RURAL

13th Annual Taminmin Seniors' Poetry Lunch

20 Aug - 11:30am-3pm

Taminmin Community Library, Challoner Cct, Humpty Doo

The 13th Annual Poetry Lunch continues provision of literary enjoyment and active participation.

Cost to Seniors: Free

Bookings: Iris Beale 8983 7000

Organiser: Friends of the Taminmin Library

Coomalie Seniors Picnic

12 Aug - 9:30am-2pm

Batchelor Oval and various locations around Batchelor

Picnic bringing rural people together for social engagement, artistic and physical learning

Cost to Seniors: \$5

Bookings: Darryl Butler 0428 983 098

Organiser: COTA NT - Coomalie Branch

Lunch at the Territory Wildlife Park

15 Aug - 10am-1pm

From Wagait to the Territory Wildlife Park

Visit to the Territory Wildlife Park, and a BBQ lunch.

Cost to Seniors: Free

Bookings: Pam Wanrooy 8978 5185

Organiser: Wagait Shire Council

EVENT DETAILS FOR KATHERINE

Lunch at a Rural Retreat

10 Aug ~ 10am-2pm

Edith Farms Road

Travel to Edith Farms rural property and enjoy a BBQ lunch.

Cost to Seniors: \$10

Bookings: Del Harlan 0417 835 504

Organiser: Katherine Senior Citizens

Lunch at the Katherine Country Club

31 Aug ~ 12noon-2pm

Pearce Street

Lunch at the Katherine Country Club.

Cost to Seniors: \$7

Bookings: Del Harlan 0417 835 504

Organiser: Katherine Senior Citizens

Lunch hosted by Laura

24 Aug ~ 10am-2pm

Florina Road

Travel along Florina Road for an outdoor lunch in rural surroundings.

Cost to Seniors: \$5

Bookings: Del Harlan 0417 835 504

Organiser: Katherine Senior Citizens

Tour on the Victoria River at Timber Creek (overnight)

17-18 Aug

Departs 17 August 7:30am

Returns 18 August 5pm

Timber Creek

Travel to Timber Creek, stay overnight, visit historic sites and tour on the Victoria River.

Cost to Seniors: \$110

Bookings: Del Harlan 0417 835 504

Organiser: Katherine Senior Citizens

Morning Tea with Mayor and Councillors

3 Aug ~ 10-11:30am

Katherine Town Council,
Stuart Highway

Morning Tea hosted by the Mayor and Councillors.

Cost to Seniors: Free

Bookings: Del Harlan 0417 835 504

Organiser: Katherine Senior Citizens

Kalkarindji Aged Care Open Day

4 Aug ~ 9am-2pm

Aged Care grounds,
Janama Street, Kalkarindji

A bringing together celebration of the elderly and the young of the communities of Kalkarindji and Dargaragu.

Cost to Seniors: Free

Bookings: Helen Huen 8975 0960

Organiser: Victoria Daly Regional Council

Katherine Public Library Seniors Month

2-31 Aug

Various days and times

Katherine Public Library

Various activities geared to engage and empower senior members of the Katherine community.

Cost to Seniors: Free

Bookings: Colleen Kerr 8971 1188

Organiser: Katherine Town Council

Gourmet Gorge Fine Dining

7 Aug ~ Departs 5pm

Nitmiluk National Park

A fine dining experience at Cicada Lodge.

Cost to Seniors: \$40

Bookings: Vicki Rossiter 8971 0027

Organiser: NT Friendship and Support

Yoga in the Outback

12 Aug ~ 9-10am

Nitmiluk National Park

Gentle yoga for seniors. **Bookings essential.**

Cost to Seniors: Free

Bookings: Vicki Rossiter 8971 0027

Organiser: NT Friendship and Support

Financial Literacy Seminars

Katherine Training Centre,
Block M Auditorium,
19 Second Street, Katherine

Cost to Seniors: Free

Bookings: FIS Seminar Bookings 13 63 57 or fis.seminar.bookings@humanservices.gov.au

Organiser: Department of Human Services, Financial Information Service

Age Pension and Your Choices

2 Aug ~ 5-7pm

For people receiving, or who will soon apply for an Age Pension, covering eligibility and entitlement, safety net principle, and incentives to continued participation in the workforce.

Managing Money

3 Aug ~ 2:30-4pm

Take control of your financial position. Covering budgeting and saving, managing debt, planning for the future.

Salary Sacrifice to Superannuation

3 Aug ~ 4:45-6pm

Explains contributions to superannuation, salary sacrifice to super, tax rules and issues to consider.

Introduction to Retirement Income Stream

3 Aug ~ 6:30-7:45pm

Covers allocated/account based pensions, explains how they work, taxation, account choices and advantages/disadvantages.

EVENT DETAILS FOR

TENNANT CREEK

Financial Literacy Seminars

Tennant Creek Training Centre,
Karguru Conference Room,
65 Staunton Street

Cost to Seniors: Free

Bookings: FIS Seminar Bookings 13 63 57 or
fis.seminar.bookings@humanservices.gov.au

Organiser: Department of Human Services,
Financial Information Service

Age Pension and Your Choices

8 Aug - 2:30-4:30pm

For people who are receiving, or who will soon apply for an Age Pension, covering eligibility and entitlement, safety net principle, and incentives to continued participation in the workforce.

Managing Money

9 Aug - 2:30-4pm

Take control of your financial position. Covering budgeting and saving, managing debt and planning for the future.

Salary Sacrifice to Superannuation

9 Aug - 4:45-6pm

Explains contributions to superannuation, salary sacrifice to super, tax rules and issues to consider.

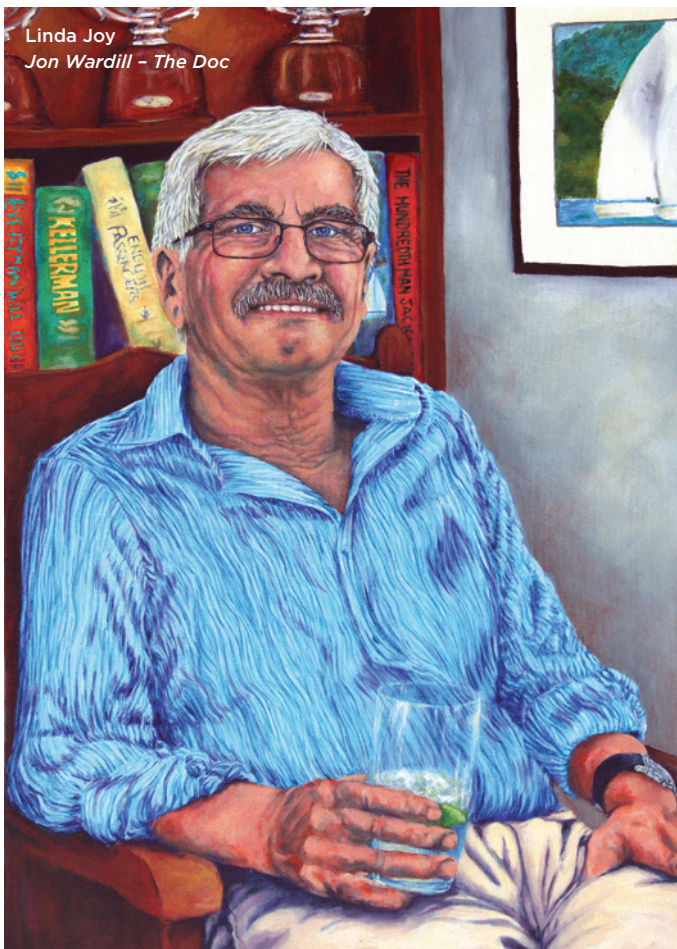
Introduction to Retirement Income Stream

9 Aug - 6:30-7:45pm

Covers allocated/account based pensions, taxation, account choices and advantages/disadvantages.

Linda Joy

Jon Wardill - *The Doc*



EVENT DETAILS FOR

CENTRAL AUSTRALIA

Seniors Month Lunch Tour 25 Aug - 9am-3pm

Ross River Resort, Ross Highway

Bus tour to Ross River with a two course sit down lunch.

Cost to Seniors: \$10

Bookings: Jodie Solczaniuk 8956 9711

Organiser: Alice Springs Senior Citizens

Still Got Talent - 5th Edition 31 Aug - 11am-2.30pm

Alice Springs Town Council
Civic Centre Function Room

A celebration of the talents of our seniors - 5th edition!

Cost to Seniors: Free

Contact: Mitch Cameron 8950 0567

Organiser: Alice Springs Town Council

Seniors Interactive Luncheon

18 Aug - 11am start

Gillen Club, Milner Road

Luncheon and activities for seniors including chair exercises, brain gym, a guest speaker and games.

Cost to Seniors: Free

Bookings: Lowell Wood 8952 9799

Organiser: Alzheimer's Australia NT

Come Fly With Me

Each Wednesday - 2-4pm

Central Australian Aviation
Museum, Memorial Avenue

Museum open day. Try the flight simulator, enjoy Devonshire Tea, learn about aviation history in Central Australia.

Cost to Seniors: \$2

Contact: Heather Robinson 8952 3014

Organiser: Central Australian Aviation Museum

Adventure to Glen Helen (overnight)

20-21 Aug

Departs 20 August 10am

Returns 21 August 1pm

Glen Helen Homestead Lodge,
Namatjira Drive

Travel 135kms to Glen Helen for adventure, bush walking, relaxation, friendship and good food.

Cost to Seniors: \$30

Bookings: Jan Dowson 8952 3344

Organiser: National Seniors Australia
- Central Australia

Financial Literacy Seminars - Alice Springs

Andy McNeil Room, Alice Springs
Town Council, Todd Street

Cost to Seniors: Free

Bookings: FIS Seminar Bookings 13 63 57 or
fis.seminar.bookings@humanservices.gov.au

Organiser: Department of Human Services,
Financial Information Service

Salary Sacrifice to Superannuation

10 Aug - 4:45-6pm

Explains contributions to superannuation, salary sacrifice to super, tax rules and issues to consider.

Introduction to Retirement Income Stream

10 Aug - 6:30-7:45pm

Covers allocated/account based pensions, taxation, account choices and advantages/disadvantages.

Managing Money

11 Aug - 2:30-4pm

Take control of your financial position. Covers budgeting and saving, managing debt, planning for the future.

Understanding your Pension

12 Aug - 10am-12pm

Designed for people who are receiving an Age Pension and covers eligibility and entitlement, means tests, deeming, work bonus, obligations and rights, concessions and taxation.

Chair-based Exercises

Each Monday (from 8 Aug)
9-9:45am

Baptist Church, Brown Street

Easy exercises for seniors with physical disability to strengthen their muscles.

Cost to Seniors: Free

Contact: Veryl Mellors 8952 3908

Organiser: U3A Alice Springs

Text Analysis

Each Tuesday - 10am-12pm

Double Tree Hilton,
Barrett Drive

Sharing the reading aloud of a book of international repute, discussing its meaning and literary relevance.

Cost to Seniors: Free

Contact: Pat Beattie 8952 7172

Organiser: U3A Alice Springs

Water Exercises

Each Wednesday - 9-10am

Alice Springs Aquatic and
Leisure Centre, Speed Street

Easy aqua-aerobics in the warm water of the middle pool.

Cost to Seniors: Free

Contact: Wendy Collits 8953 2862

Organiser: U3A Alice Springs

Cards and Games**Each Wednesday - 1-4pm**50+ Community Centre,
Wills TerraceSocial games (cards, words and numbers) to
maintain concentration and mental agility.**Cost to Seniors:** Free**Contact:** Kathy Fritz 8952 9791**Organiser:** U3A Alice Springs

Stitch and Craft**Each Wednesday****1:30-3:30pm**Central Craft, Araluen Cultural
Precinct, Larapinta DriveDevelop a craft of choice in an inspiring location
and learn from each other.**Cost to Seniors:** Free**Contact:** Emmy van Marsaveen 8952 8151**Organiser:** U3A Alice Springs

Australian History Study**Each Friday - 10-11am**50+ Community Centre,
Wills TerraceDevelop a fresh perspective on episodes
of Australian history by sharing research
and memories.**Cost to Seniors:** Free**Contact:** Bev Regan 8955 0117**Organiser:** U3A Alice Springs

English Literature**Each Friday - 2-4pm**50+ Community Centre,
Wills TerracePoems and writings from English literature
are read and discussed.**Cost to Seniors:** Free**Contact:** Trish van Dijk 8955 0252**Organiser:** U3A Alice Springs

Creative Writing**6 & 20 Aug - 1:30-4pm**50+ Community Centre,
Wills Terrace10 minutes of writing then sharing writing
brought in by members of the group.**Cost to Seniors:** Free**Contact:** Meg Williams 8952 2204**Organiser:** U3A Alice Springs

Travellers Tales**11 Aug - 10:30am-12pm**50+ Community Centre,
Wills Terrace

Accounts of recent or past travels by members.

Cost to Seniors: Free**Contact:** Noel Thomas 8953 2862**Organiser:** U3A Alice Springs

Music Appreciation**18 Aug - 1:30-3:30pm**50+ Community Centre,
Wills TerraceListening to short lectures on the development
of aspects of Western music, then sharing and
discussing examples.**Cost to Seniors:** Free**Contact:** Ian Mann 8952 7808**Organiser:** U3A Alice Springs

We are what we eat**28 Aug - 3-4:30pm**50+ Community Centre,
Wills Terrace

Sharing stories of family meal time. BYO recipe.

Cost to Seniors: Free**Bookings****essential:** Kathleen Nitschke 8952 4007**Organiser:** U3A Alice Springs

Race Day**7 Aug - 1:30pm**

Alice Springs Turf Club

Relaxing afternoon at the Alice Springs
Turf Club.**Cost to Seniors:** \$5**Bookings:** Kathy 8952 9791**Organiser:** National Seniors Australia
- Central Australia

Irene Taylor

Rosemary Weise - "Being Rosemary"



A MESSAGE

FROM THE MINISTER FOR

SENIOR TERRITORIANS

HON PETER STYLES MLA

As the Minister for Senior Territorians, I enjoy Seniors Month as a time to celebrate the valuable contributions of our senior Territorians.

All Seniors are encouraged to get involved in events and activities throughout the month.

Many of the activities featured in the calendar were provided grants through the Northern Territory Government's Seniors Month Grants program.

Seniors Month is an opportunity to embrace and enjoy the great lifestyle that we enjoy here in the Northern Territory.

I strongly encourage all Territory Seniors to get out and about to the activities in their area.

It's a great chance to try something new, meet new people or participate in activities with friends.

I will be attending many of the planned Seniors Month activities and I look forward to seeing you enjoying them as well.

