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SENIORS CARD

20 years in the Territory

NT Seniors Card Newsletter: Issue 3, September 2019

From the CEO



Dear Seniors Card members,

What a fabulous month we had for Seniors Month in August here in the Territory, we had over 100 events listed in our printed calendar and even more online.

COTA NT took a road trip from Darwin to Alice Springs and back meeting many seniors along the way.

There are so many opportunities for Territory seniors to be involved in activities and events, providing feedback, volunteering and participating. The [COTA NT](#) and [NT Seniors Card](#) facebook pages are the perfect place to get up to date information on what's happening for seniors in Darwin and throughout the Territory.

We are recruiting more business partners every week to the Seniors Card program and these are all listed on our online discount directory, if you haven't checked it out yet, have a look now, <https://ntseniorscard.org.au/discounts-directory/> you can search for businesses by region or category.

Casuarina Shopping Centre are now holding [seniors shopping days every Wednesday](#)! Visit the website or the information desk in the Centre to find out what stores have discounts.

Kind regards,
Sue Shearer,
CEO COTA NT

What's on...

1 October 2019: CDU and COTA NT present "We're still here: Territory Seniors Matters"

Two sessions; book through Eventbrite

[Spillett House from 1:00pm to 2:30pm](#)

[CDU Waterfront from 5:30pm to 6:30pm](#)

COTA NT AGM will be held 3 October from 10:00am to 12:00noon at Spillett House, 65 Smith St, Darwin

COTA NT, Aged Care Navigator and NT Seniors Card information stall will be at **Coolalinga Central** on **22 October** from 9:00am to 2:00pm.

Activities at COTA NT, Spillett House, Darwin

Mondays Pilates from 9:30am to 10:15am

Tuesdays Musical Jam from 10:00am to 12:00noon

Wednesdays Seated Aerobics from 9:30am to 10:15am and Yoga from 11:00am to 11:45pm

Starting 17 October Tai Chi is back on Thursdays

Advanced from 9:30am to 10:30am

Beginners from 10:45am to 11:45am

COTA NT Coomalie Branch

Community Shed Tuesdays 9:00am to 2:00pm

Grey Panthers Tuesdays from 10:30am to 2:00pm
(Rum Jungle Tavern Function Room)

COTA NT Berry Springs Branch

Morning Tea @ Territory Wildlife Park

1 October from 10:00am to 12:00noon

October Business Month (OBM) is a month long program of business events, comprising seminars, business breakfasts, keynote speakers, industry briefings, leadership events, conferences and workshops. Book now at: <https://obm.nt.gov.au/>

Casuarina Square Senior's Shopping Day



Wednesday is Seniors Day at Casuarina Square. You can enjoy a range of discounts and special offers at your favourite restaurants, hair dressers, beauty, fashion and BCC Cinemas by simply presenting your seniors card at participating stores! So if you're a senior; shop, dine and enjoy your day with us every [Wednesday at Casuarina Square...](#)

Retailers include; Angus&Coote, BCC Cinemas, Beauty Queen, Best&Less, Bright-Eyes Sunglasses, Dapper&Boss, Donut King, Edge Health Club, Gloria Jeans Coffees, Hairhouse Warehouse, Hog's Breath Café, Johnny Bigg, Just Cuts, King of Knives, Laser Clinics Australia, Le Bistro Rakuya, Mister Minit, Muffin Break, My Foor Dr., Nail Lovers, NeNe Chicken, Nutrizone, OPSM, Pharmasave, Price Attack, Prouds the Jewellers, Robins Kitchen, The Shaver Shop, SNS Nails Salon, Soul Origin, Spendless Shoes, T2, Taste of Viet and Tommy Gun's Barbershop.

Check out our October newsletter for information on how you can win a \$100 Casuarina Square gift card.

Seniors Month 2019

Seniors Month in the Territory just keeps getting bigger, better and brighter!

This year with funding from the Northern Territory Government's Community Benefit Fund we took to the streets with a trip in the COTA NT bus from Darwin to Alice Springs and back. We stopped in at Katherine and Tennant Creek along the way to meet with seniors in the regions.



Chair Aerobics at Yeperenye Shopping Centre Health and Wellness Day

We finished up in Alice Springs with a fantastic Health and Wellness Day at Yeperenye Shopping Centre.

Big thanks to all concerned particularly Nicole from Yeperenye, Fran Kilgariff, COTA NT coordinator and Debbie Pepper, Aged Care Navigator Alice Springs for organising a ripper day at the shopping centre.



The COTA NT bus in Katherine and CEO Sue Shearer with Tennant Creek Senior Citizens



Stunning Sturt Desert Peas at the Aileron Roadhouse



Researchers from the Northern Institute launched a survey investigating population drivers affecting the Northern Territory in June 2019. The population of senior Territorians are very important to their research and they want you to share your experiences of living in the Territory by participating in the survey.

“The Territory and Me” is a large research project that aims to understand what makes people connected to the Territory, want to move here, stay living here or decide to leave. Population is critical to the Territory’s economic stability, and the creation of more jobs and opportunities, both social and economic. The results of this research will help government to develop policies and initiatives that could help to grow the Territory population.

The survey is linked to the webpage below:
<https://theterritoryandme.cdu.edu.au/survey-link>

By participating you can choose to go into the draw for a return flight between Darwin/Alice and any other Australian capital as well as two supplementary prizes of \$100 retail vouchers. It will only take you a short time to complete, just 10 to 15 minutes. The survey will be closing in November.

COTA across the NT

Our friendly COTA NT, Seniors Card and Aged Care Navigator staff are out and about in Darwin, Palmerston and the Rural area in October and November....

We can give you information and advice on activities and support for seniors in the Territory, update your Seniors Card details, and provide assistance with access to My Aged Care.

Come and see us at:

- Coolalinga Central Information Stall
22 October from 9am to 2pm
- Casuarina Library Information Session and Morning Tea on 19 November from 9:30am to 10:30am
- Greenfields Durack Heights Community Room Information Session and Morning Tea
25 November from 9:00am to 10:30am

For more information go to
<https://www.cotant.org.au/territory-seniors-calendar/>

Call for Participants: Mental Health and Ageing Study

You are invited to take part in a research project looking at Mental Health and Ageing.

Do you have 15 minutes to contribute to scientific research? Danielle Herreen from the School of Psychology at the University of Adelaide is looking for volunteers to complete a brief survey about Mental Health and Ageing.

The survey will ask you to rate the extent to which you’ve experienced certain feelings and behaviours over the past few weeks, as well as your level of agreement with common statements about what it means to be a man or a woman. The survey should take no more than 15 minutes to complete and you could even **win one of three \$150 EFTPOS gift cards**. Participation in this study is entirely voluntary and you are free to withdraw from the study at any stage prior to submission of the survey.

The information collected in this study may help to improve our understanding of how mental health symptoms differ for men and women across the lifespan, leading to better recognition and diagnosis of mental health problems.

To participate in the study, please go to: [Mental Health and Ageing Study](#)

This study has been approved by the University of Adelaide Human Research Ethics Committee (approval number H-2019-109).



**NT Seniors Card
welcomes new
business partners:**

[Arnhem Pest Control](#)
[Expo Eyes](#)
[Fantastic Landscaping](#)
[iVenture Card](#)
[Kalidonis Taverna](#)
[Little Green Truck](#)
[McDonalds](#)
[Modern Shade Solutions](#)
[Northern Australia Training](#)
[Santa Fe Restaurant](#)
[Trower Dental](#)



[Pure Hair Extensions](#)
[Smile Bright Teeth Whitening](#)
[Total Holiday Options](#)

For an up to date list of business partners
visit our [Online Discount Directory](#)

Do you know a business that would benefit from
advertising with [NT Seniors Card](#) and connecting with
a growing market of loyal customers?
We have opportunities available for advertising in the
newsletter, on our website, Facebook page or in the
2020 Discount Directory.

Contact Tania Roberts Seniors Card Manager on
(08) 8941 1004 or email seniorscard@cotant.org.au



Aged Care Navigators

Aged Care Navigators are here to help you access
the aged care system. Our friendly, professional
and highly experienced Navigators will help you
and your community through; face to face
meetings and telephone conversations, assistance
to find information on the aged care system,
registering on the My Aged Care Website and filling
in forms, we can provide group or individual
support, and are able to organise information
seminars for community groups.

Contact Janet in Darwin

agedcare_darwin@cotant.org.au

Debbie in Alice Springs

agedcare_alicesprings@cotant.org.au

Or call COTA NT on 8941 1004



Janet Brown,
Aged Care Navigator
Darwin;
Sue Shearer,
CEO COTA NT
and Debbie Pepper,
Aged Care Navigator
Alice Springs

NT Seniors Card 2019 Discount Directory



Don't forget to pick up your
2019 Business Discount Directory available at
COTA NT, Spillett House, Smith Street, Darwin and
50 Plus Community Centre in Alice Springs,
electoral offices, libraries and local councils and
Territory Families' shopfronts.

Check our website for locations:

<https://ntseniorscard.org.au/directory-distribution/>

Contact us on 1800 441 489
Spillett House, 65 Smith Street, Darwin
www.ntsensorscard.org.au
<https://www.facebook.com/ntsensorscard/>

