



SENIORS CARD

SENIORS CARD News

FOR MEMBERS AND COMMUNITY

August 2022

Supported by

Community Bank
Nightcliff,
Coolalinga,
Katherine and
Alice Springs

1300 236 344

Bendigo Bank

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Photo Competition Winners: Jan Martin, Roy Anderson and Christine Tayler



1st Prize Winner in the "Seniors" Digital Photography Class at the Royal Darwin Show sponsored by Seniors Card and COTA NT. Photographer: Christine Tayler

We had a jam-packed three days at the Royal Darwin Show last month and met many existing Seniors Card Members and signed-up more.

Seniors Card's photographic competition was a huge success. A big thank you to the *Darwin Camera Club* who helped promote this to their members. The theme was depicting senior Territorians enjoying the NT lifestyle.

We had many fantastic entries, but the stand-out was the photo supplied by Christine Tayler who walked away with first prize. We hope to collaborate with the Katherine

and Alice Springs shows to run similar competitions.

We've attended a Seniors Luncheon hosted by the Hon Lauren Moss, Minister for Seniors at the Casuarina Club. We were busy updating Senior Card holders' details. COTA sponsored a lucky door prize and one lucky winner took home a \$100 voucher.

Finally, we are delighted to announce our collaboration with *Bendigo Community Bank Branches* who are supporting senior Territorians. You will be hearing a bit from them over the next 12 months.

Kim Farrar
Seniors Card Manager



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Who's new?

Landmark at Gateway

The Landmark at Gateway is an exciting all-in-one entertainment venue open until 3am 7 days offering vastly different experiences over three levels for all ages, including both family and restaurant dining, functions/conferences, bars, beer garden, gaming, sporting and TAB facilities.

- Great food, live music
- Wednesday Quiz Night, Pokies & Keno
- \$15 Week day lunch specials
- 20% off total bill for NT Seniors Card holders

Call The Landmark in Palmerston on **08 7979 0811**

Find out more on the **Discount Finder** on the NT Seniors Card website:
ntseniorscard.org.au/discount/the-landmark *Terms and conditions apply.*



LANDMARK
 @ GATEWAY
good times on every level

20% OFF TOTAL BILL
FOR NT SENIORS CARD HOLDERS

+ \$15 WEEK DAY LUNCH SPECIALS
 Wednesday Quiz Night
 Live Music
 Pokies & Keno

Cnr of Roystonea Ave & Yarrowonga Cres, Palmerston
 08 7979 0811 www.thelandmark.bar @TheLandmarkNT

*Terms & conditions apply. Discount applies only for the cardholder. Not in conjunction with other promotions.



Hello to new businesses

Darwin

- **Handy Truck** - 10% offer to all NT Senior cardholders. Movers of most house hold items with professional staff and safety. Call them on 0404217217 for a quote and they will book you in the next available schedule.
- **Tactile Arts** - NT Seniors Card Holders get a reduced membership from \$90 to \$65 per annum. Tactile Arts is a member based, not-for-profit organisation that showcases and promotes makers of contemporary art and craft in the top end of the Northern Territory. They present an annual program of exhibitions, workshops, artist residencies and major events.
- **Darwin Bowls and Social Club** - Full Membership is \$144 - Seniors Card Holders discount \$90 only + 10% discount on bar prices. Seniors Social Bowls on Friday mornings is only \$5 per session and includes morning tea - starts at 9.30am.

Mataranka

- **Little Roper Stockcamp** - Offering 5% discount on accommodation camping and caravans sites only. Only 2 km from Mataranka Thermal Springs and 8km from Bitter Springs two of the Territory's best water holes. Hosts of stock camp shows and camp oven dinners stews/curry nights.

Seniors Card out and about

COTA NT's Seniors Expo (Alice Springs)
Over 40 exhibitors at the Expo this year and we are one of them! Come along and say hello, update your details, pick up a printed directory, fill out some surveys and enjoy a free morning tea and lunch!

Click [here](#) for the full program.

Tuesday 30 August, 10am to 2pm
Alice Springs Convention Centre, 93 Barrett Dr, Alice Springs NT 0870
A Combined Event

COTA NT's
Alice Springs
SENIORS EXPO
2022

Celebrating Us



Seniors Still Got Rhythm

LIVE PERFORMANCES
Featuring WINNERS of the 2021 Seniors Still Got Talent Quest





Seniors Card won 3rd prize for Community Group stall at the Royal Darwin Show holder. Great team effort from Janet, Sue, Kim and Lorna.

Seniors Voice

Have you read the latest edition of **Seniors Voice**?

Click [here](#) to read in flipbook or PDF formats.



Sunday 30 October

It's Grandparents Day in the Northern Territory on the last Sunday of October.

Get a free event kit to help celebrate with your grandies. See *Community Resources* on the ntgrandparentsday.au site.



Hate feeling left out?

Make sure your phone, address and email address are all up to date with the Seniors Card Membership team and make sure you are always kept informed about new discounts, news and events.



Contact Seniors Card Office - call freephone 1800 441 489 during office hours (Monday to Friday, 9am to 3pm) or [contact us online](#).

SURVEY: Is the Territory age-friendly?

Ageism refers to the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age.
(World Health Organisation, 2021).

COTA NT believes that ageism matters and, like any other form of prejudice and discrimination, can make a profound impact on people's wellbeing, social inclusion, and equality.

Half the world's population is ageist against older people... Ageism is everywhere: from our institutions and relationships to ourselves. For example, ageism is in policies that support healthcare rationing by age, practices that limit younger people's opportunities to contribute to decision-making in the workplace, patronizing behaviour used in interactions with older and younger people, and in self-limiting behaviour, which can stem from internalized stereotypes about what a person of a given age can be or do.
(World Health Organisation, 2021).

Ageism Awareness Day 2022 is on the 7 October. It aims to draw attention to the existence and impacts of ageism. In the run up to AAD 2022, we want to find out if, or how, older Territorians have been affected ageism.



Our investigation into ageism in the Territory aims to answer the question,

"Is the Territory of 2022 a place where every person is valued, connected and respected regardless of their age and health?"

To complete the survey online, click [here](https://ntseniorsvoice.org.au) (ntseniorsvoice.org.au)

You can also pick up a paper copy from our offices at Spillet House, 65 Smith Street during our office hours (Monday to Friday, 9am to 3pm) or come and see me at one of 'Out and About' events and collect one then.

The Cost of Living Survey advertised in the last e-News is also open until the middle of September.



Find Discounts Online

The 24/7 way to check which NT businesses offer discounts to Seniors Card Members is on the Seniors Card website at

ntseniorscard.org.au/discounts-directory



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