



SENIORS CARD

SENIORS CARD *News* FOR MEMBERS AND COMMUNITY

February 2023



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Make 2023 your year to get artsy and crafty!



Happy New Year

Happy New Year 2023 for our Chinese community “Gong Hei fat Choy” and our Vietnamese community “Chuc Mung Nam Moi”.

2023 is a special year in the lunar calendar celebrating two zodiacs – the rabbit and the cat. While it is the Year of the Rabbit in countries such as China and Korea, the Vietnamese community celebrates the Year of the Cat.

Those born in the Year of the Rabbit are able to focus and actualise their goals, they can achieve great things. Famous Rabbits include Albert Einstein,

Michael Jordan, Frank Sinatra, Brad Pitt, Johnny Depp, and Whitney Houston.

Here is what lies ahead in the areas of work and love in the Year of the Rabbit and the Cat.

Rabbits’ time to shine in 2023

Born in 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023? Then you are a Rabbit.

This will be a breakthrough year for you. Doubts that have held you back should fall to the wayside.

Health: Rabbits will enjoy good health in 2023, don’t take it for granted though, get those check ups done.

Work: You have proven what you can do time and again. You have the leverage to make a bold move.

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Love: Not one to knowingly go backward, you are committed to making progress in the right direction.

The Vietnamese New Year is referred to as *Tet Nguyen Dan* and in 2023 the cat is honoured instead of the rabbit. Vietnam and China share 10 of the zodiac calendar's 12 signs, but it is thought that the Vietnamese made their own interpretation of the Chinese word for rabbit 'mao'. In Vietnamese, this sounds like 'meo', which means cat.

Famous Cats include Tiger Woods, Lionel Messi, Germaine Greer, Geoffrey Rush, Jane Seymour and Kate Winslet.

What's in store for Cats

Born in 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023? Then in the Vietnamese calendar, you are a Cat.

Health: Overall Cats will have good health, but in winter & spring you need to pay more attention to staying active and pay attention to your diet. Cats are advised to exercise to cope

with stress.

Work: Cats are loved by others, Cats can enjoy a good career as well as wealth. But Cats should bear in mind that they must never give up halfway when striving for something. This is the year to go for it.

Love: The Best love match for Cat is a Goat and the Pig. Be true to yourself and have faith that the love in your life or that next love will appreciate you for who you are.



Shop in Palmerston with your Seniors Card

Palmerston Shopping Centre is located in the heart of Palmerston CBD with ample underground parking, free WiFi, parents' room, movie kiosk, featuring a major department store and supermarket.

NT Seniors Card has just listed several of the retail outlets that are seniors-friendly and have now joined the NT Seniors Card business program.

The following business gives seniors discount:

- [Bean Juice Café.](#)
- [Thingz Gifts](#)
- [Mensland](#)
- [Palmerstons Bags](#)
- [Palmerston Quality Meats](#)
- [Pharmasave Pharmacy](#)



Shoex Palmerston welcomes Seniors Card holders

- [Shoex](#)
- [Sportspower](#)



Benefits of creative activities



That Art and Craft Place, Alice Springs

As one might guess, creative activity contributes to successful ageing by giving older adults a sense of purpose, personal growth and interaction with others. Engaging in a creative pursuit like painting or knitting can be motivating and help manage life and boost self-esteem.

Being creative can help older adults in many ways.

1. Having a sense of purpose
2. Interacting with others
3. Personal growth
4. Self-acceptance
5. Being independent and retaining autonomy
6. Overall health.

The Seniors Card Program has business partners that offer arts and crafts, cooking, and language classes. They offer discounts to NT Seniors Card holders.

Darwin

- [Tactile Arts –19 Conacher Street, The Gardens](#)
- [Aussie Potz – 1 / 5 Presley Street, Stuart Park](#)
- [Adult Night School - Darwin Languages Centre- 1 Namarluk Drive](#)

Winner!

In December one lucky Alice Springs Seniors Card member won a dinner voucher for **Tali Restaurant** generously donated NT Seniors Card Business partner, Lasseters Hotel Casino.

There will be more member draws throughout 2023. [Lasseter’s Hotel Casino](#) offer \$10 lunch Mondays to Fridays in the Casbah Café when you present your Seniors Card.



Winner Lyne Ansel pictured with COTA’s Aged care Navigator Debbie Pepper.

Alice Springs

- [Central Craft](#) Central Craft is at the Araluen Cultural Precinct, 61 Larapinta Drive Alice Springs
- [Meemas Craft](#) - Shops 1 & 2, 64 Todd Street, Entrance on Gregory Terrace

New Business Partner

- [That Art & Craft Place](#) – Alice Springs

A new space has opened which is great news for Centralians wanting to try their hand at art.



Want to spend time with like-minded people and learn to arts and crafts over a cuppa?

The Arts & Craft place have classes and workshops for beginners to the advanced, catering for the young and the young at heart. Activities such as beading, mosaic, decoupage, and painting. Interested in something else? Just ask. Their instructor is talented in many fields.

Discount offer to senior card holders: 10% off classes. Most classes include materials. Wheelchair access and easy parking. The new schedule starts 1st Feb 2023.

Call 0412 357 516 for info or go [online](#) to find out more.



Have you read the latest edition of Seniors Voice?

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

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Shout out!

For all those NT Seniors Card holders that did the Member Survey a Big Shout out. Thank you!



There is still time to fill the survey out, as we extended the close date to 31 January. Click on the link [here](#) to fill it out and go in the draw to win a \$100 prepaid VISA card. Good luck.

*The winner will be contacted by email and announced in February.

Save the Expo dates

Come along as a exhibitor, performer or event visitor. Contact Lorna for more information on 08 8941 1004.

Katherine Expo, Thursday 16 March, 10am to 2pm, Henry Scott Recreation Centre (YMCA) – Roller Rink, Lot, 2525 Stuart Hwy, Katherine

Darwin Expo, Saturday 27 May 2023, 10am to 2pm, CDU Stadium, Sitzler Netball Centre, 235 Abala Road, Marrara

Alice Springs Expo, Tuesday 22 August 2023, 10am to 2pm, Convention Centre, 93 Barrett Dr, Alice Springs

Find Discounts Online

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

ntseniorscard.org.au/discounts-directory



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