



SENIORS CARD

# SENIORS CARD *News*

FOR MEMBERS AND COMMUNITY

Feb/Mar 2024

## RSPCA Darwin offers Seniors a 10% discount on all adoptions\*



Local, independent offering good old fashioned service.

**call 0438 680 401**

See Seniors Card offer [here](#).



*Have you got room for a new love in your life?*

### IN THIS ISSUE

**RSPCA Darwin offers Seniors 10% discount on adoptions\* 1**

**Seniors Card is coming to Katherine 2**

**Easy meds management 3**

**NEW Business Partners keeping you on the road 3**

**Will Dragons be visionary this year? 4**

**Alice Springs Probus Club invites you along 4**

**Seniors Voice is out now 4**

**Find Discounts Online 4**



*Chung Wah Lion Dancers welcome in the New Year - Year of the Dragon*

### RSPCA Darwin offers Seniors a 10% discount on all adoptions\* on presentation of your Seniors Card. So why not head down and meet your furry companion today!

Australia is one of the most pet-loving nations in the world, with around 62% of households owning a domestic pet. In fact, there are more pets in Australia than there are owners, which suggests that many households have multiple pets.

Benefits of pet ownership range from reducing heart disease to improving mood and wellbeing - there are plenty of scientifically proven ways a pet can improve your general well-being. Here are just some of the great benefits you can enjoy:

- Pets reduce your risk of heart disease
- Pets help people socialise
- Pets improve communication
- Pets improve mood
- Pets keep you moving

*\*Adoption must be processed in the name of the Senior Card holder for the discount to apply*

**SENIORS CARD**  
✉ GPO Box 852  
Darwin NT 0801

📍 65 Smith Street  
Darwin NT 0800  
ABN 86 316 991 800

☎ 1800 441 489  
✉ seniorscard@cotant.org.au  
🌐 ntseniorscard.org.au



COTA NT  
The voice of senior Territorians since 1969

## Katherine SENIORS EXPO

**EXHIBITORS REGISTER**  
And be part of the one day of the year that brings Katherine seniors together with people they want - and need - to see!

Register online,  
[www.cotant.org.au/katherine-seniors-expo-2024](http://www.cotant.org.au/katherine-seniors-expo-2024)\*

**THE ONLY EVENT DESIGNED FOR KATHERINE SENIORS**

Thursday 7 March 2024  
10am to 1pm  
Henry Scott Recreation Centre (YMCA) - Roller Rink, Lot 2525 Stuart Hwy, Katherine

\*Registration fees apply

- \$25 for COTA NT Club and Associate Members
- \$45 for Non-for-Profit Organisations
- \$100 for Businesses and Government Agencies.

Info 08 8941 004  
[www.cotant.org.au](http://www.cotant.org.au)

Now in its 4th year!

## Seniors Card is coming to Katherine

**Seniors Card will be exhibiting at the Katherine Seniors Expo on 7 March.**

Come down and meet the team, update your details, apply for a card if you haven't already got one and find out where you can save money with local and Territory businesses.

The Expo is on between 10am and 1pm and is free to enter. You can enjoy a free morning tea too and meet the other exhibitors, who have a wealth of information about services and supports relevant to those aged 50 and over.

If you are a business, organisation or seniors' group, you can also exhibit at the Expo. Fees start from just \$25.

For information, contact COTA NT on 08 8941 1004 or visit the webpage, [www.cotant.org.au/katherine-seniors-expo-2024](http://www.cotant.org.au/katherine-seniors-expo-2024) to register.

Community Bank  
Nightcliff, Coolalinga, Katherine and Alice Springs

## A better banking experience.

### Right on your doorstep

We deliver the products and technology you'd expect from a big bank, plus the personal service you wouldn't.

As one of Australia's biggest banks, our heartland remains firmly local. As does our focus on you and the quality banking products you need.

Feel good about who you bank with. Try Bendigo.

Find out more. Call 8983 4111 or search Bendigo Bank Northern Territory.



**BANK LOCAL**



**Bendigo Bank**

Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879 A1455027 OUT\_24383572, 14/07/2022

## Easy meds management

Kim Farrar, Seniors Card Manager

**Are you managing multiple medications? Isn't it tiresome having to have the bottles lined up and remember if you took them at the right time? Taking multiple medications, particularly when travelling, can be a hassle.**

Ever thought of *Webster packs*? I recently travelled overseas for 5 weeks and the thought of taking my medications and supplements in little plastic bags didn't appeal to me. One of my friends suggested Webster packs. I said, "I was not that forgetful." She said that it's not just for that reason, it's for convenience. I took her advice and organised my own Webster pack. Seriously it made managing my medicines so easy when I was travelling, they proved both space and time saving.

I recommend Webster packs for anyone using

multiple medications and supplements. Webster packs are also useful if you are responsible for someone else's meds. For more information and advice speak to your local pharmacist.



### Darwin

- [Hibiscus Day and Night Pharmacy](#)
- [Blooms The Chemist](#)

### Palmerston

- [Pharmasave Palmerston Pharmacy](#)

### Alice Springs

- [Territory Pharmacy Alice Springs](#)

### Katherine

- [Territory Pharmacy Terrace](#)

## NEW Business Partners keeping you on the road

### Darwin

- [Outback Towing](#) - Emergency vehicle rescue and towing services around the Darwin, Palmerston and rural regions. Seniors Card holders receive 10% discount on all towing services.
- [Top End Mechanix](#) - Automotive mechanic in Coconut Grove servicing all makes and models, servicing motorcycles and registration inspections. Their reliable friendly team who will keep your motor running. Seniors Card holders receive 10% discount on regular services and 10% discount on labour costs.

### Yarrowonga

- [Top End Batteries](#) - Offer discounts on selected batteries. Free installation on common automotive batteries at the shop or with call out. Caters for automotives, mobility scooters, caravans, boats and industry baterries with a 24/7 Emergency Roadside Assist for Jumpstarts, Spare Tyre and Battery Fitting or Replacement and Towing.



*Our new Business Partners offer great discounts for Seniors Card Members - remember to use your card!*

## Will Dragons be visionary this year?

It is the year of the Dragon and those that are born in 2024, 2012, 2000, 1988, 1976, 1964, 1952 are Dragons.

2024 is actually the year of the *Wood Dragon* and starts from 10th February 2024 (Chinese New Year). People born in Dragon years usually possess natural courage, tenacity and intelligence, often displaying enthusiasm and confidence.

It is believed that the *Year of the Dragon* is a time of visionary leaders, innovators and problem solvers. 2024 is predicted to be a great year to start new projects, explore new opportunities and create value.

You will probably hear drumming and firecrackers going off in and around Darwin in the next few weeks as the Chung Wah Society of the Lion Dancers start to bless the homes and businesses of Darwin. Keep an eye out for them, it's always fun to watch.



A blessing for a Darwin home.  
Photo: Kim Farrar

## Alice Springs Probus Club invites you along

Are you retired? Have you thought about joining Probus? They are all about fun, friendship and fellowship for active retirees.

Visitors are invited to join Alice Springs Probus Club for their monthly meeting at the **Gillen Club** at 10.15 am. After a short break for morning tea, visitors are invited to listen to our interesting guest speaker. The next meeting is Wednesday 14th February, Valentine's Day.

For more information, contact Pat McDonald on 0413 213 481.

## Seniors Voice is out now

The Jan-March 2024 edition is available to read online [here](#).

Printed copies can be found across the Territory at libraries, community and shopping centres, electoral offices, Territory Families shopfronts and at COTA NT (see [where to get yours](#)).

A new ad card has been released for 2024 (see [more](#)).



## 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](https://ntseniorscard.org.au/discounts-directory)



### NT Seniors Card

✉ GPO Box 852  
Darwin NT 0801

📍 65 Smith Street  
Darwin NT 0800  
ABN 86 316 991 800

☎ 1800 441 489

✉ [seniorscard@cotant.org.au](mailto:seniorscard@cotant.org.au)

🌐 [www.ntsensiorscard.org.au](http://www.ntsensiorscard.org.au)