



SENIORS CARD *News*

FOR MEMBERS AND COMMUNITY

Delivered by
COTA
NORTHERN TERRITORY
for senior Territories
since 2018

Nov/Dec 2025



Find out more [here](#)



Winners again! COTA NT staff receive the Winners award for Best Customer Service in Not-for-profit at the Northern Territory Export and Business Awards

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Christmas message

We hope you had a great year of savings using your Seniors Card, enjoyed our eNews, met us in person at one of our pop-up shops or events, or perhaps you won a competition?

However you have enjoyed your membership, we want to say thank you for your support of the program and of Territory businesses.

There are hundreds in the NT Seniors Card program who offer Seniors Card holders a discount on their services and products.

Their partnership with us is voluntary, no-one is making them do it. So please support them this Christmas if you are out and about shopping for food or drinks, going out for a

special meal or buying gifts for your loved ones.

Plan early and shop local

- don't make overseas e-commerce entrepreneurs any richer. (They won't notice if you shop local, but local businesses most definitely will.)

Our reminders

Take note of our Christmas close on Friday 19 December at 12pm. We open again on Monday 5 January 2026, 9am.

- Shop safely online
- Beware of scammers
- Spend what you can afford
- Take your Seniors Card out with you (and remember to use it and ask for discounts).

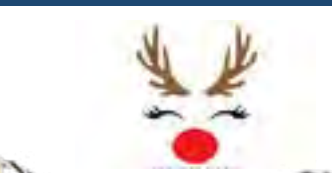
Stay safe this Christmas. See you in 2026.



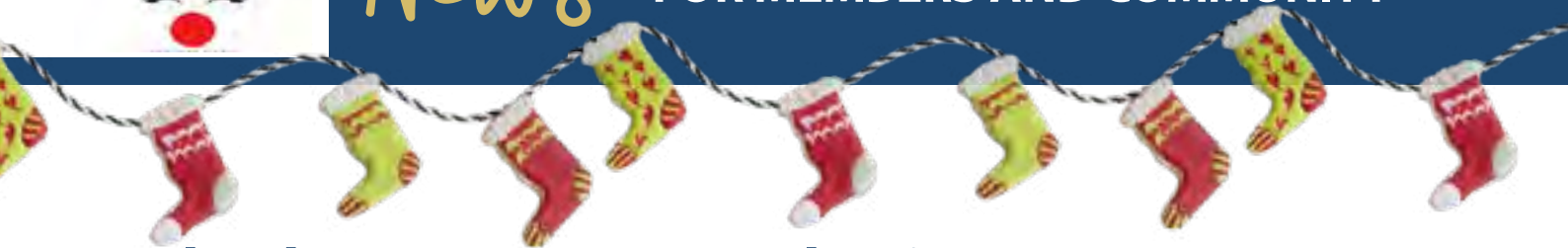
SENIORS CARD
✉ GPO Box 852
Darwin NT 0801

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

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



News FOR MEMBERS AND COMMUNITY



Ho, ho, ho! We've got new business partners

Darwin

Novotel, Mercure & Ibis Darwin Airport Resorts

Darwin Airport Resorts

Darwin Airport Resorts is a fully integrated accommodation precinct just minutes from Darwin Airport, comprising of Novotel, Mercure and Ibis Darwin Airport Resorts.

The resort features 431 rooms, including fully accessible rooms, a newly enhanced reception and one the largest hotel pools in Australia.



10% off on best flexible rate online for Novotel, Mercure & Ibis rooms. Promo code SCP4566635. Subject to availability at time of booking; blackout dates may apply. 24 hour cancellation penalty will apply. See offer [here](#).

Poolhouse Bar & Kitchen

Nestled beside the sparkling lagoon pool at Novotel Darwin Airport Resort, Poolhouse Bar & Kitchen is the newest addition to the Darwin dining scene, offering a relaxed, resort-style atmosphere with both indoor and shaded outdoor seating. With views of the central pool, lush gardens and vibrant murals by local Larrakia artists, it's a spot that invites you to slow down and savour the moment.

The menu has been lovingly curated by French-born Head Chef Laurence "Loulou" Lochouarn, whose culinary journey has taken him from Michelin-starred kitchens in Europe to acclaimed restaurants across Asia and the Caribbean. Drawing on his global experience



and local produce, Loulou has created a vibrant, flavour-packed menu that includes coastal Californian-inspired dishes with Territory flair, think local snapper ceviche, smoky BBQ sliders, mango sorbet, and a great range of vegetarian options too.

Whether you're planning a quiet lunch with friends, a family gathering, or a Christmas celebration, Poolhouse is ideal for any occasion. They are currently planning a festive Christmas lunch, with a special Seniors' discount to be announced soon!



10% off on Food and Beverage at Poolhouse Bar & Kitchen, Cossies Bar & Bistro or Splash Cafe for Senior Card Holders.

See offer [here](#).

Coolalinga

Micks Whips and Crocodile Leather Goods

If you're looking for a unique gift, Micks Whips has a beautiful range of stylish belts, luxury bags, wallets and purses. They make ideal Christmas gifts for that man in life who's difficult to buy for... or buy for two - a croc belt for him and a purse for her.

If all else fails, get a whip and have a cracking good Christmas.



5% on all products (internet orders not included). See offer [here](#).



POP UP STORE

Mick will be having a pop-up store in Coolalinga from the 12 December to the 24 December.



Alice Springs

Balé – Indoor & Outdoor Furniture, Homewares and Giftware

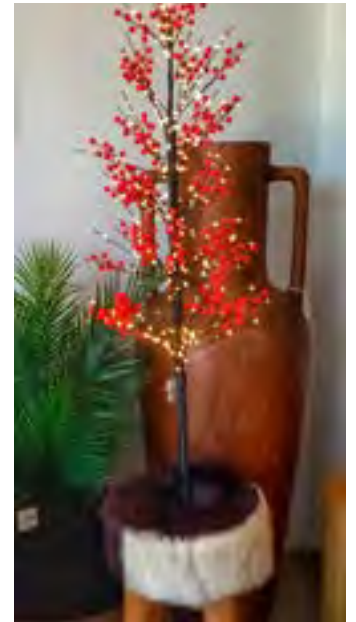
This is Alice's Springs' newest furniture and homeware business.

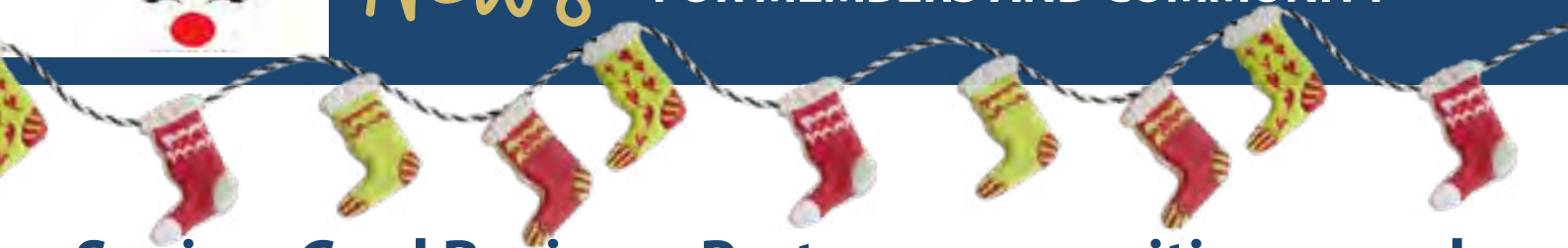
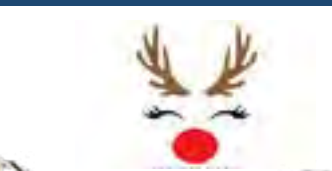
If you're looking to add colour, style and personality to your home, Balé has something to suit every taste. From unique homewares to that perfect artwork to fill a space, you'll find carefully curated paintings, statues, lamps and one-off pieces designed to make a statement. They have a large range of furniture, including day beds, dining suites made from natural timbers, outdoor furniture, hanging chairs and a variety of coffee tables with matching chairs.



10% of the entire store, excluding reduced and sale items.

See offer [here](#).





Seniors Card Business Partners recognition awards

NT Seniors Card was delighted to recognise the long-term commitment of support made by its NT Business Partners at the first Business Partners Recognition Awards Evening. The awards evening was held on Friday 24 October at Saltwater @ Bundilla at the Museum & Art Gallery of the Northern Territory in Darwin.

The recognition awards were presented by the Hon Jinson Charls MLA, Minister for People, Sport and Culture. Awards recognised Business Partners who have participated in the program for 25, 20, 15 and 10 years.

25 year recognition

Battery World Darwin, Crocodylus Park, Palmerston Golf and Country Club, Parap Fine Foods, Tropic Optics

20 year recognition

Alleykatz Barber Shop, Arthritis and Osteoporosis NT, Batchelor Butterfly Farm, Browns Mart, Casuarina All Sports Club,



Tropic Optics, Battery World, Harvey Distributors, House of Fulton Jewellery, Arthritis and Osteoporosis NT and Palmerston Golf and Country Club.

Crocosaurus Cove, Darwin Aviation Museum, Darwin Entertainment Centre, Darwin Lock & Key, Deckchair Cinema, Equinox Fishing Charters, Events Cinema Darwin, Eyewise Optometrists, Fitness Works Nightcliff, Flight Path Golf, Forty Winks Darwin, Foxfire Designs, Gloria Jean's Coffee Casuarina, Greenies Real Food, Howard Springs Veterinary Clinic, Jacksons Drawing Supplies, Jape Furnishing Superstore, Leanyer Newsagency, McDonalds, McDonalds CBD, Parap Newsagency, Parap Veterinary Hospital, Pete's Glass & Aluminium, Quack Pest Control, Salvatore's, Savvas Footwear, The Optical Superstore, Wigg Plumbing,



Windscreen Territory

15 year recognition

Harvey Distributors, Hibiscus Day Night Pharmacy, House of Fulton Jewellery, OPSM Darwin, Paraphernalia, Robyn Harrison Marriage Celebrant, Tschirpig Conveyancing

10 years recognition

Arafura Catering, Beacon Lighting, City of Darwin Cruises, Darwin My Vet Service, Flick Darwin, NT Optometrists, Prompt Auto Repairs, Tactile Arts

Visit the directory to [see these Business Partners' offers](#).

See photos from the event [here](#). Photo credit: James Farrar

Get your best broadband set up



Hailey (pictured left) from nbn® Local at the new Coolalinga library

As more seniors embrace digital tools to stay connected, informed and independent, reliable internet at home is no longer a luxury - it's essential. The nbn® Local team travel across the Northern Territory to connect with residents and help them get the best out of their broadband setup at home.

Whether it's video calling loved ones, accessing telehealth services, streaming entertainment, or managing finances online, having the right broadband setup makes all the difference. In Coolalinga, the team supported locals in understanding how nbn Fixed Wireless can meet everyday needs during the COTA NT Rural Expo. In Alice Springs, they assisted eligible households preparing to transition to full fibre

broadband - offering even greater reliability and speed.

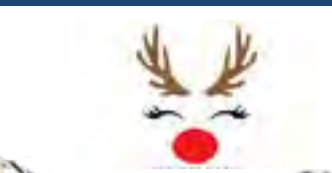
Optimising your home setup starts with understanding your needs. Are you using Wi-Fi across several rooms? Do you stream or video chat often? Are smart devices part of your routine? The nbn team helped residents assess their current setups and suggested practical improvements - from choosing the right plan to positioning modems for better coverage.

These upgrades aren't just for businesses - they're for households too. Fibre optic technology transmits data at near light speed, and through the nbn Fibre Connect program, eligible homes in Alice Springs can now access faster, more stable internet.

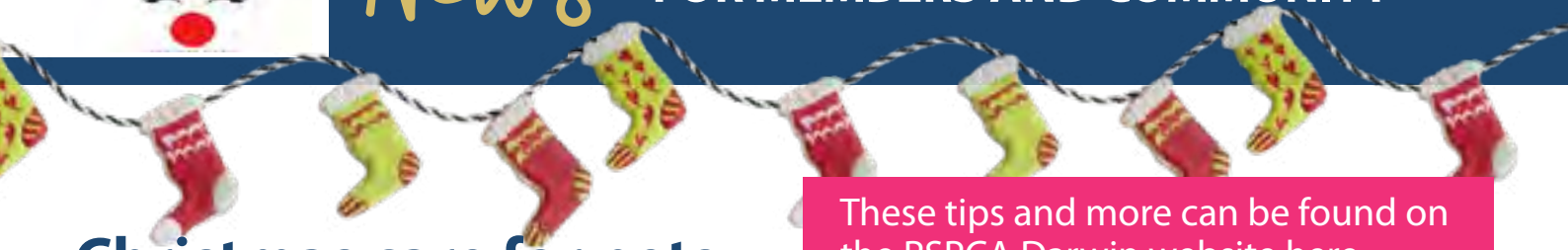
Connectivity is the backbone of modern living. By engaging with the nbn team, seniors across the Territory have taken practical steps to future-proof their homes and enjoy the benefits of a digitally inclusive lifestyle.

Keep an eye out for future events with nbn Local and COTA NT on their calendar [here](#).





News FOR MEMBERS AND COMMUNITY



Christmas care for pets

Christmas is a time of cheer for humans. But for pets, it can mean a time of change. There will be more noises and visitors, as well as new objects and smells. Here's how to keep your pet safe and healthy during the festive season.

Keep decorations out of reach

Decorations and presents all pose a risk if they are consumed, including:

- candy canes or chocolate
- round, ball-like decorations, which may break in your pet's mouth, causing lacerations to his intestines and tongue
- sparkly items e.g., flickering

tree lights, small and shiny ornaments, ribbon and wrapping paper

- tinsel, which can obstruct the intestines and create a surgical emergency

Christmas day tips

Keep your pet healthy and happy on Christmas Day with our suggestions:

- Create a calm, quiet spot for your pet away from noise.
- Exercise your pet before any guests arrive.
- Keep Christmas flowers and plants out of your pet's reach.
- Quickly clean up any bows, plastic and ribbons so there's no chance of him swallowing them by mistake.

Spoiling your pet

Here are some tips for spoiling your pet in a healthy, safe way:

- Create a treasure hunt through the house or garden of your pet's regular dry food.
- Mix your pet's regular food with a treat.
- Use a recipe that is

These tips and more can be found on the RSPCA Darwin website [here](#).

specifically designed to be a safe treat for your pet.

- Spend extra quality time with your pet by playing games or going for extra walks.
- Purchase pet-friendly Christmas food and treats.
- Remember that what your pet wants most for Christmas, is time with you!

Ham, turkey and other meats

Most cooked meats are okay to feed to cats and dogs in small quantities. However, do not feed your pets cooked bones as these they can easily splinter and damage their intestines and throat. Keep meat scraps free of gravy and marinades. Remember that even foods which aren't poisonous can be very rich and cause an upset tummy, so small volumes only.

Sweet treats

Many sweet treats are toxic for pets, and can even be fatal. This includes:

chocolate, Christmas pudding, currants, grapes, lollies, raisins and sugar-free sweet products.





Seniors Voice

- Read the latest issue [HERE](#).
- For inbox delivery, sign up [HERE](#)



Christmas gravy your way!

22 recipes to make gravy. One of them is going to work! Transform your Christmas dinner with these easy gravy recipes. Make a classic turkey gravy ahead, or try our boozy twists and alternative options

FOLLOW THE LINK: www.bbcgoodfood.com/recipes/collection/christmas-gravy-recipes

Staff favourite: no bake mango cheesecake

A celebration of summer! A creamy mousse-like very mangoey filling on a biscuit base topped with a beautiful mango jelly, piles of whipped cream, more mango and passionfruit. (Kim says it's easy to make!)

FOLLOW THE LINK: www.recipetineats.com/no-bake-mango-cheesecake/#recipe

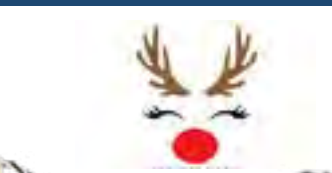
NT Recognition and Concession schemes save your money!

Remember to take advantage of the financial benefits available by joining the NT Recognition and Concession schemes.

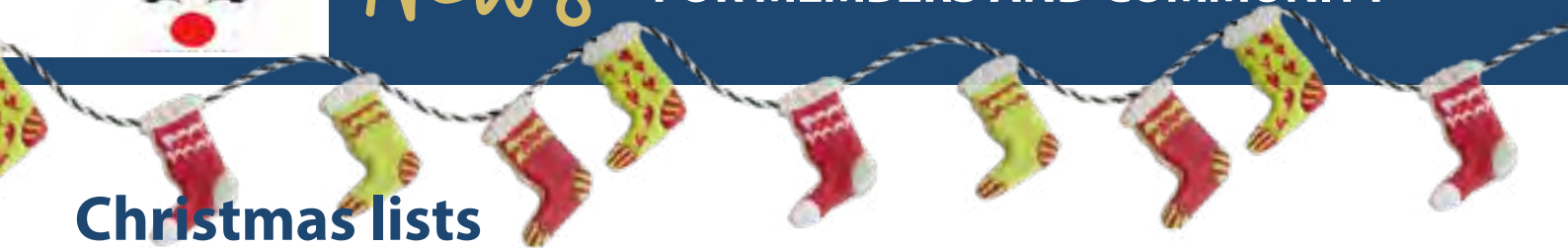
Discounts apply for everything from travel to coffee, plus car registration and licensing. People aged 65 and over can apply to join at the Jape Village's Millner office, next door to the Pandanus Medical Centre. It is open from 8.30am to 5pm Monday to Friday.



Team Leader Alyson Cantamessa, left, and Customer Service Officer Hiruni Hettiarachchi show off one of the schemes.



News FOR MEMBERS AND COMMUNITY



Christmas lists

We've made the lists that can help you have a safe, secure and happy season - have a read through, maybe check them twice. Get to know the naughty and nice!

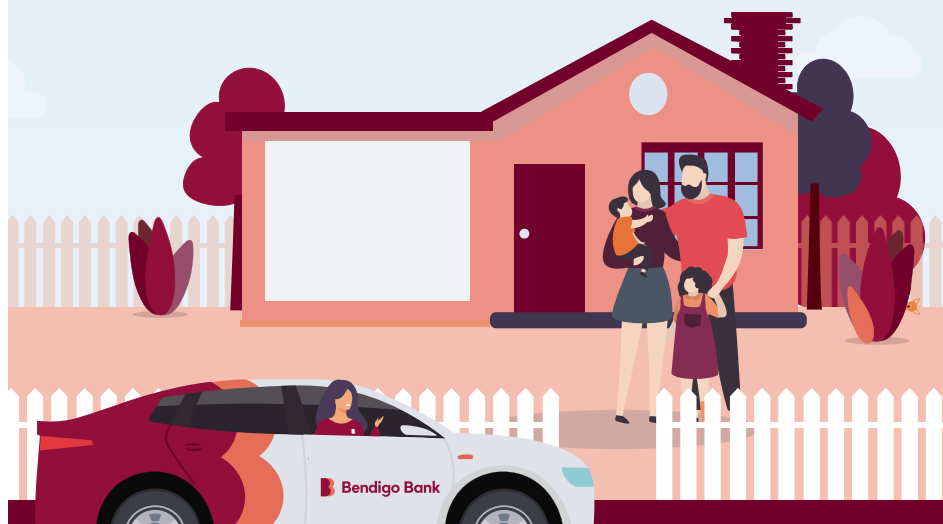
5 Christmas shopping rights

Know your rights before you buy. The festive season can be stressful, but the Australian Consumer Law protects you when shopping for presents:

1. **Refunds & Repairs** – If a product is faulty, unsafe, or doesn't do what it's supposed
2. **Not Just Change of Mind** – Stores aren't required to refund if you simply change your mind, unless they offer it as part of their own policy.
3. **Gift Cards** – In Australia, most gift cards must have a minimum 3-year expiry date and show the expiry clearly.
4. **Online Shopping** – You have the same rights online as you do in-store.
5. **Receipts** – Keep receipts or proof of purchase handy. Even a bank statement can work if you misplace the receipt.

Just say when

Your time, your place, your convenience.



Bendigo Bank

First home, second home, refinance or lending for investment properties, Bendigo mobile lenders are experts at home lending.

Bendigo Bank – the better big bank.

Contact your local lender today, or search Bendigo Bank home loans.

Stacey Cumming
Mobile Relationship Manager
Coolalinga Branch
0477 440 519
stacey.cumming@bendigoadelaide.com.au

Alice Springs 08 8952 7517

Katherine 08 8972 1784

Terms and conditions, fees and charges apply. All information including interest rate is subject to change without notice. Full details available on application. Lending criteria apply. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 Australian Credit License 237879. (1611442-1666524) (10/21). OUT_36274096, 26/03/2024

Don't let dodgy deals spoil your Christmas. Take your time, check return policies, and shop smart this season!

Source: [NT Consumer Affairs](#)

10 Christmas movies

Family movie time is so nice with toffee apples, popcorn, turkey sandwiches and stockinged feet well and truly up!

- 1. Love Actually (2003):** An ensemble comedy following the interconnected lives of several Londoners during the festive season, showcasing various forms of love from romantic to familial.
- 2. Home Alone (1990):** A young boy, forgotten by his family on a Christmas trip, must defend his home from two burglars.
- 3. Die Hard (1988):** Often debated as a Christmas movie, this action film follows a New York City detective who must save his wife and other hostages from terrorists at a Christmas party.
- 4. Elf (2003):** A human man raised as an elf at the North Pole travels to New York City to meet his biological father.
- 5. The Grinch (2000):** The classic story of a cynical creature who despises Christmas and plots to stop it for the Whos down in Whoville.
- 6. Arthur Christmas (2011):** A comedy that explores how Santa's operation works, following his less-than-competent son, Arthur, who must deliver a forgotten present before Christmas morning.
- 7. A Sunburnt Christmas (2020):** An Australian

Christmas comedy about a struggling farmer who claims he's from the North Pole, leading to a wild adventure.

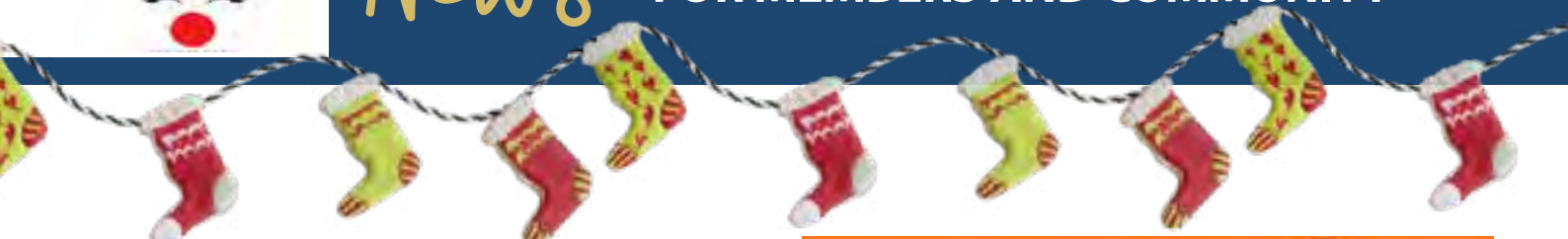
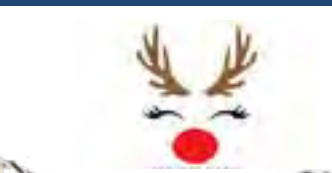
- 8. Christmas on the Farm (2020):** An Aussie expat pretends to be her late mother to secure a book deal, but her publisher insists on visiting her "family farm" at Christmas. and has a timeless message.
- 9. How to Make Gravy (2024)** Film based on the 1996 song of the same name by Paul Kelly. The film expands on the characters and stories detailed within the song's lyrics, which take the form of a letter from Joe writing from prison, four days before Christmas
- 10. Bush Christmas (1983)** Struggling to save their outback farm from foreclosure, an Australian family pins hopes on their horse, Prince, winning a New Year's race. (Nicole Kidman's first feature film).

A WICKED SUGGESTION Go to the movies and enjoy air-conditioning and the big screen experience. *(Check the program before you go!)*

Take your Seniors Card to get discounts at:

- [Alice Springs Cinema](#)
- [BCC Cinemas Casuarina](#)
- [Event Cinemas Palmerston](#)
- [Katherine Cinema 3](#)





12 Scams of Christmas

There are so many scams around - far too many to keep up with - and sadly far more than the 12 mentioned below. The world's worst naughties, the scammers are counting on people being too busy or unsure to double-check things, hoping you'll act quickly and unknowingly send them money.

1. Holiday accommodation scams
2. Flight booking scams
3. Charity scams
4. Online shopping scams
5. Parcel delivery scams
6. Social media gift voucher and free product scams
7. Door-to-door scams
8. Telephone scams
9. Christmas e-card scams
10. Romance scams
11. Weight loss Scams
12. Lottery scams

Scammers can sound very convincing. They might say they're from your bank, checking your computer's security, or even pretend to be a family member in trouble who needs money urgently. They may try to frighten you by claiming to be from the Police, saying there's a warrant out for your arrest.

Tips from NT Consumer Affairs

Please, take a moment to check things out



carefully. Never give out your passwords, bank details, or personal information to anyone you don't know. Don't send copies of your ID documents, and never transfer money unless you're sure of who you're dealing with.

- If you're selling something online and the buyer claims there's a problem, don't issue any refund until the payment has cleared in your bank account.
- Also, avoid clicking on any email links if you don't recognise the sender — some of these links can give scammers access to your computer.
- If something feels off or you're just not sure, it's okay to hang up the phone. Don't reply to texts or emails. Instead, ask a trusted friend to help you check things, or contact NT Consumer Affairs on **1800 019 319** or email consumer@nt.gov.au.

Source: [NT Consumer Affairs](#)

Check out the comprehensive advice on [Scam Watch](#) from the Australian government.

10 ways for drinking not dehydrating

Dehydration is something to watch at any age, but it's especially important when living in the NT. Summers in Central Australia can feel like an oven, while the Top End often feels like a sauna, making it easier to lose fluids without realising it.

Dehydration affects how the body functions day to day. Even mild dehydration can cause tiredness, reduced concentration, memory lapses, and slower reaction times. Common symptoms include headaches, dizziness, fatigue, constipation, and a dry mouth. Severe dehydration can increase the risk of kidney stones and urinary tract infections.

To help stay hydrated, aim for around 6–8 cups of fluid a day. It doesn't all have to be plain water — fluids can come from many sources, including tea and coffee, juice, milk drinks, soups, fruit, jelly, yoghurt drinks, and casseroles. Almost any food or drink that isn't dry will contribute to your daily fluid intake.

1. Set a phone reminder to drink every hour.
2. Add sugar-free flavouring to a jug of water and keep in your fridge ready to go.
3. Have chopped up fresh fruit for snacking.
4. Make a jug of iced tea (not the bottled stuff).
5. Add a dash of cordial to your water.
6. Make a fruit 'slushie' or smoothies.
7. Buy a soda maker for your home.
8. Before you eat anything, have a glass of water.



9. Eat water-rich fruits and vegetables.
10. Use a water bottle, keep one by the bed at night so you sip any time.

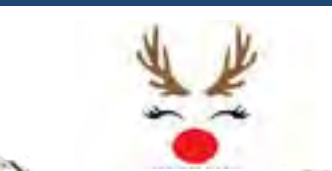
Disclaimer: The information provided on this in this E- News not a substitute for individual health advice from a doctor or dietitian.

10 books to read with your grandchildren

These tips and suggestions come from children's librarian Andrea Goodison. You'll find the beautiful covers, blurbs and age suitability [here](#).

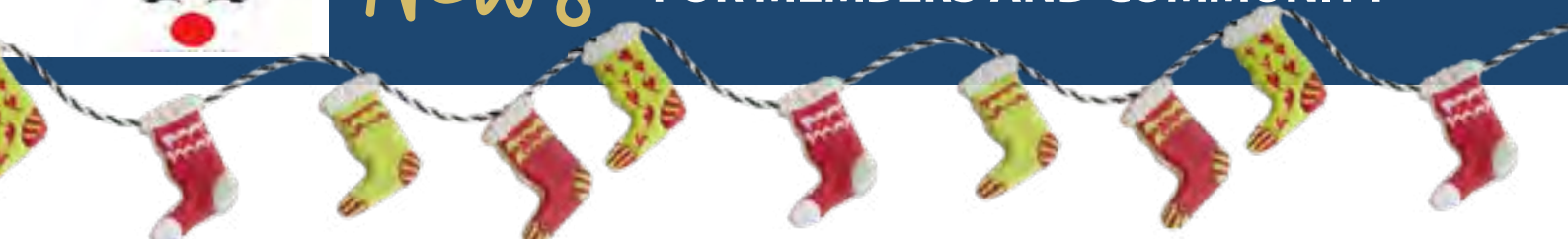
Source: [LiveUp](#)

1. Under the Love Umbrella
2. Dear Broccoli
3. All the Ways to Be Smart
4. Stellarphant
5. The Couch Potato
6. The Truck Cat
7. Off to the Market
8. Derek
9. Koalas Eat Gum Leaves



News

FOR MEMBERS AND COMMUNITY



10. Harry and Gran Bake a Cake

If you can get to a local bookseller, remember to take your Seniors Card with you and ask for a discount!

- [The Bookshop Darwin](#)
- [Caryota Book Exchange \(Nightcliff, Darwin\)](#)
- [Leanyer Newsagency](#)
- [Parap Newsagency](#)
- [Red Kangaroo Books, Alice Springs](#)
- [Palmerston News Agency](#)
- [Coolalinga News Agency](#)



5 numbers to keep safe

1. Beyond Blue 1300 22 4636
2. Lifeline 13 11 14
3. Police / Ambulance / Fire Brigade / Health – Emergency 000
4. Police Assistance – Non Urgent 131 444
5. Victims of Crime 24 HOUR SUPPORT – 1800 672 242

2026

We already have lots of outreach activities and events lined up. We'll send you reminders from our new and improved database (a cracker of a Christmas gift!).

If you need to update any of your details with us, please [let us know](#) (in-person, by phone on free phone 1800 441 489 or by our online contact form [here](#)).

We'll be at the Seniors Expos in Katherine on Thursday 26 March, in Darwin on Saturday 27 June and in Alice Springs on Tuesday 11 August. We'll be joined by some of our wonderful Business Partners too and you can put faces to names and names to faces (see [meet our Business Partners](#) gallery!)

Exhibitors can register for the [Katherine Seniors Expo](#) online now [here](#).

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



NT Seniors Card

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Darwin NT 0801

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