



COTA 
NORTHERN TERRITORY
for senior Territorians

Ageing Purposefully

Tips and ideas for
keeping your mind,
body and soul healthy
and well as you age.

about

COTA NT is the peak body representing the interests and rights of people aged 50+ in the Northern Territory.

We run weekly activities and one-off events for seniors throughout the Territory including: Fit for Life classes (Pilates, Seated Aerobics, Tai Chi, Strong and Functional), Learning for Life workshops (social sewing, music, topic-based seminars) and opportunities to socialise regularly in Darwin, Alice Springs, Coomalie and Berry Springs.

We also organise community events and activities (open to all members of the community) including Seniors Expos, Seniors Month activities (August) and Grandparents Day in Darwin, Palmerston, Coomalie, Berry Springs, Alice Springs and Katherine.



This brochure has been produced by COTA NT to complement its events and activities based on healthy ageing. Free copies are available on the COTA NT website. We hope that it helps you find or rediscover your sense of purpose.

Resources included

- [creativecolorlab.com](https://www.creativecolorlab.com) - Free colouring sheets
- [christiezimmer.com](https://www.christiezimmer.com) - Journalling resources
- [education.com](https://www.education.com) - Discover a world of learning

COTA NT also acknowledges the Traditional Owners and Elders past, present and emerging, of these lands where we work and live; teach and learn; talk and listen.

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A sense of purpose in life is crucial for healthy ageing, as it can significantly improve mental and physical well-being by providing motivation to maintain healthy habits, fostering social connections, and potentially reducing the risk of chronic diseases, leading to a better quality of life as one ages.

Having a purpose gives direction, meaning and joy to life.



brain games

Engaging in problem-solving games and activities is a great way to keep the wheels spinning. Challenging your brain with mental exercises is believed to stimulate brain cells and engage communication among them.

Try these brain games suggestions.

Sudoku

Sudoku (sue-doh-koo) is an excellent free brain game for seniors that can be played just about anywhere, at any time. Sudoku can improve cognitive skills, improve your memory, and help the mind to be more sprightly. But be warned – you might just find yourself spending many an hour tackling these addictive little mind puzzles! Sudoku is a numbers game that involves correcting placing numbers 1 through to 9 in a series of cells. Best of all, sudoku can be played on paper (you can buy sudoku puzzle books at bookstores, newsagents, and supermarkets) or even play for free online.

Mahjong

Mahjong is a centuries-old Chinese tile-based game which has become

popular around the world. It's generally a four-player game, which means it's an excellent social game for seniors wanting to keep their mind active, stimulate the brain, and get their friends and family involved! Mahjong is a wonderful game for those competitive types out there, and it involves short-term memory, strategy and observation. All you need is a card table, and a mahjong set to play.

Board games

Board games are another great social activity for groups, which are also excellent problem-solving brain exercises. From word games like Scrabble to Monopoly, Trivial Pursuit, Cluedo and more, there is a board game to suit any interest or skill level. In fact, many board games are suitable for all ages, meaning they're also a great way to get the kids and grandkids involved.

Jigsaw puzzles

Jigsaw puzzles are a wonderful brain training game that can be fun to complete alone or with a friend, family member or carer. The beauty of jigsaw puzzles is that they can take days, weeks or even months to complete,

and so are an ongoing source of both relaxation and brain exercise. Jigsaw puzzles, once completed, can also be framed and hung or given as gifts to those who've helped to finish them. There are some great Jigsaw puzzle apps too.

Chess

Chess is another age-old game which is traditionally most popular amongst seniors. Like mahjong, playing chess involves strategy, short term memory, and a competitive spirit. Unlike mahjong, however, chess is a two-player game. If your loved one doesn't have a chess set at home, it can also be played for free online. Do keep an eye out for sneaky gambling-based websites which promote chess, however, as there is no need to pay for playing! Free online chess games can be found in apps for the iPhone, iPad and tablets, or on the computer.



Reconnect with
old friends
Join clubs or groups
based on your interests
Attend community or
seniors' groups
Visit your local library
Try a new activity
in Seniors Month
(August)

Call COTA NT for help
on 08 8941 1004
Visit our online
calendars to find out
what's on near you

Pictured left: Darwin Bridge Club at COTA NT Seniors Expo

write away

Writing is a great way of keeping your brain healthy. If you choose to write your Life Story, you would also leave a legacy of living history for future generations.

6 Suggestions for getting started

1. Write in small sketches of 5-10 minutes on specific topics, such as a favourite holiday, a first job or a memorable world event.
2. Engage family members in the process. Invite correspondence, or ask relatives to scribe “spoken poems” by writing down everything that is said, in your exact words.
3. Join a life story or memoir writing group. If you cannot find a writing group, see if you can get one started.
4. Tell the stories of how you participated in world history. Where were you when you heard about the bombing of Darwin? Or where were you when man landed on the moon?
5. Write your “ethical will.” What life learnings, personal philosophies, mottos, and core values do you want to leave as legacy to your descendants? How did you learn these lessons or acquire these philosophies?
6. Ask someone in your family with computer skills to compile your stories into a self-published memoir. Scan in family photos and memorabilia for illustration.

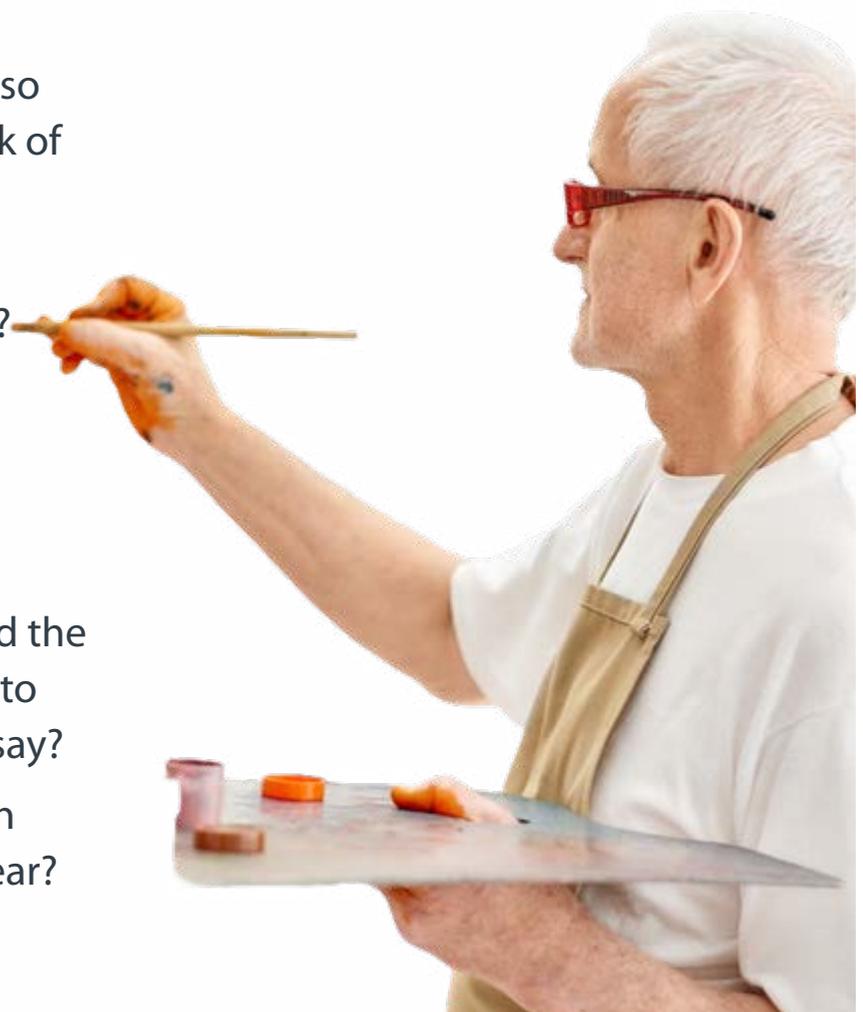


Pictured above: My Story by COTA NT is a free guide to writing your life story.

finding your passion

Perhaps writing is not for you...try answering the questions below to find your passion.

1. What was your favourite thing to do growing up?
2. When you were a child, what did you dream of doing when you grew up?
3. What is your favourite topic to talk about?
4. What do you like doing so much that you lose track of time?
5. Whose life do you envy the most and why?
6. What would you do differently with your education if you got a chance to start over?
7. If you had 5 minutes and the whole world was forced to listen, what would you say?
8. What would you do with your life if you had no fear?
9. What would you do with your life if money wasn't an issue?
10. What would you do with your life if you had a guarantee of success?



highlight your day

10 MINUTES TO HIGHLIGHT YOUR DAY

_____ Date: _____

Saw:	Heard:	Tasted:
Felt:	Indulged in:	
	Appreciated:	
Worked on:	Thought about:	
	Decided to:	

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10 MINUTES TO LET YOUR MIND WANDER (WHO KNOWS WHERE IT MIGHT LEAD?)

Name: _____ Date: _____

Two things you've
never done, but
would love to try:

One thing that might
scare others, but
doesn't scare you:

Three things about
this time of year:

Two things in your life or the world around you that
are changing:

1 _____

2 _____

Three little things
that mean a lot:

1 _____

2 _____

3 _____

One thing you're thinking about, but not quite ready to
talk about yet:

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reflect on your day

10 MINUTES TO REFLECT ON YOUR DAY

_____ Date: _____

Three moments you'd like to remember:

One idea from today that you'd like to explore further:

Your initial thoughts:

One of the day's triumphs, big or small:

One of the day's challenges, big or small:

One thing you learned from your triumph or challenge:

Two events or news stories out in the world that caught your attention:

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3 little things that mean a lot

1

THREE LITTLE THINGS ABOUT TODAY THAT MEAN A LOT:

2

3

DATE:

JOURNAL PROMPT #1

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3 things you can do

THREE
THINGS
YOU CAN
DO TO
MAKE
YOUR
CORNER
OF THE
WORLD
A BETTER
PLACE:

1

2

3

DATE:

JOURNAL
PROMPTS

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activity: engaging the brain

Engaging the Brain

A F P K S C B F E G
L U U T T O L R U U
I N R B I G I I P W
V S P R M N S V H E
E E O A U I S O O L
C N S I L T F L R L
O I E N A I U I I N
T O V N T V L T A E
A R T E E E C Y D S
I S O L A T I O N S

Isolation

Wellness

Alive

Purpose

Cognitive

Blissful

Frivolity

Senior

Euphoria

Brain

Stimulate

COTA

Fun

activity: colouring



Australian Scenery by Banjo Paterson

The Mountains

A land of sombre, silent hills, where
mountain cattle go

By twisted tracks, on sidelings deep,
where giant gum trees grow

And the wind replies, in the river oaks,
to the song of the stream below.

A land where the hills keep watch and
ward, silent and wide awake

As those who sit by a dead campfire,
and wait for the dawn to break,

Or those who watched by the Holy
Cross for the dead Redeemer's sake.

A land where silence lies so deep that
sound itself is dead

And a gaunt grey bird,
like a homeless soul,
drifts, noiseless, overhead

And the world's great
story is left untold,
and the message is
left unsaid.

The Plains

A land as far as the eye can see, where
the waving grasses grow

Or the plains are blackened and burnt
and bare, where the false mirages go

Like shifting symbols of hope deferred,
land where you never know.

Land of plenty or land of want, where
the grey Companions dance,

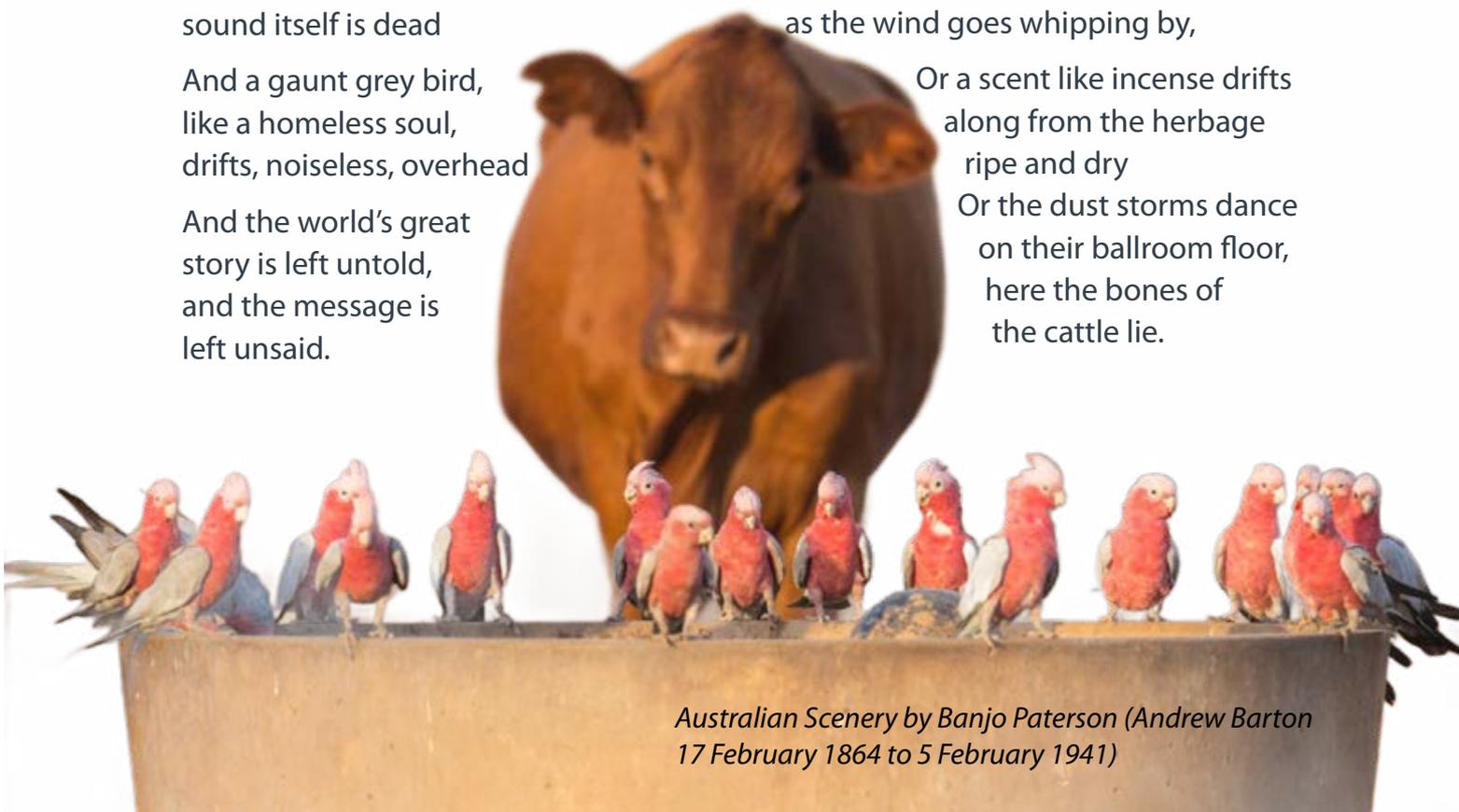
Feast or famine, or hope or fear, and in
all things land of chance,

Where Nature pampers or Nature slays,
in her ruthless, red, romance.

And we catch a sound of a fairy's song,
as the wind goes whipping by,

Or a scent like incense drifts
along from the herbage
ripe and dry

Or the dust storms dance
on their ballroom floor,
here the bones of
the cattle lie.



*Australian Scenery by Banjo Paterson (Andrew Barton
17 February 1864 to 5 February 1941)*



COTA

NORTHERN TERRITORY

for senior Territorians

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