

# seniorsvoice

## NORTHERN TERRITORY

### KEEPING NT SENIORS INFORMED

Published by



The peak body  
for NT Seniors  
since 1969



## PACKED TO THE RAFTERS

*Darwin Expo was a huge success and in August, Expo is coming to Alice Springs*

INSIDE: VAD UPDATES PAGES 3 & 5, EXPO PAGES 8 & 9, SENIORS MONTH CALENDAR PAGES 12 & 13

### Take in an evening under the stars.

Experience a night of open air cinema at one of Darwin's hidden gems. Dine on our deck during sunset, try a local ice-cream or sip on a local brew – before getting snug for a great movie.

Tickets and info:  
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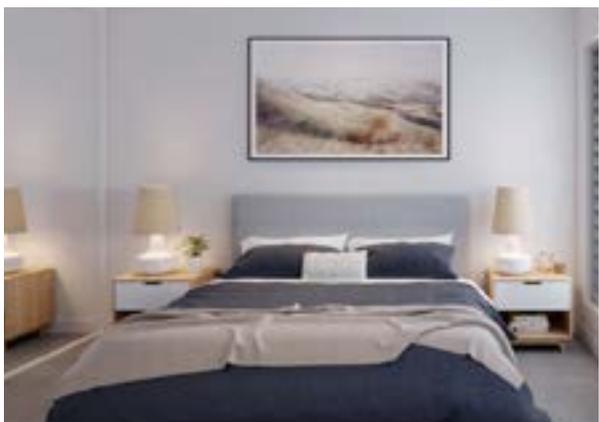
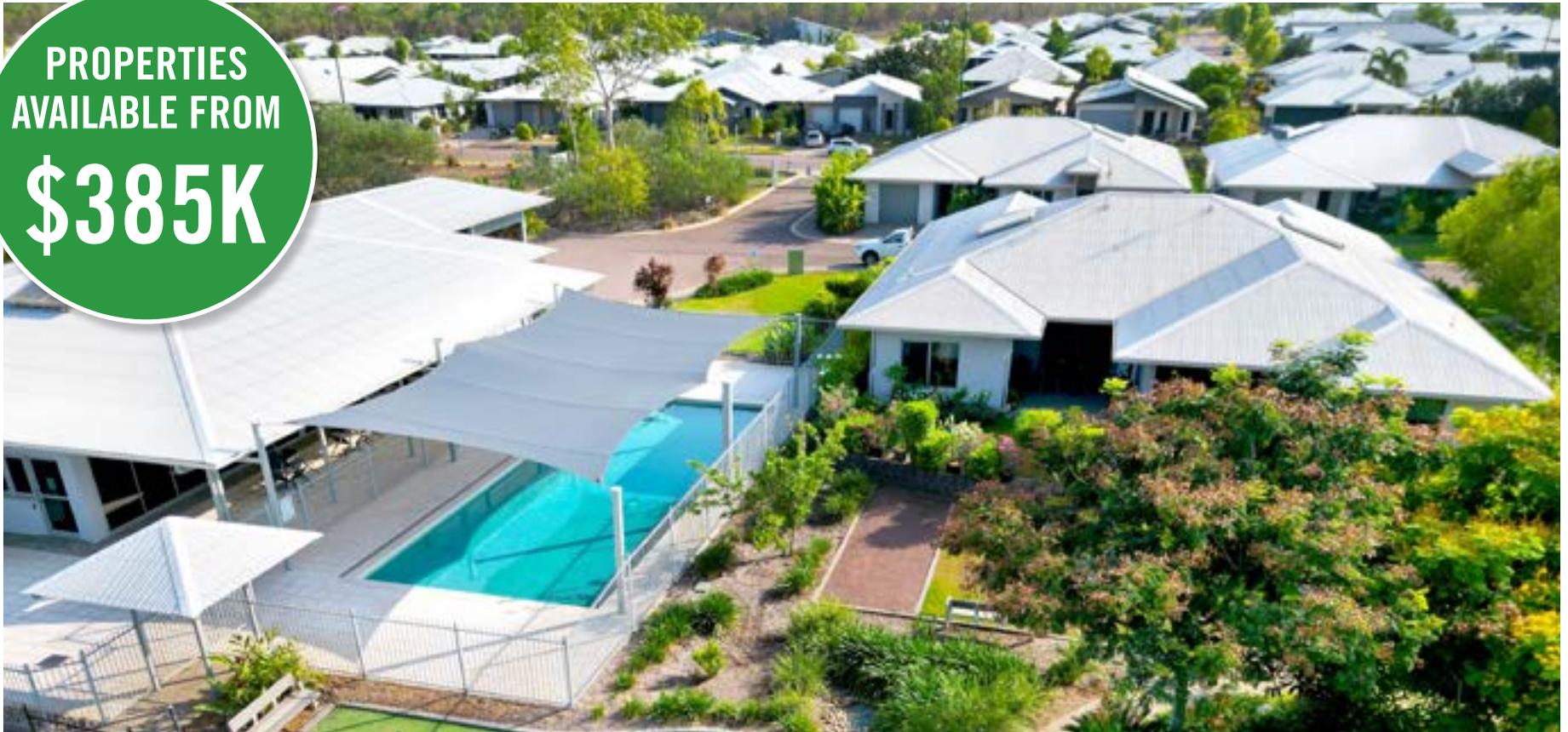
WHERE STARS LIGHT THE SCREEN



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# Much to do

**So another Expo bites the dust! The 2025 Darwin Seniors Expo, the tenth Expo for the region, was a fantastic event.**

We believe that we had close to 5000 seniors through. Stallholders reported that they did not stop for the whole four hours. As you can see by the photos and feedback (pages 8-9) – everyone enjoyed the stalls and morning tea. The sausage sizzle provided by the Casuarina Lions club also sold out. It was wonderful to see all the happy faces and seniors enjoying themselves, catching up with friends and making new ones.

COTA NT is now gearing up for the [Alice Springs Seniors Expo 2025](#) held once again at the DoubleTree by Hilton Hotel during Seniors Month (12 Aug). We can't wait to see seniors in Central Australia at the Expo who can also reconnect with

friends over a cuppa in a safe environment.

The Alice Springs Expo falls in the best month of the year, August aka **Seniors Month**. The Seniors Month calendar has been released (in print and online) and it has a plethora of activities carefully curated to suit all abilities. There are over 100 different activities throughout the Territory to choose from. Aren't we spoilt for choice? We realise that many seniors wait for this calendar to see what's on offer each year and you can [collect a printed calendar](#) from local libraries, electorate offices, newsagents, shopping and community centres and other outlets. It is also published on COTA NT's website. Let's be brave during our month and try something different!

On a non-event note, COTA NT is still organising **Voluntary Assisted Dying** support material and in conjunction



Sue Shearer, CEO, COTA NT

with Go Gentle Australia will be collaborating on a concerted appeal to the NT Government to bring back this vital legislation. It is really quite straightforward – just tweak the *Rights of the Terminally Ill Act 1995* (NT), bring this Bill back to Parliament and let all parliamentarians have a conscience vote. Let's be pragmatic about this, when legislation is enacted, it is up to *individuals* to have and make this choice, with the operative word being **voluntary!** To hear that the Expert Advisory Panel's [VAD 2024 Report](#) was naysaid by the Government was discourteous to say the least and regarded by many as an affront to the hard-working people who were on that panel. It was co-chaired by the Hon Vicki O'Halloran AO CVO and Duncan McConnel SC included expertise from clinical, legal, consumer, disability and cultural and

linguistically diverse groups including two Indigenous panel members.

Its extensive public consultation included an online survey, submissions, community forums, stakeholder roundtables and meetings with over 56 organisations. It prioritised engaging with Aboriginal and Torres Strait Territorians and organisations (15 were consulted), as well as rural and remote stakeholders.

So, please explain, *why is this report not enough?*

It is also frustrating that the Aged Care Act has now been delayed until 1 November. Over 100,000 Australians are waiting for home care packages. The Federal government is sitting on 90,000 packages and no date has been given as to when they will be released. COTA is urging the government to release these packages, so people do not have to wait over 18 months and languish in local hospitals.

Still much to do. Stay safe.

## Territory Seniors | Info

Northern Territory Government  
Switchboard 08 8999 5511

NT Concession & Recognition Unit  
1800 777 704 (free call)

Seniors Card 1800 441 489

Help Accessing Aged Care 08 8941 1004

Multicultural Support 08 8941 1004

Services Australia: Centrelink, Age Pension, Health Cards, Financial Information, Concessions, Loans, Retirement 132 300

Medicare 132 011

Disability, Sickness, Carers 132 717

Elder Abuse Helpline 1800 353 374

My Aged Care 1800 200 422

Aged Care Complaints Commissioner  
1800 951 822

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COTA NT Website [www.cotant.org.au](http://www.cotant.org.au)

**seniorsvoice**  
NORTHERN TERRITORY

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Main cover photo: Darwin Seniors Expo 2025 by [The Exhibitionist](#)

*Seniors Voice acknowledges the Australian Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of the lands on which we live, learn and work. We pay our respects to their Elders, past, present and emerging.*

# [TOP SHOT]



## SENIORS VOICE SUPPORTS THE PHOTOGRAPHIC TALENTS OF NORTHERN TERRITORY SENIORS AND ENCOURAGES POSITIVE DEPICTIONS OF AGEING.

The *Umbrella Shot* was taken by local photographer, Helen Orr at the Darwin Seniors Expo. It's been 10 years in the making but finally we had some celebratory brollies offering our VIPs some essential shade on the day.

Pictured with COTA NT patron, His Honour Professor the Honourable Hugh Heggie AO PSM Administrator of the Northern Territory are Ms Ruth Jones (to his right) and to his left, the Hon Lia Finocchiaro Chief Minister of the Northern Territory, the Hon Robyn Cahill OAM and the Hon Jinson Anto Charls.

See more Expo photos on pages 8 and 9. Low-res photos from the day are published to the COTA NT website. See if you can spot yourself there!



If you want your photo to be considered for our Top Shot spot in the next edition of Seniors Voice, [contact us](#).

## Nominate someone outstanding today

The National Australia Day Council invites all Australians to nominate outstanding individuals for the 2026 Australian

of the Year Awards by 31 July 2025.

This is your chance to spotlight the extraordinary Australians among us

– the local legends and changemakers whose efforts have significantly enriched our communities.

The Australian of the Year Awards rely entirely on public nominations to identify outstanding individuals around the nation and it only takes one nomination for someone to be considered for our nation's most prestigious awards.

Nominating is easy and can be done by anyone. Simply visit [australianoftheyear.org.au](http://australianoftheyear.org.au) to submit the details of someone who inspires you.

### 2025 NT Senior Australian of the Year: Michael Foley OAM

For more than 40 years, Mike has been contributing to the recognition of senior citizens and their mental wellbeing. In 2014, Mike founded Seniors Of Excellence NT. 83 seniors have received awards from the association in recognition



Michael Foley OAM, Community volunteer and founder, Seniors Of Excellence NT. [Photo supplied](#).

of their work. He has raised thousands of dollars and volunteered for numerous charities.

### Seniors Month Events

**Senior Australian of the Year Morning Tea** 13 Aug, 10am-12pm (free) Hear Mike's incredible journey. (Info [here](#)) Cazalys Palmerston

**Seniors Of Excellence NT Awards**, 31 Aug 2-4.30pm (Info [here](#)). Italian Club, Marrara



# You are key



A message from Dr Linda Swan CEO of [Go Gentle Australia](#), a leading advocate for voluntary assisted dying.

**We all know that if the NT wants the choice of voluntary assisted dying (VAD), we're going to have to make some noise. After all, Chief Minister Lia Finocchiaro told us that the suffering of dying Territorians isn't a priority for her government.**

That's why back in April we launched an email campaign to get as many emails as we can in the Chief Minister's inbox, urging her government to draft a VAD law ASAP.

So far 107 Territorians have written, but to make a real difference we need more!

Lots more.

**We need to flood inboxes – particularly the government's – with messages leaving them in no doubt that Territorians want the VAD choice. No more delays!**

It is wrong – and tragic – that in 2025 people in the NT are denied the end-of-life rights that other Australians can access. It is unacceptable that you are being treated like second class citizens in your own country, by your own government. And it's not good enough for them to kick the can down the road with an "inquiry into an inquiry". How many more?

Emails are just the first step. In our recent end-of-financial-year fundraising we put the NT front and centre, asking for donations to fund a high-profile public campaign to put pressure on NT politicians every day until they make VAD legal.

Not only did we reach our target, we exceeded it. Over coming weeks, Go Gentle will be working closely with COTA NT and others to roll out a campaign and get this done.

**You, as a Territorian, will be key.**

In the meantime, please, if you haven't already, [write an email to your local MLA letting them know you want this law debated and passed](#). The Chief Minister will automatically get a copy.

[You can use the [email form on the Go Gentle Australia website](#) Ed.]

No one knows how many NT residents have already died and suffered needlessly in the absence of a more compassionate alternative.

It's time to bring the NT in line with the rest of the country. It's only fair.

**Support** Australians strongly back voluntary assisted dying laws. Support runs at between 70 and 90% in most recent polls (see [findings](#)).

**Support in the NT** 85% of Territorians who had their say in the 2023-2024 community consultations commissioned by the NT Government.

Advocates include



# Free VAD advocacy kits online



**Free advocacy kits for supporters of voluntary assisted dying legislation are now available [online on the COTA NT website](#).**

The principal action suggested is to use the web form on Go Gentle's website to [email elected Members directly](#). **Crucially, this form keeps a count of how many emails are sent in support of VAD.** This is not publicly/visibly counted if you send an email

from your own email account.

The online kit consists of free downloads including Go Gentle's Ask Politicians to Make VAD a Priority, Suggested letter text to Members of the Legal and Constitutional Committee and Elected Members and their contact details. Not included is the bumper sticker (shown above), which is free and available from COTA NT, Spillett House, 65 Smith Street, Darwin on request.

**independence matters**  
Australian Independent Retirees

**AIR NT**

AIR NT promotes the independent lifestyle of Territorians aged 50 +

We aim to assist fully or part self-funded retirees (and those planning their retirement) to enjoy the benefits of living in the Territory while ensuring our unique needs are met.

We convene meetings with presentations on topics of interest to members and guests either in or approaching retirement.

Meetings are on 2<sup>nd</sup> Monday of the month 5.30-7pm at Tracy Village Sports Club, Tambling Terrace Lyons and via Zoom.

Contact us at [www.airnt.org](http://www.airnt.org)  
[info@airnt.org](mailto:info@airnt.org)  
0422 022 408

# CoD Municipal Plan – Parking Conditions

It is free to park all day in a marked disabled bay in the open-air City of Darwin off street car park.

These include: McMinn Street, Woods/Daly Street, 96 Mitchell Street, Mitchell/Daly Street, McLachlan Street, Darwin Oval and Nichols Place.

In on-street marked disabled bays, vehicles that display a disability parking permit must

not exceed the sign posted time limit and must pay for the first half of the allowable time. This provision also applies to Dragonfly and Westlane Car Parks.

When parking in a non-disabled bay you must pay for the entire time the vehicle is parked in that bay. The Australian Road Rules allow for the time the vehicle is parked in that bay to be extended.

## Parking Conditions

	Marked Disabled Bays Only			Non-Disabled Bay					
	On-street	Westlane & Dragonfly Car Parks	Open Air Off-street Car Parks	15min free	30min free	2P Paid	3P Paid	Westlane & Dragonfly Car Parks	Open Air Off-street Car Parks
Time allowed	As signed (Normally 2P/4P or All Day)	2P or All Day	All Day	15 Minutes	2 Hours	4 Hours	6 Hours	All Day	All Day
Payment required	First half of parking period. Pay 2 hours for 4 hours parking.	First half of parking period. Pay 1 hour for 2 hours parking or 4 hours for 8 hours parking.	NIL	NIL	NIL	Entire time vehicle is parked	Entire time vehicle is parked	Entire time vehicle is parked	Entire time vehicle is parked

Time extension is a provision of the Australian Road Rules

# NT pharmacists plan to treat people

The Pharmacy Guild of Australia held a Community Pharmacy Scope of Practice Roundtable last month to gather insights and engagement from stakeholders.

It is intended that the NT program will enable

pharmacists to diagnose and treat a range of conditions, based on the [Queensland Community Pharmacy Pilots](#), which have also been adopted elsewhere.

If you would like Pharmacy Guild of Australia NT Branch to present this program to an interest group, please contact [Keely Quinn](#) for more details.

# Key safe register for emergency access

St John NT is calling on community members who use a key safe or lock box to register the code with the emergency ambulance service so that paramedics and other emergency responders can access homes in case of an emergency.

that entry is available in an emergency situation.

The Access Information Registration Form and more information about the register is available on the St John NT website at:

[www.stjohnnt.org.au/ambulance-services/how-call-triple-zero-000](http://www.stjohnnt.org.au/ambulance-services/how-call-triple-zero-000)

All requests for access information to be installed in the emergency dispatch system will be reviewed, if accepted, the information regarding the property address will be retained for three years.

St John NT advises that the access information is also available to NT Police and NT Emergency Services.

Sometimes ambulance crews are called to a property where the door is locked and the patient is unable to unlock it.

To assist ambulance crews gain access you can install a key safe or lock box on the outside of the property and register it with St John NT so

# Moving news

The Darwin NT Concessions Unit has moved to a new office at Jape Homemaker Village in Millner to enhance service delivery and accessibility.

Need help with your concessions?

Call Northern Territory Concession and Recognition, Department of People, Sport and Culture on **1800 777 704**.



Confused about the new aged care changes?

Call your local advocate:



**1800 700 600**  
Aged Care Advocacy Line

Proud Northern Territory member of

**OPAN** Older Persons Advocacy Network

# Commencement of the new Aged Care Act delayed to 1 Nov



Image: iStock

**At the beginning of June (after the publication of the last Seniors Voice), the Federal Government announced a four month delay to the commencement of the new Aged Care Act, including the Support at Home program.**

COTA Australia and the Older Persons Advocacy Network (OPAN) wrote to the Government to advise that it had become clear that a time-limited delay to the Act – which was due to come into effect on 1 July 2025 – was necessary to avoid confusion and make sure older people and their families are informed about how the new system will work.

“The new Aged Care Act is an important step towards a better future for current and future generations of older Australians – one that puts their rights and dignity at the centre of the care system. We wanted a 1 July start date so people didn’t have to wait any longer for their rights than they already have, but ultimately, we concluded it’s

far more important to get it right and ensure that older people understand what will happen for them,” said Patricia Sparrow, CEO, COTA Australia.

Ms Sparrow said that the Federal Government and aged care providers must use this additional time to ensure the system is set up for a smooth implementation on 1 November. This needs to include Services Australia starting the process of providing older Australians with the critical financial information they need as soon as possible.

“COTA Australia is calling on the government to continue to release extra packages of support for people living at home and reduce the home care package wait list even with the delayed start for the new Support at Home program.

“We don’t want to see older Australians continuing to experience long wait times for the support they need to remain independent at home. No one should be waiting for longer than 30 days for these critical supports.

“This delay provides an opportunity to work with older Australians and their supporters to explain what the changes will mean for them. This time must be used wisely to iron out any remaining implementation issues and prioritise supporting older people. The system must be ready to go from 1 November.”

# Dying to Know launches Nobody Knows



End of life planning workshop, Tennant Creek November 2021. Photo: Supplied by COTA NT

**Dying to Know is a national campaign to inspire you to begin to prepare for the inevitable, not with fear, but with purpose, love and a sense of legacy.**

At its core, its new campaign, ***Nobody Knows ‘The Secret I’m Glad I Shared’*** is a call-out.

***“We’re not here to whisper about death. We’re here to yell about life.”***

This year, we’re shining a light on the power of ***intergenerational*** conversations.

**Why?** Because only \*53% of Australians feel comfortable talking to a family member about their end of life.

Spoiler alert: 100% of us will face the end one day. So, we are creating welcoming spaces for all generations to come together, share their wishes, and have the meaningful conversations that matter most.

(\*YouGov online 2022 survey)

Dying to Know Day has been a national day of action, originally on August 8 extending throughout the month of August with hundreds of hosts around Australia holding gatherings

aimed to normalise conversations about death, dying and grief. Individuals were encouraged to learn about, discuss and plan for their own end of life and to support others in doing the same.

COTA NT has been holding Dying to Know Day workshops since 2021 and has engaged the community in talking about Advance Personal Plans since they were created in the Northern Territory in March 2014.

Currently our Aged Care Navigators in Darwin and Alice Springs can assist individuals and groups with end of life planning including making a written record of wishes in the Advance Personal Plan.

To book a support or information session for either a group or individual about Advance Personal Planning, in the first instance you should contact COTA NT Head Office either by calling 08 8941 1004 during office hours (Monday to Friday, 9am to 3pm) or contacting COTA NT online.





# 10th Expo was a gem



Wildcare went full-bling taking out a hotly-contested award for best-dressed and sparkliest. They won a half page in Seniors Voice (see page 21).

**Thousands of Territorians streamed through the doors of CDU Stadium Sitzler Netball Centre on 28 June to enjoy COTA NT's Darwin Seniors Expo.**

From its humble beginnings on a shoestring budget in 2015 the Expo has now grown fully into its home of five years in Marrara.

Over 100 exhibitors were on hand during the day to talk to community members (of all ages) about the services, support and lifestyle on offer in Darwin and the Top End. Dancing, live music and a wonderful morning tea helped the festival atmosphere along and as ever, the event brought the community together for conversation and connection.

EXPO was supported by COTA NT's Patron, Board, staff & volunteers, Northern Territory Government, Netball NT, Territory FM 104.1, Air North, 27 COTA Club and Associates, 24 new exhibitors and eight 10-Year Expo Veterans.

Photo credit: Helen Orr for COTA NT

PAGE 8 TOP ROW: 1. COTA NT Patron His Honour Professor the Honourable Hugh Heggie AO PSM Administrator of the Northern Territory and Ms Ruth Jones with COTA NT Board Members (left to right) Mike Walker, Claire Bell, Steve Thomas, Jan Jewell, Denise Lawungkurr Goodfellow Berry Springs Representative and CEO Sue Shearer.

2. The anniversary cake marked 10 years since the first Darwin Seniors Expo 2015. Cut by His Honour, Sue Shearer and Hon Lia Finocchiaro Chief Minister of the NTG

3. Opening ceremony

SECOND ROW: Event sponsors Territory FM 104.1 and Air North, Recipients of 10 Year Exhibitor Recognition Prosper's Monica Berryman and Don Lockley

THIRD ROW: NT Seniors Card, Volunteering NT, Event Attendees

FOURTH ROW: National Seniors Top End, Keep Moving, Knit & Knatter,

NT Electoral Commission FIFTH ROW: City of Darwin, Top End Mustangs, Morning Tea, Emergency Coffee Run



# Seniors Expo 2025 what you said

**Thank you to the many people who sent us feedback on the Expo. Here is a selection of the comments we received:**

- Great to attend the COTA NT Seniors Expo at the Darwin Netball Stadium this morning! The Expo was officially opened by Lia Finocchiaro MLA and it was fantastic to see hundreds of seniors coming together to connect, gather information, and explore the wide range of services and supports available. From health and wellbeing to community activities and lifestyle options, the stalls were full of helpful resources – and lots of friendly faces! A big thank you to COTA NT and all the stallholders for putting together such a valuable event for our seniors. *Jinson Anto Charls MLA*
- Another great expo, thank you to all concerned. *Marg Hodgetts*
- Lovely morning tea, great information and displays by all the exhibitors thanks COTA NT and Happy 10th Anniversary. *Annette Brown*
- Really impressed that when I declined the sandwich, saying “I’m gluten free”, the lovely lady said: “just wait, I’ll get a plate for you.” She returned with a plate full of goodies, including a brownie. Thank you to whoever went to the effort of making sure GF people didn’t miss out – and I noticed the milk for tea / coffee was lactose free too. Well done, and thank you! *Joy Wood*
- Once again a great Expo. Thanks for all the time and effort that went into organising the event. *Sharon Challen*
- Very well done, Sue and crew! *Denise Lawungkurr Goodfellow*
- Found it very interesting. There was so much information, help and support at the booths. Very informative day. Thank you. *Victoria Geraghty*
- Getting bigger and better. Carparking was over flow. I think there were more stalls. And good food. COTA did a great job. Congratulations. Thank you. *May Hulme*
- Hi Sue and team, Thank you so much for hosting such a fantastic expo over the weekend. It was a truly wonderful event! *Australian Government Department of Health, Disability and Ageing*
- Congratulations again Sue to you and COTA staff for a great EXPO. We are lucky to have you all and I did not stop talking and listening for 4 hrs straight. A huge need out there for information and aging population Well done. *NT Dept of Health*
- I wanted to send through a big thank you and well done to you and the entire COTA team, we had a fantastic day on Saturday! The Expo was exceptionally well run and it was such a pleasure to be part of it. *Hostplus NT*

Read more comments [here](#)

Offer your feedback [here](#)



**NORTHERN TERRITORY SENIORS MONTH**

**AUGUST 2025**

See the latest updates on the online calendar at [www.cotant.org.au/territory-seniors-calendar](http://www.cotant.org.au/territory-seniors-calendar)

Information in the print calendar is as provided by event organisers at the time of going to print, but event details may be subject to change.

COTA NORTHERN TERRITORY for senior Territorians  
© cotant.org.au

NORTHERN TERRITORY GOVERNMENT  
© nt.gov.au/community/seniors/seniors-month

## The Seniors Month calendar is in print and online

- You can pick up a printed copy at over 75 community hotspots including electorate offices, libraries, councils, community and shopping centres, COTA NT offices in Darwin and Alice Springs and Department of People, Sports and Culture service centres (details [here](#)).
- You can view it online (including updates received by COTA) on the COTA NT website, [www.cotant.org.au/territory-seniors-calendar](http://www.cotant.org.au/territory-seniors-calendar). You can also download a PDF copy from this page.



# Seniors Month calendar released

Jinson Charls MLA, Minister for Youth, Seniors and Equality

**Seniors Month is a time to celebrate the remarkable contributions of older Territorians and the role they continue to play in shaping our communities. As the Minister for Youth, Seniors and Equality, I'm delighted to be part of this important celebration.**

The Northern Territory Government is committed to supporting the health and wellbeing of our seniors. With the number of Territorians aged 65 and over projected to grow to more than 35,000 by 2035-36, it is more important than ever that we make the Territory an age-friendly place to live, work and stay for the long-term.

Through the Northern Territory Seniors Policy 2021-2026, we are taking a whole-of-government approach to delivering services and support to reflect what matters most to seniors:

- Economic participation and financial security
- Safety and security
- Health and wellbeing
- Social Inclusion and diversity.

Each year, Seniors Month highlights the importance of active ageing and the value of building inclusive, accessible communities for all. Our government continues to listen and respond to the needs of older Territorians, including through the Minister's Advisory Council for Senior Territorians. This dedicated group provides an important link between government and community, helping to shape better policies and services on key issues such as housing, elder abuse, cost of living and ageism.

Thank you to the many community organisations who applied for 2025 Seniors Month grants. Your commitment to recognising and celebrating the contributions of seniors is truly appreciated.

Congratulations to everyone involved, and I look forward to seeing many of you at events throughout the month!



*With over 28 years experience of helping families in their time of need.*

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**TERRITORY FUNERALS**

[www.territoryfunerals.com.au](http://www.territoryfunerals.com.au)  
19 McCourt Rd, Yarrowonga

**08 8914 9555**



## Seniors Of Excellence NT Inc 2025 Awards

Sunday 31 August, 2pm-4.30pm  
Italian Club, 171 Abala Road, Malak

Bring your family and friends to this wonderful occasion and support our Senior Territorians who will receive our Seniors Of Excellence NT Inc Awards for 2025 for the amazing voluntary commitments they have attended to throughout their lives.

No need to book seats as there is plenty of seating available.

Light afternoon tea after the presentations

This is a free event.

**Further enquiries:** Email Michael Foley at [seniorsofexcellence@gmail.com](mailto:seniorsofexcellence@gmail.com) or [michaelfoley40@gmail.com](mailto:michaelfoley40@gmail.com)



# COTA's Seniors Month

COTA NT is celebrating Seniors Month with special events in addition to its regular programs across the Territory.

Details can be found on the [online calendar](#) or by calling COTA NT on 08 8941 1004 during office hours.

**Birthday Lunch (Berry Springs)** 5 Aug, 11am-2pm \$20 8th Birthday at the tavern.

**Seniors Expo (Alice Springs)** 12 Aug, 10am-2pm, free Expo featuring information stalls, morning tea and more.

**Timeless Treasures Trivia: Unlocking the Past Together (Darwin)** 21 August, 10.30am-3pm \$20 Social and engaging trivia session. Team participation (6 per table) and light refreshments.

**Coomalie Trivia Day (Coomalie)** 28 Aug, 9.30am-2pm \$5 Trivia in tables of 6, light lunch and Grey Panthers presentation.

**Wilderness Wanderlust (Berry Springs)** 18 August, 10am-3pm, \$20-\$30 Road trip experience with lunch.

**Garden Paths to Wellbeing (Alice Springs)** 30 August, 11am-1pm \$10 Gentle outdoor stroll, healthy brunch and guest speaker. Hosted in collaboration with Westside Community Gardens.

COTA NT thanks and acknowledges the support of its volunteers and sponsorship from the NTG Seniors Month Grants and Minor Community Grants from Community Benefit Fund.



**High Tea BINGO!**  
@the Library

**23 August**  
**3pm**

**Seniors Morning Tea**  
**+ Still Got Talent Show!**

**9am**  
**21 August**

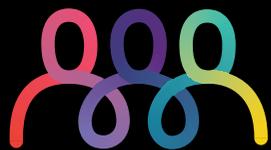
@Alice Springs Convention Centre



## SENIORS MONTH @ASTC

[alicesprings.nt.gov.au](http://alicesprings.nt.gov.au) Register online now!





# NORTHERN TERRITORY SENIORS MONTH

## DARWIN

### Cool Seniors – Water Exercise Tropical Style (WETS) & Grey Medallion Training

Fridays 1, 8, 15, 22 & 29 Aug, WETS 10am-10.45am, Grey Medallion 11am-11.45am  
Organiser Royal Life Saving Society (Australia) NT Branch  
Info Laura Withers 8981 5036

### Steady & Strong

Fridays & Tuesdays (ex public holidays), 10am-11am  
Organiser Vitality Health and Rehab  
Info Emma Labessa 0477 193 541

### Golden Gears – Senior Ride

2 Aug, 9am-10am  
Organiser Darwin Off Road Cyclists  
Info darwinoffroadcyclists@gmail.com

### Come and Try Table Tennis

Tuesdays & Thursdays, 9am-11am  
Organiser Darwin Table Tennis Association  
Info Christine Marshall 0429 171 326

### English Country Dancing

Tuesdays, 4pm-6pm  
Organiser Anna Harris Info 8981 6400

### Let's Sing

Wednesdays, 7pm-8pm  
Organiser Let's Sing  
Info Ruth Garden 0431 179 047

### Come and Try Lawn Bowls

Thursdays 7, 14, 21 & 28 Aug, 10am-12pm  
Organiser Darwin Bowls & Social Club  
Info Mark Hall 0427067217 or Colleen Orr 0427 009 227

### Scottish Country Dancing

Thursdays 7, 14, 21 & 28 Aug, 6pm-7pm  
Organiser Arafura Scottish Dancers  
Info Mara Dobrini 0438 842 138

### Seniors Healthy Workshop

10 Aug, 3pm-7pm  
Organiser Australia-China Friendship Society  
Info Shu Qin Lin 0484 183 963

### Managing Chronic Pain

15 Aug, 9.30am-1pm  
Organiser Arthritis & Osteoporosis NT (AONT) Info 1800 011 041

### DHS Seniors' Morning of Entertainment

15 Aug, 10am-12pm (no arrivals before 9.45am)  
Organiser Darwin High School  
Info Sally Walker 8999 1222  
Bookings open on 21 July, compasstix.com/e/8pbpr09oew

### Italian Seniors Cultural Day

17 Aug, 12.20pm-4pm  
Organiser The Italian Club Darwin  
Info Felix Matarazzo 0438 884 591  
info@italianclubnt.com.au

### Pensioners Workshop Winnellie Open Day

19 Aug, 9am-2pm  
Organiser Pensioners Workshop of the NT  
Info Darrell McAlister 8947 7098

### Devonshire Tea

19 Aug, 10.30am-12.30pm  
Organiser National Trust Darwin Branch  
Info Bookings open 14 July through trybooking.com/events/landing/1418075

### Paint and Picnic with a Pony

21 Aug, 9.30am-1.30pm  
Organiser Riding for the Disabled Top End Info Ian Harkness 8931 0093

### Come & Try Argentine Tango

22 Aug, 7pm-9.30pm  
Organiser Northern Tango Darwin  
Info Carol Richards 0435 531 959

### Live Healthy and Active: Yoga Stretch & Zumba

23 Aug, 10am-12.30pm  
Organiser Vietnamese Community in Australia – NT Chapter Inc.  
Info Hong Hai Doan

### The Family History Place Open Day

23 Aug, 10am-4pm  
Organiser Genealogical Society of the Northern Territory  
Info committee@gnsnt.org.au, 8981 7363 during library hours

### Pensioners Workshop Days

26 & 28 Aug, 9am-2pm  
Organiser Pensioners Workshop of the NT  
Info Darrell McAlister 8947 7098

### A Night at the Band Hall

26 Aug, 6.30pm-9pm  
Organiser Darwin City Brass Band  
Info Barbara Eather 0407 302 177  
Bookings open 29 July, trybooking.com/DCIXA

### U3A Come and Try Meeting

28 Aug, 9.30am-12pm  
Organiser U3A Darwin  
Info 0437 664 399

### Darwin Frocktails 2025: A Night Under the Stars

30 Aug, 5.30pm onwards  
Organiser Darwin Frocktails  
Info events.humanitix.com/darwin-frocktails-2025

### NT Seniors of Excellence Awards 2025

31 Aug, 2pm-4.30pm  
Organiser Seniors of Excellence NT  
Info Mike Foley OAM 0438 279 244

### Arts & Cultural Day with Lunch

Organiser Darwin Aboriginal Indigenous Women's Shelter (DAIWS)

### Pilates (In person & by Zoom)

Mondays, 9.30am-10.15am  
Organiser Super Ageing  
Info Sharon Kelly 0438 890 089  
superageing.com.au/bookings

### Strong & Functional

Tuesdays, 9am-9.45am  
Organiser Super Ageing  
Info Sharon Kelly 0438 890 090  
superageing.com.au/bookings

### Musical Jam

Tuesdays, 10.15am-12.15pm  
Info COTA NT 8941 1004

### Seated Aerobics (In person & by Zoom)

Wednesdays, 9.30am-10.15am  
Organiser Super Ageing  
Info Sharon Kelly 0438 890 091  
superageing.com.au/bookings

### Our Common Threads

Wednesdays, 11am-2pm  
Organiser Our Common Threads  
Info COTA NT 8941 1004



### Tai Chi with Tom

Thursdays, Advanced 9.15am-10.15am, Beginners 10.30am-11.30am  
Organiser Tai Chi with Tom  
Info COTA NT 8941 1004

### My Aged Care Services Presentation

14 Aug, 1pm-2pm  
Info COTA NT 8941 1004  
cotant.org.au/event/my-aged-care-services-presentation

### Timeless Treasures Trivia: Unlocking the Past Together

21 Aug, 10.30am-3pm  
Organiser COTA NT  
Info COTA NT 8941 1004  
cotant.org.au/event/timeless-treasures-trivia-unlocking-the-past-together

Bookings codseniors.eventbrite.com  
Enquiries only Phone 08 8930 0409



### Running the World Majors with Allira Jennings

1 Aug, 10am-11am

### Dementia Awareness Information Session

5 Aug, 10am-11am

### Jacana Energy Tips for Everyday Life Session

6 Aug, 10am-11am

### Fun Bus Adventures with Grandparents

7 Aug, 9.30am-11.30am

### Family History Workshop

8 Aug, 10am-11am

### Sunrise Yoga

11, 18 & 25 Aug, 6.30am-7.15am

### Origami Earring Making Workshop

14 Aug, 10am-12pm

### Wonder Darwin's Walks

15 Aug, 9am-11am

### Library Lounge: Personalise a Library Bag

19 Aug, 10am-12pm

### Movie Screening: Brooklyn

20 Aug, 10am-11.30am

### Movie Screening: Brooklyn

20 Aug, 10am-11.30am

### Native Bees with Barry Conde

20 Aug, 7.30pm-8.30pm

### Origami Peace Catcher Workshop

21 Aug, 10am-11.45am

### Community Support & Advice Group

22 Aug, 9am-10.30am

### Personalise a Library Bag

26 Aug, 12.30pm-2pm

### Neighbourhood Watch NT Seniors Safety Advice Session

27 Aug, 10am-11.45am

## ONLINE

### Pilates (In person & by Zoom)

Mondays, 9.30am-10.15am  
Organiser Super Ageing  
Info Sharon Kelly 0438 890 089  
superageing.com.au/bookings

### Seated Aerobics (In person & by Zoom)

Wednesdays, 9.30am-10.15am  
Organiser Super Ageing  
Info Sharon Kelly 0438 890 091  
superageing.com.au/bookings

### Online Zoom Exercise Classes with Third Age Fitness

Organiser Third Age Fitness  
Info Trudi 0402 138 091  
bit.ly/NTSeniorsBookings

### Better Balance

4 Aug, 1pm

### Chair Cardio

11 Aug, 10am

### Building Strength

6 Aug, 10am

### Chair Strength

12 Aug, 10am

www.cotant.org.au

nt.gov.au/community/seniors/seniors-month



Follow COTA NT on Facebook for more Seniors Month event news from event organisers

COTANorthernTerritory

# AUGUST 2025

See the latest updates on the online calendar at

[www.cotant.org.au/territory-seniors-calendar](http://www.cotant.org.au/territory-seniors-calendar)

Information in the print calendar is as provided by event organisers at the time of going to print, but event details may be subject to change.



We recommend booking early to avoid disappointment and checking for event updates with the organiser before you leave home!

## PALMERSTON & RURAL

### Tom's Tai Chi

Fridays 10.30am-11.30am,  
Wednesdays 11.30am-12.30pm  
Organiser COTA NT 8941 1004

### COTA Berry Springs Birthday Lunch

5 Aug, 11am onwards  
Organiser COTA Berry Springs  
Info Denise Goodfellow 0438 650 835 /  
COTA NT 8941 1004

### Seniors Day Forum in Palmerston

13 Aug, 9.30am-2pm  
Organiser City of Palmerston (Council)  
Info Tree Gillam 8935 9923  
[palmerston.nt.gov.au/events](http://palmerston.nt.gov.au/events)

### Senior Australian of the Year

**Morning Tea**  
13 Aug, 10am-12pm  
Organiser Australia Day Council  
Northern Territory  
Info Anna McDonald 8989 5290  
Bookings by email to  
[office@adcnt.org.au](mailto:office@adcnt.org.au) or call 8989 5290

### Wilderness Wanderlust: A Nature-Enriched Seniors' Adventure

18 Aug, 10am-3pm  
Info COTA NT 8941 1004  
[cotant.org.au/event/wilderness-wanderlust-a-nature-enriched-seniors-adventure](http://cotant.org.au/event/wilderness-wanderlust-a-nature-enriched-seniors-adventure)

### Paint and Picnic with a Pony

21 Aug, 9.30am-1.30pm  
Organiser Riding for the Disabled  
Top End Info Ian Harkness 8931 0093

### The Great Escape:

**VR Day for the Young at Heart**  
21 Aug, 12pm-3pm  
Organiser Palmerston & Regional  
Basketball Association  
Info Jessica Simmons 0475 563 183

### Seniors Walk & Coffee

27 Aug, 10am-11am  
Organiser Heart Foundation  
Info Julie-Anne Overell 0417 865 854  
[eventbrite.com.au/e/the-heart-foundation-seniors-walk-for-seniors-month-tickets-1388939438249](http://eventbrite.com.au/e/the-heart-foundation-seniors-walk-for-seniors-month-tickets-1388939438249)

### Community Trivia Day

28 Aug, 9.30am-2pm  
Organiser COTA Coomalie  
Info Janette Jewell 0408 760 257

### Coomalie Seniors

Organiser Coomalie Community Government Council  
Info Andrew Roberts 8976 0058, [coomalie.nt.gov.au/seniors-month-25](http://coomalie.nt.gov.au/seniors-month-25)

### Jingili Watergardens Walk & Lunch

7 Aug, 8.30am (first bus pick up in Batchelor), 9am Adelaide River

### Barefoot Bowls & Lunch

14 Aug (bus pick up 10am Adelaide River)

## ALICE SPRINGS

### 27th Portrait of a Senior Territorian Art Award Exhibition

to 17 August  
Organiser Tactile Arts  
Info Araluen Arts Centre 8951 1122  
[araluenartscentre.nt.gov.au/whats-on](http://araluenartscentre.nt.gov.au/whats-on)

### 2025 Seniors Lunch 'In The Jungle'

6 Aug, 12pm-2pm  
Organiser Braiitling Electorate Office  
Info 8951 5463

### Fit 4 Life Classes

Tuesdays & Thursdays 9.15am-10am,  
10.15am-11am, 6pm-6.45pm, Fridays  
5pm-5.45pm, Saturdays 10.15am-11am  
Organiser Get Physical  
Info Maria Lennartz 8952 3233

### Come Fly With Me

Wednesdays, 1pm-3pm  
Organiser Central Australian  
Aviation Museum  
Info Heather Robinson 08 8953 8554

### Fit 4 Life Classes

Wednesdays & Mondays, 5.15pm-6pm  
Organiser Get Physical  
Info Maria Lennartz 8952 3233

### Seniors Quiz Afternoon

7 Aug, 1pm-4pm  
Organiser National Seniors Australia,  
Central Australian Branch  
Info Jenny Richter 0419 182 790

### Chance to Dance

Thursdays, 6pm-7pm  
Organiser GUTS Dance Studio  
Info [gutsdance.org.au/public-programs/classes](http://gutsdance.org.au/public-programs/classes), 0406 610 453

### Alice Springs Seniors Expo

12 Aug, 10am-2pm  
Organiser COTA NT  
Info COTA NT 8941 1004 or  
0423 828 558

### Come and Try Lawn Bowls

14, 21 & 28 Aug, 10.30am-12pm  
Organiser Alice Springs Lawn Bowls  
Info Yvonne Driscoll 0419 263 254

### Mayoral Morning Tea & Seniors Still Got Talent

21 Aug, 9am  
Organiser Alice Springs Town Council  
Info 8950 0568, [eventbrite.com.au/e/seniors-morning-tea-still-got-talent-tickets-1393350862939](http://eventbrite.com.au/e/seniors-morning-tea-still-got-talent-tickets-1393350862939)

### Casa de Bilsk Bus Tour

21 Aug, 8.30am (first bus pick up in Batchelor), 9am Adelaide River

### Aqua Aerobics & Lunch

28 Aug (bus pick up 10am Adelaide River)

### Treasures of Old Timers

**Traeger Museum**  
22 Aug, 10am-2pm  
Organiser Old Timers Traeger Museum  
Info 0428 714 128 or 0407 015 007

### High Tea Bingo

23 Aug, 3pm-4.30pm  
Organiser Alice Springs Public Library  
Info 08 8950 0555 or via eventbrite

### Garden Paths to Wellbeing

30 Aug, 11am-1pm  
Organiser COTA NT & Westside  
Community Gardens Info COTA NT  
8941 1004 (info & payments) or  
0423 828 558 (info only) [cotant.org.au/  
event/garden-paths-to-wellbeing](http://cotant.org.au/event/garden-paths-to-wellbeing)

## U3A

### Track Walking

Fridays, 7.30am-8.30am  
Info Pat Black 0419 836 845

### Cards and Games

Fridays, 2pm-5pm  
Info Rob Dominguez 0418 897 777

### Water Exercises

Wednesdays, 9am-10am  
Info Jo Black 0417 820 750

### Text Analysis

Wednesdays, 10.30am-12.30pm  
Info Mary Prunter 0439 659 243

### Cards and Games

Wednesdays, 1pm-4pm  
Info Rob Dominguez 0418 897 777

### History Group

8 Aug, 10am  
Info Gavin Carpenter 0418 808 505

### Come and Try Ukelele

10 Aug, 2pm-3pm  
Info Marg Collins 0400 087 290

### Heritage Walk and Morning Tea

14 Aug, 9am-11am  
Info Pat Black 0419 836 845

### Music As You Like It

21 Aug, 2pm-3.30pm  
Info Maya Cifali 0450 474 043

### Movie Morning

26 Aug, 10am  
Info Sue O'Callaghan 0458 973 738

## KATHERINE

### Seniors' Mayoral Morning Tea

6 Aug, 10am-12pm  
Organiser Katherine Town Council  
Info Bookings open 1 July.  
Isabella Murphy 0498 725 055  
[trybooking.com/events/landing/1411104](http://trybooking.com/events/landing/1411104)

### Morning Tea with your Local Member

7 Aug, 9.30am-11am  
Organiser Jo Hersey MLA Member  
for Katherine Info Jo Hersey MLA /  
Jen Bauer EO 08 8973 8461

### Senior Fashionistas

13 Aug, 10am-1pm  
Organiser Katherine Senior  
Citizens Association  
Info Yvonne Gitsham 0414 839 043

### Intergenerational Teddy Bears Picnic

20 Aug, 10am-12pm  
Organiser Katherine Public Library  
Info 8971 1188

### Bees R Us

27 Aug, 10am-2pm (lunch at 12.30pm)  
Organiser Katherine Senior  
Citizens Association  
Info Yvonne Gitsham 0414 839 043

## TENNANT CREEK & OTHER REGIONS

### Celebrating Elders and Culture

Various times  
Organiser Miriam Rose  
Foundation (MRF)  
Info Kathleen Cole 0402 317 526,  
[miriamrosefoundation.org.au](http://miriamrosefoundation.org.au)

### Respect & Safety: Empowering Seniors Through Awareness and Prevention

Naiuyu – Wednesday 6 Aug  
Pine Creek – Tuesday 12 Aug  
Kalkarindji – Wednesday 20 Aug  
Timber Creek – Tuesday 26 Aug  
Yarralin – Wednesday 27 Aug  
Organiser Victoria Daly  
Regional Council  
Info Leanne Buckley 0497 927 098

### Tennant Creek Senior Citizens & Pensioners Association

Info Sylvia Kendall 0417 834 649,  
Bonnie Thompson 0401 117 300

### Gardening Fun

6 Aug,  
10am-12pm

### Scrapbooking

9 Aug,  
10am-12pm

### Resin Creativity

11 Aug,  
10am-12pm

### Safety for Seniors

13 Aug,  
10am-12pm

### Cardmaking

15 Aug,  
10am-12pm

### Jewellery Making

18 Aug,  
10am-12pm

### Essential Oils

20 Aug,  
10am-12pm

### Gift Box Making

22 Aug,  
10am-12pm

### Computer Magic

23 Aug,  
10am-12pm

### Healthy Living

25 Aug,  
10am-12pm

### Movie Day

26 Aug,  
10am-12pm

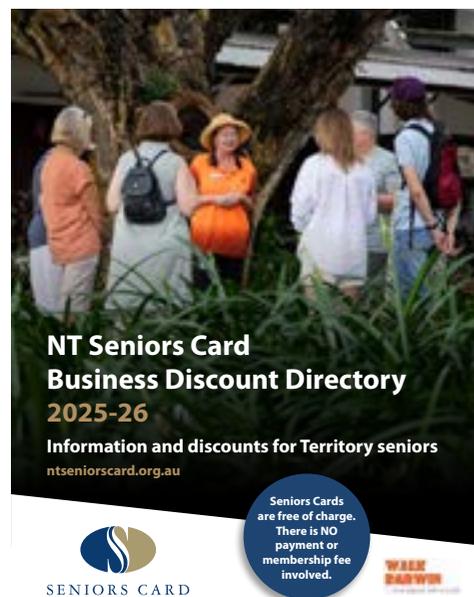
### Candle Making

29 Aug,  
10am-12pm

### Arts & Crafts Show and Tell

30 Aug,  
10am-12pm

# NT Seniors Card releases new directory



NT Seniors Card released the latest edition of the Discount Directory at Expo last month. The new directory, available [in print from over 70 locations](#) and online, features over 428 businesses offering discounts to NT residents aged over 60, who hold a Seniors Card.

“We urge all card holders to take advantage of these wonderful offers and make savings on entertainment, fuel, groceries, eating out, homewares, health, fitness, funerals, home maintenance, mobility equipment, legal services and more,” said Kim Farrar, COTA NT Seniors Card Manager.

“COTA NT has delivered the NT Seniors Card program since 2018 on behalf of the Northern Territory Government and we want to offer a very profound thank you to Territory businesses for their support.”

“Hopefully you were able to visit us at Seniors Expo in Darwin to pick up a copy of the

directory, but it’s also now available at electoral offices, libraries, community and shopping centres across the Territory.”

“We will be bringing plenty of print copies along to our next Expo in Alice Springs for Seniors Month (12 August), but in the meantime, a digital version is also available on the [ntseniorscard.org.au](http://ntseniorscard.org.au) website.”

## About the NT Seniors Card

- Over 32,000 members.
- Free travel on public buses in Darwin and Alice Springs.
- Discounts and offers from over 500 participating Business Partners.
- \$55 discount on private vehicle registration.
- New and replacement cards are issued at no cost.
- Cards are free and last a lifetime.
- No 3rd parties are used to handle applications for new or renewal cards.
- New card applications can be made online.
- New or replacement card applications via forms (available by email, [online](#) or in-person).

**Contact NT Seniors Card**  
Call (free) 1800 441 489

- **Darwin:** Spillett House, 65 Smith Street, Mondays to Fridays, 9am to 3pm except public holidays
- **Alice Springs:** 50+ Community Centre, 11 Wills Terrace, Tuesdays, Wednesdays, Thursdays (except public holidays) 9am – 2pm

# Working after retirement age

Source: [LiveUp](#)

There is an interesting read on LiveUp’s site about the [benefits of working after retirement age](#).

If you are working after retirement age, are you...

- Finding fulfilling work
- Keeping socially, mentally and physically active through work
- Enjoying flexible work options
- Trying out different options
- Supplementing your retirement income?

We would love to hear your thoughts. [Email us](#).

## Links to resources

Department of Employment & Work Relations: Support for mature aged workers  
[www.dewr.gov.au/mature-age-hub/support-mature-age-workers](http://www.dewr.gov.au/mature-age-hub/support-mature-age-workers)

Australian Taxation Office: Transition to retirement

<https://www.ato.gov.au/individuals-and-families/jobs-and-employment-types/working-as-an-employee/leaving-the-workforce/transition-to-retirement>

When you can withdraw super  
[www.ato.gov.au/individuals-and-families/super-for-individuals-and-families/super/withdrawing-and-using-your-super](http://www.ato.gov.au/individuals-and-families/super-for-individuals-and-families/super/withdrawing-and-using-your-super)

Services Australia

Who can get age pension

[www.servicesaustralia.gov.au/who-can-get-age-pension](http://www.servicesaustralia.gov.au/who-can-get-age-pension)

## Save money on your electricity bill.

Visit [jacanaenergy.com.au](http://jacanaenergy.com.au) to learn more about:

- concessions
- payment plans
- energy saving tips

**Jacana**  
ENERGY  
1800 522 262



# Real life: letters, Qs and NT chats

## Help for chair lift provision?

I am writing on behalf of my mother who has some extreme health issues at the moment. Her name is [withheld], and she is a pensioner (85 years old), and I believe a member of COTA. She has a debilitating illness but sometime in the near future she would like to go home. The hospital is reluctant because of the stairs in her two-story house. Ideally a chair lift would be the answer. This brings me to the reason for my enquiries. Both my parents being on the pension makes them monetarily challenged and would like to know if there is any help available. Also is there a list of contractors who do this work and how are they contactable. I thank you in advance for any, support or information you can provide.

Our reply:

There is a possibility that a chair lift could be accessed through My Aged Care (MAC).

As your mother is still in hospital, I would advise that you request an assessment by the Aged Care Assessment Team for the Transitional

Care program, which provides intensive support following discharge.

Under MAC, Support at Home participants may use their AT-HM Scheme funding on listed items where an assessed need is documented in their support plan, specifically *Vertical accessibility – stairlift with seat*. It also must be prescribed by either an occupational therapist or physiotherapist.

Unfortunately, all this takes time.

## Does a name change on a power bill cost money?

If a bill is in one person's name and they pass away, does it cost the partner/spouse to have the bill changed to their name?

Stuey from Jacana provided the answer to this question:

No charge applies for the account to be continued in the name of any person, providing they accept financial responsibility from the most recent 'actual cyclic reading', no charges would apply.

If you want us to investigate something, feel free to call **1800 522 262** and speak with our friendly team (Mon-Fri 8am-5pm).

## How do I get help with an aged care pension application?

I need assistance with setting up my Pension application and my Health care card. I'm semi computer literate but I can't link my digital id with MyGov account.

Our Aged Care Navigator called him to assist:

When I spoke to him, he had been to Services Australia and sorted his access to myGov. He expressed disappointment regarding their ability to assist him to make his claim for an aged care pension.

I emailed him with a link to the appropriate section of their website (see [How to claim age pension](#) – page ID QC 42666) with the following recommendations.

- Make sure you start the process when you will not be disturbed. Take your time, there is no need to rush.
- Read through the instructions fully before you start. It takes time to understand.
- Don't stress about it, after all you do have an appointment with them later in the week.

If you need help applying for an Aged Care Pension, contact Services Australia and ask to book an appointment with an Aged Care Specialist Officer (ACSO).

You will need to call Services Australia Aged Care line

- **1800 227 475**
- Monday to Friday 8am – 5pm
- Appointments are free.
- If you have a myGov account available via video chat.

The concerns below were raised at Expo.

## Can I access VAD if I feel like a financial burden to family in residential care?

Feeling like a financial burden to your family is not a reason or sufficient criterion for accessing VAD. To access VAD, a person would have a terminal illness, be in intolerable pain and suffering and also have the cognitive ability to make the choice for themselves. It is very sad that some seniors may feel this way and we urge anyone in this situation to talk to their families and seek support.

## Who is VAD for?

VAD is designed to assist people, *who are over 18* and living with a terminal illness, who are experiencing intolerable pain and suffering to have the choice to end their suffering in a humane way. Once again the choice is completely up to the person with the terminal illness – **not** family, relatives, friends, carers or nurses.

## What is the difference between VAD and suicide?

VAD is *only* for people with a terminal illness, who would be departing this world because of their illness. Suicide occurs when people take their own lives (and are not necessarily diagnosed with terminal illness) and can happen at any age. Depression is not a valid criterion to access VAD.



**Have your say**

Send your letters, questions or comments to the Editor.

By email  
[communications@cotant.org.au](mailto:communications@cotant.org.au)

By post  
COTA NT, Seniors Voice  
GPO Box 852, Darwin NT 0800



# Navigating life's chapters



Whether expected or unexpected, big or small, change can leave us feeling unsettled or unsure of ourselves. Hearing real stories from those who've been there can make a world of difference, and help you find your way forward when life shifts.

LiveUp is a free guide, funded by the Australian Government, packed with information and resources to help you stay well as you get older.

#### Activities directory

Find local activities and filter results to match your needs and goals.



#### Personalised healthy ageing quiz

Get tailored product and activity suggestions based on your answers.



#### Printable exercise sheets

Step into health and enjoy benefits of movement for your mind and body.



#### A library of articles

Explore evidence-based articles that align with your healthy ageing goals.



**Visit [liveup.org.au](https://liveup.org.au) or speak to a Navigator  
for free on 1800 951 971**

# Network notices



## COTA NT Club and Associates

demonstrate a commitment to, interest in and support of COTA NT's work. 27 of our Club and Associates exhibited at the recent Darwin Seniors Expo with more already signed up for Alice Springs Expo on 12 August.

Club and Associate membership is available for not-for-profits.

**Let's Sing!** A community choir for adults for all ages & abilities. No other music or choir experience necessary. Music Centre, Essington School, Rossiter St, Rapid Creek. Wednesday evenings 7pm-8pm. Group coordinator: Ruth Garden 0431 179 047 [letssingdarwin@gmail.com](mailto:letssingdarwin@gmail.com)

**Old Timers Traeger Museum** For Seniors Month, the museum is presenting *Treasures of Old Timers Traeger Museum*. 15 Aug, 10am-2pm Presenters will be talking about selected items with historical & family perspectives. Light refreshment available. Old Timers Traeger Museum, 245 Stuart Highway. For more information, contact Margaret 0428 714 128

**The Heart Foundation Walking Group** Darwin CBD Wednesdays 6, 13, 20 & 27 August, 12.10pm to 12.40pm Meet at the Heart Foundation Office outside of 38 Mitchell Street, Darwin City. Email interest to [julie-anne.overell@heartfoundation.org.au](mailto:julie-anne.overell@heartfoundation.org.au)

# Stay social

Social media is not for everyone (which is why of course we publish Seniors Voice in print!).

However if you are using social media to stay in touch with news, events, family, friends and organisations, you may like to know that NT Seniors Card is trialling the efficacy of Instagram communications. The fledgling account can be found at



[www.instagram.com/ntseniorscard](http://www.instagram.com/ntseniorscard). Feel free to follow the account.

# Be Connected

**Free online learning is available through the Australian Government's Be Connected website.**

It can help build your digital skills, confidence and safety online with learning content

and computer classes. There is a huge variety of topics to explore including: using Google, fun things with photos, games, health and wellbeing apps, mobile banking, identifying scams, buying/selling online and more.



Trent Dalton's beloved bestselling book jumps spectacularly off the page in this critically acclaimed stage adaption that will grab you by the heart

## SENIORS SPECIAL

Thu 2 Oct 10.30am  
Matinee - \$45

DEC welcomes Seniors with quality entertainment in ease and comfort. Call 8980 3333 to discuss your accessibility needs.

[yourcentre.com.au](http://yourcentre.com.au)

# Christmas in July!

**Operation Secret Santa – Aged Care NT (OSS-AC NT) has launched its Christmas in July campaign. This initiative aims to kickstart our 2025 Christmas campaign to bring joy and festive cheer to aged care residents across the Northern Territory.**

OSS-AC NT is calling on the community to contribute donations of new, unwrapped gifts for elderly residents.

These donations can be delivered to electorate offices: Spillett, Nelson, Brennan, Blain, Drysdale, Karma, Casuarina, Sanderson, Port Darwin, Wanguri, Fong Lim, Goyder and Fannie Bay.

 [SecretSantaTopEnd](#)



**Operation Secret Santa - Aged Care NT**

We would LOVE to receive donations of:

- Toilet gift packs
- Crossword books and pens
- Colouring books and pencils
- Nail polish and lipstick
- Small ornaments
- Sun catchers
- Bookmarks
- Note books and pen
- Handkerchiefs
- Scarves
- Socks
- Face washers
- Brand new CD's (that would be of vintage music taste)
- Knee rugs
- Glasses case & glasses cord chain

Unfortunately, we are not able to accept the following:

- Food and beverage products
- Alcohol and tobacco products
- Candles and flammable products
- Bars of soap (and gift packs containing them – liquid soap is ok)
- Aerosols



**COTA INSURANCE**

## No age limits on some travel insurance policies

Call us to find out more or visit our website

**1300 1300 50**

[cota.com.au](http://cota.com.au)

Insurance and Membership Services Limited ABN 59 057 159 743, AR 246235 trading as COTA Travel Insurance is an authorised representative of nib Travel Services (Australia) Pty Ltd, ABN 81 115 932 173, AFS Licence No 308461 and act as nib's agent and not as your agent. This is general advice only. Before you buy, you should consider your needs, the Product Disclosure Statement (PDS), Financial Services Guide (FSG) and Target Market Determination (TMD) available from us. This insurance is underwritten by Pacific International Insurance Pty Ltd, ABN 83 169 311 193.

# Be inspired to take up a crazy new hobby



**If you scroll through the program of festivals such as the Darwin or Adelaide Fringe Festivals, you may notice there are not many performers over the age of 40 listed.**

At the age of 63, Sarah Stewart a self-proclaimed Boomer from Canberra was annoyed with the attitude that at a certain age you are only fit for babysitting. She challenged herself and decided to prove to others, that she could take up a crazy new hobby and that she had something worthwhile to say.

With only 20% of comedians being women, Stewart also soon realised there were very few female comedians over the age of 55. "There are times when I feel out of place because I am surrounded by mostly male comedians under the age of 30. However, I have found people of all ages enjoy my comedy, and my life experience allows me to

discuss topics such as ageing and planning your funeral which resonate with older audiences".

Stewart believes that comedy is an excellent vehicle for raising awareness about issues that otherwise are kept quiet, such as death.

"At the moment I'm having lots of fun writing content about some of the absurd situations my husband and I have found ourselves in since his diagnosis of stage 4 cancer. I mean, there's nothing funnier than trying to do a poo sample in a pot the size of a thimble!"

Stewart has just completed a very successful tour of her first ever solo show "Midwife Crisis" at festivals in Adelaide, Newcastle, Darwin and Sydney and is looking forward to new challenges including performing at the Edinburgh Fringe Festival.

"I know it's a cliché," she says, "But it's never too late to follow your dream!"

# Dementia Support Australia

## Learn to live at home with dementia.

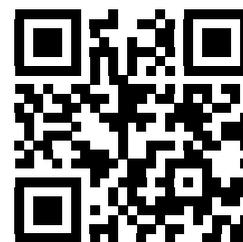
**Staying at Home** is a free program to empower and upskill carers supporting a person living with dementia to remain at home for as long as possible.

Call **1800 699 799** or visit [dementia.com.au/SaH](https://dementia.com.au/SaH)

**Staying  
at Home**

A Carer Wellbeing & Respite Program

**Free sessions over 2 days**  
22nd - 23rd July 25, Darwin NT  
16th - 17th Sept 25, Darwin NT  
18th - 19th Nov 25, Darwin NT



# Free wound care for diabetics

[www.health.gov.au/our-work/cwcs](http://www.health.gov.au/our-work/cwcs)

**The Chronic Wound Consumables Scheme (CWCS) will help eligible patients manage their chronic wounds by covering the full cost of products a patient needs to heal, such as bandages, dressings and adhesives.**

The CWCS is patient-centred and will enable an authorised health professional to enrol an eligible patient to participate in the scheme and order **fully subsidised** wound consumable products through an on-line portal or over the phone. The ordered products would then be delivered to the patient's home to support

ongoing wound management by the patient.

Chronic wounds are wounds that have not progressed through normal healing stages in 30 days. They heal slower and often only heal partially, and they may recur. Chronic wounds impact a person's quality of life and require long-term care. This has a significant burden on the healthcare system.

Currently, most patients must pay the full cost of wound consumable products. These costs can put significant financial pressure on people. This can lead to patients delaying care. The CWCS will ensure patients can get the wound care they need when they need it.

A patient with a chronic wound will go to an eligible health professional, who will assess the wound and order the required wound care products for their patient.

Ordered wound care products will be delivered to a patient's home or the health professional's office, at no cost to the patient.

## Eligible participants

The CWCS will support people with diabetes with a chronic wound who are:

- aged over 65 years
- a First Nations person aged 50 years or over.

Some patients may be funded through other organisations and are not eligible for this scheme.



**On the COTA NT website, you may be asked if you wish to [donate](#) to the organisation.**

*Please know that no donation is too small or too big to give. We are grateful for every dollar.*

More info [here](#) or call us **08 8941 1004**.



Heart Foundation  
**WALKING**

## Boost your health and meet new people!

### Join or start a Heart Foundation Walking group

Looking for fun, fitness and friends in your community? Heart Foundation groups provide a free, safe and supportive environment to walk together for a healthy mind, body and heart.

#### Benefits

-  Improve your health, wellbeing and mood
-  Volunteer led groups
-  Meet new people
-  Rewards and recognition
-  Enjoy local walks
-  Free!

#### Want to start your own group?

Starting a Heart Foundation Walking group is a great way to meet new people.

- Free merchandise and resources
- Full training provided
- Heart Foundation will support you every step of the way

“

It's such an amazing way to connect with locals who you may not have otherwise gotten to know! You basically have a team of others to inspire and motivate you if you need it, or at the very least a new group of friendly faces you get to look forward to seeing”

- Katie

Scan the QR code →  
to find out  
more or register



13 11 12 [walking.heartfoundation.org.au/start-group](http://walking.heartfoundation.org.au/start-group)

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Proudly supported by



Australian Government

# Volunteer for wildlife care



injured, orphaned, sick and displaced wildlife throughout the Top End. Each year we see several species needing our help wallabies, possums, birds, bats, gliders and many other beautiful natives come into care. Volunteer carers provide that essential lifeline, helping these animals recover and return safely to the wild.

**Are you looking for a meaningful way to spend your time in retirement? Wildcare Inc is calling on seniors across the NT to become volunteer wildlife carers. Your care, experience and time could help save the lives of our native animals.**

Wildcare Inc is a not-for-profit organisation that rescues, rehabilitates and releases

Seniors often make exceptional carers. With flexible time, a calm home environment, life experience and a nurturing approach, many retirees are ideally suited to caring for young or recovering wildlife. Whether it's bottle-feeding a joey, providing warmth and quiet recovery space for an injured bird, or simply observing and supporting an animal through rehabilitation, your

involvement can have a real and lasting impact. For native wildlife needing support and a second chance, you can help at little cost to you.

Wildcare Inc receives grant funding from the NT Government and we have had huge support from Parks and Wildlife. We also value our membership with COTA and have attended the last three Seniors Expos providing advice on NT wildlife and encouraging seniors to become wildlife carers or babysitters for animals in care.

You don't need previous experience, just a caring heart and a willingness to learn. Wildcare Inc provides training, mentoring, and ongoing support, with essential food, veterinary care and resources for wildlife covered by the organisation. Volunteers become part of a

supportive network of like-minded individuals, all working together to protect and care for the Top End's unique wildlife. Wildcare Inc will be with you every step of the way. Your time and care could be the reason an animal survives and finds its way back to the wild where it belongs.

Wildcare Inc was founded 30 years ago by our President, Mignon McHendrie who was nominated for and won the NT Local Hero Award in the 2025 Australian of the Year Awards.

If you've ever wanted to help but didn't know where to start, this is your opportunity. Whether you can offer a few hours a week or more, every effort counts. To get involved call **0408 885 341** or email [wildcaredarwin@gmail.com](mailto:wildcaredarwin@gmail.com). For more information check out our website [www.wildcareinc.com.au](http://www.wildcareinc.com.au).

## "Dip your toe in and get started!"

John Tate  
Winner of Seniors of Excellence NT Award, Darwin City Council's Citizen of the Year Award and Cricket Australia's Volunteer of the Year Award

**You've spent a lifetime gaining wisdom, building skills, and making a difference—why stop now?**

Volunteering is a chance to stay connected, meet new people, and bring joy and purpose into your days. Whether it's sharing a smile, lending a hand, or passing on your experience, your time can truly change lives. Come be part of something meaningful!

### Get Involved

Volunteering NT is using 'freddymatch' to connect volunteers with opportunities online. Scan the QR code below or visit: [freddymatch.org/agencies/AG-ZE04ZNO/volunteering-nt](http://freddymatch.org/agencies/AG-ZE04ZNO/volunteering-nt)



# Good info matters

Cecilia Chiolero, PICAC NT

**If you or someone you care about is navigating the aged care system, you might have noticed how complicated it can be. This is especially true for seniors from culturally and linguistically diverse backgrounds, where language or cultural differences can make it even harder to access the right support.**

That is why PICAC NT created the Caring for CALD Seniors Toolkit ([www.cotant.org.au/picac/caring-for-cald-seniors-toolkit](http://www.cotant.org.au/picac/caring-for-cald-seniors-toolkit)).

The toolkit is designed to help aged care providers better support CALD seniors. It includes practical suggestions, like using translated signage and feedback forms, working with interpreters and making information easier to understand. It also encourages services to plan ahead by learning more about the communities they care for and making sure cultural needs are respected from the start.

This Caring for CALD seniors toolkit was thought to be so valuable that a version specific to Western Australia has now been developed in collaboration with the PICAC WA team. This tailored version reflects the local aged care environment while keeping the toolkit's core aim the same: to help services offer respectful and culturally inclusive care that works for everyone.

These resources are particularly important right now. Soon, the new Aged Care Act will come into effect, along with the Strengthened Aged Care Quality Standards.

These changes are part of a major reform of the system, aimed at making aged care safer, more transparent and more respectful of older people and their individual needs.

These new Standards were not developed overnight. In 2021, the Royal Commission into Aged Care Quality and Safety recommended that the government review and improve the existing Standards. They called for stronger focus on food and nutrition, dementia care, diversity, clinical care and governance.

Since then, the Department of Health, Disability and Ageing has consulted widely and released a revised version of the Standards in early 2025. These reflect the new legislation and aim to make expectations clearer for both aged care providers and consumers.

One of the most important changes is Standard 6, which focuses entirely on food and nutrition. This is something that really matters. Food is not just about meeting dietary requirements. It is also about enjoyment, identity, and connection. A familiar meal can bring comfort. It can remind someone of home, of family, of special moments and traditions. For many older people, especially those from CALD backgrounds, food is deeply connected to memory and culture. The aroma of a childhood dish, the texture of a homemade soup, or the ritual of shared meals can bring peace and connection in a care environment that might otherwise feel foreign or isolating.

But it is not just the food itself. The dining experience matters too. Mealtimes are often the social heart of the day in residential care. They are moments when people come together, connect, and enjoy not just what is on their plate, but also the company and the setting around them. A noisy, rushed, or impersonal dining space can turn meals into a stressful event, especially for those with cognitive decline, sensory issues, or who are unfamiliar with the food being served. On the other hand, a calm, welcoming space with thoughtful seating,

good lighting and culturally appropriate table settings can make meals feel more like home.

This is why it is so important for aged care services to listen to the voices of residents and their families when it comes to food and dining. That is why the Aged Care Quality and Safety Commission has developed many resources for the older people and for the providers including a guide to help aged care services run food focus groups. These are simple sessions where residents, families, and staff come together to talk about food, share feedback, and make suggestions. This is a very practical way for providers to improve meals and create a more inclusive dining experience.



You can find the Food Focus Group guide here:

[www.agedcarequality.gov.au/resource-library/setting-food-focus-group](http://www.agedcarequality.gov.au/resource-library/setting-food-focus-group)

Through the PICAC program, COTA NT supports providers and community members by sharing tools and resources that make a real difference. The Caring for CALD Seniors Toolkit is just one of the ways we do this. If you would like a copy or want to learn more, we would be happy to help.

Because aged care should never be one size fits all. It should reflect who we are, where we come from and what matters most to us, including what is on our plate.



## PICAC NT

Partners in Culturally Appropriate Care



The PICAC program has supported aged care service providers and culturally and linguistically diverse (CaLD) communities in the NT since 1997. It aims to improve partnerships between aged care providers, culturally and linguistically diverse communities and the Commonwealth Department of Health.

Through PICAC, service providers, seniors in CaLD communities and government agencies **ENGAGE** with each other. PICAC's activities and events bring migrant and ethnic seniors together and its advocacy helps ensure the needs of seniors from CaLD backgrounds are being identified and met.

Do you need **SUPPORT** to ensure your services are culturally appropriate to your clients?  
Do you need help to get the aged care you need for yourself, friends or family members?  
PICAC can **HELP**.

Contact the PICAC Manager Cecilia Chiolero for help with:

- Culturally appropriate aged care training for service providers
- Free access to information and resources 'in-language'
- Concerns and issues affecting CaLD seniors
- Support to access translation services
- Community orientated information sessions
- Informative activities in language.

(08) 8941 1004    GPO Box 852, Darwin NT 0801  
picac@cotant.org.au    www.cotant.org.au/picac/contact-picac-nt

# Strength, balance & confidence



Photo: Sharon Kelly

**As we age, staying active becomes one of the most powerful choices we can make for our health, independence and overall wellbeing. One of the best ways to move with purpose – and feel good doing it – is Pilates.**

Pilates is a gentle, low-impact exercise that improves core strength, posture, flexibility and balance. It is especially beneficial for older adults because it supports joint health, eases stiffness and can even help reduce back pain and manage conditions like arthritis or osteoporosis.

But it's more than just physical. Pilates encourages mindful breathing and movement, helping to clear your mind, reduce stress and leave you feeling calm and refreshed.

My Pilates class at COTA NT (also available on Zoom) is tailored specifically for seniors. Whether you are just starting out or returning after a break, this class is welcoming, adaptable and encouraging – a space where you can move at your own pace.

Worried you might not “look the part”? Think you're too stiff, too old, or too uncoordinated? You're not alone – many new participants feel that way at first. But the truth is, Pilates isn't about perfection. It's about progression. In fact, it's often the people who feel the most hesitant at the beginning who experience the greatest sense of accomplishment. You don't need a dancer's body or fancy gym gear – just a willingness to show up and give it a go.

Everybody is welcome and everybody can benefit. We laugh, we stretch and sometimes we wobble – but we always support each other. I often hear comments like this, “I was nervous I'd feel silly or out of place. But after the first session, I was so glad I started.”

There is space for a few more participants in this class, either in person at COTA NT or online from the comfort of your home. You'll finish each session feeling taller, stronger and more energised – and proud of what your body can do.

Pilates at COTA is held on Monday mornings at 9.30am. Classes last for 45 minutes. You need to bring a mat and water bottle, wear comfortable clothing and agree to starting guidelines.

## Ready to give it a try?

Get in touch with Sharon today to reserve your spot and build your strength, flexibility and confidence.

Bookings online at [superageing.com.au/bookings](https://superageing.com.au/bookings)  
Call Sharon **0438 890 089** for information, help with Zoom and class bookings.

**CatholicCare NT**  
**AGED CARE ADVOCACY**  
**FREE INDEPENDENT CONFIDENTIAL**  
SUPPORT FOR PEOPLE WITH AGED CARE CONCERNS  
HELP TO UNDERSTAND YOUR RIGHTS  
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**Free Call**  
Aged Care Advocacy Line  
**1800 700 600**

Proud Northern Territory member of **OPAN** Older Persons Advocacy Network

**Be part  
of a great  
day!**



**Alice Springs**

# SENIORS EXPO



**Tuesday 12 August 2025, 10am – 2pm**

**DoubleTree by Hilton Hotel  
82 Barrett Dr, Alice Springs**



**Free  
morning  
tea**

**Exhibitor  
Info**

**BBQ**

**Free  
entry**

