



# PALMERSTON AND LITCHFIELD SENIORS ASSOCIATION INC (PLSA). NEWSLETTER

Volume: 31

Month: November, 2023

## FROM THE PRESIDENT'S DESK

Well we have had our AGM and unfortunately not all positions were filled. However we welcome two new committee members – Chris Murray and Glenda Reid – both whom I'm sure will be a big asset to the PLSA. Our year is drawing to a close and a few reminders –

1. Christmas Lunch 7 Dec. We will be taking bookings for that at our morning teas in November. Remember only Litchfield members can book at Humpty Doo morning tea on 1 Nov and you must have become a member by the end of August. Palmerston bookings will begin on the 9 Nov at morning tea. Our major raffle will be drawn at the luncheon so please return all books asap.
2. Membership fees are due again in January 2024. The fee has increased to \$30 per member and you must register before the end of April to qualify for Senior Fortnight events and receive your copy of the newsletter.
3. Our last movie morning is on Nov 20 (brought forward) and registrations are now being taken at morning teas.

Overall it has been a successful year. Our membership continues to grow and we appreciate the support given when selling raffle tickets, running Bunnings BBQs and the Community Wheel. Plans are already being discussed for 2024 Senior Fortnight and some activities being put in place. Don't forget to support our wonderful local sponsors who continue with their generosity.

On behalf of the PLSA Committee I wish you all a wonderful festive season.

Cheers

Marg Lee

President PLSA



## MORNING TEA

Our Morning Teas at **Cazalys Palmerston Club** are held on the **2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month between 10am and 12noon.** We run a raffle at each Morning Tea (tickets are either \$2 ea or 3 for \$5) and we have Bingo that is played on the 4th Thursday, free of charge.

Morning Tea dates are as follows:

**Please Note: All dates for Morning Teas are on our Website.**

**Thursday 23<sup>rd</sup> November**

**Thursday 7<sup>th</sup> December**

**PLSA Christmas Lunch**

**Thursday 25<sup>th</sup> January 2024**

**Please Note: If you have booked for the PLSA Lunch and are unable to attend please advise Sheryl so we can replace you.**

**SHERYL SEPTON 0439 342 400**

### CONTACT DETAIL

Marg Lee	President	0438 430 237	Sheryl Sephton	Treasurer	0439 342 400
Neville Driver	Public Officer	0455 660 026	Sally Howarth	Publicity Tech Officer	409 195 257
	Vice President	0455 660 026		secretary@plsa.com.au	

# HUMPTY DOO & RURAL AREA GOLF COURSE

## MORNING TEA



The Humpty Doo & Rural Area Golf Course (HDGC) came on board as a sponsor to provide a regular seniors event - Morning Tea, delivered on the 1<sup>st</sup> Wednesday of each month in the Litchfield Council region.

**Did you know the PLSA has 69 financial members from the Litchfield Council region or 40.35% of total membership.**

This event, was established, at the request of Litchfield Members does not seem to attract many Litchfield Members, as previously thought.

The dates for the forthcoming Morning Teas at Humpty Doo & Rural Area Golf Course are as follows:

**Wednesday – 6<sup>th</sup> December**

**Wednesday – 7<sup>th</sup> February**

**10.00am – 12.00noon**

The Humpty Doo & Rural Area Golf Course (HDGC) came on board as a sponsor to provide a regular seniors event - Morning Tea, delivered on the 1<sup>st</sup> Wednesday of each month in the Litchfield Council region. Humpty Doo & Rural Area Golf Course MORNING TEA Did you know the PLSA has 68 financial members from the Litchfield Council region or 27.2% of total membership.

We would encourage **ALL Litchfield Members** in particular to frequent this morning tea, have a great morning tea and perhaps take home a gift voucher. If you would like to see Morning Tea at HDGC continue beyond 2023, come along, enjoy yourself one morning a month and support the HDGC and the PLSA

## Taminmin Community Library



### Seniors Morning Tea

**10:30am – 12:00pm**

70 Challoner Cct., Humpty Doo

(08) 89 881200

**Morning Tea the 2<sup>n</sup> Friday each month**



### Movie And Morning Tea

**Event Cinemas – Gateway  
Shopping Centre**

If you check our website - PLSA.com.au you will see that we have at Event Cinemas this year.

The next Movie & Morning Tea is **Monday 19<sup>th</sup> February** commencing at 10am for morning tea, followed by the movie.

Catch up with Sheryl at Morning Tea.

We need 50 people attending to secure the Vmax Cinema. In 2023 the Members Fee is \$5.00 per head, whilst Non-Members are required to pay \$15.00 per head.

So bring a friend, come along and enjoy the Morning Tea and Movie.





## **PALMERSTON VOLUNTEER DRIVERS PROGRAM**

The Palmerston Volunteer Drivers Program needs MORE drivers, especially in the Rural area.

These Drivers drive Seniors to medical and hospital appointments, wait for them and then drive them home again.

**Contact Sheryl Sephton**

**on 0439 342 400**

**If you need to book an  
appointment, call our partner;  
Brennan Electorate Office on  
8999 558**

**Please Note:**

**Brennan Electorate Office  
Will be CLOSED FROM  
22<sup>ND</sup> DECEMBER 2023 TO  
TUESDAY 2<sup>ND</sup> JANUARY  
2024**



**Hon Eva Lawler**

### **Member for Drysdale**

The year has raced by and the Build Up is well and truly upon us and we are all looking for ways to stay cool. In good news, it's only about 6 weeks until the opening of SWELL (Swimming, Wellness, Events, Leisure and Lifestyle) at the Palmerston Pool.

SWELL will officially open on 17 December and a huge thank you to the City of Palmerston for committing to making it free for everyone. A great decision by our Council!

The upgrades are a partnership between the NT Government - \$7.5 million, the Federal Government - \$5 million and the rest by the Council. I firmly believe that partnerships between the tiers of Government are a great way of working and delivering for our community. I am proud of the collegial, productive relationship our Government has with the City of Palmerston and the results of that positive relationship for the community.

Recently, Mayor, Athina Pascoe-Bell, Member for Solomon, Luke Gosling, along with Chief Minister, Natasha Fyles and I got a tour of the facility, including the SWELL Palmerston Health Club that is being upgraded. We all understand the inconvenience this work causes but very soon we will all benefit from the amazing new facilities available for us all to enjoy.

All the best in the run down to Christmas. Please don't hesitate to contact me on tel: 8999 5397 or call into my office at Gateway.



I cannot believe Christmas is just around the corner, this year has flown by.

The City of Palmerston are well underway with their planning of the Christmas Wonderland again. It will be set up in Goyder Square from the 15<sup>th</sup> of December and will also include workshops and tactile arts. Stay tuned for more information from the City of Palmerston.

SWELL is officially opening on the 17<sup>th</sup> of December, just in time for the school holidays. It looks fantastic! The community will be sure to enjoy the new two-storey water play zone, splash zone for little ones, the revamped 50 metre pool and 3x3 basketball over the break.

Once again we have the Lion's Christmas Cakes and puddings for sale, pop in to my office at Zuccoli Plaza to buy one (cash only).

- 1kg Traditional Christmas Cake – \$16.00
- 1.5kg Traditional Christmas Cake – \$20.00
- 900h Christmas Pudding - \$16.00
- Mini snack size Christmas Cakes - \$2.00

Please don't hesitate to reach out if you have any issues or concerns. We can be contacted on 8999 6674 or email [electorate.spillett@nt.gov.au](mailto:electorate.spillett@nt.gov.au) or of course you can pop in to Shop 13A Zuccoli Plaza, Zuccoli. My office will be closed over the Christmas period from the 22<sup>nd</sup> of December, re-opening on the 8<sup>th</sup> of January 2024. Wishing you a safe and festive season,

Hello Palmerston and Litchfield Seniors In recent times, our senior neighbourhoods have experienced a distressing rise in property crimes, often occurring at the most vulnerable hours — when night falls, and hearing aids are set aside for rest. To address this, the Blain office has been actively engaging with our senior residents to discuss these unsettling events and discuss your concerns. After some research we have identified a simple yet effective deterrent — a loud compact window alarm, easily sourced from Bunnings at a small cost and easily fitted, no drilling necessary! These alarms are designed to alert you at the first sign of an intrusion, providing an added layer of security when you need it most. We acknowledge, however, that not everyone can readily access or afford these alarms. Therefore, we've collaborated with Bunnings who have kindly agreed to donate a small number of these devices to distribute to those in need. If you find yourself facing difficulties in obtaining one, please contact the Blain electorate office. Moreover, reporting any suspicious activities to the Police Assistance line 131444 or Crime Stoppers 1800 333 000 is vital. Please always call 000 if you need immediate police attendance or if you believe someone is in your home. If you're uncertain about how to proceed with a report or need any other form of assistance, our office is always ready and willing to help. By staying vigilant and reporting, we strengthen the safety net for our entire community. In these trying times, let's come together to safeguard ourselves and our homes. Look out for one another and stay safe.



As it gets closer to Christmas, it is a timely reminder that we are coming into cyclone season. It is important that you plan ahead to protect you, your family and your property. Make sure you develop your emergency plan, prepare your emergency kit, prepare your home for severe weather, know where your closest emergency shelter is and listen for important warnings and advice. Make sure you contact your family to advise them of your plan and where you will be in the event of a cyclone. For assistance during floods, storm and cyclones call 132 500 or in emergencies always dial 000.

This year, I once again have Lions puddings and cakes available for purchase from my office. All proceeds go directly to Lions to support them to help us. If you would like a cake or pudding, pop past my office, as they don't last long.

As your local member, it is important to make myself accessible and available, please don't hesitate to contact my office on 8999 6713 or via email at [electorate.nelson@nt.gov.au](mailto:electorate.nelson@nt.gov.au) if I can be of any assistance.

Merry Christmas and Happy New Years. I look forward to seeing you around Nelson in 2024!

Gerard Maley MLA  
Member for Nelson



As we approach the Christmas season, I am looking forward to all of the Christmas cheer and spirit throughout the community.

My office is a drop off point for some organizations which help people at this time of year. You can drop off non-perishable items for Foodbank and items for Operation Secret Santa - Aged Care NT which distributes Christmas gift packs to aged care homes across the Northern Territory. We also take donations of sanitary items for Share the Dignity and nappies for The Nappy Collective. Please feel free to reach out if you would like any further information about items that can be donated.

There will be many Christmas activities around Palmerston and my office can also provide information for what's on.

I wish you a great festive season and look forward to a busy 2024.

Warm regards

**Marie-Claire Boothby, MLA**





city of  
**PALMERSTON** 'A Place for People'



Next Level Gym

Rosebery, Palmerston NT



## ***PLSA Web Site***

Visit the site – [plsa.com.au](http://plsa.com.au) You are able to view the Newsletter and check out our Events Calendar on the Website.

The Secretary will email everyone with a Link. Simply click on the Big Green button in the email with Download on it and open the Newsletter. **If you don't get the email for the Newsletter, please email me.**

For those people without an email address, don't panic, you will continue to receive a hard copy of the Newsletter in the post. Please, if you do not receive the email CALL ME.

If you have any suggestions or updates for the web site, just contact Sally Howarth, our Secretary on [secretary@plsa.com.au](mailto:secretary@plsa.com.au) or 0409 195 257.

### **Palmerston And Litchfield Association Inc**

#### **Committee Members Contact Emails**

**President:** [president@plsa.com.au](mailto:president@plsa.com.au)

**Vice President:** [vicepresident@plsa.com.au](mailto:vicepresident@plsa.com.au)

**Public Officer:** [publicofficer@plsa.com.au](mailto:publicofficer@plsa.com.au)

**Secretary:** [secretary@plsa.com.au](mailto:secretary@plsa.com.au)

**Treasurer:** [treasurer@plsa.com.au](mailto:treasurer@plsa.com.au)

**Publicity Tech Officer:** [publicitytechofficer@plsa.com](mailto:publicitytechofficer@plsa.com)

**Enquiries:** [enquiries@plsa.com.au](mailto:enquiries@plsa.com.au)