



PALMERSTON AND LITCHFIELD SENIORS ASSOCIATION INC (PLSA). NEWSLETTER

Volume: 32

Month: February 2024

FROM THE PRESIDENT'S DESK

Welcome back to another year of many activities. We hope you all had a good break and rest. In our first newsletter there is a lot of information so we trust you will heed it. Membership is now due (see article) and morning teas have recommenced (see dates and venues). **One change is no morning tea on 25 April as it is ANZAC day and Cazalys are very busy.** The committee are already busy looking at events for Seniors Fortnight in August and we hopefully have a big one lined up. Don't forget to renew your registration before April and encourage new members to join.

Marg Lee

President



Membership 2024

There are some important changes that have been made regarding membership criteria in 2024.

- 1) As in other years, Membership contribution falls due on the 01st of January of each year – no change.
- 2) Membership contribution for 2024 is \$30.00.
- 3) If you have a Carer who brings you to events and stays with you, **even once**, they **MUST** also be a financial member of the Association.

Their membership contribution can either be paid by the Carer or yourself. It will also be \$30.00 *.

* Note: - this change is due to insurance coverage – Public Liability and not the making of the PLSA.

- 4) To register for Seniors Fortnight, you must be a financial member by 30 April 2024.

If there are extenuating circumstances, please contact the Vice President only, by email publicofficer@plsa.com.au or call on 0455 660 026.

- 5) To register for the Seniors Christmas Lunch, you must be a financial member by 01 September 2024, no exceptions.
- 6) Membership between the 2nd of September and 31st December will not require a financial contribution, however you must be registered with the PLSA by submitting an application for membership.

Should need any further information, please contact the Public Officer.

CONTACT DETAIL

Marg Lee	President	0438 430 237	Sheryl Sephton	Treasurer	0439 342 400
Neville Driver	Public Officer	0455 660 026	Glenda Bradbury	Secretary	0447 019 778
Neville Driver	Vice President	0455 660 026	Sally Howarth	Publicity Tech Officer	0409 195257



HUMPTY DOO & RURAL AREA GOLF CLUB

MORNING TEA

We thank Cazalys Palmerston Club for continuing to sponsor our Seniors Morning Tea again in 2024.

The Morning Tea at **Cazalys Palmerston Club** is held on the **2nd and 4th Thursdays of the month between 10am and 12noon.**

We run a raffle at each Morning Tea (tickets are either \$2 each or 3 for \$5) and we play Bingo on the 4th Thursday, free of charge.

You do not need to be a PLSA Member to attend the Cazalys Palmerston Club Morning Tea. This event is free for all Seniors.

Morning Tea dates are as follows:

Please Note: All the dates for Morning Teas are on our Website – plsa.com.au

Thursday	08 th February
Thursday	22 nd February
Thursday	14 th March
Thursday	28 th March
Thursday	11 th April
Thursday	09 th May
Thursday	23 rd May

Please note there is no Morning Tea on Thursday 25 April as it is ANZAC Day.

MORNING TEA

The Humpty Doo & Rural Area Golf Club (HDGC) continue to support, Litchfield Seniors by running their Seniors Morning Tea again in 2024. Thank you.

The Morning Tea at the **HDGC** is held on the **1st Wednesday of each month between 10am and 12noon.**

We run a raffle at each Morning Tea (tickets are either \$2 each or 3 for \$5).

You do not need to be a PLSA Member to attend the HDGC Morning Tea. This event is free for all Seniors.

Morning Tea dates at HDGC are as follows:

Please Note: All the dates for Morning Tea are on our Website – plsa.com.au

Wednesday	07 th February
Wednesday	06 th March
Wednesday	03 rd April
Wednesday	01 st May
Wednesday	06 th June

Come along, make new acquaintances, and join us Wednesday for morning tea at HDGC.



PALMERSTON VOLUNTEER DRIVING PROGRAM (PVDP)

The Palmerston Volunteer Drivers Program will continue to support Seniors in 2024.

We have a dedicated body of drivers, who are **ALL** Volunteers and willingly give up their time to assist Seniors.

Please be aware that your contribution for the service has increased in 2024 to the following:

PLSA Members: \$20.00/trip
Non-Members: \$30.00/trip

Our drivers will provide you with a receipt upon payment of your contribution and will assist you where possible.

This service is delivered in conjunction with our partner, the Electorate of Brennan.

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



Guest Speakers

Guest Speakers are arranged through the Vice President – Contact: Neville either on publicofficer@plsa.com or 0455 660 026.

We try to arrange our guest speakers for the 2nd Thursday of the month, so if you know of a person or organisation Seniors might like to hear from, please let the Vice President know.

Cazalys Palmerston Club

Thursday 25th January – 1030am

- Blooms Chemists

Thursday 14th March – 10:45am

- Specsavers – Ray Dayep
Audiologist – Hearing Month

Thursday 28th March – 1045am

- Mrs Jo Hersey MLA
Shadow Minister for Seniors

Thursday 11th April – 1045am

- Ms Ngaree Ah Kit MLA
Minister for Youth, Seniors, and Equity

Come along and have a chat with our guest speakers.



Specials for Seniors

TRADING HOURS:

Monday-Thursday: 9am-5pm

Friday: 9am-6pm

Saturday: 9am-4pm

Sundays & Public Holidays: 10am-2pm

Palmerston Shopping Centre

Supporting Seniors

CONGRATULATIONS

NEVILLE

Awarded the City of Palmerston's Citizen of the year. The award is well deserved as we all know the efforts Neville puts into PLSA which contributes to its smooth running.

WELL DONE NEVILLE



Congratulations

At the General Committee Meeting, Friday 19 January, Glenda Bradbury was appointed the PLSA Secretary.

Glenda can be contacted via:
Email: secretary@plsa.com.au OR

Mobile: 0447 019 778

This position had been vacant since the AGM. This now leaves a vacancy on the General Committee following Glenda's elevation to the Management Team.

Nominations

The Committee are encouraging a nomination to fill the vacant position on the General Committee from the Litchfield Council region.

In the past the Association has tried to have 5 members from the Litchfield Council region and 10 members from the City of Palmerston.

So, want to join an active Committee, like to contribute to Senior's wellbeing – why not nominate?

Application Forms can be obtained from Neville Driver.

Email: publicofficer@plsa.com.au

Mobile: 0455 660 026

We would like to appoint a new Committee member at the next General Committee Meeting, Friday 23 February. We look forward to receiving your nomination or hearing from anyone who might be able to assist.

Neville Driver
Vice President & Public Officer

Hello!

Thank you for welcoming us back as one of your major sponsors for 2024. We couldn't be happier to provide support to our community and really enjoy the engagement at morning teas and other events.

A little bit about us –

I, Philippa, and Melanie are the proud owners and pharmacists-in-charge of Blooms in Bakewell. We have both migrated to the NT from Central West NSW and have never looked back. Our goals are to get to know all the customers and connect in a way that we have trust and can work with each other to improve your health problems. If you haven't met us yet, come on in and get to know us!

Melanie's areas of interest are: Parkinsons Disease, Disability Care and NDIS Support, Medication packing.

Philippa's area of interest are: Women's health, Medication review and packing.

We are open 7 days a week, offer FREE webster packing and FREE delivery.

Blooms The Chemist Bakewell have been approved into the National Immunisation Program and can now provide certain vaccines on the program for free.

Thank you,

Melanie and Philippa

Ph: 08 8931 0678 E: bakewell@blooms.net.au



Introducing Audiology Services to Specsavers Palmerston!

If you've been into Specsavers for a sight test recently, you may have been offered a quick Hearing Screening as part of your initial health checks. That's because Specsavers Palmerston now offers audiology services! Specsavers Audiology first launched in the UK in 2003, and eventually made its way to Australia in 2017. Last September, the NT became the last of Australia's states and territories to offer audiology services at Specsavers – a milestone achievement, and one that I'm proud to be a part of!

For those of you who don't know me, my name is Rey, and I'm an audiologist. I was born and raised in Darwin and moved to Melbourne for Uni before returning to the Top End to commence my audiology career. I've enjoyed being back home and I'm looking forward to this new chapter working alongside Luke, Teagan, and Tony, to deliver you the best care that we can for your eyes *and* your ears.

know that you've been an amazing support to Specsavers Optometry, and I hope to be able to build a meaningful relationship with you as well.





Darwin
FAMILY LAW
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 19th 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.



IN CASE OF EMERGENCY CARDS

PLSA has In Case Of Emergency cards printed to be distributed to our members. Another way to keep you safe wherever you are. Just put your details on the back of the card and keep it with you at all times.

COMMENTS/MEDICATION	IN AN EMERGENCY	M EDICAL CARD
	NAME _____ PHONE _____  Phone: 8944 1500  Phone: 8944 6244	 PLSA The information contained in this medical card is the sole responsibility of the individual whose name appears on this card. This card should be carried by the individual at all times.

hope that you all have enjoyed a great Christmas and New Year! Firstly, congratulations to Neville for being recognised as Palmerston's Citizen of the Year! I'm sure that you would all agree that Neville has worked tirelessly for seniors and the recognition is well deserved.

It is set to be another busy year for Palmerston but before the hectic dry season begins, we still have a number of activities for the remainder of the wet season.

SWELL

SWELL is now open! Both pools have accessible entry ramps, and the new adventure zone is great for older kids. Now that school has returned, the high ropes course will be open from 4pm – bookings are required. The Gym is undergoing renovation and is scheduled to reopen in March. However, Learn to Swim classes are now available for all ages from babies through to adults. Keep an eye out for other classes commencing soon, including aqua aerobics and gym. Information on classes, activities and bookings can be made through the Swell website: <https://www.swellpalmerston.com.au/>

Get Active, Palmerston

Get Active, Palmerston program has returned for February to March. If you would like to try meditation, triathlon, Tai Chi, Pilates, Yoga, swimming, join a walking group, or try gym classes, you can register and view the full program for Get Active, Palmerston through Council's website. <https://palmerston.nt.gov.au/getactivepalmerston>

Late nights at the library

Late nights at the library are still running, offering a range of free activities every second Friday evening from 6pm, until mid-April. The remaining sessions will include Tip Top Hua Hooping, Minute to win it games and Drag Queen Bingo. View the remaining program at <https://palmerston.nt.gov.au/Latenights>

Animal Management By-Laws

Our long-awaited Animal Management By-laws are almost ready for adoption in July. Changes will include more provisions for declaring dangerous dogs, higher penalties for dog attacks and reporting for nuisance animals will include cats, poultry, and other animals, not just dogs. Microchipping will also be compulsory for both cats and dogs to ensure that animals can be returned to their owners. The Council also offers cheap desexing and microchipping to Palmerston residents. This popular program booked out in less than a day so keep a look out for the next round to register your interest.

I look forward to another busy year, and will no doubt see many of you at various activities this year.

Mayor Athina Pascoe-Bell



Newsletter from the Mayor of Litchfield: Seniors Association Update



Dear Members of the Palmerston and Litchfield Seniors Association,

I hope this message finds you all in good health and high spirits. As Mayor of Litchfield, it brings me great pleasure to extend my heartfelt gratitude to each and every one of you for your continuous dedication and support to our vibrant community.

First and foremost, I would like to express a sincere thank you to all the volunteers who tirelessly devote their time and energy to make the association thrive. Your commitment and selflessness truly embody the spirit of community and make a significant difference in the lives of our seniors.

I also want to acknowledge the unwavering support that you have shown at various community events throughout the year. Your active participation and enthusiasm help foster a sense of togetherness and unity within our community, making Litchfield a wonderful place to call home.

I am pleased to announce that Litchfield Council remains a proud and steadfast sponsor of the Palmerston and Litchfield Seniors Association. We recognise and appreciate the invaluable role that the PLSA plays in providing a safe and welcoming environment for social interaction among our seniors. Your dedication to promoting well-being and fostering meaningful connections among members is truly commendable.

Looking ahead, I am excited about the upcoming 2024 Seniors schedule of fortnightly events. It promises to be a time filled with laughter, friendship, and new experiences. I encourage each of you to take full advantage of the opportunities for engagement and enrichment that lie ahead.

In closing, let us continue to cherish the bonds we share as a community and embrace the spirit of camaraderie that defines us. Together, we can look forward to a future filled with joy, fulfillment, and endless possibilities.

With warm regards,

Doug Barden Mayor of Litchfield

Dear Palmerston and Litchfield Seniors

The year has started at a great pace and as most of you would be aware I am now the Chief Minister. It will be a big year with the NT General Election on 24 August 2024.

I attended a number of Australia Day events with both the Darwin and Palmerston events including Citizenship Ceremonies which always makes the day extra special when you see and hear how proud our newest Australian are to be gaining their citizenship on Australia Day. There were 48 new citizens welcomed to Palmerston with it being a truly multicultural event with the conferees coming from 17 countries.

The Palmerston Australia Day Award winners were also announced. A huge congratulations to Neville Driver who was awarded the Palmerston Citizen of the Year – a great honour and well deserved recognition of the leadership and work undertaken by Neville with Seniors in our community.

The Eat Up Project was awarded the Community Event of the Year Award. Big congratulations to the Eat Up Project team for their unwavering support of children in our schools that may not have food each day. A project that does make a difference to the lives of some of our children.

Stay dry and enjoy the Wet Season.

Warm regards

Eva Lawler



I hope you all had an enjoyable Christmas with family and friends. This year is flying by and I feel it is important to update you on the below changes to electoral boundaries.

Boundary Redistribution

On the 15th of December 2023 an independent review into electorate boundaries was completed and some changes may impact you. Anyone impacted by the new boundaries will vote in their new electorate at the August election. Below is a table of the Palmerston and Rural suburbs and the electorate they will belong to this election.

Electorate (as at August 2024)	Suburb
Spillett	Durack, Durack Heights, Farrar Johnston, Yarrawonga and the northern section of Zuccoli
Brennan	Bakewell, Rosebery, Mitchell and southern section of Zuccoli
Drysdale	Gunn, Gray, Driver
Blain	Bellamack, Moulden, Woodroffe, Archer
Nelson	Marlow Lagoon, Howard Springs, McMinns Lagoon, Coolalinga, Girraween, Herbert, Pinelands and a small section of Humpty Doo
Goyder	No changes – retains all the current suburbs

To see a map or more information you can visit: <https://ntec.nt.gov.au/electoral-boundarie>

Postal Vote Application

Postal vote applications are now open. If you are unable to vote at a voting centre in August you can apply for a postal vote. For more information go to: <https://ntec.nt.gov.au/voting/voting-options/applying-for-a-postal-vote>

Please don't hesitate to reach out if you have any issues or concerns. My staff and I can be contacted on 8999 6674 or email electorate.spillett@nt.gov.au or of course you can pop in to Shop 13A Zuccoli Plaza, Zuccoli.

Lia

Marie-Claire Boothby MLA

Member for Brennan

Shop 2, Palmerston Shopping Centre

PO Box 32, Palmerston NT 0831

(08) 8999 5587

Marie-Claire.Boothby@nt.gov.au

 MarieClaireBoothby4Brennan



The NT Election is less 8 months away, giving Seniors an opportunity to make a clear choice with real consequences for the Northern Territory.

Members of the CLP Opposition team are hosting forums across the Territory to hear your concerns and ideas as well as outline our plan for a safe and strong Territory. The work of policy development is ongoing, which is why your feedback is important to us.

Please join the CLP Opposition in a session focusing on providing a safe and strong Territory for our valued seniors where you'll be invited to provide direct input to shape a CLP governments policies.

Join us on Monday 19th February, 1pm-2.30pm at the Palmerston Recreation Centre, 11 The Blvd Palmerston. Afternoon Tea including tea & coffee will be provided. I look forward to seeing as many of you as possible at the forum to hear directly from you.

For more information contact me anytime on 89995587 or drop into my office at the Palmerston Shopping Centre, next to Target.



G'day readers of the Palmerston and Litchfield Seniors! I've chatted with some of your peers and discovered that not everyone is clued in about the NT Seniors Recognition Scheme. So, do us all a favour and spread the word about the benefits you're entitled to!

First up, you need to register for the card (if you need a hand, feel free to call into our office and we can assist you). To, activate this card you require a PIN, and always select 'credit' when making purchases.

If you're not keen on navigating the digital age, you have the option to nominate a trusted individual, be it a family member or friend, to manage the card on your behalf.

The card is accepted nearly everywhere, albeit with a few exceptions.

While you can't withdraw cash directly for this card it is incredibly versatile for most transactions where Visa is accepted.

Cheers to the seniors of the NT, tackling your twilight years with mischief and dignity.



Mark Turner

Member for Blain



Specials for Seniors

TRADING HOURS:

Monday - Thursday : 9am - 4pm

Friday : 9am - 4pm

Saturday : 9am - 4pm

Sunday : Public Holiday : 10am - 2pm



Next Level Gym

Rosebery, Palmerston NT



PLSA Website

Visit the site – plsa.com.au

You will be able to view the Newsletter and Download it and check out our Events Calendar on the Website.

The Publicity Tech Officer will email everyone with the Link. Simply click on the Image 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 email address, don't panic, you will continue to receive a 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 Website, just contact Sally Howarth, our Publicity Tech Officer publicitytechofficer@plsa.com.au or Call 0409 195 257.



Palmerston And Litchfield Association Inc Committee Members Contact Emails

President: president@plsa.com.au

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Public Officer: publicofficer@plsa.com.au

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