



PALMERSTON AND LITCHFIELD SENIORS ASSOCIATION INC (PLSA). NEWSLETTER

Volume: 33

Month: June 2024

FROM THE PRESIDENT'S DESK

Well, here we are almost halfway through the year already! We have a few new items of information for you.

FIRST, copies of the program for Seniors Fortnight are now out and have been handed out at morning teas.

They are also available from Politicians offices, the Palmerston Library, Cazalys, and Blooms, so you can begin planning.

SECOND, the movies are on again on June 17 at Gateway. Once again are free to members BUT if you put your name down and then don't turn up, we may have to start charging again as numbers are given to the cinema staff who then cater for morning tea which PLSA pay for.

THIRD, we have begun our free bi- monthly lunches for members. The first one was held at Bell's Bar and Bistro and was very successful. Our next one is on 15 July at Flynns. Bookings will commence at Cazalys morning tea on Thursday 27 June and then at Humpty Doo on Wednesday 3 July. There is a maximum of 40 people which includes 5 committee members at each lunch. Members who attended the first lunch are not eligible to book again. A choice of meals will be given and orders will be placed on the preceding Friday so you cannot change your mind. If you are suddenly unable to attend you **MUST** let me know prior to then.

Cheers

Marg Lee – President

Membership 2024

Membership contribution falls due on the 01st of January of each year.

You are required to complete a new Application Form each year before renewing your membership as often we find some details have changed. Perhaps your emergency contact, telephone numbers or email address and we need to ensure our database is correct so we can contact you or your Emergency Contact.

- 1) Membership contribution for 2024 is \$30.00.
- 2) 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.

This is a requirement of our Public Liability Insurer and unfortunately there can be no exceptions. It is not an imposition being placed on you or your Carer by the Association.

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

- 3) To register for the Seniors Christmas Lunch, you must be a financial member by 01 September 2024.
- 4) 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 due to insurance requirements.

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

President – Marg Lee	0455 660 237	Public Officer – Neville Driver	0455 660 026
Vice President – Neville Driver	0455 660 026	Secretary - Glenda Bradbury	0447 019 778
Treasurer – Sheryl Sephton	0439 342 400	Publicity Officer – Sally Howarth	0409 195 257



MORNING TEA

Cazalys Palmerston Club is the principal sponsor for our Seniors Morning Tea in 2024 at Palmerston.

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 – **so bring along your friends.** 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 27th June

Thursday 11th July

Thursday 25th July

Thursday 01st August

Thursday 22nd August

Thursday 12th September

Thursday 26th September

Note the Morning Tea 01st August is WEEK 1 of August.



HUMPTY DOO & RURAL AREA GOLF CLUB

MORNING TEA

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

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 – **so bring along your friends.** 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 03rd July
Wednesday 07th August
Wednesday 04th September

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

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	MEDICAL CARD
	NAME _____ PHONE _____ ntrs Phone: 8984 1500 CP Phone: 8944 6244	 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.

Seniors Fortnight

Yes, it is coming up fast and we have another great program this year. A special event is the Katherine Outback Experience with the award-winning Tom Curtain.

This event will be delivered in partnership with Riding for the Disabled – Top End at Marlow Lagoon; check it out in the program – Thursday 8 August.

Where do I get my program, you ask?

**Electorate of Spillett office
Electorate of Blain office
Electorate of Goyder office
Electorate of Nelson office
Electorate of Brennan office
Electorate of Drysdale office
City of Palmerston Library
Canalys Palmerston Club
Litchfield Council Office
Palmerston Recreation Centre
50+ Club
Marg Lee –Songsters/Tia Chi etc
Specsavers Palmerston
Taminmin Library
Cazalys Palmerston Club M/T
Humpty Doo Golf Club M/T
Craft – Recreation Centre
Palmerston Community Wheel
Blooms Chemist, Bakewell**

And, if you still can't locate a program, call Neville Driver on 0455 660 026 or email publicofficer@plsa.com.au

Registration Dates:

Humpty Doo & Rural Area Golf Course (HDGC) – Wednesday 17 July, 10am to 12 00 noon.

(Litchfield residents ONLY)

Palmerston Shopping Centre – Thursday 18 July, 10am to 1.00pm. **(All Members)**

Seniors Fortnight Raffle:

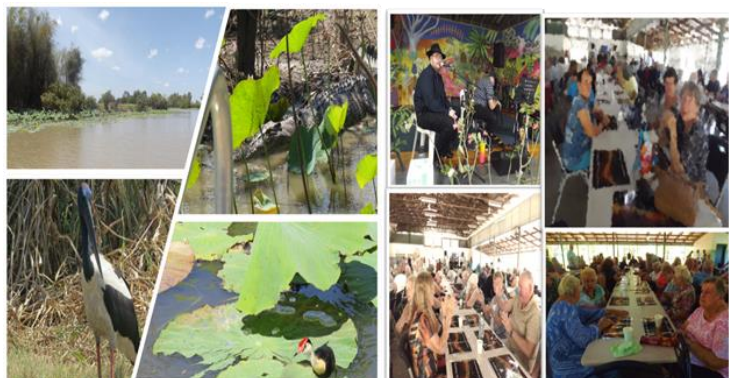
We will again be running the Seniors Fortnight Raffle this year. Tickets will be \$2.00 each.

Tickets will only be available at the following events:

- 1) Opening Ceremony (11/8/24)
- 2) Litchfield Council Lunch – Palmerston Tavern (13/8/24)
- 3) Litchfield Council Lunch – Humpty Doo Golf Course 23/8/24)
- 4) Closing Ceremony (25/8/24)

Great prizes (Drawn at the Closing Ceremony):

1 st	1 Hour Scenic Flight (Departs Jabiru) donated by Kakadu Air	\$259.00
2 nd	Cash Prize donated by PLSA	\$150.00
3 rd	Cash Prize donated by PLSA	\$100.00
4 th	Bunnings Gift Card donated by PLSA	\$50.00
5 th	Gift Card donated by Palmerston Shopping Centre	\$50.00
6 th	Bunnings Gift Card donated by PLSA	\$50.00
7 th	Gift Card donated by Palmerston Shopping Centre	\$50.00
	TOTAL PRIZES	\$709.00



Lucky Number Cards:

This year the Lucky Card numbers will only be available at three events.

These are:

- 1) Opening Ceremony (11/8/24)
- 2) Lichfield Council Lunch – Humpty Doo Golf Course (23/8/24)
- 3) Closing Ceremony (25/8/24)

Lucky Numbers will be \$2ea or 5 for \$10.00!

Bimonthly Lunches

The Association has introduced another event this year to assist members with their well-being and an opportunity to get out and about – Bimonthly Lunches

The 1st lunch was held at Bells Bar & Bistro and lunch was a great success – bookings are **ONLY** taken at morning tea (maximum of 40 Members).

Lunch Schedules:

Monday, 15 July – 12.00 noon

Flynns Bistro, Palmerton.

Monday, 16 September – 12 noon

Palmerston Tavern, Palmerston

Monday, 23 November – 12 noon

TBA (Litchfield Council area)

The 1st lunch – bookings commenced at HDGC.

Monday 15 July – bookings will commence at Cazalys Palmerston Club.

Monday 16 September – bookings will commence at HDGC.

Monday 23 November - bookings will commence at Cazalys Palmerston Club.

PLSA Web Site

Visit the web site – plsa.com.au. You can view the Newsletter, find forms and check out our Events Calendar on the website.

The Publicity Officer will email everyone with a link who has an email address. Simply click on the **Big Green button** in the email with Download and open the Newsletter.

For those Members without an email address, don't panic, you will receive a copy of the Newsletter in the post.

Please call me if you do not receive a copy of the Newsletter.

If you have any suggestions or updates regarding the Newsletter or Website, contact Sally Howarth on:

email: - publicitytech@plsa.com.au Or call - 0409 195 257.



President: president@plsa.com.au

Vice President: publicofficer@plsa.com.au

Public Officer: publicofficer@plsa.com.au

Publicity: publicitytech@plsa.com.au

Secretary: secretary@plsa.com.au

Treasurer: treasurer@plsa.com.au

Enquiries: enquiries@plsa.com.au



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 Movie & Morning Tea are as follows:

Monday 17th June, 2024

Monday 19th August, 2024

Monday 21st October, 2024

Monday 18th November, 2024

(Last One for 2024)

Commencing at 10am for morning tea, followed with 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 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



Please be aware changes may occur after the 24 August depending upon the outcome of the NT General Election on Saturday 23 August.



It has been a great start to the dry season in the City of Palmerston, with our favourites such as Brekkie in the Park, Live at the Lake, and FlicNics already underway. I'm also very pleased to announce that new events are also coming to Palmerston this year.

Palmerston Street Art Festival

The Palmerston Street Art Festival kicks off on 17-29 June, you will see several blank walls in the city centre receiving a make-over. The activity also includes workshops for budding artists to learn the art of creating large murals to brighten up the city space, as well as a closing party.

Darwin Festival in Palmerston!

Mark your calendars for Friday 16 and Saturday 17 August, when the Palmerston CBD will be hosting events for the Darwin Festival. The Friday night is a FREE family friendly night in conjunction with the markets, offering roaming performances, music and entertainment. While the Saturday night will be an adults only comedy show. Tickets are on sale through the Darwin Festival website.

Palmerston Youth Festival

The Palmerston Youth Festival will be on again this July, with Geekfest opening the weeklong event and a music concert closing the week.

Animal Management By-laws update

The new Animal Management By-laws have now been gazetted by the Minister and will come into effect on 1 July 2024. These by-laws are contemporary and are designed to better protect the community by strengthening council's ability to manage dangerous dogs. The by-laws also take into consideration other community feedback, such as restraining cats within the owner's property, additional laws to assist with nuisance complaints relating to domestic animals, including dogs, cats, livestock and poultry, and tougher penalties for dog attacks and walking dogs off-lead. These by-laws are the culmination of several years' worth of work, and I can't thank the community enough for providing feedback along the way.

Later this year, I'm looking forward to catching up with you all at some of the Senior's Fortnight events, which always has great activities put on by your committee.

For information on any of Council's events, please visit the Council website. As always, if I or the Council can be of any assistance, please feel free to contact us.

Mayor Athina Pascoe-Bell



On 15 December 2023 the NT Electoral Commission (NTEC) finalised the size of each of the 25 electorates across the Northern Territory and redrew the boundary lines for many of them. The new boundaries will not take effect until August at the 2024 Territory Election.

The changes to the electorate of Nelson are as follows:

Knuckeyes Lagoon was moved from the electorate of Nelson to the electorate of Karama.

- The rural suburb of Marlow Lagoon was moved from electorate of Spillett to the electorate of Nelson.
- Pinelands, Tivendale and Elrundie are moved from the electorate of Spillett to the electorate of Nelson.

The 'new' Nelson from August 2024 will include the suburbs of Marlow Lagoon, Pinelands, Howard Springs, McMinns Lagoon, Coolalinga, Girraween, Herbert, Holtze and a small section of Humpty Doo.

Don't forget that the Litchfield Orchid Club – Orchid Spectacular is on Saturday 29 and Sunday 30 June 2024 at the Foskey Pavilion, Darwin Showgrounds. The spectacular is a great event, showcasing the amazing orchids from across Darwin and the rural area. The event includes orchid demonstrations and children's activities. If you would like further information or to volunteer, please contact my office.

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 if I can be of any assistance.

Gerard Maley MLA
Member for Nelson

Seniors Fortnight is fast approaching and it's a wonderful time to participate in many different activities and catch up with friends.

Your PLSA committee works incredibly hard to make it a successful fortnight for everyone and I thank them all for their dedications and care of our seniors community.

Enjoy the dry season and as always, if I can be of assistance, reach out anytime. I'm here for you.

Warm regards

Marie-Clare Boothby MLA
Member for **Brennan**

Shop 2, Palmerston Shopping Centre
PO Box 32, Palmerston NT 0831
(08) 8999 5587
Marie-Clare.Boothby@nt.gov.au
f [MarieClareBoothby4Brennan](#)





Walking together towards a healthy mind, body and heart

Walking groups are a social, supportive, and simple way to
boost your health and **make connections** in your community.

**Take the first step, join your
free local walking group:**

Group: Get Active in Palmerston

Join at [Get Active In Palmerston | Heart Foundation Walking](#)
Or SCAN ME below

When: Fridays at 8.30 am

Where: Palmerston Shopping Centre – Top of Escalator
10 Temple Terrace, Palmerston City

Contact: Jenny, jenny.conelius@bigpond.com

Visit walking.heartfoundation.org.au to register or for more information

Proudly Supported By



Australian Government





Walking together towards a healthier heart

Walking is a great way to be social, stay active and feel connected to your community!

Join a **FREE** Heart Foundation walking group in your area!

Walking Group	Contact - Walk Organiser	Walk Times
Casuarina Walk Group	Janet - ejanet51@gmail.com	Monday 7.30 am
Rich Life Health & Fitness (Cullen Bay)	Emma - info@rlhf.com.au	Tuesday 8.30am
Get Walking at Gateway (Shopping Centre)	Jenny - jenny.conelius@bigpond.com	Wednesday 7.30am
Multicultural Walking Group (East Point)	Natalia - nmunozrodriguez@anglicare-nt.org.au	Wednesday 8.30am
Nightcliff Coastal Walk	Alisha - alysa9027@gmail.com	Wednesday 6.00pm
Berry Springs Walking Group	Jamie - jamie@raintreeah.com.au	Thursday 8.15am
Get Active In Palmerston (Shopping Centre)	Jenny - jenny.conelius@bigpond.com	Friday 8.30am
Mitchell Centre (Darwin City)	Cheryl - cheryl.mckeen@gmail.com	Friday 7.30am
Darwin City Steppers	Pam - pam.saisell@gmail.com	Saturday 8.00am

Scan the QR code to search for a group near you!

OR visit our website walking.heartfoundation.org.au/walking to register. We suggest contacting the Walk Organiser to start walking. Also join our Walker Recognition Scheme to be rewarded!



Free Personal Walking Plan!

You can also sign up for a to receive an easy-to-follow tailored program to suit your level of fitness with direct support to keep you on track.

No group close enough?

Why not become a Volunteer Walk Organiser and lead a Heart Foundation Walking group in your community. Heart Foundation provides training, access to your online profile, a thank you gift for signing up, ongoing communications and invites to events and workshops.

This flyer is current May 2024.

Based in Palmerston and catering to surrounding areas, including rural and remote regions, No Hassalls Pty Ltd stands out as a leading provider of electrical, air-conditioning, and solar solutions in the Northern Territory.

Founded in 2013 by Director Ben Hassall, our company has grown steadily, boasting a team of ten highly skilled electrical technicians and a proficient administrative staff of four. With a blend of expertise and practical know-how, our team ensures top-notch service for our valued customers.

Our services span across residential, commercial, industrial, and rural sectors. From initial design to installation and commissioning, we handle projects with precision, focusing on optimizing efficiency and performance. Despite our modest size, our dedication ensures exceptional outcomes for our clients.

As a trusted local family-owned business, we've earned a solid reputation for our friendly, efficient, and high-quality service. We are committed to delivering top-tier electrical solutions across various sectors throughout the Northern Territory, including: [Insert list of sectors and industries here.

- ★ Power and Water
- ★ Government and community services
- ★ Defence
- ★ Commercial and industrial
- ★ Public housing
- ★ Education
- ★ Health
- ★ Real Estate
- ★ Tourism
- ★ Pastoral
- ★ Construction



Specials for Seniors

TRADING HOURS:

Monday-Thursday: 9am-5pm

Friday: 9am-6pm

Saturday: 9am-4pm

Sundays & Public Holidays: 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

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Vice President: publicofficer@plsa.com.au

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Secretary: secretary@plsa.com.au

Treasurer: treasurer@plsa.com.au

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