



PALMERSTON AND LITCHFIELD SENIORS ASSOCIATION INC (PLSA). NEWSLETTER

Volume: 34

Month: September, 2024

FROM THE PRESIDENT'S DESK

Welcome to our latest Newsletter for the year. We have quite a few important notices for you in this one, so I hope you all read them. First of all, we have successfully completed another Seniors Fortnight program! Beginning with the fantastic Kathrine Outback Experience and ending with a great closing Ceremony at The Village Green Humpty Doo. It takes a lot of hard work to put all the events together and the Committee has done a wonderful job. We have another lunch on September 16th and another movie coming up on October 21st. Our AGM is also scheduled for October 25th and we are busy organising a Melbourne Cup function for November 5th, so plenty to look forward to. Our joint morning tea venture with Australia Day Council and Seniors of Excellence was very successful and we all enjoyed hearing from the Australian Senior of the Year 2024.

Cheers

Marg Lee – President

REPORT ON SENIORS FORTNIGHT 2024

We began this year with a wonderful display from Katherine Outback Experience, held at the Riding for Disable Centre, Marlow's Lagoon. What a fantastic performance from all the dogs and horses! We all enjoyed telling Bess to behave! So many highlights – especially the horse unrolling the swag and lying on it!

The Opening Ceremony at Woodroffe Primary School was as usual and all enjoyed performances from the Irish Dancers and the trio of Peter, Paul and Jacko! Lunch on Tuesday was very enjoyable and our Harbour Cruise just seems to get better and better. The food was superb! We had over 100 people at our movie morning and both movies were enjoyed by all. The Bus trip to Adelaide River for lunch and visits to either the War Memorial or the Markets was interesting, and our Thursday Morning Team & Bingo was certainly different! Friday was another excellent lunch at Humpty Doo Golf Club and we finished with a great closing ceremony at the Village Green with a great performance by OPA, the Greek dancers especially when they performed the Zorba! And of course, Peter, Paul & Jacko. Congratulations to the winners of our Seniors Fortnight raffle. A big thank you to all our local businesses for their generous donations.

It was pleasing to note that many of you rang in if you were unable to attend functions. However we did pay out over \$600 for non-attendees at prepaid functions but a good time was had by all.



President – Marg Lee	0438 430 237	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 26th September

Thursday 10th October

Thursday 24th October

Thursday 14th November

Thursday 28th November



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 02nd October
Wednesday 06th November
Wednesday 04th December

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: 8944 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.



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 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. 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.

ADVANCE NOTICE ANNUAL GENERAL MEETING 2024

FRIDAY OCTOBER 25TH, 1:00PM

PALMERSON RECREATION CENTRE

Our AGM is fast approaching and we really want some new members as a number of the present committee see the figure 80 looming on the horizon!

Please give some serious consideration to joining the committee – talk to committee members and find out what is involved. All positions will be declared vacant at the meeting including all the management positions. If you feel so inclined to join the management team you will need to have either a current police clearance or working with children card. For more information please see any member of the committee including the Management Team. Application forms are available from myself (President) and need to be in to the Public Officer 7 days before the meeting.

PLEASE GIVE IT SOME THOUGHT!





Senior's Fortnight

The City of Palmerston was happy to sponsor the Senior's Fortnight again this year. Unfortunately, due to other commitments and my daughter unexpectedly ending up in hospital, I missed most of the Senior's Fortnight events, but I was delighted to be able to attend the closing ceremony. I trust that you all enjoyed the fortnight of activities, and I must thank your committee for again arranging an excellent calendar of events and activities.

Free Parking got easier in Palmerston CBD

All parking meters have now been removed! This means that you can enjoy the convenience of free parking without having to display a ticket or use the PayStay app. Parking remains FREE but please ensure that you abide by time restrictions, as these will still be enforced.

Pre-Cyclone Clean up

The end of the dry season is rapidly approaching and I'm sure that everyone has noticed the hotter days. As we approach the wet season, the City of Palmerston has again commenced preparation for our cyclone season with the Pre-Cyclone Clean up. By the time this Newsletter reaches you, about half of Palmerston will have been completed, with Gray, Gunn, Durack, Johnston, Zuccoli and Farrar yet to be collected. As with previous years, if you require assistance to help you move items to the verge, please contact the Council office a week prior to your collection date on 8932 9922.

Dog and Cat Registration

Dog and Cat Registrations are now due. Recent changes to our by-laws now require microchipping and registration of cats. The new by-laws followed extensive community consultation and were designed with community safety in mind, with harsher penalties for animals at large and dog attacks, and nuisance caused by domestic animals. New applications for both dogs and cats can be completed online at Council's website, or in person at the Council offices, and we offer generous concessions for Pensioners of just \$13 for a desexed animal. There is also a 50% discount for cat registration for this year only, and an amnesty on microchipping until March 2025, giving pet owners time to have their pets microchipped if they haven't previously been microchipped

Get Active Palmerston!

The next block of FREE health and wellbeing programs will commence in October and run through to November. To register and find out what activities are running, please visit Council's website.

Palmerston Library is now a recognised Dementia Friendly Organisation

The Palmerston Library is the first library in the NT to be recognised as a dementia friendly organisation. Other Council facilities will also be working towards this recognition in the coming months. Over half a million Australians have dementia, and social isolation and staying active in their communities can be difficult, which is why Dementia Friendly organisations and places are important to people with dementia and their family. If you or a family member have dementia, please know that you are welcomed and supported in the Palmerston library.

I hope the build-up and coming wet season is kind to you all. Remember that the library is also a great place to seek refuge from the heat, socialise and catch up with friends, not just for reading books.

See you all soon,

Mayor Athina Pascoe-Bell

“The 2024 NT General Election has now concluded and with our new Chief Minister, Lia Finocchiaro, we have the community support to implement a safe and strong Territory again. It has been a great start to September already, with our team hitting the ground running.

I would like to thank all those in the community who have reached out to me with suggestions and improvements. I will continue fighting and lobbying for improvements as the Member for Brennan within the Palmerston region.

As always, if I can be of assistance in any way, please feel free to reach out anytime. I’m here for you.”

Warm regards

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

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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.conellius@bigpond.com

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

Proudly Supported By



Australian Government





Specials for Seniors

TRADING HOURS:

Monday-Thursday: 9am-5pm

Friday: 9am-6pm

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

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