



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

Volume: 36

Month: February, 2025

## FROM THE PRESIDENT'S DESK

Welcome everyone to 2025 – a new year with many activities to enjoy. We have begun our morning teas both at Cazalys and Humpty Doo Golf Club and attendance figures are high as is membership renewals. This year is a little bit different -members have until May 31 to renew -after that date they will not be eligible for any events until they do (movies, lunches, Senior Fortnight events etc). New members can continue to join -\$30 membership fee. So please renew your membership early. Movie mornings have begun and next month sees the first lunch at Coolalinga Tavern. Bookings will be taken at morning teas.

The City of Palmerston Library Outreach officer - Martin Blakemore has emailed us information about Digital Literacy Classes held monthly at the library on the third Thursday of each month from 12:00 – 2:00 pm. No bookings are necessary. A list of dates is in the newsletter.

The City of Palmerston Council has approached the PLSA for input into this year's Seniors Day held during Senior's Fortnight. We are asking for your ideas and suggestions and will be collecting them at the morning tea on the fourth Thursday in February so put your thinking caps on! Tree Gillam is now our contact for seniors.

Finally a reminder that our web page has been updated and all information is on it. Please make sure you are familiar with it (those who have computers) and keep abreast of all activities and updates.

Cheers

Marg Lee – President

## *Membership*

Membership fees for 2025 remain the same - \$30.00 and yes, you are required to complete a new form each year!

Thank you to the many members who have already renewed their membership. It is great that already just over 100 members have renewed their commitment to the Association.

It is surprising how many people change their phone number, email address and especially the emergency contact. Remember to keep your information current, it is really important that should an incident occur at an event, the PLSA has current Information with regards who to contact if necessary.

Membership Application forms can be downloaded from our web site or obtained at morning teas and can be renewed at the following places:

- ✓ Cazalys Morning Teas (2<sup>nd</sup> and 4<sup>th</sup> Thursday every month)
- ✓ Humpty Doo & Rural Area Golf Course Morning Tea (1<sup>st</sup> Wednesday each month)
- ✓ 50+ Club (every Tuesday)
- ✓ Palmerston Community Wheel (each Saturday at Palmerston Shopping Centre)

**Remember to keep your information  
current IT IS IMPORTANT!**

<b>President</b> – Marg Lee	0438 430 237	<b>Public Officer</b> – Neville Driver	0455 660 026
<b>Vice President</b> – Neville Driver	0455 660 026	<b>Assistant Secretary</b> – Glenda Bradbury	0447 019778
<b>Treasurer</b> – Sheryl Sephton	0439 342 400	<b>Publicity Officer</b> – Sally Howarth	0409 195 257



## MORNING TEA

Cazalys Palmerston Club is the principal sponsor for our Seniors Morning Tea in 2025 at Palmerston.

The Morning Tea at **Cazalys Palmerston Club** is 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 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

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### Morning Tea dates are as follows:

**Please Note:** All the dates for Morning Teas are on our Website – [plsa.com.au](https://plsa.com.au)

Thursday	27 <sup>th</sup> February
Thursday	13 <sup>rd</sup> March
Thursday	27 <sup>th</sup> March
Thursday	10th April
Thursday	24 <sup>th</sup> April
Thursday	08 <sup>th</sup> May



## 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 **1<sup>st</sup> 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.

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Morning Tea dates at HDGC are as follows:  
**Please Note:** All the dates for Morning Tea are on our Website – [plsa.com.au](https://plsa.com.au)

Wednesday	05 <sup>th</sup> March
Wednesday	02 <sup>nd</sup> April
Wednesday	07 <sup>th</sup> May

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



## Seniors' Morning Tea

**FEB 14 :** Author Talk  
Fiona Earl

**MARCH 14 :** Melaleuca Drumming Workshop

**APRIL 11 :** Elder Abuse Talk  
Louise Crawley



## PALMERSTON VOLUNTEER DRIVING PROGRAM (PVDP)

Do you have some spare time?

Do you have a Driver's licence?

Do you have a registered, insured  
and reliable motor vehicle?

Do you have a mobile phone?

If you answered **YES** to these  
questions.

**The Palmerston Volunteer Driver  
Program needs MORE drivers,  
especially in the Rural area,**

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

**If you can help, please phone**

**Sheryl Sephton on:**

**0439 342 400**



## PALMERSTON VOLUNTEER DRIVING PROGRAM (PVDP)

**The Palmerston Volunteer Drivers  
Program will continue to support  
Seniors in 2025.**

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: \$40.00/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**



### 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 _____ <b>ntsr</b> <small>Not a Transport Service</small> Phone: 8984 1500  <b>CP GROUP</b> Phone: 8944 6244	 <small>The information contained in this medical card is the sole responsibility of the individual whose name appears on the card. This card should be carried by the individual at all times.</small>

**2025**  
HAPPY NEW YEAR

# PLSA Newsletter Dates 2025

The Palmerston And Litchfield Seniors Association Inc. (PLSA) distribute 4 newsletters to its members and sponsors throughout the year. **Sponsors are welcome to submit articles for inclusion in the newsletter.**

The newsletters are emailed electronically to sponsors and members where possible. Where members do not have an email address, newsletters are posted out. The distribution run is nominally 300 copies.

Newsletter articles can be submitted electronically in word format (not pdf) to:

President - Marg Lee.

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

Telephone: 0438 430 237

## Articles:

- ✓ PLSA is an Apolitical organisation
- ✓ Articles are a maximum of 200 words excluding header and logo
- ✓ PLSA reserves the right to edit any or all articles submitted for publication
- ✓ Newsletters are posted on the website; [plsa.com.au](http://plsa.com.au)
- ✓ 2024 Newsletters, regarding style and layout are available on the PLSA website for reference
- ✓

## Newsletter Dates 2025

Critical newsletter dates for 2025 are as follows:

Article Close Dates	Newsletter Distribution Date
Friday 7 February	Friday 21 February
Friday 6 June	Friday 20 June
Friday 5 September	Friday 19 September
Friday 7 November	Friday 21 November

We recommend you place these dates in your diary for future reference.

## Additional Information

For additional information or to seek further clarity regarding newsletters, feel free to contact either:

President Marg Lee [president@plsa.com.au](mailto:president@plsa.com.au) or  
0438 430 237

## *PLSA WEB SITE*

Check out the PLSA web site –

**[plsa.com.au](http://plsa.com.au)**

You will find lots of information:

- ✚ What events are scheduled for 2025 – **it's on the website!**
- ✚ Need a PLSA Application Form for membership – **it's on the website!**
- ✚ Who are our Life Members – **it's on the website!**
- ✚ Need to contact the Committee – **it's on the website!**
- ✚ Need to know membership fees for 2025 - **it's on the website!**
- ✚ Want to look at previous Newsletters - **it's on the website!**
- ✚ Need to contact us – **check the website**







## Movie And Morning Tea

### Event Cinemas – Gateway Shopping Centre

If you check our website - [PLSA.com.au](http://PLSA.com.au) you will see that we have at Event Cinemas this year.

The Movie & Morning Tea are as follows:

**Monday 28<sup>th</sup> April, 2025**

**Monday 16<sup>th</sup> June, 2025**

**Monday 11<sup>th</sup> August, 2025**

**Monday 20<sup>th</sup> October, 2025**

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 2025 Member attendance Fee will continue to be free, whilst Non-Members are required to pay \$15.00 per head.

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



## MARIE-CLARE BOOTHBY MLA

MEMBER FOR BRENNAN

Shop 2, Palmerston Shopping Centre  
GPO Box 32, Palmerston NT 0830  
Ph: 8999 5587 E: [marie-clare.boothby@nt.gov.au](mailto:marie-clare.boothby@nt.gov.au)  
[f](#) [MarieClareBoothby4Brennan](#)



Welcome to 2025. The year feels as though it is flying by already!

I want to take this opportunity to remind all seniors that my Brennan Electorate Office has a wealth of information available on events and community groups around the Palmerston and rural area, helpful information of services that can be accessed for specific needs, as well as application forms and booklets for seniors concessions that are available to Territorians.

I also have a Community Room that can be booked to use within or after office hours for groups to hold meetings or for social purposes.

Please make contact with my office for further information.

I am optimistic that 2025 will be a fantastic year and am committed to restoring our great Territory lifestyle.

Warm regards,

*Marie-Clare Boothby*



I hope that you have all had a restful Christmas and New Year and had time to enjoy Christmas Wonderland if you were in Palmerston in the lead up to Christmas.

There's still a lot happening in Palmerston in this early stage of the wet season.

### **Waste Management Calendars**

The 2025 Water Calendar magnets are now available at Civic Centre for free for you to collect and put on your fridge. Reminders for bins days can also be set up on your Smart Phone through the City of Palmerston app. You can access both the app and a digital version of the waste calendar on the City of Palmerston website.

### **Get Active Palmerston!**

The new timetable for Get Active Palmerston is now available. There is something for everyone, including Cardio Tennis, Healthy Living NT Seniors exercise classes, a water walking group at SWELL, Gym 4 Growth for tiny tots and young children, Pilates and Yoga, and of course, all sessions are FREE. Classes commenced 3 February and will continue through to the end of March, but registration is still open on Council's website for those keen to get involved.

### **Late Nights at the Library**

Late Nights at the Library continues every second Friday night from 6pm, right through to April.

The next two sessions are Games Night with Level Up PARBA on 7 February, and on 21 February Craft with Janie Andrews. Late Nights at the Library are a fun way to meet new people and are adults only sessions.

As always, if there is anything that the City of Palmerston can assist with, please contact our Customer Service team on 8935 9922, or reach out to one of our councillors or myself.

**Mayor Athina Pascoe Bell**



What a great start back for 2025, I hope this message finds you in good health!! I had a wonderful time at morning tea the other week and I look forward to many more to come!

I thought this would be a good opportunity to share with members the important access upgrades to Royal Darwin Hospital to improve safety and relieve traffic congestion. These upgrades are well overdue and have been brought forward as a priority by the NT Government.

Some of the upgrades will include; improved traffic management, new dedicated turning lanes, modifications to line marking and signage and a proposed second permanent entry to RDH ensuring access to the hospital is always maintained for emergency services.

I look forward to providing further details as the project progresses.

Please reach out anytime by popping in to the office at Oasis Shopping Plaza,

Call 89995587 or emailing [electorate.blain@nt.gov.au](mailto:electorate.blain@nt.gov.au)

You can also find me on facebook MatthewKerleMLA

## **LIBRARY WORKSHOPS**

The City of Palmerston Library are running Digital Literacy Classes (run by NBN) held every Thursday from 12:00pm to 2:00pm in the Library Community Room.

For further information contact Martin Blakemore on 7969 7811

The dates for 2025 are:

20 February	20 March
17 April	15 May
19 June	17 July
14 August	18 September
16 October	20 November
11 December (Xmas Party)	

## **ALL THINGS SENIOR!**

The City of Palmerston have appointed Tree Gillam as the new Community Inclusion and Project Officer.

Tree would be known to many of us and can be contacted on 8935 9923

**Tree is responsible for all things Senior!**



**Arafura Music Collective** wish all our Palmerston and Litchfield Seniors friends a Happy and Healthy New Year and Gong xi fa cai!

We are delighted to invite you to the first of our performances for 2025.

Enjoy an afternoon of beautiful music and community connection in the cool of Gray Hall.

**Saturday March 8 - Gray Community. Hall, Palmerston**

Come for a cuppa with your community at 3:30 and enjoy beautiful music from 4 til 5.pm

**Duets of Loss and Hope** is a unique music performance that explores the universal emotions of loss and hope. Through the evocative power of music and movement, the beautiful music of Bach Mozart and other amazing composers provides us reflections on grief and nostalgia and celebrates joy and the fragile, transformative nature of hope.

Interwoven with these musical pieces is the artistry of dancers Luther and Zachary Wilson. These two young artists were born and raised in the Top End and are now working as freelance dancers across Australia. Their dynamic interpretations bring new perspectives to the shadow and light of these profound themes.

**Tickets for PLSA members are only \$15. When booking please use the code PLSA25**

**Contact Claire Kilgariff on 0401119108 if you have any queries**

[www.trybooking.com/eventlist/arafura](http://www.trybooking.com/eventlist/arafura)







It is fantastic to see our seniors out and about again after the Christmas break. The PLSA Committee work tirelessly to ensure there are many great events on offer and I would like to acknowledge and congratulate them on a fantastic 2024.

We know the cost of living is high and acknowledge the strain this has on our Seniors, which is why we are giving all Territorians a free driver licence. From 1 January 2025, renewing your licence will automatically include an extra 12 months. This applies whether you renew for one year or up to 10 years.

It is important to note, if your licence does not expire before 30 June 2025, you must apply to add the free 12 months through the MVR Quick Pay Website: <https://mvr.nt.gov.au/mvrquickpay/>.



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](mailto:electorate.spillett@nt.gov.au) or of course you can pop in to Shop 13A Zuccoli Plaza,

Zuccoli. *Lia*



## Dementia Friendly Sessions

7th Feb – Games, Quizzes and Conversation

7th March – "Caring for a Loved One"

4th April – Virtual Reality Dementia Experience

2nd May – "Family, Friends and Community"

What: Morning Tea Provided

When: 10:30 am– 12:00 pm

Where: 70 Challoner Circuit Humpty Doo



**Dementia Australia**



**Taminmin Community Library**

## DIGITAL LITERACY WORKSHOPS



**DEVELOP YOUR  
ONLINE SKILLS IN  
A SECURE &  
SUPPORTIVE  
ENVIRONMENT**



**2025**

**FRI 17 JAN - ASK ME ANYTHING?**

**FRI 21 FEB - ASK ME ANYTHING?**

**FRI 21 MAR - ASK ME ANYTHING?**

**FRI 4 APRIL - ASK ME ANYTHING?**

**FRI 16 MAY - ASK ME ANYTHING?**



**ALL WORKSHOPS  
ARE DROP IN SESSIONS  
BETWEEN 10:30AM -12:15 PM**

**FREE  
event**



All ages - No bookings required

**Taminmin Community Library**  
Challoner Circuit Humpty Doo  
08 8988 1200







# ***PLSA Website***

## **Visit the site – [plsa.com.au](http://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](mailto:publicitytechofficer@plsa.com.au) or Call 0409 195 257.



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

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

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

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

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

Publicity: [publicitytechofficer@plsa.com.au](mailto:publicitytechofficer@plsa.com.au)

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

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

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