



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

Volume: 38

Month: September, 2025

## FROM THE PRESIDENT'S DESK

Welcome everyone to our latest newsletter. Senior's Fortnight is over for another year, and I know quite a few people are relieved and catching up on other things to be done. As usual it was a great success and enjoyed by all who attended. We have plenty of photos this year thanks to Phil our official photographer and you will see many of them throughout this newsletter. We had a few cancellations during the fortnight due to Covid and other viruses around but again unfortunately we still had "no shows" who booked and then did not turn up. This is very disturbing as we often must pay beforehand and there are always people on the waiting list.

Our next movie morning will be on Monday 20 October and the movie "Kangaroo" has been chosen. Names have begun to be taken so make sure you add your name to the list if interested.

Our AGM will be held on Friday 7<sup>th</sup> November at the Gray Community Hall beginning at 1:00 pm. Remember if you are interested in a position on either the management team or general committee, please see a committee person and get your nomination in. As previously stated, some members are "feeling" their age and could be retiring. We have a very strong membership but need people to help administer the running of our Association (PLSA). Some people have already expressed interest, and I thank you. Hopefully we will see all positions filled.

We have a few dates for you to put in your diaries so you will be ready when we begin to take names -Wednesday Oct 15<sup>th</sup> will be a "one off" morning tea given by Palmerston Tavern (see their article in the newsletter) and Tuesday Nov 4<sup>th</sup> will be our Melbourne Cup luncheon again at Palmerston Tavern. Dec 11<sup>th</sup> is the date of our Christmas Lunch at Cazalys so still plenty to look forward to. Our usual morning teas continue - first Wednesday at Humpty Doo Golf Club and every second and fourth Thursday at Cazalys. Our final Monday Lunch will also be on Nov 17<sup>th</sup> and will be at the Palmerston Tavern.

Cheers

Marg Lee – President

<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



## HUMPTY DOO & RURAL AREA GOLF CLUB

### 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 4<sup>th</sup> 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

The Humpty Doo & Rural Area Golf Club (HDGC) continue to support, Litchfield Seniors by running Seniors Morning Tea in 2025.

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.

Morning Tea dates at HDGC are as follows:

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

<b>Wednesday</b>	<b>15 October</b>
<b>Wednesday</b>	<b>05 November</b>
<b>Wednesday</b>	<b>03 December</b>

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



# 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 we have over 250 members who 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!**

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# 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)

Phone: 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 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) 0438 430 237



## 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 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 has continued 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.





## **PALMERSTON VOLUNTEER DRIVING PROGRAM (PVDP)**

**The Palmerston Volunteer Drivers Program continues 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 in 2025 is as 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**



## PALMERSTON TAVERN TEAM

We are thrilled to be part of such a vibrant and caring community here in Palmerston. Our partnership with the National Seniors Australia has been truly inspiring, as we work together to support and advocate for older Australians, especially those aged 50 and over. The Palmerston And Litchfield Seniors Association Inc. (PLSA) and the Palmerston 50+ Club have played vital roles in fostering social connections and promoting well-being among our seniors, and we are proud to be involved in initiatives that make a real difference.

At the heart of our community is the Palmerston Tavern — a modern, family-friendly venue that brings people together to enjoy good food, great company, and lively entertainment. With its relaxed atmosphere, diverse offerings, and dedicated kids' play area, the Tavern is a hub for locals and visitors alike. Whether you're catching live sports, enjoying a meal in the bistro, or relaxing on the deck with friends, the Palmerston Tavern is the perfect place to connect and unwind.

Our involvement in the community continues to grow, and we are actively seeking new ways to engage and give back. Last year, we hosted a memorable event in collaboration with Palmerston And Litchfield Seniors Association Inc. (PLSA), featuring their very own first Melbourne Cup and Christmas party — an occasion filled with joy, friendship, and community spirit.

As we look ahead, we are excited to strengthen our ties within Palmerston and explore new opportunities for partnership and community events. We invite you to join us at the Palmerston Tavern and be part of our journey to create a welcoming, inclusive, and lively community space for everyone.

Stay tuned for upcoming events and initiatives — together, we can make Palmerston an even better place to live!

Our next event with PLSA Seniors is a Morning Tea at the Palmerston Tavern, Wednesday 15th October, commencing at 10:00am – bookings through the PLSA **so put it in your diary!**

We look forward to seeing you soon.

Kind regards,

David Hanley  
Venue Manager  
Palmerston Tavern / 08 8932 1568



What a fantastic year this has been with many wonderful events. It was great to see many of you recently at the Seniors Fortnight Opening Ceremony.

### Did you know there is a new NT Bus Tracker app for download?

The Department of Logistics and Infrastructure has advised that a new and improved NT Bus Tracker app is now available.

The new app allows passengers to:

- track your bus in real-time in a user-friendly interface
- plan your entire journey including multiple modes of transport
- plan future trips by setting a date/time for leaving a location, or for arrival
- receive notifications for bus arrival and upcoming departure stop
- choose different route types, such as fastest, greenest and one involving the most activity for exercise
- use a map to find the bus stops closest to you and see which routes use them.

To download the new app, search **NT Bus Tracker** in the App Store.

Alternatively, you can plan your trips by using the journey planner. Visit [nt.gov.au/online-journey-planner](https://nt.gov.au/online-journey-planner).

Please don't hesitate to contact my office at any time 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.

Regards,



Following a very hectic election period, I am pleased to announce that I have been returned as Mayor for the City of Palmerston, with four Councillors returned; Sarah Henderson, Damian Hale, Mark Fraser and Lucy Morrison, and three new councillors joining the City of Palmerston; Yolanda Kanyai, Wayne Bayliss and Rob Waters. As always, please reach out to any of the council members if you have questions or concerns.



L-R: Councillors Wayne Bayliss, Lucy Morrison, Rob Waters, Mayor Athina Pascoe-Bell, Councillors Mark Fraser, Sarah Henderson, Damian Hale, Yolanda Kanyai.

### **Pre-cyclone Cleanup**

Our annual Pre-cyclone Cleanup commences this week! If you require assistance to move items to the verge, please call the council the week prior to your collection on 8935 9922 and assistance will be arranged for seniors and people with mobility issues.

- 15 September - Marlow Lagoon, Driver, Moulden
- 22 September – Bellamack, Rosebery, Woodroffe, Bakewell
- 29 September Gray, Gunn, Palmerston CBD, Durack
- 6 October – Johnston, Farrar, Zuccoli
- 13 October – Palmerston Indigenous Village

### **Darwin International Film Festival – Goyder Square Screening – Bookworm**

Enjoy a FREE screening of the family friendly film, *Bookworm*, at Goyder Square on 20 September, from 6 – 9pm. There will be food and entertainment available.

### **Aquafest**

As we settle into the build-up, it's a timely reminder for water safety. Aquafest is on Saturday 20 September, 10am-1pm at SWELL. There will be a free BBQ, information stalls, entertainment and activities.

On behalf of the newly elected council, I would like to thank you all for trusting us to deliver council services for the next 4 years.

**Mayor Athina Pascoe-Bell**



I hope everyone has been having a wonderful 2025, and though it's a little early, we all know the Christmas season will sneak up on us before we know it!

Therefore, I would like to take this opportunity to remind everyone that my office is a drop off point for some great organizations which help people who are really in need during the festive time of the year as well as other times throughout the year.

You can drop off non-perishable items for Foodbank to my office as well as 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 nappies for The Nappy Collective.

Share the Dignity are also having their "It's in the bag" dignity drive through November 14th - November 30th 2025. You can donate handbags and sanitary and other hygiene items off at our office during this time. We also take donations of sanitary items for Share the Dignity all through the year.

Please feel free to reach out if you would like any further information about items that can be donated.

Warm regards

**Marie-Claire Boothby MLA**





Throughout this year, the dedication and passion of the PLSA committee and volunteers brings countless moments of connection and support to the members. Their hard work truly shines in every event and initiative.

One of the highlights this year has been the much-anticipated Seniors Fortnight! I had the pleasure of attending both the opening and closing ceremonies which saw large gatherings of members who came together to celebrate with fun, laughter, and great friendships. The energy and camaraderie during these days were palpable, reminding me all the strength and warmth of community.

I would like to offer my heartfelt thanks to the committee and volunteers whose tireless efforts made Seniors Fortnight so special. Your commitment enriches our community and ensures that everyone feels valued and connected.

Here's to many more wonderful moments ahead!

**Matthew Kerle**  
**Member for Blain**







# 2025 SPONSORS



# ***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)

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