



PALMERSTON AND LITCHFIELD SENIORS ASSOCIATION INC (PLSA). NEWSLETTER

Volume 42

September 2026

VICE PRESIDENT'S MESSAGE

Well folks' other Seniors Fortnight done and dusted.

What a fantastic time we had.

Although we were tired by the end, we were delighted that every event went so well and offered plenty to see and do.

The Harbour Cruise as usual meet all the criteria, the Members and Committee look forward to the relaxing sail down the Harbour each year.

We also went on a Cruise up the Adelaide River LOOKING FOR Crocodile's and then onto the Corroboree Tavern for a delicious lunch where we tasted Bush Tucker very nice.

Then on to the bus we went home. We treated to a special surprise.

As we were driving back to Palmerston the driver RESHAN on bus 2 had recorded a song and it was called Palmerston Pride, all about our bus trips and senior's.

we loved it so much we played it at our closing Ceremony so everyone could hear. THANK YOU RESHAN.

We Had a wonderful lunch and Morning Tea at Cazaly's.

Morning Tea and Lunch at the HUMPTY DOO Golf Club so much food.

I think we are a bit spoilt.

The City of Palmerston Council Seniors Day was a great Success, a big thanks to Tree and Team

All our outings and prizes could not be possible, without our supportive SPONSORS we would not be able to achieve, A BIG THANK YOU TOO ALL, To our tireless Committee. (THANKYOU, we have all done very well).

A BIG Thankyou to our Volunteers that helped set up, pull down & serve at our Opening & Closing Ceremonies, we could not have done it without you.

To quote (Are you being Served) if you are a senior you should know.

Enjoy this edition of your newsletter.

Thank you

Janette Ashby

Vice President

REMINDER: DATES:

Bi-monthly Lunch - Fully booked

Palmerston Tavern 21/09/2026

Morning Tea and Movie

Monday 19th October - Event Cinema Gateway

Heart of the Beast. Brad Pitt and Odin

Add your name to the booking at any morning tea

Melbourne Cup Lunch

Palmerston Tavern Tuesday 3rd November

Add you name to the booking at any morning tea

REMEMBER: If you have booked for an event and can not attend

RING: Neville 0455 660 026

RING: Janette 0412 372 418

RING: Sheryl 0439 342 400

or penalties could be applied.

President – Neville Driver	0455 660 026	Public Officer – Neville Driver	0455 660 026
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While the last remnants of the dry season coming to an end for this year, we still have quite a few events and activities in Palmerston.

Buffalo Kids is a FREE screening in collaboration with the Darwin International Film Festival, at Goyder Square on 19 September, from 6pm, movie commences at 7pm.

Afternoon Art Adventures continues Sunday 27 September, 2-3.30pm in the library. These sessions are especially designed for adults, so if you want to try your hand at art, in a relaxed adult friendly environment, give this a go.

If you are looking for a good book to read, Book Chats will be happening in the library every month from 29 September 5-6pm. Each month there will be a fun theme and hand-picked titles to choose from.

Our collaboration with the Darwin Symphony Orchestra continues this year with Palmerston Classics and the Palmerston Family Proms, on 9 October and 10 October. Buy your tickets through the Darwin Symphony Orchestra website.

Pre-cyclone cleanup is anticipated to be completed late September and into October. For details on your collection week, please keep an eye on council's website.

I am also thrilled to announce that we are collaborating with both the NTG and Commonwealth governments to deliver the next exciting stages of Zuccoli Community Hub – the community building, skate park and playground, as well as commencing on the master plan for Mitchell Creek, additional footpath, tree planting and playground upgrades. The Commonwealth government has contributed \$10m towards Zuccoli Community Hub building and the NTG \$6.8m towards the other projects at Zuccoli and other areas around Palmerston. The NTG has also made a commitment of \$2.5m for Driver Community Centre which provides council with approx. 50% of the costs towards redevelopment of the old childcare centre. We hope to have this project underway once we identify or secure further funding.

The full calendar of events and other news can be found on the council website. And, as always, if you need council assistance, you can drop into the library or Civic Plaza, call Customer Service on 8935 9922 or email

Palmerston@palmerston.nt.gov.au

Mayor Athina Pascoe-Bell

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Level Up Gaming

DEMENTIA FRIENDLY FREE VR SESSION

Spaces are limited
Contact Level Up to book
10 AM, 23 September
Palmerston Library



Virtual Travel
Explore amazing places around the world



Adventure
Rollercoasters, rock climbing, and more
adventurous options



Colouring & Art
Get creative and unwind with virtual
colouring



Contact Information

Phone
0499 908 353

Email
Levelupgamingnt@gmail.com

Proudly Supported By




Remember: Your dog and cat registration is now due



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Have an idea that could strengthen community connections, support inclusion or sustainability, or improve the wellbeing of Litchfield residents? Apply now and help bring it to life!

Through our Cash for Cans program, we're turning recycled cans and old batteries collected at our Waste Transfer Stations into funding for local community initiatives.

Get up to \$5,000 for your initiative.

Click on the link for more info.

<https://litchfield.nt.gov.au/your-council/events/annual-grants-now-open>



ANNUAL GRANTS PROGRAM

Now open

Events

Litchfield Community LIBRARY
Connect • Learn • Grow

SEPT

2026

FRI 11 SEPT	SENIORS' MORNING TEA- NEIGHBOURHOOD WATCH Library 10.30 am - 12.00 pm
FRI 18 SEPT	DIGITAL LITERACY WORKSHOP MYGOV - MEDICARE Meeting Room 10.30 am - 12.00 pm
SAT Drop in	JUSTICE OF PEACE (JP) SERVICES Saturdays: 11.00am - 12.00pm
FRI 26 SEPT Drop in	DARWIN COMMUNITY LEGAL SERVICES Meeting Room 10.00 am - 12.00 pm

BOOK NOW

(08) 8988 1200

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POP UP STALLS

Litchfield
Community
LIBRARY
Connect • Learn • Grow



SEPTMEBER

No Bookings Required

7 SEPT
MON

Centrelink - My Gov

9.30 AM -11.30 AM

11 SEPT
FRI

Dementia Australia

10.30 AM -12.30 PM

14 SEPT
MON

Autism NT

9.30 AM -11.30 AM

26 SEPT
SAT

**Darwin Community
Legal Service**

10.00 AM -12.00 PM Meeting Room

(JP) Justice of Peace

SAT 11.00AM - 12.00 PM

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Arafura Music Collective Concert

November 7, 3.30- 5.00

Share the love – share the music.

Arafura Music Collective closes our 2026 season with *The Lovers – The Heart of Community*. This vibrant program celebrates love in all its forms, from romantic, spiritual, family and community, through music that moves from duos to rich ensemble moments.



Date November 7

Venue Gray Community Hall

Time: Afternoon tea@3:30 Music@4-5

Tickets online at [TryBooking Australia](https://www.trybooking.com/Australia) or at the door. Please use the code **PLSA26** to access the special PLSA price of \$15.

You will experience an afternoon of beautiful music, including brand-new Australian work by Annette Anderson, alongside favourites from Bach, Tchaikovsky, and much-loved Australian composers Elena Kats-Chernin and Peggy Polias.

Created from the real relationships that shape Arafura Music Collective, *The Lovers* explores how music sits at the heart of our community. Expect joy, connection, emotion and creativity for a warm, cross-generational experience for everyone.

Call Claire on 0401119108 with queries or if you need a hand with bookings.
See you there!

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MORNING TEA

Cazalys Palmerston Club continues to be a principal sponsor in 2026 for our Seniors Morning Tea 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.

Cazalys Palmerston Club supports our Seniors, through the provision morning tea. They also provide 3 x \$20.00 Gift Vouchers as raffle prizes at each morning tea.

So come along, not only at morning teas and enjoy a meal, enjoy events, support your local club.

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.

Visit Cazalys Club: cazalysnt.com.au



MORNING TEA

The Humpty Doo And Rural Area Golf Club (HDGC) continue to support, Litchfield Seniors by providing Seniors Morning Tea in 2026.

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 01 July

Wednesday 05 August

Wednesday 02 September

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

Why not visit The Rusty Putter for a meal, support the Club or enjoy a round of Golf!

Visit Humpty Doo & Rural Area Golf Club

humptydoogolfclub.com.au

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

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Newsletters

For those people with internet access, our Newsletter will be available by checking our website – plsa.com.au.

Select Events, then select the Newsletter you are looking for.

Each Newsletter has a number and published date eg: Volume 42 September 2026.

As advised at morning teas, Newsletters will no longer be emailed to your email address. This is due largely to the string of complaints “I never got my Newsletter” – so this year for those with internet access, the Newsletter will be available from our web site – plsa.com.au.

Don't despair for those people without internet access/email address the Association will continue to print the Newsletter and post it to you – currently there are approximately 45 Members falling into this category.

Sponsorship

Please review the Platinum, Gold, Silver and Bronze sponsors listed on the back page of the Newsletters.

These business houses support the Association and our Members.

Wherever possible we recommend our Members support the businesses who support the Palmerston and Litchfield Seniors, for without these.

Members would not enjoy many of the activities and events that are made possible by the level of sponsorship.

In addition to the listed sponsors there are several partners also supporting the Association. These include:

- 1) Palmerston Rural Party Hire
- 2) Oasis Shopping Village
- 3) Friends Hair & Beauty Saloon
- 4) Unforgettable Nails
- 5) Arafura Music Collective
- 6) Journey Beyond
- 7) Electorate of Brennan (PVDP)
- 8) Electorate of Blain
- 9) Electorate of Drysdale
- 10) Electorate of Nelson
- 11) Electorate of Goyder
- 12) Electorate of Spillett
- 13) DICE (Aust)
- 14) Helping People Achieve (HPA)

All our partners believe in and support/contribute to Seniors of Palmerston and Litchfield by providing gift vouchers which are eagerly sought as prizes at the Morning Tea raffles.

As announced each Cazalys Morning Tea, sponsors/partners provide 18 prizes at the raffle draw and 9 prizes at the HDGC Morning Tea. Supporting our sponsors/partners is very important.

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Property Settlements Later in Life: What Seniors Need to Know

Relationship breakdowns can happen at any stage of life. For many seniors, separation or divorce comes after decades together and can involve complex property arrangements, blended families and retirement planning.

Understanding your rights under Australian family law is essential to protecting your financial security and peace of mind.

In Australia, property settlements are not based on whose name assets are in, but on what is just and equitable. This can include the family home, superannuation, investments, businesses, inheritances and even assets acquired after a relationship has broken down. Contributions made over a lifetime – including homemaking, caring for children and supporting a partner's career – are all recognised by the law.

For seniors, particular issues often arise, such as the impact of a settlement on retirement income, future health needs and estate planning. There may also be adult children to consider, or concerns about preserving assets accumulated over many years of hard work.

Obtaining early, tailored legal advice can make a significant difference. A clear understanding of your options can help reduce stress, avoid unnecessary conflict and lead to more efficient outcomes.

Darwin Family Law, a proud sponsor of PLSA, has experience assisting seniors with property settlements and related family law matters. Our team understands the sensitivities involved and can provide practical, compassionate advice to help you move forward with confidence.

Please contact us on 08 8946 1666 or at admin@darwinfamilylaw.com.au to make an appointment to speak with us.

Tessa Cziolowski
Barrister & Solicitor – Partner
Darwin Family Law

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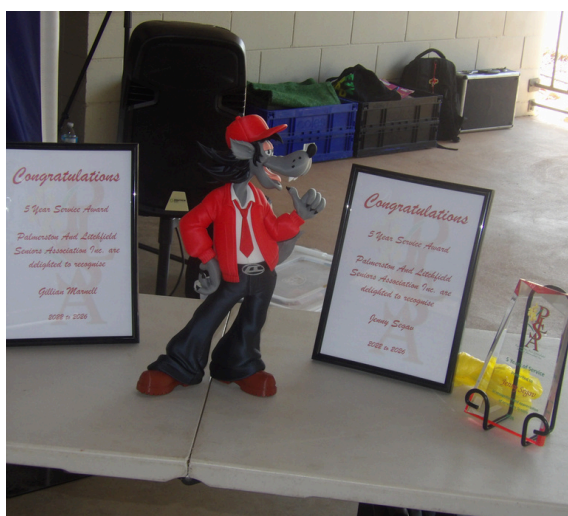
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Clinton
HOWE
MLA



Member for
DRYSDALE

MORE SUPPORT FOR ACCESSIBLE TRANSPORT



Getting to appointments, visiting family and staying connected to the community should be as easy as possible. From 1 August 2026, our government has increased support through the Transport Subsidy Scheme (TSS) and Lift Incentive Scheme (LIS) to improve accessible transport for Territorians living with a permanent disability or mobility restriction.

If mobility makes it difficult for you to use regular public transport, I encourage you to check whether you may be eligible for the TSS.



LIFT INCENTIVE SCHEME (LIS) – BIGGER SUPPORT

Payments go to the driver of a wheelchair accessible vehicle (WAV) when carrying an eligible passenger who travels in their wheelchair.

LIS CHANGES	PREVIOUS	NEW (FROM 1 AUGUST 2026)
 Payment to WAV driver per eligible trip	\$20	\$30 ↑
 Maximum incentives per eligible member each financial year	180	300 ↑
 Maximum annual value	\$3,600	\$9,000 ↑

 The \$30 incentive is separate from the passenger's fare and cannot be charged to or redeemed by the passenger.

 The increase recognises the additional time involved in securing a passenger and wheelchair. It encourages more drivers to provide wheelchair-accessible trips and improves accessible transport availability.





TRANSPORT SUBSIDY SCHEME (TSS) BENEFITS INCREASED

Annual entitlements for eligible members have increased.

CATEGORY D		CATEGORY C		CATEGORY B	
PREVIOUS	NEW	PREVIOUS	NEW	PREVIOUS	NEW
\$243	\$267	\$604	\$800	\$2,056	\$2,246
↑\$24 increase		↑\$196 increase		↑\$190 increase	

 For more information about the Transport Subsidy Scheme (TSS) and Lift Incentive Scheme (LIS):

 08 8924 7229

 cpv.admin@nt.gov.au

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PALMERSTON VOLUNTEER DRIVING PROGRAM (PVDP)

Movie And Morning Tea Event Cinemas

Gateway Shopping Centre

**If you check our website - plsa.com.au
you will see that we will have many
events at Event Cinemas throughout
the year.**

**The next Movie & Morning Tea will be
on**

Monday 19th October 2026

**Movie: Heart of the Beast with Brad
Pitt and dog Odin**

**Commencing at 10am for morning tea,
followed with the movie.**

**Don't forget to add your name to the
booking sheet at morning tea.**

**Ring: Sheryl 0439 342 400 if you can
not attend after booking.**

**The Palmerston Volunteer Drivers Program
continues to support Seniors in 2026.**

**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 to
the service in 2026 remains the same as the
previous year and is as follows:**

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 service partner, the Electorate of
Brennan.**

**If you need to book an appointment, call
our**

**Business partner; Brennan Electorate
Office on 8999 5587**

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*Listening to
you!*



Fourteen years ago today, Territorians elected me to serve them in Parliament. Everyday since I have fought hard for the Territory I know and love. Over the years I have met tens of thousands of hard working Territorians all striving to make our home the special place it is. Thank you to everyone who has supported and believed in me. It is an honour to serve and I will continue to bring the same passion, energy and determination in our fight for the NT.

Below is some very important information on H5 HPAI Bird Flu. It is important to be aware, not alarmed.

H5 HPAI bird flu has been detected in Australia, however, whilst there has been no detection in the Northern Territory, the community is encouraged to report any dead or sick birds or animals showing signs of bird flu.

Avian influenza is a virus that can infect wild and native birds. This includes poultry such as chickens, ducks, geese and turkeys. It can also infect mammals and has been detected in humans.

Avoid all contact with a bird if you notice any of the following symptoms:

- incoordination, tremors, swimming in circles
- inability to stand or fly
- twisted necks or other abnormal posture
- difficulty breathing, coughing or sneezing
- swelling around the head, neck and eyes
- dullness and reluctance to move, eat or drink
- drop in egg production
- cloudiness or change in colour of the eyes
- watery diarrhoea
- sudden death.

Report it by:

- calling the emergency animal disease hotline on 1800 675 888
- submitting the online form (wild birds only)
- For further information, including if you are a bird owner, visit:

<https://nt.gov.au/industry/agriculture/livestock-and-animals/animal-health-and-diseases/avian-influenza>

Please reach out to me at any time at my office on 8999 6674 or email electorate.spillett@nt.gov.au or of course you can pop in to Shop 13A Zuccoli Plaza, Zuccoli.

Kind Regards,

Lia

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VAD - 30 years in the making

In July, we brought the Rights of the Terminally Ill legislation to Parliament sittings with the numbers to get it done. These changes follow extensive consultation across the Territory and include strong safeguards for vulnerable Territorians.

The historic moment comes three decades after the Northern Territory first led the world with similar reforms and marks the first time a Territory government has been able to pass the laws in their own right.

When Parliament returned in August, we passed the legislation with majority voting the legislation in.

PPSOs

Community safety has increased across the Territory after the first month of Police Public Safety Officers (PPSOs) hitting the streets to tackle crime and anti-social behaviour.

Our first 21 PPSOs have been out in the community working hard, with another graduate PPSO Squad to be on the beat as of this September.

My office is a drop off point for Operation Secret Santa - Aged Care NT again this year. Please feel free to bring in any donations that are suitable over the next few months.

Regards

Marie-Clare

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It has been a busy dry season for seniors across the rural area, with Seniors Month and the PLSA Seniors Fortnight providing plenty of opportunities for our senior community to get involved, connect with others and enjoy local activities. Seniors and families across the rural area are invited to come along and enjoy the Goyder and Nelson Family Fun Day on Saturday, 26 September 2026, from 9:00am to 12:00pm, at Lakeview Hall, Freds Pass Reserve hosted by Andrew Mackay MLA and I.

The morning will be full of fun and entertainment for all ages, with a fairy, face painting, jumping castle, sausage sizzle and petting zoo. This is a great opportunity for members of our rural community, including our seniors, to get together, catch up with friends and enjoy a fun morning out. We hope to see you there!

As your local member, I think it is important to make myself accessible and available, so 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.

Warm regards

Gerard Maley MLA

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Celebrating Seniors Fortnight 2026

And just like that, Seniors Fortnight 2026 has come to an end!

Firstly, I would like to extend a huge congratulations and thank you to the Seniors Fortnight Committee and all the wonderful volunteers who worked tirelessly to organise an incredible program of events and activities every single day.

I was honoured to be part of a number of events throughout the fortnight and to experience firsthand the joy, friendships, laughter and sense of community that these events bring to so many seniors across Palmerston.



Seniors Fortnight is a wonderful opportunity to celebrate the incredible contribution our seniors make to our community, while also bringing people together, creating new friendships and enjoying time with old friends.

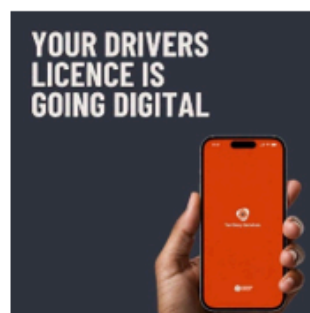
A heartfelt thank you to everyone who helped make this year's Seniors Fortnight such a success. Congratulations on an incredible fortnight — and I can't wait to do it all again next year!

NT Digital Driver Licence

The Northern Territory Government is developing a free NT Digital Driver Licence, expected to be available by late 2026. It will allow eligible Territorians to carry a digital version of their driver licence on their smartphone.

The digital licence will be available for learner, provisional, car, motorcycle and heavy vehicle licence holders. It can be used to prove your authority to drive, show you are over 18 and verify your identity in some situations.

Importantly, going digital is optional. Physical driver licence cards will remain available. A physical card is also recommended when travelling interstate or overseas, and as a backup while businesses become familiar with digital licences.



The digital licence will offer added convenience, security and privacy, with information kept up to date when your licence or personal details change. It will also be accessible without mobile data coverage.

More information about how to apply will be released later in 2026.

The Blain office is here for you Monday–Friday, 9 am–4 pm. Reach out anytime at electorate.blain@nt.gov.au, 8999 5572 or visit us at Oasis Shopping Plaza.

Matthew Kerle

President – Neville Driver	0455 660 026	Public Officer – Neville Driver	0455 660 026
Vice President- Janette Ashby	0412 372 418	Treasurer – Sheryl Sephton	0439 342 400
Newsletters- Sheryl Sephton	treasurer@plsa.com.au	Assistant Secretary – Glenda Bradbury	0447 019 778



PALMERSTON AND LITCHFIELD SENIORS ASSOCIATION INC (PLSA). NEWSLETTER

Volume 42

September 2026



Discover Cazalys Palmerston Club – A Great Place for Seniors to Enjoy

Cazalys Palmerston Club is a welcoming venue designed for locals to relax, socialise, and enjoy great value in a comfortable setting. Whether you're catching up with friends, enjoying a meal, or simply getting out and about, the club offers something for everyone – especially our seniors.

Seniors are warmly welcomed with a 10% discount across the club, including the café, bistro, and bar, making it even easier to enjoy a coffee, meal, or drink with friends. When visiting the Bottleshop, seniors also receive a \$1.50 discount on purchases, adding extra value every time you stop by.

The Bistro is open for lunch from 12:00pm to 2:00pm, offering a Seniors Menu for just \$15 per meal. It's the perfect option for a relaxed lunch, with quality meals served in comfortable, air-conditioned surroundings.

Cazalys Palmerston Club & Palmerton Golf and Country Club offers seniors a FREE 5-year social membership – simply present your valid Seniors Card to join and enjoy all the benefits of being a member. Speak to our friendly reception staff for further information.

For those who enjoy a bit of fun and gentle activity, mini golf at Palmerston Golf & Country Club is a great option for seniors. A special senior's rate is available, with games priced at just \$10 from Monday to Friday and \$12 on weekends, making it an affordable and enjoyable way to stay active, share a laugh, and spend time with friends or family.

With friendly staff, excellent value, and a relaxed community feel, Cazalys Palmerston Club is proud to be a place where seniors feel welcome and looked after.

We invite you to come along, enjoy the atmosphere, and make Cazalys part of your regular routine.

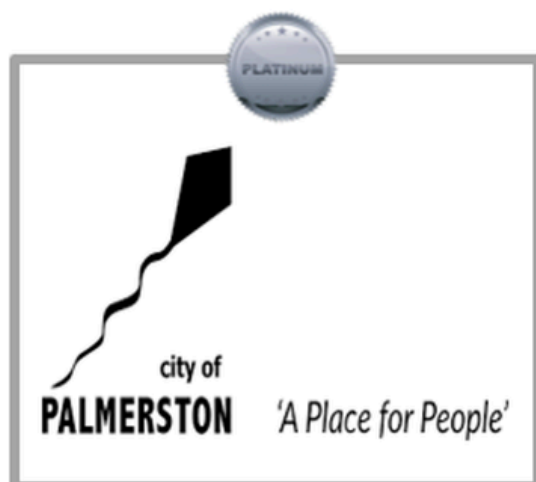


**PALMERSTON
GOLF & COUNTRY CLUB**
— NORTHERN TERRITORY —



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SPONSORSHIP 2026



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ASSOCIATION INC (PLSA).
NEWSLETTER**

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**Palmerston And Litchfield Seniors
Association Inc.
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Public Officer: publicofficer@plsa.com.au

Treasurer: treasurer@plsa.com.au

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