

Festival Season



The Dry Season is a busy time for festivals.

A must for your diary is the Rosella Festival at Adelaide River on Friday 24 July. This event kicks off with the popular Poet's Breakfast at 7.30am at the Adelaide River Inn.

August 1 is Lingalonga Festival in Batchelor. See the July Stop Press for a full program.

Also a must for your calendar is the Coomalie Senior's Picnic which will be held on Friday 7 August at the Adelaide River Railway Precinct. This event is being organised jointly by the Adelaide River Community Craft Market Inc, COTANT Coomalie Branch in conjunction with Friends of the North Australian Railway and Coomalie Council. There will be activities galore and an interactive performance by the fabulous Grey Panthers over 60 dance group.

Enjoy the cooler mornings this time of year and maybe take the opportunity to do a morning walk. The best advice available is that walking is one of the best activities and exercises for anyone, especially seniors. I'm sure he won't mind me saying, my 93 year old father who recently had a fall and now needs a "walker" has thrown away his embarrassment, picked up his walker and resumed his half hour per day walking. He tells me he feels so much better for having taken these steps. And so may we all.

Darryl Butler

Editor

89760160

cotacoomalie@gmail.com

Regular Events

Bus to Darwin

Monday 27 July 2015
Call Terry on 0457237564

Morning Tea

Friday 31 July 2015 from 9.30am
Rum Jungle Bowls Club
Batchelor

Quiz Nights

7.00 pm Saturday 1 August 2015
7.00pm Saturday 5 September 2015
Rum Jungle Bowls Club
Bring Food to Share
\$10/\$5 to play

Board Games Night

7.30pm Saturday 19 September
ARSS Club
ARSS Club Courtesy Bus to and from
Adelaide River – call ARSS
Car pooling from Batchelor – call Darryl on
89760160
\$5 to play.

Men's Shed

2 Cutler Place Batchelor
Tuesdays 8.30 -2.00
Contact James Wright
0488195410

B3 Exercise Group

Tuesdays
5.00pm -6.15pm
Research Building BIITE

SENIORS MONTH ACTIVITIES

COTANT Coomalie Branch

Seniors Picnic at Adelaide River
(See the poster below)

Coomalie Council

Mazz is organising two events from the Council

- 18th August Day trip to Grove Hill
- 31st August, Afternoon/ evening trip to My Sisters Kitchen

Advertising and invitations for these events will be via the Council on 89760058

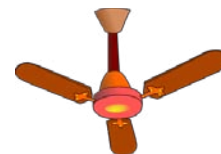
COTANT

Has published its events at Spillett House for the month of August and a copy of this is attached to this Newsletter.

The NT Government's Seniors Month Calendar of events is due out during July. As soon as the Calendar is available we will try and notify all newsletter recipients with a special edition of our newsletter.

Coolmob

COTANT is promoting the work of Coolmob who are funded by the Australian Government to provide a free service to eligible people.



See the brochure attached to this newsletter. The service is available in Batchelor and Adelaide River but is not available to people renting public housing.



If you or someone you know may need assistance and care, there are a range of services available funded by the Australian Government.

There have been recent changes to the way care is delivered, especially care for people in their own home. This information is often quite complicated and confusing but the main source of information and contact details in the Australian Government website. This website is becoming the main "gateway" for information. Click the image above or the address below for a link to the website.

<http://www.myagedcare.gov.au/>



If you have feedback or comments or questions about COTANT Coomalie Branch activities please email on cotacoomalie@gmail.com, call Darryl on 89760160. Alternatively speak to a committee member, Jan Jewell, Sue Mornane, Dick Skinner or Darryl Butler.

Attachments: 

Rosella Festival – Seniors Picnic – August at Spillett House – CoolMob Brochure

Craft and Rosella Festival

*Where: Adelaide River Inn - 110kms south of Darwin
on Stuart Highway*

When: Friday 24th July 2015 (Darwin Public Holiday)

*Time: 7.30 - 9.00am Poets Breakfast
9.00 - 3.00pm Craft Festival*

Stalls:

- *Specialty Handcraft Stalls*
- *Rosella Products*
- *Books*
- *Seafood and lots more*

Special Events

- *Poets Breakfast*
- *Entertainment*
- *Quickfire Raffles*
- *Auction @ NOON!*

From the proceeds donations will be made to charities.

Make a Day of it:

- *Spend a lazy "family day" at the Festival*
- *Enjoy the sausage sizzle & fantastic Bistro Food*
- *Visit the War Cemetery & Railway Precinct*
- *Say G'day to Charlie, the famous buffalo, at the Inn*
- *Outbid challengers at the NOON AUCTION*

The Rosella Festival has something for everyone

Email: rosellafestival@gmail.com

Mobile: 0459 082 084



Seniors Picnic

Friday 7 August
10am – 2pm

Adelaide River Railway Precinct



Featuring a range of activities:

- Morning tea
- Lunch
- Tea & Coffee available
- Catch up with friends
- Visit War Cemetery
- Visit Railway Displays
- Kite Making
- Horse Shoe Throwing
- Grey Panthers Performance

Bus pick up from Batchelor & Adelaide River



A Senior's Month Activity

Cooperatively Organised by:

- Adelaide River Community Craft Market Inc
- COTA NT Coomalie Branch
- Coomalie Council
- Friends of the North Australian Railway

Cost:

\$5 payable on the day

Booking Essential

Margaret Wardrope
89767213

Jan Jewell
89760160

All Seniors welcome



Northern Territory Seniors Month AUGUST 2015



Council on the Ageing (NT) invites you to enjoy our events & activities this Seniors Month
Please book early to avoid disappointment

Venue: All events are held at Spillett House, 65 Smith Street, Darwin unless stated
Tickets: **Cinema passes must be collected in person from Spillett House**
Boarding passes for the Harbour Cruise can be emailed or collected and will only be issued on receipt of payment

Information and Bookings

Phone 8941 1004

Email events@cotant.org.au

MUSICAL JAM (3 sessions)

Tuesdays 4, 18, 25 August, 10.30am
BYO instrument and join other music lovers to play or sing, beginners welcome.
Bookings required? No **Cost:** Free

YOUR ADVANCE PERSONAL PLAN

Thursday 6 August, 10am — 12pm
Get help to complete your 'living will' (Advanced Personal Plan). Time allowed for Q&A
Bookings required? Yes **Cost:** Free

CONSUMER DIRECTED CARE INFO

5 and 21 August, 10am — 11am
Information on a new approach to home care packages delivered by COTA Peer Educators
Bookings required? Yes **Cost:** Free

ZUMBA GOLD

Friday 7 August, 9.30am — 10.15am
Enjoy all the fun of Zumba cardio! Suitable for beginners and seated participants
Bookings required? Yes **Cost:** \$3

COMPUTER TRAINING (3 sessions)

Thursday 6, 13, 27 August, 9.30am start
One on one tuition on basic Internet skills and email (max. of 2 people per morning)
Bookings required? Yes **Cost:** Free

IPAD INTRODUCTORY WORKSHOPS

8, 15, 22, 29 August, 9.30am — 11.30am
Suitable for beginners, each session covers all the basics of using an iPad. BYO iPad
Bookings required? Yes **Cost:** Free

This flyer has been designed by COTA NT. Images are provided under licence from iStock Images or used with permission.



SOCIAL BINGO (Mondays)

10, 17, 24, 31 August, 10am — 1pm

Bingo played at speed of the slowest player

Bookings required? No **Cost:** \$17

DARWIN HARBOUR CRUISE

Monday 10 August, 9.30am — 11.30am

Arrival 9am Boarding from 9.15am

(walkers/wheelchair users first to board)

Boat cruise around Darwin harbour and bays with commentary, morning tea and raffle

Bookings required? Yes **Cost:** \$25

Boarding passes issued in person/via email on receipt of payment. *No special dietary requirements can be met. Please advise staff of wheelchair/walker use when booking*

BOOTCAMP

Monday 10 August, 10.30am — 11.30am

Fun outdoor fitness session to challenge physically active seniors

Bookings required? Yes **Cost:** Free

MULTICULTURAL BRUNCH

Tuesday 11 August, 10am — 11.30am

Brunch with food and entertainment

Bookings required? Yes **Cost:** \$5

PREVIEW MOVIE: RICKI & THE FLASH

Wednesday 12 August, Morning tea 10am
Screening 11am

Rock star (Meryl Streep) comes home to reconnect with family. Best dressed rocker wins a prize, plus door prizes

Venue: Event Cinemas

Casuarina Square Shopping Centre

Bookings required? Yes **Cost:** Free

Passes must be collected at Spillett House (max. 2 per person). Passes via COTA only



PLANNING FOR RETIREMENT

Thursday 13 August, 5.45pm — 7.45pm

Information about financial planning and self-funded retirement

Venue: Casuarina Library, Casuarina

Bookings required? Yes **Cost:** Free

FITNESS MOVES

Friday 14 August, 10am — 11am

Try cardio fitness in an age appropriate class.

Suitable for all mobility and fitness levels

Bookings required? Yes **Cost:** Free

FLEX AND BALANCE

Friday 14 August, 11am — 12pm

Suitable for all levels of fitness

Bookings required? Yes **Cost:** Free

80S STYLE AEROBICS CLASS

Monday 17 August, 10.30am — 11.30am

A fun fitness session in optional 'fancy dress'

Bookings required? Yes **Cost:** Free

SENIORS EXPO

SHOWCASING COMMUNITY SERVICES, LIFESTYLE & ENTERTAINMENT

Wednesday 19 August 9.30am — 12.30pm

The Territory's many age-friendly activities and

services are showcased

in a morning of

entertainment, stalls,

talks and activities

including dance, music, fashion parade,

motorbike rides and much more.

Venue: Museum and Art Gallery of the NT

Conacher Street, Darwin

Bookings required? No **Cost:** Free



PLANNING FOR RETIREMENT

Thursday 20 August, 5.30pm — 7.30pm

Financial planning & self-funded retirement

Bookings required? No **Cost:** Free

BODY TALK

Monday 24 August, 10.30am — 11.30am

An interactive and informative talk about your body and exercise

Bookings required? Yes **Cost:** Free

MEN IN THE CITY

Wednesday 26 August, 12pm — 1.30pm

Join others for mateship and lunch

Bookings required? Yes **Cost:** \$3

OVER 50s CLUB

Friday 28 August, 11.30am — 2.30pm

Bring a share plate for lunch, meet old and new friends, enjoy activities and games

Bookings required? Yes **Cost:** Free

PILATES

Monday 31 August, 10.30am — 11.30am

Suitable for all levels of fitness

Bookings required? Yes **Cost:** \$3

COOLmob smart cooling in the tropics

Helping
you stay
cool in the
tropics

I want to get involved

We would love to hear from you.

Talk to the Smart Cooling team
directly on (08) 8981 3642 or one of
the four local organisations we have
partnered with:

Carers NT
(08) 8944 4888

COTA NT
(08) 8941 1004

Melaleuca Refugee Centre
(08) 8985 3311

Yilli Rreung Housing
(08) 8935 0111

Interpreter services available.
Please ask.

COOLmob smart cooling in the tropics



efficient cooling, effective savings



IT'S
FREE!

What is Smart Cooling in the Tropics?

Smart Cooling is a great **free** new project working with low-income households to help find ways to reduce electricity usage and stay cool.

That sounds cool - tell me more

If you are eligible for the project, Smart Cooling will come to your home and provide a free home electricity assessment. We will work with you to show you:

- how to **understand your jacana energy bill**
- **which appliances** are using the most electricity
- how to **save electricity and money** through simple changes to your home

Why is it free?

The Smart Cooling project is funded by the Federal Government's Low Income Energy Efficiency Program (LIEEP).

The information and lessons learnt from the project will be used to improve future energy efficiency policies - to help all Australian's live comfortably while playing their part in protecting and preserving the environment.

Am I eligible?

To be eligible you need to be living in Darwin on a low income and have one of the following:

- a low income health care card **or**
- receive an approved Centrelink payment **or**
- live in Yilli Rreung Housing (Berrimah Estate and Bagot Community).

You will receive

As part of this free service, depending on your particular needs, Smart Cooling may provide a range of free services including:



Cleaning of your cooling appliances



In home displays and monitors to better manage your cooling appliances



Free community workshops



Structural modification to your home where necessary

**IT'S
FREE!**

