

February EDITION

CITY OF PALMERSTON

GREY GOSS Newsletter



WELCOME, PALMERSTON AND RURAL SENIORS

to City of Palmerston's Grey Goss newsletter! Published quarterly, this issue covers February, March and April 2019, listing events and activities throughout the new year. As Council events are many and varied, it also pays to check the website and Facebook for updates and new developments.

As usual, you are most welcome to contribute ideas and information for Grey Goss please contact Tess by emailing tess.riches@palmerston.nt.gov.au.

Thank you to everyone who helped with this issue.

CITY OF PALMERSTON'S NINTH COUNCIL

Contact City of Palmerston Elected Members by:

Post: PO Box 1, Palmerston NT 0831

Email: palmerston@palmerston.nt.gov.au

Phone: (08) 8935 9922

COUNCIL MEETINGS

You are very welcome to attend Council meetings to observe proceedings.

Ordinary Council Meetings are held on the First and Third Tuesday of every month, at 5.30pm.

Commencing at 5pm in the Council Chambers, a Public Forum will be held prior to each Ordinary Council meeting, providing an opportunity for community consultation.

Meeting dates, Agendas and Minutes are listed at:

<http://www.palmerston.nt.gov.au/council/meetings/council-meetings>

PALMERSTON SENIORS ADVISORY COMMITTEE (PSAC)

The committee meets approximately bimonthly. Feb 4 and March 18 are the next two scheduled dates.

Meeting outcomes will be included in Grey Goss, see page 13, plus there is a report to Council following each meeting. Minutes, including the Action Table, are included in Council Meeting Agendas.

Contents

Council , PSAC	1, 13
Money Matters	2
Community Benefit Scheme	5
Library Programs	6, 7
Poem	9

ACTIVATE IS BACK!

Yes, back for another year: bigger and better than EVER!

Registrations are now open with the program kicking off on Tuesday 29 January (Monday is a public holiday.)

Check out the timetable and head over to our website for more information and to register.

<https://www.palmerston.nt.gov.au/community/lifestyle-community/health-and-wellbeing/activate>

Any queries contact Kelly

on 89359943 or palmerston@palmerston.nt.gov.au

WHAT TO TAKE TO YOUR ACTIVATE SESSIONS:

- print out of Activate ticket number
- a water bottle and towel
- appropriate medication eg. asthma inhalers
- wear suitable shoes/comfortable clothes/fitness attire

IF YOUR SESSIONS ARE OUTDOORS:

- a hat
- sunscreen
- plenty of water

Remaining timetables will be available at www.palmerston.nt.gov.au on:

Block 2 29 April 2019

Block 3 12 August 2019

Registration is required to receive a membership number that participants must show the instructor of each class/session they attend. You must be 16 or over to join. Open to Palmerston and rural residents. Registration gives access to all blocks.

Registration opens online at www.palmerston.nt.gov.au on 14 January 2019
Telephone: 8935 9943

CITY OF PALMERSTON
activate
— 28 JANUARY - 8 DECEMBER 2019 —

45 WEEKS
final years Fit

health and fitness program providing residents with a taste of the physical activity options available in Palmerston

1 BLOCK ONE
Monday 28 January - Sunday 12 May
Excluding public holidays

CITY OF PALMERSTON



MONEY MATTERS

CITY OF PALMERSTON RATES PAYMENTS



Just a reminder that instalment 4 becomes due and payable on 30/03/2019.

Did you know that each property has its own unique reference number?

This means that your payment reference details can be used at any time to make regular contributions towards your rates prior to the due date, which may assist with your household budgeting.

Council also offers a direct debit service, should you be unable to facilitate payments yourself. Already behind? Visit Council's website to enter into a payment arrangement or contact our rates staff on 8935 9922.

DISABILITY PERMIT HOLDERS - A REMINDER

All Disability Permit holders may park in any Council car park (both on and off-street) for FREE and up to twice the time displayed for that zone.

Permit-holders may now park in a Council-owned two-hour park for up to four hours at no cost. However - you MUST display your permit on the dash, or the Ranger cannot tell that you are not parked illegally.

MEANWHILE, BACK AT THE RANCH... ER... RECREATION CENTRE...

The Community Services team is based at the Recreation Centre, and operate all their programs from there, as well as running the facility. A few changes have happened lately, with more to come soon.

Staff:

Jan Peters has returned to her role as Manager, having stepped up to Director level (as well as performing her Manager tasks) for a year or more. While she enjoyed the high-level role, she missed the focus on interaction with her team and community, which she really enjoys and values. The upshot of this is a new director must be recruited, but in the interim, Amelia Vellar, City of Palmerston's HR Manager, is acting in the Director Lifestyle and Community role as well as continuing in HR.

We welcome Amanda Stevenson as our new Community Development Officer with the Youth, Sport and Recreation focus.

You'll probably recognise Amanda... we poached her from the Library.

Building:

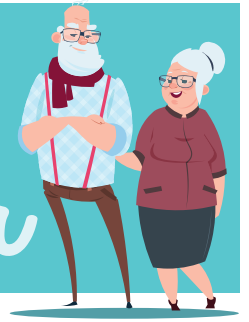
The stadium floor is in need of repair so that whole section of the Centre will be out of action completely from 1 April to 6 May 2019. Only the stadium will be affected - the other areas will be accessible as usual.

In the next few months you will see other changes to the Centre, with new LED lights being installed and the inside of the Centre getting a fresh coat of paint.

Solar panels are also soon to be installed on the Recreation Centre roof surface, similar to Palmerston library.



GREY GOSS *Newsletter*



CENTENARY OF ARMISTICE - REMEMBRANCE DAY - 11 NOVEMBER 2018

Thank you to the many people who contributed to Council's special projects for recognising the Centenary of Armistice, 11 November, 2018.

In America recently there were media stories about the need for more memorials for the participants of World War One, as that event was no longer 'in living memory'. Yet many seniors worldwide would have memories of the ongoing 'fallout' of that conflict - the missing family members and lingering emotions of those left behind.

Perhaps it's a truly 'Aussie' phenomenon, but I challenge anyone to find an Australian city or town, of any size, that doesn't have a permanent memorial from that time - most sadly amended over the years to include all the subsequent war losses.

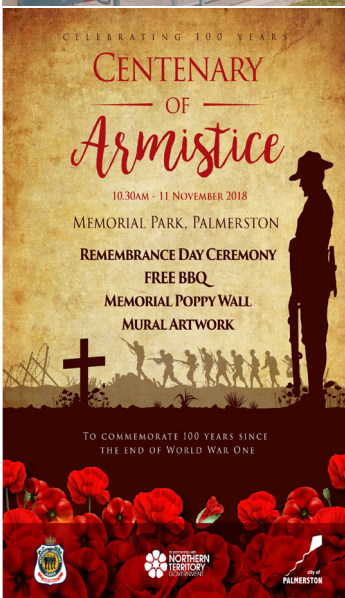
Palmerston has its Cross of Remembrance, of course, and now it also has the lovely mural, created by Riece Ranson on the entrance to the underpass below University Ave.

The temporary community-crafted Poppy Wall was very popular, and Council has it stored for future use. One of the first contributors of hand-made poppies was our own Mrs Pam Merington-Norman, who crafted more than 100 CDs and DVDs into vivid flowers. Ten ceramic poppies were designed and made for the project, by gifted artist Kate of Studio Elevenlee. (These are the first of hopefully annual purchases to contribute to an on-going memorial project.) Poppies arrived in boxes, bags, envelopes, from out of pockets; crochet, knitted, laminated, painted, recycled, repurposed, reclaimed. We love them all!

Thank you also to the people, young and not-so-young, who helped to install the hundreds of poppies. It turned out to be a huge task! The last of them were in place by the time the RSL's Service began around 10am.

Finally, thank you to the RSL for the commemoratooon service.

It was an honour to support the RSL and Services on this important day.





GREY GOSS Newsletter

THE ANNUAL PALMERSTON SENIORS FORUM provides feedback to Council and Palmerston Seniors Advisory Committee, PSAC, which is an advisory committee to Council, and their Action Table of issues is the mainstay of their work during each year.

The outcomes of the 2018 Seniors Forum were considered at the 10 September PSAC meeting, and it was determined that information about reporting issues to Council, and selected seniors' services, be included in Grey Goss as often as possible. As a result, look forward to reading about:

1. HOW PUBLIC MAY REPORT CONCERNS TO COUNCIL

Summary: You can report issues to Council in a number of ways:

Phone us: (08) 8935 9922

Email us: palmerston@palmerston.nt.gov.au

By post : PO Box 1, Palmerston NT 0831

Via our Website: <http://www.palmerston.nt.gov.au/contact-us> (There are three links that will take you to the forms to report Graffiti, Public Lighting Faults and General Enquiries)

Visit Customer Services - Civic Centre, cnr Chung Wah Tce and University Ave

2. HOW PUBLIC MAY REPORT CONCERNS TO OTHER AUTHORITIES:

You may find when you contact Council that an issue is not in a location that Council controls, however the Council staff member you speak to will let you know what to do.

3. PROMOTE SERVICES AND ADVICE FOR SENIORS:

Contact details for services such as VICTIMS OF CRIME NT

Victims of Crime - to contact the DARWIN office:

Post: GPO Box 1258, Darwin NT 0801

Address: Level 2, NAB House, 71 Smith Street, Darwin NT 0800

Freecall: 1800 672 242 or 1800 670 242

Phone: (08) 8941 0995

Office Hours: 8:30am - 4:30pm

After Hours: 1800 672 242

<https://www.victimsofcrime.org.au/contact-us> also has an email enquiry portal.

Did you know that you can make a submission to the NT Govt about how the justice system can create better outcomes of victims of crime in the NT? Closing date for submissions is 29 March 2019. To find out more go to:

<https://justice.nt.gov.au/attorney-general-and-justice/law-reform-reviews/open-law-reform-consultations/victims-of-crime-reform>

The grass is always greener ...
where you water it.

Neil Barringham





COMMUNITY BENEFIT SCHEME

Your Council provides funds to eligible applicants who provide activities, events and services for your Community. The funds are budgeted each year and available via the Community Benefit Scheme.

There are four different categories: grants, donations, scholarships and sponsorships, and depending on the amount of money requested consideration is by the Chief Executive Officer (CEO) or full Council. Recently Council decided to offer funds to individuals and teams representing the City, NT or Australia in some way - Representation Support (a form of donation). Additionally, Council may offer Special Project funding, for a specified purpose, and will promote these when they are available.

An applicant may apply for in-kind funding; generally this is a request to waive hire fees for a Council facility such as a hall.

There are a few basic eligibility requirements: the activity must benefit the Palmerston community, the applicant can not have two successful applications in the same financial year and the application process must be followed (complete the application form and provide any further details as required.)

Individuals may only apply for scholarships ('education'), Representation Support or Special Projects. Not for profit groups and incorporated bodies may apply for grants, donations and sponsorships. Businesses may only apply for Special Projects, if offered.

Community groups, which are often informal groups and not incorporated etc, may apply for grants and donations of up to \$500. The application process is simple and the consideration process is often quite quick. A group may apply for in-kind funding up to the \$500 value.

If you think your community group or organisation would be eligible for funding, call Tess on 8935 9929 and have a chat about how you go about applying.



WHERE HAVE THE HUB CLUBS GONE?

The recent and surprise closure of The Hub has meant that some of the seniors' groups and clubs are looking for new homes. As we learn of new meeting places, we'll pass the information on.

Palmerston RSL has let us know that they now have an agreement to occupy the Palmerston Golf Club. They are working on getting back to normal operations as soon as possible. Their new email address is palmerston@rslsa.org.au



Palmerston & Rural Seniors Committee

Palmerston and Rural Seniors Committee has just advised that Seniors Morning Tea recommences on Thursday 14 February 2019 at Cazalys Palmerston Club. Cazalys Palmerston Club will continue to work with The Palmerston And Rural Seniors Committee Inc. (PRSC) in delivering Seniors Morning Tea on the 2nd and 4th Thursday of each month from 10am to 12noon. The PRSC will also have available membership forms and will be receiving membership fees for 2019 - \$10.00 annual fee. The Committee looks forward to welcoming you back for 2019.



GREY GOSS Newsletter

LOVELY, LITERARY, LEARNED, LIKABLE, LITERATE, LIVELY LIBRARY!

No longer only a place of silent contemplation of the written word, modern libraries offer so many opportunities to enrich your life - in air-conditioned comfort.

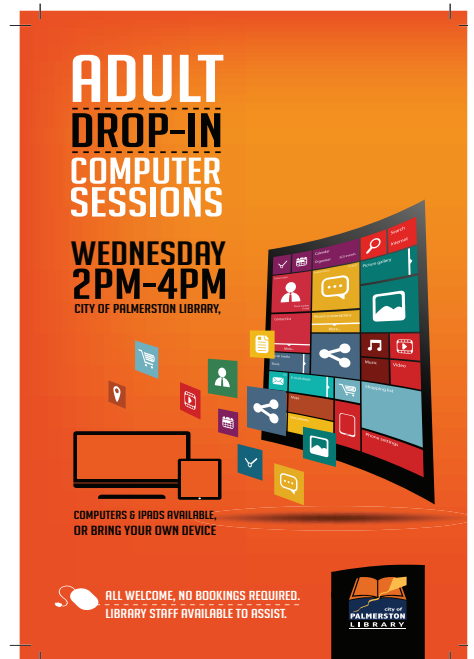
ADULT DROP-IN COMPUTER SESSIONS

Need help using your computer, tablet or phone?
Then come on to our drop-in computer sessions.

When: Wednesdays
Time: 2.00pm-4.00pm
NOTE: The first session for 2019 will be held Wednesday 6 February.

Computers and iPads available, or bring your own device and get one-on-one assistance with all your computer/IT issues from a library staff member.

Sessions include - Be Connected: Support staff will also be available for all Be Connected members. If you are 50+ and haven't heard of this new resource, ask the library team about how to sign up. Be Connected is a free resource to support you to get online and keep up to date in our ever-changing digital world. All welcome, no bookings required. See below:



BE CONNECTED

Be Connected is an Australian Government initiative committed to increasing the confidence, skills and online safety of older Australians. Be Connected aims to empower everyone to use the internet and everyday technology to thrive in our digital world.

Through [Be Connected online resources](#), Australians will be able to learn the basics of using digital devices and engaging with the internet, including;

- Being safer while online
- Talking to, or seeing, family and friends who live far away
- Finding new friends who share interests and hobbies
- Connecting with old friends
- Keeping up to date with what's happening in communities and around the world
- Shopping and selling online, safely and securely



Be Connected
Every Australian online.

Network Partner

Be Connected is not just a website; it is a national movement working across Australia, within communities, to help people with their digital skills. Our Network Partners are the local arm of Be Connected and offer in-person help and support to older Australians who are disengaged with digital technology. Australians with minimum internet skills can often feel isolated from their community and family at a time in their lives when feeling connected is increasingly important.

Be Connected aims to change this through a family and community centred approach by supporting community organisations that are committed to digital inclusion and supporting older Australians bridge the digital divide.

You may sign up via the link provided or attend our Adult Drop In Computer Session on Wednesday between 2pm-4pm, so that Library staff can help. <https://beconnected.esafety.gov.au/login/index.php> If you sign up independently, please select City of Palmerston Library as your support centre.

GREY GOSS *Newsletter*



PALMERSTON LIBRARY - MORE MARVELOUS, MYSTERIOUS, MEMORABLE MOMENTS

FACEBOOK

For more information all upcoming library events, programs and services the City of Palmerston Library is on Facebook. We also have Facebook groups, a Community Notice Board and a Book Club.

GET JOB READY

Come along to our free get job ready drop-in sessions, where you can use our laptops to create or update your resume, search and apply for jobs.

When: Wednesdays

Time: 2.00pm-4.00pm

NOTE: The first session for 2019 will be held on Wednesday 6 February.

A blue poster for Facebook Groups and Online Book Community. It features a central computer monitor displaying the Facebook logo and the text 'facebook Groups'. Surrounding the monitor are various icons and illustrations of people using laptops and tablets. The text 'COMMUNITY GROUP' and 'ONLINE BOOK CLUB' is in speech bubbles. Below the monitor, the text 'ONLINE BOOK COMMUNITY' is written in yellow. Underneath, there is a paragraph of text describing the community and how to join. At the bottom, it says 'COMMUNITY NOTICEBOARD' and 'JOIN OUR FACEBOOK GROUPS!' with the City of Palmerston Library logo.

COMMUNITY GROUP

ONLINE BOOK CLUB

facebook Groups

ONLINE BOOK COMMUNITY

A virtual community for book lovers, City of Palmerston Library's Online Book Community is a place to get online and talk everything books.

Simply find the City of Palmerston Library on Facebook, like the page and join the community. Then join the conversation! The more you participate, the more fun it'll be. To join go to www.facebook.com/pg/cityofpalmerstonlibrary/groups or for more information email askus@palmerston.nt.gov.au

COMMUNITY NOTICEBOARD

An electronic notice board to share events and programs available to our local community.

For more information on how to share your event or program in our group contact us at askus@palmerston.nt.gov.au. To join go to www.facebook.com/pg/cityofpalmerstonlibrary/groups or for more information email askus@palmerston.nt.gov.au

JOIN OUR FACEBOOK GROUPS!

city of PALMERSTON LIBRARY

A brown poster for 'Get Job Ready' sessions. It features a central laptop with hands typing on the keyboard. Surrounding the laptop are various job-related items like a CV folder, a resume, a pen, and sticky notes. The text 'CITY OF PALMERSTON LIBRARY' is at the top. Below it, 'Get Job Ready' is written in a large, stylized font. Underneath, it says 'Wednesdays Library Training Room 2:00 - 4:00pm'. A pink banner says 'Free drop in session for job seekers'. A red banner says 'Create or update your resume and cover letters'. A yellow banner says 'Search and apply for Jobs'. At the bottom right is the City of Palmerston Library logo.

CITY OF PALMERSTON LIBRARY

Get Job Ready

Wednesdays
Library Training Room
2:00 - 4:00pm

Free drop in session
for job seekers

Create or update your resume
and cover letters

Search and apply for Jobs

city of PALMERSTON LIBRARY

Extreme pressure produces diamonds.





CITY OF PALMERSTON

GREY GOSS Newsletter

HEADS UP - EVENTS AND ACTIVITIES THAT ARE ON THE HORIZON

YOUTH WEEK 2019

Do you know or possibly provide care for young people 12 – 25 years old? Youth Week 2019 will be celebrated from 8 to 18 April. Please let any young people you know that...



City of Palmerston will be holding their traditional Palmy Pool Party on Friday 12 April 2019, from 5pm to 9pm. This is a free event for all the young people of our community, held at the Palmerston Swimming & Fitness Centre.

NEIGHBOUR DAY

Neighbour Day is an annual celebration that encourages people to connect with their community. Neighbour Day is usually held on the last Sunday in March each year, however events can be held on any day, with many streets and neighborhoods across the country choosing a different date to celebrate that best suits them and their neighbours. For 2019, Neighbour Day's annual theme is 'Loneliness – What neighbours can do.' The community you want starts at your front door. Visit www.neighbourday.org to download resources to help you host a Neighbour Day celebration. For instance:

- Outdoor Movie Night (Free Hire of City of Palmerston's Movie Trailer)
- Garden Games at a Local Park
- Morning Tea or Street Party (Everyone bring a plate)
- Quiz Night
- Group Dog Walking Session
- Book Exchange

PARKS WEEK

Share a wish, a hope or friendly tip for your neighbourhood... to celebrate PARKS WEEK.

Each March, Parks Week highlights the vital role parks play in creating liveable cities, thriving communities and promoting community wellbeing. The City of Palmerston is celebrating Parks Week by adorning a tree within the community with colourful ribbons filled with messages.

Colourful ribbons will be available from Monday 11 February to Friday 1 March for community members to write a wish, a hope or a friendly tip at the Palmerston Recreation Centre, 11 The Boulevard.

All ribbons will be displayed on a selected tree in Palmerston from Friday 8 March to Monday 18 March. The location will be announced on Friday 8 March on the City of Palmerston Facebook page. For more information visit www.palmerston.nt.gov.au or call 8935 9919.

FLICNICS

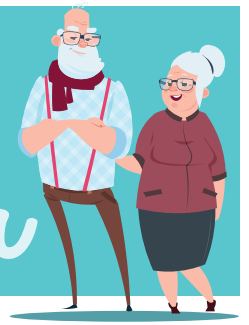
Will screen most Saturdays starting from 20 April, running to 14 September - from 7pm at Goyder Square on the big screen - byo rug, chair and a picnic.

(Some Saturdays may not have a movie due to other fabulous events happening in Goyder Square.)

Movies that we're thinking about screening include *Small Foot*, *Mamma Mia*, *Ant-Man and The Wasp*, *Incredibles 2*, *Aladdin (the original)*, *Captain Underpants*, *How to Train your Dragon: The Hidden World*, *The Greatest Showman*, *The Never Ending Story (the original)*).

Keep an eye out for the confirmed program!





A LAMENT

Years ago, I knew what was what
 Mechanical things were logical
 A semi intelligent person could
 Fix things by being methodical
 The simple light bulb of time gone past
 When it blew, could be changed in a trice
 With a push, twist and pull to the globe
 You didn't need a page of advice
 Now it's all led lights and halogen
 And funny shapes and fission
 When they go bang you have no choice
 But to call an electrician,

Why do we have to live a complicated life
 Why can't taps turn just one way or the other
 Why can't cars' moving parts be easily seen
 Not weird alien masses of wires
 When I was young, my Dad taught me how
 to fix almost anything.
 lift the car bonnet and with a hammer
 try whacking the starter motor thing.
 a couple of thumps, the car was ready to go.
 oil, petrol and water, all you needed to add
 To keep it safely chugging along
 We fixed it with stuff that we had.

An adjustable spanner, a handy oil can,
 Old stockings, chewing gum, and string
 With a few basic items and a bit of nous
 You could solve almost anything.

Loose screws only needed a match stick in the hole
 To make it perfectly usable
 These days, I'm faced with a myriad of
 electronics, plastic covers and unrecognisables.

Today, there's almost nothing that is mendable
 DIY is a thing of the past
 Very little is even fixable
 Nothing is able to last
 Now everything is so complex
 It all needs expert advice
 Now everything needs a professional
 Now everything comes with a price!

© Sandra Parker

Comfortable talking to your kids about technology and the internet?

A THINKUKNOW cyber safety and security presentation will take place on

DATE: Thursday 21 February 2019

TIME: 5.30pm to 7.00pm

LOCATION: City of Palmerston Library, Community Room, Goyder Square, Palmerston

REGISTER: www.eventbrite.com.au/e/thinkuknow-cyber-safety-and-security-presentation-for-adults-tickets-54902982298

The session will cover:

- What young people SEE, SAY and DO online
- The challenges they may face
- How to report and get help if things go wrong

Phone 08 8935 9919 or email palmerston@palmerston.nt.gov.au
 For more information, please visit www.palmerston.nt.gov.au

city of PALMERSTON
 'A Place for People'



*Palmerston's Own Writers 5th Anthology
 'Got It Good'
 \$15 at the offices of all of our Palmerston polities.
 Do help support our local writers.
 (from Sandra)*



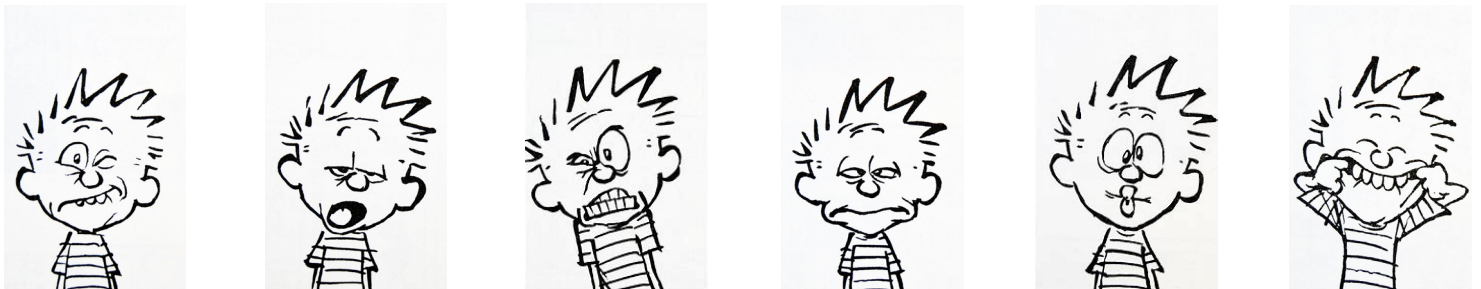
TIME TO GET FIT!

Get ready for some 'new' exercise... face yoga! That's right - practice face yoga in the mirror to rejuvenate your face!

We kid you not: There are 43 muscles in the face, most of which are controlled by one major facial nerve. This nerve exits the cerebral cortex and emerges from your skull just in front of your ears. We use our faces to communicate moods and simple thoughts - we smile, frown, raise our eyebrows many times every day. We also chew, which use only four muscles, surprisingly. But all this activity is not sufficient exercise, it seems. You can find a great many 'how-to' videos on the internet!

Devotees of face yoga proclaim that these 'easy' exercises are good for your brain as well because you're using muscles and coordination that you don't usually think about. Target the muscles you want to strengthen- no lycra required!

Of course, the really fun part of it is all the fabulously weird faces you make to achieve the 'poses'. Something to do while you're waiting at the traffic lights, perhaps?



However, if you'd like to use a lot of your facial muscles with the no-thinking method, may we suggest laughing?

<https://www.organicfacts.net/health-benefits/other/health-benefits-of-laughter.html> has a great article about the benefits of laughter, as well as the side effects! (Who knew?!)

Its overview:

By seeking out humorous situations or participating in activities that will stimulate laughter, you are giving your body a chance to exercise the diaphragm, as well as facial, leg, back, and abdominal muscles. Cortisol and adrenaline levels in the body, which are considered stress hormones, can be reduced through laughter, thereby adding to overall health. Also, the increase in respiration aids in the oxygenation of blood flowing to the brain and the rest of the body.

Pop Quiz! Do you recognise the model above?

Hint... his best friend is very hairy...

For guaranteed giggles, go to :

<https://www.gocomics.com/calvinandhobbes>

Cartoonist, creator and author, Bill Watterson, produced these hilarious cartoons for only a decade. If you google him you'll find out why he stopped being a cartoonist and why there is no authorised Calvin and Hobbes merchandise.

FEBRUARY EDITION

CITY OF PALMERSTON

GREY GOSS *Newsletter*



FREE

 ACTIVATE



CITY OF PALMERSTON

activate 

WHOLEFOOD

SHOPPING TOUR AND COOKING DEMO

23 FEBRUARY 2019 | IGA ZUCCOLI | 2.30-4.30PM

NOURISHING

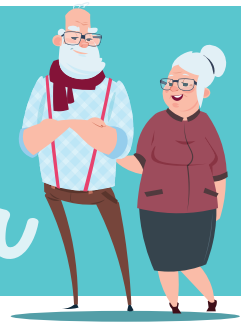
AFTERNOON TEA

LOUISE ELLEN NUTRITION CLINIC | 6 APRIL | 2-4PM

PLACES ARE LIMITED

For more information and to book contact Louise or Kristy on 0490 081 100
or louise@louiseellennutrition.com.au





HEALTHY, INTERESTING RECIPES

Looking for inspiration for the table? The TASTE website is a fantastic place to find just what you are looking for.



SUPER EASY GREEN COUSCOUS

ingredients

- 1 cup couscous
- 1/3 cup basil pesto
- 1 cup boiling water
- 1 bunch asparagus, trimmed, halved lengthways and crossways
- 1 zucchini, peeled into ribbons
- 2 teaspoons extra virgin olive oil
- 150g haloumi, sliced
- 1 cup watercress sprigs
- 1/3 cup Sicilian olives
- 1 tablespoon lemon juice

Method

Step 1

Place couscous and pesto in a large heatproof bowl. Pour over boiling water. Stir to combine. Place asparagus and zucchini on top. Cover. Set aside for 5 minutes or until water is absorbed.

Step 2

Meanwhile, heat oil in a frying pan over medium-high heat. Add haloumi. Cook, turning, for 3 minutes or until lightly browned. Transfer to a plate lined with paper towel to drain.

Step 3

Fluff couscous mixture with a fork to separate grains. Tear haloumi into pieces. Add watercress sprigs, Sicilian olives, haloumi and lemon juice to couscous mixture. Season with salt and pepper. Toss to combine. Serve.

<https://www.taste.com.au/recipes/super-easy-green-couscous/COHlsjIN?r=recipes/easyeasterentertaining&c=Fi1mL90R/Easy%20easter%20entertaining>

COTANT TURNS 50!

What's **GOLDEN**, having fun in the Recreation Centre and celebrating being a Palmerston Senior???

YOU!!! See you on 31 May 2019 for the Council on the Ageing's SENIORS EXPO! So many details to follow. Keep any eye out for promotions in a month or so.





GREY GOSS Newsletter

FROM THE PALMERSTON SENIORS ADVISORY COMMITTEE MEETING - 12 NOVEMBER 2018

Motion:

Alderman Henderson will take to Council a request from this Committee for a review of the viability of extension of Gray Hall, Gray, to ascertain if it may provide a suitable facility for use as a Seniors Centre.

Update: At the 11 December 2018 Council Meeting the motion was tabled with an explanatory report.

12.1 Expansion of Gray Community Hall

Moved: Alderman Henderson

Seconded: Alderman Giesecke

THAT a report be prepared outlining expansion options for the Gray Community Hall, to be suitable to be used for multipurpose community use, including concept, demand, costs and prioritisation, to be presented to the second Ordinary Council Meeting in April 2019.

CARRIED 9/0397 - 11/12/2018

Angie Walker, Electorate Officer for Mrs Lia Finocchiaro MLA, Member for Spillett, lead a discussion to determine her Office's direction regarding the groups' often-stated wish for dedicated seniors parking at Gateway Shopping Centre. On reflection the group determined that a request for shared use of the Parents with Prams Parking might be of benefit.

At the 6 November Council Meeting the Palmerston and Rural Seniors Committee (PRSC) was successful in its application for City of Palmerston Platinum Sponsorship of the next three (3) City of Palmerston Seniors Fortnight programs.

Alderman Henderson presented the PRSC with a certificate from Volunteering NT, acknowledging the group's Highly Commended - Community Organisation - status at the recent NT Volunteer of the Year Awards.

To read the complete PSAC meeting minutes go to:

<https://www.palmerston.nt.gov.au/community/participation/community-groups/seniors-advisory-committee>

Edible pocket Gardens
NOW SPROUTING IN PALMERSTON

WANT TO KNOW MORE?
Head to our website www.palmerston.nt.gov.au
palmerston@palmerston.nt.gov.au or 89359943

city of
PALMERSTON
'A Place for People'

FEBRUARY EDITION

CITY OF PALMERSTON

GREY GOSS *Newsletter*



FREE

f ACTIVATE

CITY OF PALMERSTON

activate

— 28 JANUARY - 8 DECEMBER 2019 —

45 WEEKS
Find your Fit

health and fitness program providing Palmerston and Rural residents with a taste of the physical activity options available in Palmerston

**FOR MORE INFORMATION
AND TO REGISTER FOR THE PROGRAM
visit www.palmerston.nt.gov.au**


city of
PALMERSTON