

MENTS



Helping you save on your power bills

HOW nice to welcome some typical dry season weather.

It's certainly easier to turn off those energy-guzzling air-conditioners in the dry, but seniors concerned about keeping their power bills down in the hotter months of the year may be interested in a home energy information session.

Presented by a COTA NT project partner, COOLmob, the session will include talks with COOLmob project officers who will introduce an exciting new initiative for seniors in low-income households.

The Smart Cooling in the Tropics project aims to promote sustainability and reduce energy consumption in the NT.

It aims to help people in low-income households save by modifying the way they use home spaces and appliances.

Following a free home energy assessment from COOLmob, participants receive one of three free packages which may include appliance upgrades or building modifications. Project data will be used

SENIORS VOICE with ROBYN LESLEY



to help government develop energy efficiency policies.

Qualifying seniors will be aged 45+ (indigenous) or 50+ (non-indigenous), hold a health care card or can show evidence they receive Centrelink payments, be prepared to complete a pre-assessment questionnaire and have a recent power bill.

Come along to COTA NT, Spillett House, 65 Smith St, Darwin, on July 11, from 10-10.45am. Registrations are essential. Phone 8941 1004 or email events@cotant.org.au

Seniors Month

Events are now finalised for Seniors Month. Our program includes: COTA NT Open House (Aug 5), iPad training (Aug 5, 12, 19, 26), Multicultural Stories of the NT launch and luncheon (Aug 6), retire-

ment workshops (Aug 7, 14, 21), Moving Muscles fitness session (Aug 8), Burnett House tour (Aug 11), social bingo (Aug 11, 18, 25), consumer directed care workshop (Aug 12), harbour cruise (Aug 13), Pilates (Aug 15), pharmaceuticals reviews (Aug 20), master class with chef Jimmy Shu & Hanuman Lunch (Aug 20), Batchelor seniors picnic (Aug 21), Advance Personal Planning Alice Springs/Darwin (Aug 22/27), community market and motorbike adventure (Aug 23), Men in the City lunch and chat (Aug 27), and No Limits Fashion Parade with guest model, Darwin Lord Mayor Katrina Fong Lim (Aug 29).

Bookings and ticket sales open on July 7. Visit cotant.org.au and facebook.com/COTANorthernTerritory.