20 July 2010

Straight shooting Seniors will also have a Ball

August is Seniors Month and that means a diverse array of sporting opportunities, leisure activities and seminars, most of them on offer for free.

The Northern Territory Department of Health and Families coordinates the annual events month and has just distributed the 2010 Seniors Month Calendar to Seniors Card holders throughout the Territory.

“Activities on this year’s calendar range from aqua aerobics and bus tours through to Centrelink seminars and a formal ball,” said Minister for Senior Territorians, Rob Knight.

For something different, Top End seniors can accept an invitation from Northern Territory Field & Game to test their skills at clay target shooting.

The secretary and coach of NT Field and Game Inc and the Darwin Clay Target Club George Hennessy will be running the activities and says the event will give seniors a chance to experience something out of the ordinary.

“Clay target shooting will be a unique and exciting experience for our Seniors,” Mr Hennessy said.

“It is a great sport for older people as it is challenging but not overly strenuous or physically demanding.”

Seniors are invited to try clay target shooting every Friday in August between 4.30 pm and 6.30 pm at the Darwin Clay Target Club at the Marrara Sports Complex. Seniors can register their interest by calling George Hennessy on 89 452 234.

Central Australian Seniors can also join in the action of Seniors Month with a day of golf.

The Central Australian Branch of National Seniors Australia will host a golf day which aims to introduce seniors to the game through demonstrations, coaching and practice sessions. The fun will kick off at 10am on 16 August at Alice Springs Golf Club. Seniors can register their
interest in this event by contacting Vena Oliver on 0407 783 793 or Jan Dowson on 89 523 344.

“The activities on offer this Seniors Month are more diverse and more interesting than ever before,” Minister Knight said.

“The government is again pleased to be giving older Territorians the opportunity to try new things and meet new people, all within the framework of living an active, healthy lifestyle which is important to all of us as we get older.”

Events will be taking place all over the Territory including Darwin, Palmerston, Alice Springs, Katherine, Tennant Creek, Gove and various rural regions.

Further information on Seniors Month 2010, including the Seniors Month calendar is at: http://www.health.nt.gov.au/Aged_and_Disability/Senior_Territorians/

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