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Victorian Seniors Card e-News October edition



Dear

Welcome to the October e-News.

The 2023 Victorian Seniors Festival is in full swing after its launch on Sunday 1 October with the fabulous Celebration Day at Fed Square. We were blessed with fantastic weather – what a treat!

The Seniors Festival runs across the full month of October so there are plenty of events to enjoy.

In this edition of the e-News we have a collection of events we think you'll enjoy – from crafting to history tours, to scones and tai chi.

We have the latest news and information relevant to seniors across Victoria, including top tips to bring birds back to your garden, a health warning on compost, and the latest update on immunisation.

We have a fun *Who I am?* game to test your knowledge of one of Australia's most loved seniors and a ticket giveaway for the Jewish International Film Festival.

Read on and see you at the festival!

Kind regards
The Seniors Card team



Birdwatchers contribute to global conservation efforts

With birds that were common in Victoria now extinct or endangered, the hobby of birdwatching has become a vital conservation tool.

[Read more](#)

Golden days – love at first listen

Community station Golden Days Radio is bringing joy to listeners and a sense of purpose to its army of committed volunteers.

[Read more](#)



Victorian Seniors Festival 2023



Anyone for tea and scones?

Whether you prefer afternoon tea with a side of singing, games or storytelling – we have an event for you.

[Read more](#)



Get crafty

Impress your family and friends with new skills in felted flowers, printmaking, paper quilling and more at one of the festival's many crafting events.

[Read more](#)

Tai Chi and Qigong

This festival experience these ancient Chinese Arts developed as a tranquil way of keeping fit and improving your health.

[Read more](#)





Feed your curiosity

From guided walking tours, to behind the scenes tour of major cultural institutes there are so many interesting tours for you this festival!

[Read more](#)



Have a hit this Festival

If it's been a while since you've picked up the racket or bat, why not come along to a social game and be social-ball – have a hit and meet new people!

[Read more](#)

Dam busters and Death rolls



Learn to play croquet this festival at any number of come and try Croquet events. Meet new people and have fun!

Read more

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Spring gardening top tips

Plants in our backyard can provide food, shelter and nesting areas for birds – so why not make a friendly home for urban birds in your area with these top tips.

Read more



Health warning on



compost

Legionella longbeachae bacteria, which can cause Legionnaires' disease are found in commercial potting mixes and are also in compost and soil.

[Read more](#)

Who am I?

Play this guessing game to reveal a popular Aussie icon and the event he's starring in this Festival!

[Play the Who am I game!](#)



Writing wonder in words

Listen up this Festival – we have many fascinating author talks for you! If you are interested in where the ideas and inspiration for books come from then check out these events.

[Read more](#)

Knitting and crochet workshop

Join in an afternoon of social connection whilst you knit or crochet for the Knit one give one (k.o.g.o) charity at Oakleigh Library.

[Read more](#)



Dance around Victoria

Whether you enjoy the quick step or rock 'n roll, there's some fantastic dancing on offer this festival. You can try Zumba Gold, Nia Dance, Bollywood dancing and more.

[Read more](#)

The sparkling return of the Jewish International Film Festival

From stories of unlikely friendships, strange true life events, to the heroes of history, the Jewish International Film Festival showcases the very best of Jewish cinematic gems from around the globe.

[Read more](#)



Ticket giveaway

Thanks to the JIFF we have ten double passes to give away for screenings in Melbourne at Classic Cinemas in Elsternwick and Lido Cinemas in Hawthorn.

Click on the button by Monday 9 October by 12 noon to be automatically entered into the prize draw. Winners will be contacted within a week and their names will be published on Seniors Online.

[Click here to enter the prize draw!](#)



Take a peek inside the shed

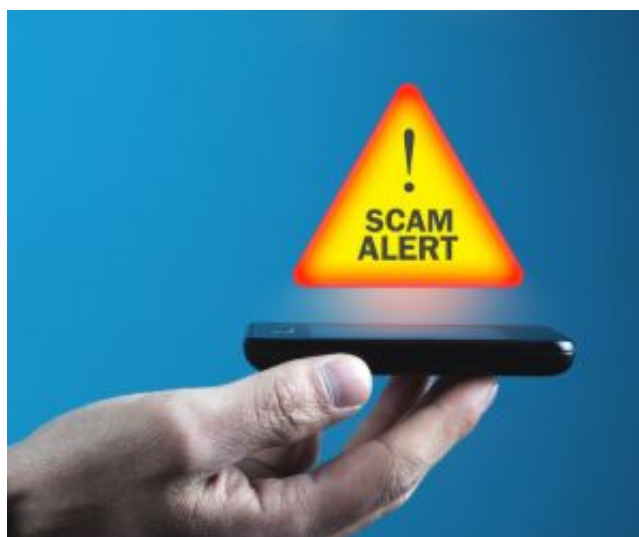
Are you interested in joining a men's shed or a women's shed? Come along to an open day to meet members and learn what the sheds are all about.

[Read more](#)

Scams awareness and crime prevention

Learn how to protect yourself against scams at a scam awareness event this Festival.

[Read more](#)



Thunderstorm asthma



For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

[Read more](#)

Introduction of a new shingles vaccine to the National Immunisation Program

Shingles is a painful blistering rash caused by reactivation of the same virus that causes chickenpox.

[Find out more](#)

Australian seniors' most trusted voice for the issues that affect you.



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THE Senior

In case you missed it...

Free rides

Seniors card holders can celebrate the Victorian Seniors Festival this year with eight days of free public transport from Sunday 1 October to Sunday 8 October 2023. [Read more.](#)

Come and try

What have you always wanted to try? Whether that's painting, water aerobics or croquet, check out these great Come and Try events being run especially for you. [Read more.](#)

Take a seat

There's plenty of fun to be had this festival from the comfort of an armchair or card table. Learn to play bridge, mahjong or join a game of scrabble at locations across the state. [Read more.](#)

Go local this festival

Check out this A to Z of events to give you a taste of the broad range of things on offer, right across the state.

[Read more.](#)



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