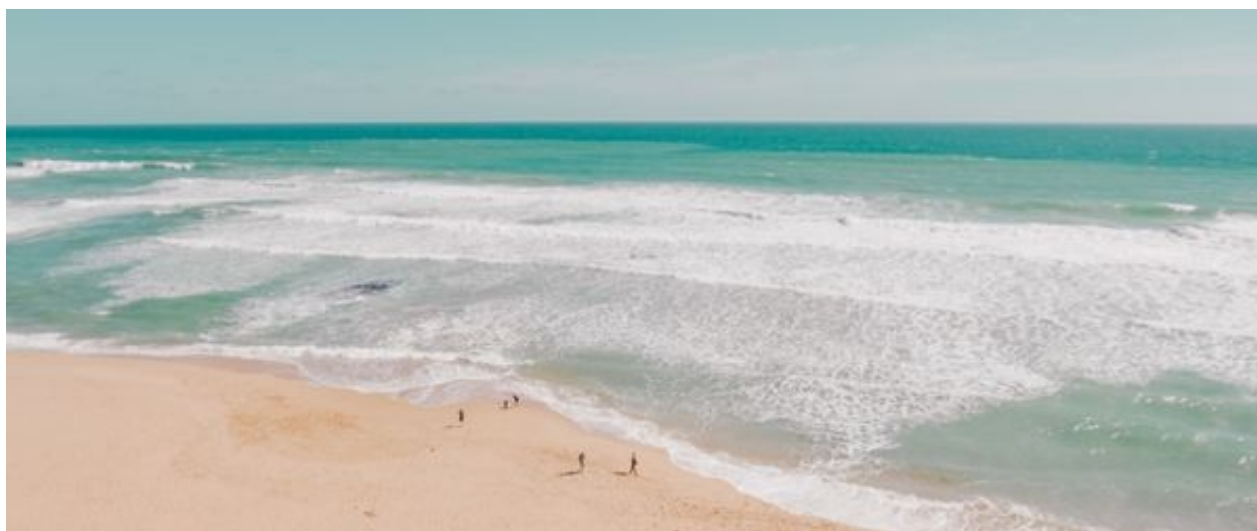


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## Victorian Seniors Card e-News Summer edition



Dear

As summer comes to herald the end of the year and the beginning of the festive season, we hope you can take some time out to rest and recharge.

This year has been interesting and involved many challenges. Our thoughts are with those of you still being affected by the floods.

In this e-News we bring you some tasty festive recipes, some important health information and we share a few interesting ways to get active - from ocean swimming to group walks.

We have some great giveaways - including tickets to see the fascinating film *The Lost King* based on a true story, the family friendly *Lyle, Lyle Crocodile*, and a grumpy Tom Hanks in *A Man called Otto*.

And finally, 20,000 seniors have claimed their free Powerpal, so don't miss your chance to get your tool and see where you can make savings on your energy bill - the offer ends on 31 January 2023.

All the best for a relaxing festive season and new year.

Kind regards  
The Seniors Card team



## Top tips to avoid scams

The Australian Communications and Media Authority has revealed the top five phone scams currently being reported in Australia and tips on how to avoid them.

[Read more](#)

## Gardening tips to avoid legionella

Protect yourself from Legionnaires' disease when you garden by taking these steps to avoid the *Legionella longbeachae* bacteria found in commercial potting mixes, compost and soil.

[Read more](#)



## Steps lead to fitness and friendships

The Heart Foundation Walking program is Australia's largest free walking network and they explain that people come and try a walking group for the exercise but stay because of the friends they make over a post-walk cuppa.

[Read more](#)



## Have issues with aged care?

If you support someone receiving aged care services, are receiving care yourself, or thinking about your aged care options, it is essential to know your aged care rights. The Elders Rights Advocacy service are here to help.

[Read more](#)



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



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**THE Senior**

## Edible festive wreath

You won't believe how easy it is to create this stunning budget-friendly Christmas dessert with only six ingredients from the supermarket.

Read more



## COVID-19 Antivirals

Did you know Victorians aged over 70 or with certain medical conditions are eligible for COVID-19 medication? In this video, Commissioner for Senior Victorians, Gerard Mansour, and Chief Health Officer, Brett Sutton, discuss what antiviral COVID-19 medicine is, who can access it and how it works.

Watch now



## Ice water addicts

Open water swimming is good for your circulation, your nervous system, and your mental health. It's something people often come to as they get wiser and older, and it's addictive!

Read more

# Free fun in the City of Melbourne

Check out these free events, awesome activations, pop-ups and exhibitions in Melbourne this month including the Christmas carnival, candy cane maze and endless epic decorations.

Check it out!



## Delicious summer salad

This heirloom tomato salad with tzatziki is easy to make and very tasty - a fun, easy vegetarian option for lunch or dinner.

Read more

Save \$1,000 when you upgrade to energy-efficient heating and cooling\*

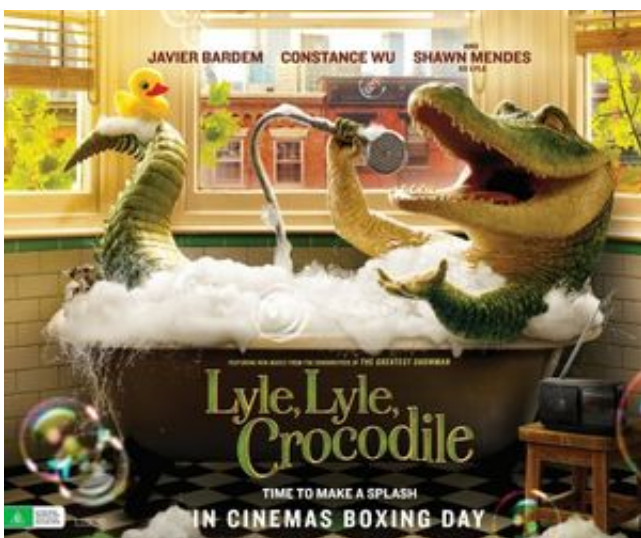
\*Eligibility criteria apply

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VICTORIA

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# Lyle, Lyle, Crocodile



Based on the best-selling book series by Bernard Waber and starring Academy Award-winner Javier Bardem, Constance Wu and Shawn Mendes, is a live-action/CGI family comedy adventure that brings this beloved character to life.

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[Read more](#)

## Family pass giveaway

Courtesy of Sony Pictures Releasing, we have ten family passes (for four) to see *Lyle, Lyle Crocodile* to give away!

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



## Free Travel Voucher program has gone paperless

From 1 November, changes were made to the Free Travel Voucher program to provide greater flexibility in how you book your journey.

[Read more](#)

## Preventing falls at home

Falls are not inevitable – there are many ways older people can avoid slips and trips. With some simple and easy changes, you can stay safer and avoid getting seriously hurt. [Read more on the Better Health Channel.](#)

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\*NobleOak Life AFSL 247302 General advice only - consider PDS, TMD on site.



## A Man Called Otto

Based on the # 1 New York Times bestseller "A Man Called Ove", *A Man Called Otto* tells the story of Otto Anderson (Tom Hanks), a grump who no longer sees purpose in his life following the loss of his wife.

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[Read more](#)

## Double pass giveaway

Courtesy of Sony Picture Releasing, we have ten double passes to see *A Man Called Otto* to give away!

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

## Commissioner for Senior Victorians

It has been another eventful year for the Commissioner for Senior Victorians, representing your



experiences and opinions to make this state a better place to grow older. Thank you again to everyone who has given their time to meet, talk or contribute.

[Read more](#)



**Connect with the Commissioner on Facebook**

## Care & Ageing Well Expo 2023

Over 55s are invited and encouraged to discover the services available to them. The Expo will showcase comprehensive living solutions for older Australians and feature speakers with a wealth of knowledge and advice for getting the most out of your later years. Hear from experts across a wide range of topics such as ageing well, aged care finances, home care planning, caring for those with dementia, cybercrime and more.

For more information visit the [Care & Ageing Well Expo website](#).



## *The Lost King*

In 2012, having been lost for over 500 years, the remains of King Richard III were discovered beneath a car park in Leicester. The search had been orchestrated by an amateur historian, Philippa Langley.

[Read more](#)



# Double pass giveaway

Courtesy of Transmission Films, we have 15 double passes to see *The Lost King* to give away!

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



## Bonus puzzle

Have fun with this Sudoku puzzle! Yours for free to download and complete.

[Give it a go!](#)



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