Yarra Ranges Grapevine The Journal of the National Seniors Australia Yarra Ranges Branch Inc Incorporation No. A0048800C Branch No 100132

JULY & AUGUST 2019

Branch Meetings are held on 2nd Monday of the Month at the Lilydale Senior Citizens Centre 7 Hardy Street Lilydale.
(Unless advised otherwise)

Next Branch Meetings will be on

Monday 8 July at <u>6.30pm Dinner Meeting</u> @ '*International Hotel*' & Monday 12 August at 7:00pm for 7.30pm start @ Hall (as above)

PLEASE NOTE: Membership Renewals & Joining Members

Please ensure you use the 'Yarra Ranges NSA Application Forms' & pay through the Branch so that NSA are aware you are a member of this Branch.

The Branch also receives a small retainer for your membership - thank you

Click here for Membership Form

Guest Speakers for the Branch Meeting

Monday 8 July 2019

Dinner Meeting

@ 6.30pm at the

'International Hotel'
6 – 30 Maroondah Highway

Lilydale

Monday 12 August

Hall Meeting
'The Gadget Girl'
Speaker Yvonne
Gifts & Gadgets
demonstration & stall

Monday 9 September

Hall Meeting AGM

If you have a suggestion for a Guest Speaker please let Denise or a

President's Report



Vice President Pamela welcomed Olga, Alfred and Helen, three of five new members. Bill and Patrick were unavailable for the photo.

Hello Members

Thanks to Pam for chairing the May Branch Meeting. Also welcoming the new Members on the night.

By all accounts the Silo Art Tour

organised by Chris was enjoyed by all who went (please read the report)

Lorraine and I had a great week at Barham (NSW), just across the Murray River between Swan Hill and Echuca. Enjoyed the bus tour each day to various places of interest around the area. Anyone interested feel free to ask us about it.

Morning Melodies at the Olinda Creek Hotel was good with many members attending.

Dine Out at Dixons Creek Café was also well attended and a very nice meal.

Our next meeting on 8 July will be held at the International Hotel @ 6.30pm, 6 – 30 Maroondah Highway Lilydale, enter from Nelson Rd. Happy Reading Trevor

Yarra Ranges Branch Committee

President

Trevor - 2 9735 1104

Vice President

Pamela - 2 9735 5449

Secretary

Lyn- 2 0459 155 527

Email: ford.lyn.s@edumail.vic.gov.au

Treasurer

Anne - 2 97265135

Activities Coordinator

Chris - 2 9735 1249

Email: chrishill3@bigpond.com.au

Guest Speaker Coordinator

Denise

2 9723 1403 or 0400 179 086

Newsletter Editor

Lyn 2 0459 155 527

Committee Members

John and Connie - 2 5964 4646 Elaine - 2 9739 4642

Happy Birthday & Congratulations to!



3h July 27th July — John K

O^h Hugust Connie

15^h August Chris

17th Hugust Ruth

24^h Hugust — Alan

27th Hugust — Julia

31st Hugust Dorne

We would like to celebrate your day! Don't forget to email / phone your birthday & month to Lyn

DIARY DATES

WELCOME to our BRANCH MEETING Dates - 2nd Monday of the Month

@ 'Lilydale Senior Citizens Centre Hall', 7 Hardy Street Lilydale @ 7:00pm for 7.30pm start

8 JULY

6.30PM DINNER MEETING @ The

'International Hotel' Maroondah Hway Lilydale

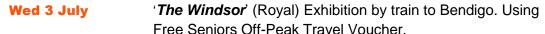
12 AUGUST 9 SEPTEMBER @ HALL - 7 Hardy Street Lilydale

@ HALL - 7 Hardy Street Lilydale



*OUT & ABOUT - Contact Chris 'Activities Coordinator' to Book

Please Note All payments in an envelope with name, amount of payment and Outing name. This will be a great help. Thank you, Chris



Further information to follow. Contact Chris for details.

'Terracotta Warriors from China' Exhibition Nation Gallery **Thur 26 Sept**

\$25 conc \$10 child (school holidays) - Travel by train to Melbourne



Thur 3 October

"Trivia Morning" for Seniors Week @ 10.00am for 10.30am start at Lilydale Bowls

Club \$5 entry includes Devonshire Tea / Coffee Bring all your friends!

MUSICALS



Saturday 12 October Sunday 20 October Saturday 9 November 'The Producers' } Musical Theatre booking details and times 'Mamma Mia' } at end of the Yarra Ranges Grapevine

(NB: I will be overseas until 9 August - Lyn)

"DINING OUT" - Contact Chris Activities Coordinator to Book

'Wizard of Oz'

Wed 24 July 'Sanctuary House's Christmas in July' <u>Lunch</u> Badgers

Creek Road Healesville @ 12.00 noon plus Entertainment

Sun 21 July 'Banksia Café' Lunch 530 Burwood Hwy Wantirna South @

12.00 noon

Sun 4 August 'Upper Yarra RSL' Lunch 119 Settlement Rd. Yarra Junction @ 12.00 noon

Sun 8 September 'Platinum' Café Brunch 1E Ridge Drive Chirnside Park @ 10.30am



@ 'Olinda Creek Hotel' 161 Main Street Lilydale - Show 10:00am for 10:30am start

(Note: order & pay for lunch first)- Lunch – 11:30am (1 course \$12.00)

Thurs 11 July Leila 'Xmas Cabaret'

Thurs 8 August Paul Hogan 'The Born Entertainer'
Thurs 12 September Natalie Jay '50s, 60s, 70s Show'



COMMITTEE MEETINGS - 1ST Monday of Month

@ Chris' place Meet @ 7.30pm

Monday 1 July 2019 Cancelled

Monday 5 August

Monday 2 September



'SATURDAY WALKS' - Contact Chris Activities Coordinator for details

Walks start <u>9.00am</u> (unless over 30degrees then start 8.30am)

Photos in the May - June 'Grapevine' - answers!

<u>1st</u> - Along the Warburton Trail on the Wandin to Seville return Walk <u>2nd</u>.- On this walk we occasionally meet Michael and BJ the horse too

Photos from our walks – do you know where they are?

Come and join us to find out?

Both photos are from the same walk.

Answer in the next edition of the 'Yarra Ranges Grapevine'

Sat 6 July
Lilydale to Mt Evelyn
Sat 13 July
Wandin to Seville

Sat 20 July Lilydale to Lilydale



Sat 27 July Norton Road Croydon

Sat 3 August Lilydale Lake

Sat 10 August Lilydale to Mt Evelyn

Sat 17 August Barngeong Reserve Croydon North

Sat 24 August Mullum Mullum Creek Burnt Bridge

Sat 31 August Norton Road Croydon

Sat 7 September Wandin to Seville
Sat 14 September Lilydale to Lilydale

Lilydale to Lilydale



Tradies Corner

Carpenter	Electrician	House Renovations		
Hans 2 0418 111 499	Shockfree Electricians	Tandin Constructions		
	2 0411 035 345	Tim 2 0412 185 353		
Kitchens	Painting	Plumber		
Touchwood Kitchens	Craig 2 0421 889 326	Lachy 🕿 0438 563 788		
2 0418 542 130				
Tile & Bathroom Renovations				
Stephen 2 0419 894 874				

OTHER NEWSY BITS!

'OUT & ABOUT

Silo Art Trail and Lake Tyrell Tour

(29 April - 3 May 2019)

Reflections from Lorraine Schafer

A group of members participated in the Silo Art Trail and Lake Tyrell Tour recently. I'm sure everyone had a great time – I certainly did!



We left Lilydale on Monday 29th April at 9.00am and travelled to Collingwood (near Wellington and Gipps Streets) to see a large mural, featuring three different nationalities.

We travelled on the Calder Freeway and stopped for morning tea at the Organ Pipes National Park. We went on to Bridgewater Hotel where lunch was waiting, ready for our arrival.

In the afternoon we headed to Sea Lake for our first night's accommodation in new eco-friendly facilities made with corrugated iron. In the evening we went to Lake Tyrell to see the sunset. There wasn't a lot of colour due to clouds.

Afterwards we visited a gallery and shop for pre-dinner drinks before dinner in the restaurant next door.

The next morning we were back on the road and headed to Patchewollock to see the first painted silo mural,



of a farmer. The ladies of the town put on a beautiful morning tea and later, lunch was at Lascelles where soup and sandwiches were awaiting our arrival. We visited the Gallery of Iron Art, by artist Phil Rigg, and his wife Marlene, whose patchwork crafts were also displayed. Next was Hopetoun, Rainbow and Jeparit, where Sir Robert Menzies hails from.

The next 3 nights' accommodation was in Horsham where we had breakfast and dinner each day. The meals were lovely and plentiful.

With Horsham as our base for 3 days we enjoyed:

Rosemary, Brim and Sheep Hills: to see 3 magnificent silo murals painted by Suido Van Helton who captured the 'Imagination of Australia' December 2015. In Brim we met a farmer, Alan Quick, who featured on one of the silos. Fay, from our group, went to school with Alan. Fay and Ross had grown up in the area, so were happy to meet up with Alan after many years. Alan kindly signed our Silo Art books.

While I enjoyed and appreciated all of the silo murals, I

particularly liked the mural in Sheep Hills. The artist has done a sensational job capturing the facial features, particularly the eyes, of the 4 indigenous faces - 2 adults and 2 children. These were painted by internationally renowned street artist Adnate and completed in December 2016. He is famous for his

work with Aboriginal communities across Australia.



- Murtoa: here we visited the Stick Shed. This was fascinating! It's a shed where grain was stored during war years. A great place to visit and shouldn't be missed.
- Rupanyup: we had lunch here and a visit to the Wood's Farming and Heritage Museum. There are so many tools, tins, old washing machines and machinery and replica shops, depicting days gone by.

The final silo viewing was at Rupanyup, and this featured 2 young local residents, one a member of the local Netball Team and the other a member of the local Football

Team. The young man on the silo, Jordan Weidemann (16years) is a

decedent of Collingwood football player, Murray Weidemann. The Russian artist was Julia Volchkova who painted the silo, completed in April 2017.



- Lascelles: 'The Drover's Hut Gallery'. Melbourne street artist Rone has depicted the faces on the silo of the couple Geoff and Merrilyn Horman. The family have lived in the area for four generations.
- Patchewollock: Establish in 1914 takes its name

from two aboriginal words 'Pirje' meaning plenty and 'Wallah' meaning porcupine grass. The artist Gintan Magee's mural is local farmer Noodee Hulland on the grain silos.

- Roscluny: Silo art is by 'Kaffmaine' who painted the silos in October 2017.
- Minyip: Crawford Productions featured Minyip as 'Coopers Crossing' in the long running television series 'The Flying Doctors'. Production ceased in 1989.

On the last day we travelled from Horsham to Ararat and then Ballarat, where the landscape was lush green. This was so different from where we'd travelled in the previous days. We went onto Geelong and then Queenscliff where we caught the ferry to Sorrento, before heading home to Lilydale, by 7.00pm.



I hope everyone enjoyed the trip as much as I did. It was great value for money, terrific company with lots of laughs, great sights and meals. Sincere thanks to everyone involved in making this possible.

CHLIGHTS OF A WINTER WONDERLAND T

Olympic



I arrived in Norway's mid-winter, ready for extreme weather. But nothing prepared for the natural beauty of forests blanketed in snow, dramatic coastal fjords and amazing sky scapes. Beginning with a tour of Oslo we visited the Vigeland Sculpture Park, the Holmenkollbakken Olympic Ski Jump and the Oslo Opera House and harbour museum - Anyone for an icy swim and sauna from the jetty?



Dynamic Vigeland Sculpture Oslo

We continued by ferry winding through the narrowest world- heritage fjord in Europe, flanked by mountains, providing stunning views on our way to Voss. Located in the centre of this village lies the historic Voss Church built in 1277.

Flam Rail to Bergen



From Voss we travelled the famous Flam Rail to Bergen with its picture book wooden houses at Bryggen and visited 'Troldhaugen', the former home of famous composer Edvard Grieg. We then boarded our Hurtigruten coastal voyage, stopping at 20 ports on route via the North Cape to Kirkeness. Day expeditions were made to fishing villages, islets and historic sites of Norway, including the magnificent Nidaros Cathedral at Trondheim and picturesque Alesund with its art nouveau



architecture and surrounding fjords.



Continuing north in the arctic circle with temperatures reaching 37° below, dog-sledding expeditions were exhilarating and clear conditions were ideal for viewing the spectacular northern lights.



From Kirkeness we toured south via the Russian border through



Afternoon sunset



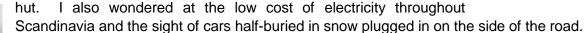
Sami style hut

Inari, Finnish Lapland, with its ice lakes and snowladen forests. We visited the Siita Arctic Museum and Rauna Wildlife Park on route, staying at Saareiselka and Rovaneimi. Reindeer spotting and a safari added fun whilst learning the traditions of the Sami people.



Lapland

Here the sun sets by mid-afternoon and lights twinkle in tiny fishing villages, guiding families' home at night. I listened to stories, ate fish and potatoes being staples on the menu, and slept under stars in a glass-domed





Medieval Tallin

Before ending the tour in the Finnish capital of Helsinki, we cross the Baltic Sea by ferry to explore Tallin in Estonia - a beautiful medieval city steeped in history and culture. Leaving this winter wonderland, I am ready to return down under to the polar opposite of everything, back home - Isn't that what holidays are for!



Snowflakes on our Clothes

This wonderful trip Ann did during the last northern winter - Wow!

This is a new segment we would like members to contribute to 'Getting to Know You'

Elaine, a Committee Member's Story

I grew up and went to school in Deepdene and Balwyn High School. Dad was a sales representative and Mum was a home body, but she did do beautiful dressmaking and made all my clothes.

I met Steve whilst I was only 16 and still at school. We married in 1966 and built our own home in Mount Evelyn where we lived for 32 years before moving to Lilydale. We have two children, our son is 49 and lives in Cockatoo and has three children; our daughter is 48 and lives in MacKay Queensland and has one child.

We did our first caravan trip in a borrowed caravan when our daughter was 3 months old. Three years later we bought our first caravan and have owned four caravans and a motorhome over the years. Unfortunately we have just sold our motor home, but we still belong to two caravan clubs and we travel and stay in cabins.

I have always worked doing bookkeeping. My Dad, in later years, owned his own business and I did his accounts. After Dad retired I went to work full time at B & D Doors in Kilsyth where I stayed for 20 years before retiring and then we started to do a lot of overseas travel.

Steve was a carpenter by trade and went into Trade Teaching in 1969 having started at Mooroolbark Technical School, nest was Box Hill Technical School and then finally to St Josephs in Ferntree Gully.

The whole family became involved in the Melbourne Gang Show in 1985 and I did costumes for them until 1995. Our daughter did makeup and our son was involved in the technical side of the show and Steve was involved with souvenirs. We love our theatre and have seen many shows over the last 53 years.

I started quilting after we had been to New Zealand to attend a National Caravan Rally in 1997. We stayed on after the rally and one of the caravan members took me to her patchwork shop in Wellington - the rest is history. I came home from the rally and started patchwork classes in Montrose and I have not stopped since - LOVE IT!

We have been involved with the National Seniors Australia Branch in Lilydale since it started and enjoy the group very much. We have made some very good friends and done lots of wonderful things with the group







The Power of Your Vocabulary!

I met an old classmates who'd been a 'brain box' and went on to much bigger and better things. We exchanged phone number and said we'd keep in touch. The next time I was talking to him on the phone I asked him what he's been doing. He said he'd just finished working with an aqua-thermal treatment of ceramics, aluminium and still in a controlled environment. I was very impressed and interested, so I questioned him further and got to the nitty gritty of it -

He'd actually washed the dishes with hot water under the supervision of his wife!

Contributions to our Newsletter

Have you been travelling?

Have you attended a good show?

Have you read a good book?

Is there something you have experienced, that you would like to share with the members of the Branch? A story? One-liners? Photos from outings?







Some News Items from National Seniors that you may have missed

Men's Health - Some things to consider

Like most things in life, improving one's health takes work and awareness. Men can learn a lot from women; they tend to talk more about their health and visit their GP regularly

Health tips:

- Skin checks. Check your skin regularly for unusual moles or freckles that change size or shape and if you are at high risk have a regular examination by a dermatologist
- Dental care. Reduce your risk of tooth decay, gum disease and tooth loss by cleaning and flossing regularly and eating a low sugar diet. Have an annual dental check
- Testicular examination. Check your testicles for unusual thickenings or lumps. See a doctor if concerned
- Heart Health. Have your blood pressure checked regularly, and blood tests for cholesterol and triglyceride levels. If you have a family history of heart disease tell your doctor
- Obesity. Being overweight is a significant risk factor so get your doctor to check your BMI (body mass index) and waist measurement
- Diabetes. If you're overweight, over 45 and have high blood pressure and a relative with diabetes your doctor may want to have you tested for the disease
- Being over 55 is a risk factor for diabetes. You can't change your age but you can reduce other risk factors by not smoking, losing weight, regular exercise and a sensible healthy diet
- Prostate Cancer. If you're between 50 and 70 talk to your doctor about a PSA test (prostate specific antigen test)
- Bowel Cancer. Did you know 90% of bowel cancers can be treated successfully if caught early?
 Participate in the National Bowel Cancer Screening Program it is free for 50 to 74 year olds. If there is a family history of bowel cancer, talk to your doctor as you may need a regular colonoscopy
- Eye Tests. Over 60s should have the eyes tested annually to detect possible glaucoma, cataracts, diabetic retinopathy and macular degeneration

 Bone Density. Osteoporosis is more common in women, but it affects men too. If you are over 60 talk to your doctor. A healthy diet, weight bearing and high impact exercise and getting enough Vitamin D all help.

MEDIA RELEASE 5 June 2019

Cut pensioner deeming rates – National Seniors Australia (Media contact: 0488047380)

Leading advocacy organisation National Seniors Australia has called for deeming rates to be cut in line with record low interest rates announced by the Reserve Bank.

Deeming rates have not been adjusted since 2015 despite interest rates falling from 2.25 per cent to the current record low of just 1.25 per cent.

Pensioners relying on income from bank deposits are getting hit twice. Firstly from reduced income from deposit investments and then by again by deeming rates that don't reflect lower interest rates but which are applied against income to determine the level of pension they will receive.

National Seniors Chief Advocate Ian Henschke said it was almost impossible for pensioners to generate income from bank deposit investments that matched the rate of income they were deemed to be earning. "For example, one of the big banks today is offering a term deposit rate of 2 per cent for amounts above \$50-thousand and the interest paid only at the end of the term.

"However, a single pensioner is deemed to be earning 3.25 per cent for the same amount, an amount the bank is offering just 2 per cent on.

"This is why pensioners are contacting us saying the government needs to cut the deeming rate," Mr Henschke said.

Mr Henschke said it was time the government reviewed deeming rates to bring them in line with interest rates. "Current deeming rates are now significantly out of alignment with the lower income generated by bank deposit investments.

"However, seniors' eligibility for the Age Pension and the pension amount they receive is still subject to those deeming rates," Mr Henschke said.

"It is not fair to apply a deeming rate that was set in 2015 to a pensioner's bank deposit income which has dropped significantly as a result of the RBA's decision to cut to a record low," he said.

Following the Reserve Bank of Australia's decision in 2015 to lower the official cash rate to what was then an historic low of just 2.25%, the government reduced the deeming rate as well.

Announcing the decision, the then-Federal Minister for Social Services, Scott Morrison, said "This additional investment will mean more in the pockets of pensioners."

"As Prime Minister Mr Morrison should again act and review the growing deeming gap and the financial hit it is having on pensioners," Mr Henschke said.



And nature was confused with out of season flowering in mid-April!







PENSION LOAN SCHEME BOOST FROM 1 JULY 2019

Cash-strapped Age Pensioners may be able to borrow against their family home under changes to the Pension Loan Scheme (PLS) announced in last year's federal budget and which take effect from 1 July 2019.

The scope of the PLS, which allows older Australians to borrow money from the federal government against their homes to supplement their income while in retirement, has been expanded, enabling more retirees to access it.

A Win for Seniors

National Seniors supported reforms to the PLS when it was announced in the Budget and made a submission to the parliamentary inquiry set up to debate the legislation. We welcomed it as good news for retirees and pensioners given that 75% of pensioners are home owners and the initiative could reduce pension poverty, especially for those who are asset rich but cash poor.

How It Works

Each fortnight a pensioner is paid an agreed amount, which increases the amount that must be repaid when the house is sold (usually from the estate). Payments continue until the balance of the loan reaches the maximum loan available. Currently, there is a fixed interest rate for PLS loans of 5.25% p.a. compound interest on the outstanding loan balance.

To qualify you must meet all of the following:

- own real estate in Australia with enough equity to secure the loan
- have adequate insurance covering the secured real estate
- qualify for or get an eligible payment
- not bankrupt or subject to a personal insolvency agreement
- you or your partner are Age Pension age or older

Borrowing Amount

Retirees can choose how much they want to borrow (up to 150 % of the full pension).

For example, if a single part pensioner receives a pension payment of \$400 per fortnight but wants to receive the maximum amount of \$1,389.30 then the amount added to the loan each fortnight would be \$989.30.

However, they may only want to receive a total of \$1,000 which would mean the amount added to the loan each fortnight is \$600. This is on top of any income that they receive from super or investments. It is important to also note that PLS payments are not counted towards the Age Pension income test.

Anyone wanting to apply for the scheme should contact Centrelink - applicants have to talk with a Financial Information Service officer before they can apply.

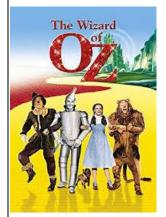
It is recommended you seek independent financial or legal advice before making any decisions about the Pension Loans Scheme or any other scheme to unlock equity from the family home, such as a reverse mortgage.

If you are interested in any of the following Musicals, please contact Lyn Ford 20459 155 527 or email: ford.lyn.s@edumail.vic.gov.au by the due date with payment.

Saturday

9 November 2019

8.00pm



'The Wizard of 03' - Nova Music Theatre

Based on the Books of: <u>L. Frank Baum</u>'s 1900 children's book '*The Wonderful Wizard of Oz*'

Music by Harold Arlen and Herbert Stothart

When a tornado rips through Kansas, Dorothy and her dog, Toto, are whisked away in their house to the magical Land of Oz. They follow the Yellow Brick Road toward the Emerald City to meet the Wizard, and enroute they meet a Scarecrow that needs a brain, a Tin Man missing a heart and a Cowardly Lion who wants courage. The wizard asks the group to bring him the broom of the Wicked Witch of the West to earn his help.

Cost: \$42.00 Payment by 14 Sept / Meeting

Whitehorse Centre

Whitehorse Road

Nunawading

Sunday

20 October 2019

2.00pm

Matinee



Theatre

Playwright: Catherine Johnson

Composers: Björn Ulvaeus & Benny Andersson

Donna, an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends.

Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.

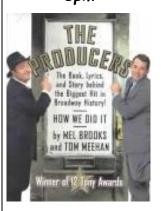
Cost: \$50.00 Payment by 12 August /

Meeting



12 October 2019

8pm



The Producers - Babirra Music Theatre

Play writers: Mel Brooks & Thomas Meehan

Music and Lyrics: Mel Brooks

The story of a down-on-his luck theatrical producer, Max Bialystock and Leo Bloom, a mousy accountant. Together they hatch the ultimate scam, raise more money than you need for a sure-fire Broadway flop and pocket the difference.

Their 'sure-fire' theatrical Fiasco? None other than the musical '*Springtime for Hitler'1*

Cost: \$42.00 Payment by 12 August /

Meeting

National Theatre

Cnr Barlay & Carlisle
Streets

St Kilda

Whitehorse Centre

Whitehorse Road

Nunawading

Yarra Ranges National Seniors Australia Branch Membership Application (NSA ABN 89 050 523 003)

PERSONAL DETAILS Mr / Mrs / Miss / Ms / Dr First name						
Last name		Date of birth	//	/		
Address						
Suburb	State _		Postcode			
Phone	Mobile					
Email						
JOINT MEMBER DETAILS Mr / Mrs / Miss / Ms / Dr First name				_		
Last name		Date of birth	/	1		
Phone	Mobile			_		
Email						
MEMBERSHIP AND PAYMENT DETAILS		Yarra Ranges Branch				
I/we would like to join for: (please tick) includes GST		No.	100132			
1 Year Single \$45 Joint \$75	2 Yea	ır Single \$8	30 🗌 Joir	nt \$125		
5 Year Single \$195 Joint \$295	Lifetin	ne Single \$4	25 Join	nt \$650		
TOTAL PAYABLE: \$						
 ☐ Cheques / Money Order enclosed (payable to: National Seniors Australia) ☐ Please charge my credit card: ☐ Visa ☐ Master Card 						
Card number:						
Cardholder's Name:		Expiry: _	//			
Cardholder's Signature:						
NSA respects your privacy and is committed to protecting your person You can view the full details of our privacy statement online at national I would like to receive '50 Something' Magazine by M	nalseniors.c	com.au	: 50Something	app.)		

MEMBERS

Branches – Social & Friendship '50 Something' Magazine Discount & Benefits Credit Card Car Buying Service Insurance Travel Competitions Online Shop

NEWS & EVENTS

Latest News Policy & Media Updates In the Media / Media Releases Events

RESEARCH

Finance
Health & Aged Care
Housing
Retirement
Social Connectedness
& Communities

ABOUT US

Board & Governance Leadership Team Policy Advisory Groups Careers Foundation Trust Partners FAQs Advertising

INFORMATION HUB

Consumer Protection
Healthy Ageing / Aged Care
Social Inclusion
Technology
Work & Career
Retirement
Retirement Living Options

ADVOCACY

How Advocacy Works Policy and Advocacy Submissions

