



Our dear clients and friends!

New 2024 year is coming!

May this year bring new happiness, new goals, new achievements, and a lot of new inspirations on your life. Wishing you a year fully loaded with happiness. Wishing every day of the new year to be filled with success, happiness, piece and prosperity for you. Happy New 2024 Year!

We are happy to share some holiday tips in this issue and we hope it will help you!

Russian Ethnic Representative Council of Victoria (Russian Aged Care)



## MELBOURNE: A GREAT PLACE TO AGE

Melbourne is a great place to age. The diversity of older people living in, working in and visiting Melbourne adds to the vibrancy of the community and is one of our great strengths.

As our city grows, it is vital we ensure people continue to feel included and supported, and valued members of our diverse community.

The City of Melbourne has developed its Melbourne: A Great Place to Age strategic plan 2020-24 to guide our work to challenge negative stereotypes towards ageing and change the discourse to one of pride, strength and resilience.

This plan outlines the way the City of Melbourne will work over the next four years to be one of the great cities in the world in which to grow older.\*



<https://www.melbourne.vic.gov.au>

## CHRISTMAS RIVER SHOW

A spectacular river show is coming to the Birrarung – Yarra River this Christmas!

Head to Southbank (near Evan Walker Bridge) to catch this dazzling Christmas show featuring water fountains, lasers, light projections and a festive soundtrack. Shows will run every from 9 pm 15 minutes each night.

Make it a night to remember and visit Christmas Square, Melbourne Town Hall and State Library Victoria for more stunning light shows.

### Location:

Between Evan Walker Bridge and Sandridge Bridge  
Southbank, 3006

### Time:

From 27th of November till 25th of December  
from 9pm till 11pm



<https://whatson.melbourne.vic.gov.au>

## CUT-OFF DATES FOR CHRISTMAS SENDINGS

Last December Australia Post delivered 52 million parcels and they are expecting another huge festive season this year. Australia Post recommends sending your Christmas parcels as early as possible, and by the cut-off dates below, to help get them there in time for Christmas Day. Australia Post will deliver items sent after these dates as quickly as they can, but they may not arrive until after Christmas.

If you're sending a Christmas card within Australia, the postage cost is €65.

### Sending within Australia

Sending to/from metro only*	Parcel Post	Express Post
Within Australia (except WA and NT)	18 December 2023	21 December 2023
WA	15 December 2023	20 December 2023
NT	14 December 2023	20 December 2023

^ Please note: The dates provided above are for items posted to/from metro locations. If you're sending from outside a metro area, we recommend posting even earlier.

## WHERE TO BUY A REAL CHRISTMAS TREE

The convenience of a plastic Christmas tree can be very alluring, but why not get into the festive spirit and opt for a real Christmas tree this year? String it up with fairy lights and ornaments, then hit the town in search of the city's sparkliest light displays. The scent of natural pine will have you feeling more festive than ever, plus real trees are less flammable when fresh and are often a greener alternative than artificial trees. Christmas tree farms are scattered throughout Melbourne and Victoria, so your options for purchase or delivery are plentiful, for example:

Melbourne Xmas Trees, Burnley. Prices vary based on the thickness, shape and quality of the tree. Open every day from November 25, 2023.

Melbourne Christmas Tree Farm, Plumpton. From \$80. Open to the public from November 22, 2023. Earlier visits by appointment only.

## OLIVIER WITH SALMON

Olivier Salad is a traditional Russian Potato Salad that's easy to prepare. Let's try to add fish and it will be the tastiest salad you ever make.

### Ingredients:

- Potatoes - 5 pcs
- Lightly salted red fish - 300 g
- Fresh cucumber - 2 pcs
- Green peas - 200 g
- Butter - 30 g
- Mayonnaise - 120 g

### Preparation:

Boil the potatoes. Cut potatoes, fish and cucumbers into cubes.

It is better to use frozen peas: fry them until tender and cool. Although you can add canned peas. Mix all the ready ingredients, season with mayonnaise.

Important! Do not salt the salad, as it already has salted fish.

