

Life Activities Club-Geelong Inc.

President: Ivan. G. Hawthorn Esq. BEM.

Patron: Mrs. Keelie Hamilton

Belmont Park Pavilion
Cnr. Barrabool Rd. & High St.
Belmont.
PO. Box 1041
Geelong Victoria 3220
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Club Mobile Ph.0427012177



Newsletter 4th. Quarter 2013

From the Presidents desk



Here we are in October once again, I am at loss as to where the past financial year has flown, yet in hind sight we certainly did encompass a lot of activities and added a lot of new and most welcome members to our club.

As we head into our 14th year I would like to introduce your new committee for 2013/2014 and they are:-

President.	Ivan. G. Hawthorn. Esq. BEM. JP
Vice/President	Mrs Lynette Kent.
Secretary.	Mr Norman Wright
Treasurer	Mr David Scarsi
Membership Officer.	Mr Terry Harrison
Newsletter Editor.	Mr Jim Watts.
Committee Members.	Les Hannah. Harold Dunn Ron Kenneady. Roswita Hensel. Margaret Waugh. Lynette Hansen.

With thanks to our former Secretary Mr Bob Purdy who did a sterling job on your behalf for 5 years, thank you Bob. While this fine body of outstanding club members are there to oversee the day to day running of the club. They could not do their job with out the unsung hero's, the convenors and the volunteers. I think that it is only fair that all club members are aware of who these convenors are.

Convenors Delegate **Val Fletcher.** Keep fit Aerobics, **Jill Crilley.**Arvo Tea Dance, **Val Penfolds.** Thinking Skills and Meditation..**Rene Watts.**Bocce, **Les Hannah.**Caravanning, **Ray & Dawn Smith.** Carers, **Coral Witcombe** assistants **June Charleston & Loretta Dixon.**China Painting, **Lynette Kent.** Cinema, **Elizabeth Broadfoot.**Cycling,**Josie Weedon & Howard Weedon.**Golf, **Ray Zumbach & David Scarsi.** Exercise program, **Joan Cashin.**Friday Walk and Talk, **Brenda Henry.**Low impact exercise, **Jill Crilley.**Lunch plus, **Joy Leemon.**Mahjong,**Trudie Vriens.** Scrabble,**Anna Scott.** Soft Tennis, **Jeanette Hollow.**Trading table, **Trudy Vriens** Table tennis, **Emily Saunders.**Tai Chi, **Val Fletcher.**Theatre Group, **Gill Broadwood.**Dine out, **Jenny Purdy & Joyce Gaylard.** Tue & Wed Walk & Talk, **June Charleston.** Also all those who so generously give up their time to clean the hall, set up bocce and the display for Senior's open day.

The contact and times these convened program's are listed on page two (2) of your newsletter, so professionally compiled by Jim Watts.

Between now and the Christmas break up there are a lot of activities, trips and other functions. To achieve these, your convenor's have put in a lot of hard yards organising and costing. So if you are contemplating going or attending please be aware that once you have put you name on the list please honour your commitment otherwise it makes it quite difficult for the convenor to confirm travel and bus sizes.

Having said all that, I hope the remainder of the year is good for all members, no matter what activity you choose to participate in. Don't forget to put your name on the list for Christmas Break up at the Sphinx

Ivan.

OFFICE BEARERS

President:	Ivan Hawthorn Esq.	president@lacg.com.au	52753875
V-President:	Lynette Kent	vicepres@lacg.com.au	52437444
Secretary:	Norm Wright	secretary@lacg.com.au	0419 335254
Membership Secretary	Terry Harrison		52788893
Treasurer:	David Scarsi		52822267
Convenors Delegate:	Val Fletcher	condel@lacg.com.au	52781987
Newsletter/Webmaster:	Jim Watts	newsletter@lacg.com.au	52438684

GENERAL COMMITTEE

	Les Hannah	52444441
	Harold Dunn	52441751
	Roswita Hensel	52412489
	Ron Kenneady	52431397
	Margaret Waugh	
	Lynette Hansen	52241410
Carer:	Coral Witcombe	52213442
Assist Carers:	June Charleston	52645281
	Loretta Dixon	52432257

CONVENORS & ASSISTANTS

Activity	Phone	Activity	Phone
CONVENORS' DELEGATE Val Fletcher	52781987	FRIDAY WALK & TALK Brenda Henry	5221 7267
KEEP FIT AEROBICS Jill Crilley	5244 0505	Low Impact EXERCISES (Club Rooms) Jill Crilley	5244 0505
ARVO TEA DANCE Val Penfold	5251 3529	LUNCH PLUS Joy Leemon	5272 3162 Mobile: 0414727292
THINKING SKILLS & MEDITATION Rene Watts	5243 8684	MAHJONG Trudie Vriens	5281 2264
BOCCE Les Hannah	5244 4441	SCRABBLE Anna Scott	5243 6901 Mobile: 0415 452295
CARAVANNING Ray & Dawn Smith	5243 4925	SOFT TENNIS OCEAN GROVE AREA Jeanette Hollow	5256 1633
CARDS David Scarsi	5282 2267	TRADING TABLE Trudie Vriens	5281 2264
CARERS Coral Witcombe Assistant: June Charleston & Loretta Dixon	5221 3442	TABLE TENNIS Emily Saunders	5278 4301
CHINA PAINTING Lynette Kent	5243 7444	TAI CHI Val Fletcher	5278 1987
CINEMA Elizabeth Broadfoot	52436243	THEATRE GROUP Gill Broadwood	5229 9178
CYCLING Josie Weedon Howard Weedon	5245 7880 5245 7880	DINE OUTS Jenny Purdy Joyce Gaylard	5243 2532 5243 2057
GOLF – BALYANG PAR 3 Ray Zumbach Assistant: David Scarsi	5248 5843 5282 2267	Reserved for a Convenor with a favorite activity	Why not You
EXERCISE PROGRAM Joan Cashin	5243 5151	TUE. & WED. WALK & TALK June Charleston	5264 5281

Request to members... This request has been made before ...
 When placing your name on lists for any activities but especially Lunches, Dine -Outs, Bus trips etc
 Please ..Be certain you will be attending. Deleting your name later causes problems for Convenors.
 Life Activities Club Geelong have a very good reputation with restaurants etc.. Lets not spoil that with late cancellations.
 Bus trips are costed based on numbers attending and very difficult when numbers keep altering. If there is an emergency
 preventing attendance please have the courtesy to contact your convenor. Thank you ...Joy Leemon. Convenor Lunch Plus

NEW MEMBERS

Stan Paley	Barb Morrissy
Martin Taylor	Jan Urquhart
Anne Corda	Gerry Binetti
Ron Crees	Manno Bashiruddin
Angie Crees	Annette Gargan
Ron Currig	Brenda Fraser
Kay Law	Les Nixon
Chris Maultby	Carol O'Dowd
Alida Verschuur	Lud Wylaz
Peter Boast	Dianne Carrington
Margaret Hedges	Russell Parry
Ron Medson	Margaret Parry
Kerrie Harrisson	Ikuyo Tajiri
John Burley	Peggie Carmody

MEMBERS DECEASED

The club has been deeply saddened by the passing of the following members:- Ken Kelynack, Phil Girdler.

When a loved one becomes a memory, the memory becomes a treasure.

-----XOXOXOX-----

ACTIVITY GROUP REPORT

CHINA PAINTING (Therapy Class)

Christmas is in our line of focus, so the thinking caps must go on.,to know what to paint.

If you would like to come along to see what goes on, please do so have a cuppa & cake with us.

Convener: Lynette Kent 5243 7444

CARDS Wed after Bocce

Cards continue to be very successful on Wednesday afternoons with up to 30 players on most days. Hand and Foot has been up and down a bit with regular players travelling to warmer climates, lucky them. We also have a few new players at 500 which is good to see and we will always make them welcome. Best wishes to some of the regulars who are not the best, hurry up and get well. Get back to cards - It is wonderful therapy.

Convener: David Scarsi 5282 2267

As the crowded elevator descended, Mrs. Wilson became increasingly furious with her husband, who was delighted to be pressed against a gorgeous blonde. As the elevator stopped at the main floor, the blonde suddenly whirled, slapped Mr. Wilson, and said, "That will teach you to pinch!" Bewildered, Mr. Wilson was halfway to the parking lot with his wife when he choked, "I... I... didn't pinch that girl." "Of course you didn't," said his wife, consolingly. "I did."

ARVO TEA DANCE

Thursday from 2:30 - 4:30pm
\$5.00 entry fee

Our Arvo Tea Dance continues to grow in numbers as well as a fun afternoon of dancing, talking and laughing and eating all the yummy food. Thank you all for your help in setting up and cleaning up each week.

Two of our members shared birthdays recently - Meg and Lindsay. Thank you so much Pam for the beautiful sponge Birthday Cakes you made for this special occasion which we all enjoyed.

We were also pleased when Gordon surprised us with his extra speedy recovery from broken ribs and bruising and has now returned to us.

We have donated \$500 to Down's Syndrome (Geelong Branch)

Thank you all for your continuing support and making our Arvo Tea Dance so successful.



Lindsey and Meg with cakes Pam made Yum Yum

Happy Dancing

Convener: Val Penfold 5251 3529

MAHJONG

Tuesday 1:15pm - 4pm
At Clubhouse

The last month, there have been members missing because of holidays and cold weather, but the ones that were

here have enjoyed themselves

The weather is getting warmer now and the holidays are over ,so we will be going again with full tables

Note... No Mahjong on 8th. October

Convener: Trudie Vriens 5281 2264

Be careful about reading health books. You may die of a misprint. - Mark Twain

FRIDAY WALK AND TALK

9:15 at Balyang Sanctuary car park
near the facilities block.

Along the river, we keep on track, then up the hill,
we can't keep up with Doug and Bill
Over the bridge, we walk with Zing,
So glad it's warmer now we're into spring.

{I know that Jim will change this verse
He thinks he makes it better
I think he makes it worse}

Convener: Brenda Henry. 52217267

Not a comma did I shift, nor try to make the spirit lift
Your future rhymes will thus be printed
As if from you they had been minted.
So if some readers, get tongue tied,
I hope they know, at least I tried.
Jim

EXERCISE CLASS

Club Room – Grey Building

Tuesday 1:00 pm

Thursday 1:00 pm

Cost:- \$5.00

Well Spring has
arrived, time to shed
all your Winter
Woolies and join us to
tone up, Increase
strength, muscle mass
and also improve your

bone density.

1. Would you like to get out of a chair easily .?
2. Would you like to climb the stairs easily. ?
3. Would you like to carry heavy articles easily.?

Then join Mandi's wonderful Gym Class - Tuesday and
Thursday and achieve all the above.

Ava.

Convener: Joan Cashin 5243 5151

Grannie knows best

Little Tony was 9 years old and was staying with his
grandmother for a few days. He'd been playing outside
with the other kids for a while when he came into the
house and asked her, 'Grandma, what's that called when
two people sleep in the same room and one is on top of
the other?'

She was a little taken aback, but she decided to tell him
the truth. 'It's called sexual intercourse, darling.'

Little Tony said, 'Oh, OK,' and went back outside to play
with the other kids.

A few minutes later he came back in and said angrily,
'Grandma, it isn't called sexual intercourse. It's called
Bunk Beds. And Jimmy's mum wants to talk to you.'

DINE OUTS

We look forward to seeing you all at the following venues.

Wednesday, 30 th. October 2013, 6.30 pm

Telegraph Hotel

2 Pakington St., Geelong West

RSVP Wed. 23 rd. October.

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Wednesday, 20 th. November 2013, 6.30 pm

Christmas Break Up

At The Carrington Hotel

131 Yarra St., Geelong

RSVP Wed. 13 th. November.

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*We wish to thank all our Dine Out members for
their patronage during the year and look forward to
your company next year.*

Bon appetite

Convener : Jenny Purdy 52432532

Joyce Gaylard 52432057

KEEP FIT AEROBICS

Wednesdays 9:30 am

Girl Guide Hall, Paton St., Highton

Cost: \$5.00 In Recess!

Wednesday session

Will not Resume

KEEP FIT AEROBICS

Thursdays 10:00 am

Club Room – Grey Building

Cost: \$5.00 All welcome!

Thursday session

Continues as normal

Low impact cardio everyday movements and
chair work incorporating stretches.

All welcome.

Convener: Jill Crilly 52440505

*When Mary had a little lamb the doctors were surprised,
But when old Macdonald had a farm they couldn't
believe their eyes.*

LUNCH PLUS
2nd. & 4th. Friday

Hopefully members have been enjoying Lunches and Bus trips as much as I have.

On these cold wintry days sharing a meal or bus trip with good friends gives a feeling of warmth and time to forget the cold weather.

October Fridays...

11th October 11a.m.

Visit **Antiques & Collectables**,
Mercer Street

Then venture over the road to Sir Charles Hotham Hotel for lunch 12.15pm.

25th October...11 a.m.

Visit **Lara Heritage Museum**,
followed by lunch 12.15 p.m. at Lara Sportsmans Club.

Lunch Plus end of year Celebration will be in November, but venue has not yet been decided.

FEBRUARY 2014... Bus tour with Pelican Tours to Merimbula.

Staying at centrally located Pelican Motor Inn Motel. 17th to 21st February pick up from Geelong. Cost \$599 includes Travel, accommodation, most meals and all entry fees.

Booking and \$50 deposit is required by **mid November**. Balance to be paid on arrival at the Motel. Hoping there will be enough members interested to go ahead with the tour..

Convener: Joy Leemon 5272 3162
Mobile: 0414727292

GOLF

Balyang Par 3 Golf Course 9am.

The weather is starting to be a bit kinder to us and we have been seeing a few new players taking part in the Golf.

Ray is back from his overseas trip, which he enjoyed and gave his new computer tablet a good workout I suppose his golfball will spin down the hole anti-clockwise for a while, till he gets the northern hemisphere out of his system.

Convener: Ray Zumbach 5248 5843

SCRABBLE

1st & 3rd Wed. of each month,
12 noon at LAC Rooms

We continue to have fun and good fellowship over the Scrabble boards, happy in the knowledge that we're giving our brains a good workout too. As our year draws to a close, I need to remind members that, although

our official days for Scrabble are the 1st and 3rd weeks, we're here for informal games every Wednesday—it seems some of us jus can't get enough

Convener: Anna Scott, 5243 6901 or 0415 452295

Brain Teaser:

What five letter word becomes shorter when you add two letters to it?

Answer page 7

CARERS



Now that winter is behind us, I hope all our members are enjoying good health and are all able to participate in the many activities that the club has to offer. For any of those who are on the sick list, I send my best wishes and wish you a speedy recovery.

"Friends fill a day with happiness,"

Convener: Coral Witcombe 52213442
Assisted by:- **June Charleston & Loretta Dixon**

WALK AND TALK

From the Club Rooms each
Tuesday and Wednesday from
9:00 am

I would like to thank all the wonderful old friends and special new ones that have recently joined our mornings of Walk and Talk for making it such a great activity. It is lovely to get to know our new friends and have them join in with our great walks and more importantly our constant chit-chat. Hopefully the cold and wet weather will leave us and warmer sunny days will make the walks even more enjoyable. Look forward to seeing you

Friendship is one of the greatest luxuries in life

Convener: June Charleston 52645281

BOCCE NEWS

At last spring has arrived, and we hope to be able to play Bocce on a more regular basis. Having missed five weeks for the year due to rain, the Hookey games have been a great substitute. Many thanks to all who have helped in setting up and packing away equipment during the year. Our luncheon and presentation of trophies will be held in the club rooms on Wednesday 27th November at noon

Convener: Les Hannah 5244 4441

"OLD" IS WHEN..... "Getting a little action" means I don't need to take any fiber today.

TABLE TENNIS

Ballarat Road Table Tennis Centre
Mondays—12:30 pm to 3:00 pm

Hi to all. Spring is here and we are looking forward to warmer weather. The birds are

singing, the days are getting longer and we have more time to do the things that we have put off in the winter. Make sure you drink plenty of water.

How about joining us in a game of table tennis which keeps you healthy, and has lots of fun and laughs.

And if you have not played the game there is always someone willing to teach you.

Our numbers have been down however it is quite normal as most of us plan holidays during the middle of the year with the warmer climate.

Whilst I was also away, a big Thanks to Lyn and Allen Paeche, who kindly stepped in at short notice, and organised our shopping and other tasks that needed to be done. Well done!

WE ALWAYS LOOKING FOR NEW PLAYERS. So do come along and join us, the more the merrier, there are lots of tables and games to suit all players.

We play every Monday afternoons at 12.30 to 3pm. Still only cost \$3.00 and 50c for a cuppa and biscuit. We all try to keep fit, ready to play and enjoy the games and have fun. So if you would like to join us, please do.

We are a happy, fun group and we welcome new members.

BALLARAT Road
Table tennis Centre
Every Monday 12.30pm to 3pm

All the very best, stay safe,

Convener: Emily Saunders 52784301

CINEMA GROUP

3rd Monday of each month
READINGS CINEMA, Waurm Ponds
Club Member discount available



Spring is sprung, the grass is rising. I wonder where the people is?

Lighter nights and warmer evenings, now is the time to come to the Cinema night.

Held on the third Monday at Reading Cinemas, Waurm Ponds We enjoy a film and Pizza / Coffee together either before or after the film.

Please remember our November film night will be our last one for the year, so we will see the film earlier than usual the go to Bella's for dinner.

Look forward to seeing you there

Convener: Elizabeth Broadfoot 5243 6243

TRADING TABLE

The trading table has been doing very well lately with lots of new goodies

coming and going. Please keep it up as we are coming close to the senior week open day

It would be great to have full tables at Senior Week.

Thank you all to those who continue to support us by supplying the Table items and recycling the good books etc so that everybody wins

Convener: Trudie Vriens 5281 2264

L.A.C. PEDALLERS

All our overseas bike-riding members are now back in Oz with loads of photos to show

what a wonderful time everyone had. All the planning paid off and the rides went so well. Hopping onto a bike every day was exciting, wondering what scenery or buildings or villages with thatched-roof cottages we would come across that day.

The bitterly cold winter days we have experienced over the last month or so has not been very off-putting for our hardy riders and we continue to get quite a group each ride day. Often the mornings are reasonable weather-wise, then it deteriorates in the afternoon when we are safely home again.

We were sad to experience the deaths of Ken Kelynak and Phil Girdler in the last few months - both enthusiastic long-time bike riders. The memory of them will ride on with us all.



LAC Pedallers enjoying the Danube River from their favourite seat

Convener: Josie and Howard Weedon 52457880

One of the bachelors in the apartment development sneaked up behind an older woman, covered her eyes with his hands, and said, "I'm going to kiss you if you can't tell me who I am in three guesses."

She quickly answered, "George Washington! Thomas Jefferson! Abraham Lincoln!"

OCEAN GROVE SOFT TENNIS

We are still playing soft tennis on Mondays and having great fun and exercise as well. We have a few injuries at the moment but that comes with OA (OLD AGE) there have also been a few that have gone North away from the cold and rain but luckily we play indoors out of the elements.

We just had our AGM and luckily all the office bearers are staying put, also organising a partners night where we eat, play and have plenty of laughs at the ones who think they can play but find it very difficult.

Convener: Jeanette Hollow 5256 1633

THINKING SKILLS & MEDITATION

The only remaining sessions to be held for this year will be

Tuesday Oct. 22nd
Tuesday Oct. 29th
Tuesday Nov. 12th
Tuesday Nov. 19th

Convener: Rene Watts 52438684

THEATRE

Attendances have been down a bit at our last few outings. Maybe the warmer weather will stir things up.

Two great shows which needs no prodding are:-

The Phantom Of The Opera
at Geelong Performing Arts Centre
10th. October. 7:30 pm

'An Ideal Man
at the Theatre of the Winged Unicorn.
10th November
Cost \$25.00, pay by 9th October.
Country tea available at \$4.00 extra.
Contact Sheila on 5221 6786.

Convener: Gill Broadwood 5229 9178

WANDERERS CARAVAN GROUP

As this newsletter will be printed before our next trip to Benalla. We can only report we hope to have good weather and a lot of fun. We may even come back a little heavier as the Park management hopefully will be giving us pancakes for breakfast each morning as well. We also expect to welcome back all those who have been to a warmer climate over the winter .

Convener: Dawn and Ray Smith 5243 4925

TAI CHI

Tuesdays 10:30—11:30 am at
L.A.C. Club Rooms
COST: \$2.00

Tai chi is highly recommended by doctors for its gentle exercise and inner peace, it is also excellent for increasing balance. We have a very enthusiastic group who also benefit from the social aspect

Convener: Val Fletcher 5278 1987

Brainteaser Answer: Short

Viagra Side Effects

A woman asks her husband if he'd like some breakfast, bacon eggs, perhaps a slice of toast? An Aitken's buttery? Grapefruit with ginger and coffee to follow?

He declines. "It's this Viagra," he says, "It's really taken the edge off my appetite."

At lunch time, she asks if he would like something. A bowl of home made soup, maybe, with (mmmm) a cheese sandwich? Perhaps a plate of snacks and a glass of milk?

He declines. "It's this Viagra," he says, "It's really taken the edge off my appetite."

Come teatime, she asks if he wants anything to eat. She'll go to the cafe and buy him a burger supper. Maybe a red pudding or a steak pie? Maybe he'd like a pizza microwaved? Or a tasty stir fry that would only take a couple of minutes?

He declines. "It's this Viagra," he says, "It's really taken the edge off my appetite."

"Well", she says, "Would you mind getting off me? I'm starving."



Rene was determined to get in the Quoits throwing picture at Xmas in July



*That's all Folks
Hope you enjoyed your newsletter .
Jim*

CALENDAR OF EVENTS—LIFE ACTIVITIES CLUB-GEELONG Inc.

as at 23rd. Sept. 2013

Venue: Belmont Park Pavilion (Grey Building) below James Harrison Bridge

Please keep this sheet as a handy reference

Every Monday	Soft Tennis	Ocean Grove in the afternoon
	China Painting	1pm Check with Lynette—Cost \$5.00
	Table Tennis	12:30 pm to 3:00 pm—At the Table Tennis Centre, 84 Church St. West Geelong, opposite the Sale Yards Hotel.
	Golf	Balyang Par 3 Golf Course 9am.
Third Monday	Cinema Group	Readings Cinema, Waurm Ponds. Members must wear name tag. Club Member discount available
Every Tuesday	Walk & Talk	9 am from the L.A.C. Club Rooms
	Cycling	Out of Town (Contact Convenor)
	Cycling (Easy Ride)	9:30 am (First Tuesday from Rippleside rest from LACG Clubrooms)
	Cycling	Leaves L.A.C. Club Rooms at 1:30 pm
	Tai Chi	10:30 to 11:30 am—Cost \$2.00
	Thinking skills & Meditation	In Club Rooms 11:45 to 12:45 pm Cost \$2.00
	Exercise Class	L.A.C. Club Rooms 1:00 to 2:00 pm Cost: \$5.00
Mahjong	In Club Rooms 1:00 to 3:45 pm	
Every Wednesday	Walk & Talk	9:00 am from the L.A.C. Club Rooms
	Presidents Announcements	Approx. 10:30 am after a walk and a cuppa.
	Bocce	11:00 am until lunch at L.A.C. Club Rooms
	Cards	11:00am at the Club Rooms
First Wednesday	Scrabble	L.A.C. Club Rooms 12 noon start
Third Wednesday	BBQ or Picnic Lunch	After Bocce at the Club Rooms
	Scrabble	L.A.C. Club Rooms 12 noon start
Last Wednesday	Dine Out	Watch the notice board for selected venues.
Each Thursday	Cycling	Leaves the Club Rooms at 9:30 am
	Cycling (Easy Ride)	9:30 am (First Thursday from Rippleside rest from LACG Clubrooms)
	Keep Fit Aerobics	10:00 am L.A.C. Club Rooms Cost: \$5.00
	Exercise Class	1:00 – 2:00 pm at L.A.C. Club Rooms Cost: \$5.00
	Arvo Tea Dance	2:30 to 4:30 pm at L.A.C. Club Rooms
Every Friday	Walk & Talk	Leaves from Car Park in Balyang Sanctuary near Facilities block at 9:15
2nd and 4th Friday	<i>Lunch Plus</i>	For times and venues watch notice boards
Every Saturday	Cycling	Leaves from L.A.C. Club Rooms at 9:30 am.
	Cycling (Easy Ride)	9:30 am (from LACG Clubrooms)

We also have a Caravan Club, which, at various times throughout the year, has memorable and well attended trips. Theatre groups attend a variety of performances at various locations.

ALL OF THESE EVENTS ENABLE YOU TO MEET AND MAKE NEW FRIENDS—SO PLEASE PARTICIPATE TO YOUR HEART’S CONTENT