

# Life Activities Club-Geelong Inc.

www.lacg.com.au  
www.facebook.com/lacginc  
Club Phone. 0409233430

President: Josie Weedon  
Patron: Pat Murnane

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

## Newsletter November 2021

### *From the President's desk*



Today is a beautifully warm, sunny day and helps inspire me to write this Report, having been through a cold, wet winter where Covid-19 was in control of situations and we were limited in whether and how we could meet.

But now we look to closing off our year on a more positive note and so we invite you to pack up a picnic lunch on WEDNESDAY 15th DECEMBER and bring it along, together with all else you will need – chairs, table, hats, food, drink etc - to Balyang Park at 11.30am for our last day of Life Activities for this year.

On this day we will draw the raffle , so bring along those tickets you have been holding onto for quite a while.

It has been a year like none of us can remember. The fate of our Club mirrors social life generally, so here we are at long last, enjoying some small relief from the most difficult restrictions and now we are looking forward to some normality in the year ahead. Even at this stage, being so close to a new year, there are still some uncertainties but rest assured that your LAC office bearers are as keen as you are to have a new year full of fun and fellowship.

**NEW YEAR'S DAY** Join in a Picnic Lunch at BALYANG. BYO everything – chairs, table, food, drink

We are planning for our new year to start on WEDNESDAY 12th JANUARY. (The Tuesday Exercise group plan to re-start on Tuesday 11th January).

As President I appreciate the continued involvement with the Club, even under the necessary restrictions and I look forward to seeing you all in the new year.

*Josie Weedon*

## OFFICE BEARERS

President:	Josie Weedon	president@lacg.com.au	0429860760
V-President:	Ken MacMillan	vicepres@lacg.com.au	0423490271
Secretary:	June Warburton	Secretary@lacg.com.au	0409233430
Mmbrshp Sec	Jim Watts/Lynette Kent	membersec@lacg.com.au	
Treasurer:	Phil Warburton	treas@lacg.com.au	0417 056368
Convenors Delegate:	Lynette Kent	condel@lacg.com.au	52437444
Newsletter/Webmaster:	Jim Watts	newsletter@lacg.com.au	0407149596

## GENERAL COMMITTEE

	Les Hannah	52444441
	Ron Kenneady	0427345732
	Heather Redding	0408572822
	Eileen Roberts	52782271
	Mip Pugh	0413306433
	Lyn Hansen	0438811410
Immediate Past President	Martin Taylor	5243 7605

## CONVENORS & ASSISTANTS

Activity	Phone	Activity	Phone
CONVENERS' DELEGATE <b>Lynette Kent</b>	5243 7444	FRIDAY WALK & TALK <b>Rene Watts</b>	0417569476
ARVO TEA DANCE <b>Val Penfold</b>	5251 3529	DINE OUTS <b>Lyn Hansen</b>	0438811410
OCEAN GROVE PICKLEBALL <b>Terry and Fran Kealy</b>	0408556697	MAHJONG <b>Vacant</b>	
BOCCE <b>Les Hannah</b>	5244 4441	SCRABBLE <b>Betty Clark</b>	0414730427
CARAVANNING <b>Vacant</b>		SOFT TENNIS OCEAN GROVE AREA <b>Jeanette Hollow</b>	5256 1633
CARDS <b>Josie Weedon</b>	0429860760	WINE APPRECIATION <b>Phil Warburton</b>	0417 056368
CARE & TRADING TABLE <b>Val Kenneady</b>	52431397	KEEP FIT AEROBICS (Low Impact) <b>Jill Crilley</b>	5244 0505
CHINA PAINTING <b>Lynette Kent</b>	5243 7444		
CYCLING <b>Rob Ballard</b> <b>Andrew Broadfoot</b>	0412308166 0429436249	OUT TO LUNCH <b>Eileen Roberts</b>	52782271
GOLF – BALLYANG PAR 3 <b>Ron Crees</b>	52783653	TABLE TENNIS <b>Ken Bolton</b>	0425849419
EXERCISE PROGRAM <b>Martin Taylor</b>	5243 7605	TUE. & WED. WALK & TALK <b>June Charleston</b>	5264 5281



*The Soup and Roll day was one event squeezed in and much appreciated. It also had a speaker on Recycling*



*President Josie became a welcoming picture during the year at Grovedale Community Centre*

## NEW MEMBERS

Marion Bray	Glenda Anderson-Barrett
Bob Hadden	Annmarie Kelley
Robert Beattie	David Kelley
Lyle Synot	Keryn Mellow
Karen Lamb	Allan Simmond
Doreen Holroyd	Lea Preece
Ray Hunt	Danny Bodycoat
Denice Oliveri	Sue Garlick
Jan Ryan	Sue Shannon
Cathie Ferguson	Tania Lewis
Viv Daniels	Loise Young
Wayne Quamil	Lesley Ridgeway
Karen Shirley	Cheralyn Price
Maureen Aston	Janice Bourke

## MEMBERS DECEASED

The club has been deeply saddened by the passing of the following members:-

Marianne Bukumiric, James (Willie) Nolan, Robyn Dewitt, Ivan Hawthorn and Will Chandler.

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

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## ACTIVITY GROUP REPORTS

### CARDS Wednesday after Bocce

Cards have started up again with playing 500 and Hand and Foot

Come and have a go at one of the tables or start one of your own.

Convener: **Josie Weedon** 0429860760

### ARVO TEA DANCE Thursday from 2:30 - 4:30pm \$5.00 entry fee

We returned to Dancing this week with 32 members having a very enjoyable afternoon. Many thanks to Ron Medson who provided our Music and did a great job. Mip Pugh is on the LAC Committee. Well done Mip.

Coming events:-BBQ at Ron Medsons home Sunday 5th December 2021, 12 Noon onwards.

Our Christmas Breakup Dance is Thursday 16th December, 2021 from 2pm to 4.30pm Kris Kringle gift \$5 A small plate of afternoon tea is appreciated

We return to the Blue Room on Thursday 14th January 2022 2.30 - 4.30pm..

Thank you all for coming to our Dance and making it so enjoyable.

Wishing everybody a very Happy Christmas and a Happy and Healthy 2022.

*Happy Dancing*

Convener: **Val Penfold** 5251 3529

**CHINA PAINTING (Therapy Class)**  
Tuesday 9:30 till Noon at Lynette's Home  
Cost \$6

We didnt get much painted due to Covid.  
Better luck next Year.  
Merry Christmas to all

Convener: **Lynette Kent** 5243 7444



June H selling Raffle Tickets and June W giving out refunds from Xmas in July event.

**EXERCISE CLASS**  
**Club Room – Grey Building Cost:- \$5.00**  
**Tuesday 1:00 pm & Thursday 1:00 pm**  
**Easing in class 11:45 – 12:45pm**  
**Thursdays**

Great news, our hall is open and Mandi's exercise classes have returned to the LACG Pavilion!

Mandi has requested a change to a 12 o'clock start for both the Tuesday and Thursday classes until Christmas.

Please note:

- Your double shot Covid certification is required and must be presented.
- Mandi promised to go easy on us after the long break, at least that's what I thought she said!
- Traffic hazards abound. Take care. The first entrance off High Street is reserved for access to COVID testing vehicles, so enter by the 2nd access, (nearest to the river).

Convener: **Martin Taylor** 5243 7605



*Car parking has been disrupted by the stream of COVID Testing cars using the site often filling the whole space in front of the Club*

### **BOCCE**

What a terrible two years it has been for our BOCCE players. 5 games in 2020 and 16 in 2021, however with vaccinations in place we will be able to get back to our normal routine.

Due to COVID testing taking place around our club rooms we will probably have to find another area to play. New players are needed so come along on Wednesday mornings to take part. Everyone has fun.

**Convener: Les Hannah 0408383721**

### **MAHJONG** **Wednesday 2:00pm– 3:45pm.** **At Clubhouse**

Lorraine Squires has submitted her resignation from the club and Mahjong is currently inactive pending a new convener and players. This is your chance to start it up with a few beginners and have the fun all Mahjong players have. Express your interest to the Secretary.

**Convener: Vacant**

### **KEEP FIT AEROBICS** **Low Impact** **Thursdays 10:00 am Cost: \$5.00** **Club Room – Grey Building** **All welcome!**

A fun way to fitness for a class incorporating everyday movements in a simple routine, with chair or floor work and finishing with a stretch.

All while moving to your own abilities.

**Convener: Jill Crilly 52440505**

### **OUT TO LUNCH** **2nd. Friday**

I would like to thank all the members who attended Out To Lunch outings this year.

Lockdowns have prevented us having lunches some months so I think it best for us to start afresh next year (hopefully without lockdowns or too many restrictions)

Best wishes for Christmas and the New Year.

**Convener: Eileen Roberts ... 52782271**

### **CARE**

Since last at club we have had a few in hospital, some not well, and also on a much sadder note, some of our members have passed away. Marianne Bukumiric, James (Willy) Nolan both had been in a nursing home for quite a while, and recently Robin Dewitt, she was often at club making everyone smile with her happy fun personality even when she was so unwell herself. Thank you Robyn you will be very much missed by all. Even more recently our first president Ivan Hawthorn who put in so much to the club also passed away and is now reunited with wife Margaret. Love and Hugs to all who have lost loved ones or are not feeling well. Barney, Heather and the truck group at the club we are thinking of you.

Stay Healthy, Take Care

**Convener: Val Kenneady 52431397**



*Clarry Ogle is delighted with his new smartphone which rarely leaves his hand*

**FRIDAY WALK AND TALK**  
9:15 am. at car park opposite the RnR  
Cafe (old Big4) in Barrabool Rd..

The Friday walkers were lucky during most of the lockdown period in being able to gather outdoors in small groups within the rules wearing masks where applicable. Our cafe plays a big part in keeping us all in touch even during periods of minor disabilities that prevent walking. Overall the group is an ideal social network that also cooks up other little gatherings so its not only like it sounds.

Merry Christmas to all LACG members and see you in the New Year at the picnic.

Convener: **Rene Watts.** ph. 0417569476



Hazel was pretty excited about her Friday Walk Birthday Sparkler

**GOLF Balyang Par 3 Golf Course**  
Mondays 9:15am.

When we were still able to play we were getting 10-12 players on a regular basis. some weeks Birdies were plentiful some weeks very scarce. Rules at the clubhouse vary but occasionally we can get 9 patrons inside for coffee. Now that the lockdown is over lets hope its the last we see of it.

Convener: **Ron Crees** 52783653

What's the difference between a hippo and a Zippo? One is really heavy, the other's a little lighter.

**SCRABBLE**  
Every Wednesday  
12 noon at LAC Rooms  
Observers Welcome

Well we have only had a few games since the last newsletter, however we are ready to go.

Welcome to Kyra a new member and we still have room for more. If you haven't played before, come and have a go.

With so few games this year I think that I have forgotten most of my words

Y S T  
E O P  
N I H

How many words of 3 letters  
or more can you make with  
each word containing the  
letter in the centre

Convener: **Betty Clark** 0414730427

**PICKLEBALL**  
Monday 10:15 - 12:15 pm.  
Tuesday & Thursday 8:00 - 10 am.  
Wednesday 1:00 - 3:00 pm  
Fridays 10:30am - 12:30 pm  
Sunday 5:00 - 7:00 pm  
at Memorial Hall The Avenue Ocean Grove

Well, what a year 2021 has turned out to be. It's hard to believe that it is nearly Christmas. We have been very lucky to play Pickleball in Ocean Grove, this year given the circumstances. We have also significantly grown our numbers, which has been really exciting to see. Pickleball in Ocean Grove now runs six days a week and the standard of players has improved significantly. Our social Sunday session ending with drinks and nibbles has proven to be popular as well. We are looking forward to Pickleball in 2022 and wishing everyone involved in Life Activities Club Geelong, a safe and Merry Christmas and a Happy New Year.

All the best,

Convenors **Terry and Fran Kealey** 0408556697.

**OCEAN GROVE SOFT TENNIS**

Soft Tennis continues to be a fun day for all our players and we also enjoy the fun we have at our other social gatherings.

Convener: **Jeanette Hollow** 5256 1633

**TAI CHI**  
No Longer available

## L.A.C. PEDDLERS

With the lifting of most COVID 19 restrictions the LAC Bike Groups are now back to almost normal programs. Not only did we have to shut down the program completely during the state wide lock downs over the last two years many times we have had to ride in smaller groups. The main Pedallers Group, which on a reasonable-weather day would attract 15 to 25 riders has had to split into two or more groups, each with its own leader and most times heading to different coffee venues. The groups had to go on different routes because the restrictions on the coffee houses we use for our morning break could not accommodate the numbers involved. Now, with most if not all of our riders fully immunised we are able to ride together again and socialise at our coffee stops.

The restrictions over the last two years did not completely prohibit our members from riding as you were allowed out of your home for exercise (even if it was only within 5 km of your home) but we have all missed getting together on our rides and enjoying each other's company.

Of course the other impediment to our riding over the last few months has been the weather!! We are all waiting for spring to arrive!! However we have had many successful rides in the last few weeks as our programs return to pre COVID situations. We even had a Melbourne ride last week, the first one in many months.

With new riders joining our group, a new year with new rides and events promised we still have something to look forward to. Our Christmas Party on the 16th December will be a good chance for us to get together to commiserate on the last two years and to look forward to happier pedalling times in 2022

**Rob Ballard** Co-Conveners: **Andrew Broadfoot**  
0412308166 0429436249



*The Easy Riders section of our cycling get around, this day enjoying Queensland weather at Indented Heads*

**Why did the Blonde get excited about finishing her puzzle in 6 Months.?**

**The Box said 2 to 4 years**

## LACG WANDERERS CARAVAN and CABINERS GROUP

We are still looking for a convenor and have relied on one off volunteers so trips have been limited. However there is a good rumour another trip may go ahead early next year.

Destination unknown. Keep your ears open.



**Convenor Vacancy**

## TABLE TENNIS

**Ballarat Road Table Tennis Centre**  
**Mondays—1:0 pm. to 3:00 pm \$6.00**

The table Tennis centre follows the Vaccination rules and other than that we are back normal play. We welcome new members for 2 hours of fun each Monday. Bats and balls are available for use

**Convenor: Ken Bolton 52430219**

## TRADING TABLE

It will be great to be back with the trading table soon. Some items have already been donated and Ron is looking after a lot of plants also destined for the table.

Kind regards

**Convenor: Val Kenneady 52431397**



*First Wednesday open Ron had plants and Alan had vegetables with proceeds to Anamcara*

**WALK AND TALK**  
**From the Club Rooms**  
**each Tuesday and Wednesday**  
**morning**

Hi guys, all the same except we are meeting at Balyang now until the new year. 10.00 Tuesdays and 9.30 Wednesday. Due to car park being quite full as Covid testing going on. Hope to catch up with you all on 15th BBQ at Balyang. Stay safe June ☐ ☐

**Convenor: June Charleston 0418991073**

**DINE OUTS**  
Last Wednesday of each month.



Our last Dineout was in July at the Fyansford Hotel. They put on a good menu and the venue is also very comfortable for our Dineout group. It turned out a smaller group than usual being cold and a bit uncertain but we all enjoyed our meal and glad we went. With the Covid interruptions we missed August at the Valley Inn but have picked it up again for the November Dineout and expected 28 diners now that the restrictions are easier.

Proposed venues Next Year are:-

Wednesday, **January 26<sup>th</sup>**. 5.30 pm  
**Shell Club**  
76 Purnell Rd  
Corio

Wednesday, February **23<sup>rd</sup>**. 5.30 pm  
**Buckleys**  
54 Fellmongers Rd  
Breakwater

Wednesday, March **30<sup>th</sup>**. 6.00 pm  
**The Waur Ponds Hotel**  
1154 Princess Hwy.  
Waur Ponds

Convener: **Lyn Hansen** 0438811410

**WINE APPRECIATION**  
**1<sup>st</sup>. Monday of the month**  
**2pm. At a members home. cost \$5**

What a year!! Despite all that COVID threw at us the Wine appreciation group did manage to have a few meeting sprinkled thru the year (COVID permitting). We unfortunately missed out on a planned getaway to the Pyrenees (Avoca) area for a sleepover with some Wine tasting included (maybe next year). Hopefully by the

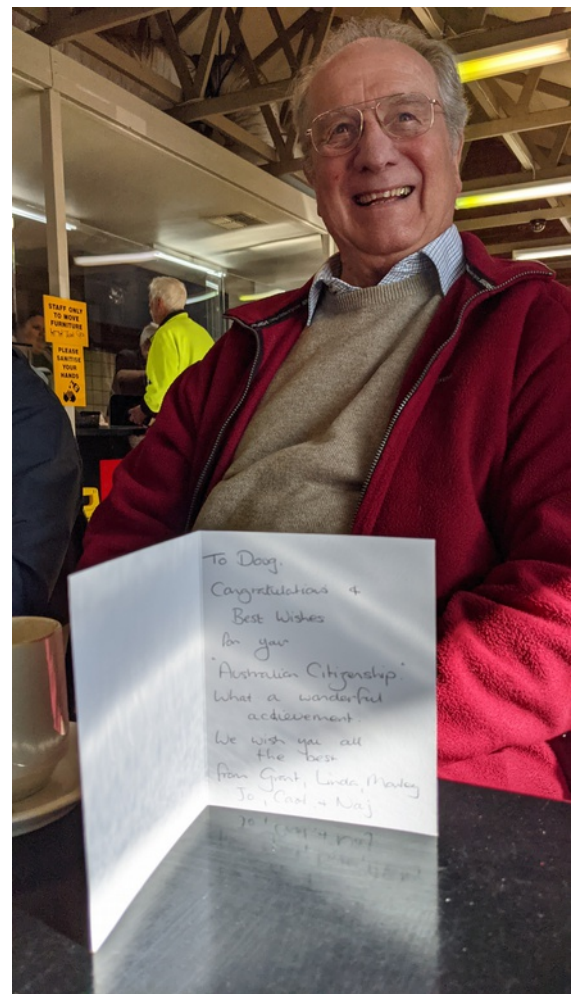
time you read this the planned meeting for December Monday 6th (Also our Christmas breakup) will be over and done with and be a pleasant memory for all involved. We will continue along similar lines next year and if anybody is interested in joining us they are welcome to get in touch with the Convener for more information. Best Wishes

Convener: **Philip Warburton** 0417 056368

**Treasurers Report**

The Club hasn't had a great year having to deal with COVID and its many different rules and regulations. It has caused a number of Activities and Meetings (AGM, Committee Meetings etc.) to be cancelled. The AGM was held recently (Nov 4th) by Google Meet. The 2020/2021 Treasurers report was tabled and accepted. If anybody would like a copy of this and the accompanying Bookkeeper (Audit) report please contact the treasurer. (Philip Warburton 0417 056368 or [junejwarb@gmail.com](mailto:junejwarb@gmail.com)) and I will email you a copy.

Have a great Christmas and New Year  
Philip Warburton



*Doug Hay was very pleased earlier this year when he became an Aussie at last*

Merry Christmas from your Editor

## CALENDAR OF EVENTS—LIFE ACTIVITIES CLUB-GEELONG Inc.

as at 23<sup>th</sup>. November 2021

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

<b>Every Monday</b>	Soft Tennis	Ocean Grove in the afternoon at Memorial Hall The Avenue
	Table Tennis	1:00 pm to 3:00 pm—At the Table Tennis Centre, 84 Church St. West Geelong, opposite the Sale Yards Hotel. Cost <b>\$6.00</b>
	Golf	Balyang Par 3 Golf Course 9:15am.
	Pickleball	10:15 till 12:15 pm. at Memorial Hall The Avenue, Ocean Grove
<b>First Monday</b>	Wine Appreciation	2 to ~4pm . Location at various attendees house by agreement. Cost <b>\$5 ea.</b>
<b>Every Tuesday</b>	Pickleball	8:00 till 10:00 am. at Memorial Hall The Avenue, Ocean Grove
	Walk & Talk	9:30 am from the LACG Club Rooms
	Cycling – Pedallers	Out of Town (Contact convenor for start location and time).
	Cycling (Easy Ride)	9:30 am ( First Tuesday from Rippleside rest from LACG Club rooms)
	Cycling – Pedallers	Alternative shorter Tuesday ride (Contact convenor), or spontaneous local ride departs 9.30am from LACG Club rooms.
	China Painting	09:30am till 12:30pm Check with Lynette—Cost <b>\$6.00</b>
	Exercise Class	LACG Club Rooms 1:00 to 2:00 pm <b>Cost: \$5.00</b>
<b>Every Wednesday</b>	Walk & Talk	9:30 am from the LACG Club Rooms
	Presidents Announcements	Approx. 10:30 am after a walk and a cuppa.
	Bocce	11:00 am until lunch at LACG Club Rooms
	Cards	After Bocce at the Club Rooms
	Scrabble	LACG Club Rooms 12 noon start
	Pickleball	1:00 till 3:00 pm. at Memorial Hall The Avenue, Ocean Grove
<b>Third Wednesday</b>	BYO Lunch	After Bocce at the Club Rooms
<b>Last Wednesday</b>	Dine Out	Watch the notice board for selected venues
<b>Each Thursday</b>	Pickleball	8:00 till 10:00 am. at Memorial Hall The Avenue, Ocean Grove
	Cycling – Pedallers	Local ride departs 9.30am from LACG Club rooms.
	Cycling (Easy Ride)	9:30 am ( First Thursday from Rippleside rest from LACG Club rooms)
	Keep Fit Aerobics	10:00 am LACG Club Rooms <b>Cost: \$5.00</b>
	Exercise Class	11:45 am – 12:45 pm at LACG Club Rooms easing in.
	Exercise Class	1:00 – 2:00 pm at LACG Club Rooms <b>Cost: \$5.00</b>
	Arvo Tea Dance	2:30 to 4:30 pm at LACG Club Rooms <b>Cost: \$5.00</b>
<b>Every Friday</b>	Walk & Talk	Leaves from Car Park in Barabool Rd opposite Cafe RnR (Big4) at 9:30 am
	Pickleball	10:30 - 12:30pm at Memorial Hall The Avenue, Ocean Grove
<b>2nd Friday</b>	Out to Lunch	For times and venues watch notice boards and Emails and Website
<b>Every Saturday</b>	Cycling – Pedallers	Local ride departs 9.30am from LACG Clubrooms.
	Cycling (Easy Ride)	9:30 am ( from LACG Clubrooms)
<b>Every Sunday</b>	Pickleball	5:00 till 7:00 pm. at Memorial Hall The Avenue, Ocean Grove

*We also have a Caravan Club, which, at various times throughout the year, has memorable and well attended trips. Member groups also hold impromptu weekend gatherings at various locations .*

**ALL OF THESE EVENTS ENABLE YOU TO MEET AND MAKE NEW FRIENDS—SO PLEASE PARTICIPATE TO YOUR HEART’S CONTENT COVID-19 rules permitting**