

Life Activities Club-Geelong Inc.

www.lacg.com.au
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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 April 2022

From the President's desk



Hi to all our members. I hope you have been enjoying the lovely warm days of summer we have been experiencing – but it is noticeable how the evenings now cool off quite a bit (good for sleeping, though).

We have recently returned from 6 days at Port Fairy with approximately 50 members and friends of Life Activities Caravan and Cabin group, enjoying slightly cooler than Geelong, but nevertheless, fine weather for the time there. Each day starts with a game of Bocce with Les Hannah overseeing the organising of this, then one morning a Pancake morning tea provided by the Caravan Park people. Lots of time then to sit and talk or to go for a drive, or to investigate the shopping precinct. Some are keen to see what treasures may be in store at the various Opportunity shops. Port Fairy had a few to choose from.

An activity which ran over a few days, was organised by Phil Warburton, and involved seeking listed landmarks and producing evidence of visiting same. This really captured some Campers' imagination and produced a score which was very difficult to better.

One afternoon activity was our mini golf tournament, which produced several 'holes in one'.

One night we all went to the local Pub for dinner.

Our time together concluded with a Fancy Hat Parade where prizes were awarded for various categories and competitions held and a raffle was drawn, the proceeds of which were donated to a family experiencing flood damage in NSW.

Great appreciation was expressed to Heather Redding for her organisation of the week away.

This was Heather's final involvement in the organising of these trips. We now look forward to an offer of willingness to take on this role.

All in all, a very successful few days away together in this very attractive and historically interesting town of Port Fairy.

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:	Martin Taylor	condel@lacg.com.au	0492994916
Newsletter/Webmaster:	Jim Watts	newsletter@lacg.com.au	0407149596

GENERAL COMMITTEE

	Les Hannah	0408383721
	Ron Kenneady	0427345732
	Heather Redding	0408572822
	Eileen Roberts	0420387430
	Mip Pugh	0413306433
	Lyn Hansen	0438811410
Immediate Past President	Martin Taylor	0492994916

CONVENORS & ASSISTANTS

Activity	Phone	Activity	Phone
CONVENORS' DELEGATE Lynette Kent	0408564716	FRIDAY WALK & TALK Rene Watts	0417569476
ARVO TEA DANCE Val Penfold	5251 3529	DINE OUTS Lyn Hansen	0438811410
OCEAN GROVE PICKLEBALL Terry and Fran Kealy	0408556697	OUT TO LUNCH Eileen Roberts	0420387430
BOCCE Les Hannah	0408383721	SCRABBLE Betty Clark	0414730427
CHINA PAINTING Lynette Kent	0408564716	SOFT TENNIS OCEAN GROVE AREA Jeanette Hollow	5256 1633
CARDS Josie Weedon	0429860760	WINE APPRECIATION Phil Warburton	0417 056368
CARE & TRADING TABLE Val Kenneady	0427345732	KEEP FIT AEROBICS (Low Impact) Jill Crilley	5244 0505
CYCLING Rob Ballard Andrew Broadfoot	0412308166 0429436249	CARAVANNING Vacant	
GOLF – BALLYANG PAR 3 Ron Crees	0400062224	TABLE TENNIS Ken Bolton	0425849419
EXERCISE PROGRAM Martin Taylor	0492994916	TUE. & WED. WALK & TALK June Charleston	0418991073



Santa and Helper created such excitement at the Christmas picnic that some members were busting for a photo with them.



The Covid testing takeover of the downstairs facilities caused the February Committee meeting to be relocated to the back lawn area.

NEW MEMBERS

Lisa McMeeken
Ingrid Kuster
Julian Cooke
Virginia Cooke
Marg Wilson
Kerri Bottruell
Kevin Smith
Deb Brent
Roy Preece
Di Matherson
Jordie Jordan
Michael Melican
Peter McCarthy

Glen Nott
Christine Nott
Peter Fraser
Lyn Ward
John Ward
Josh Lander
Ben Leitch
Terry Dunn
Trudie Dunn
Paul Lapham
Lisa Hopgood
Wendy Heskey
Zanthe Lapham

MEMBERS DECEASED

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

Norman Wright.

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

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ACTIVITY GROUP REPORTS

CARDS

Wednesday after Bocce

Card players have been building up again with new members now enjoying Wednesday afternoon with us. New players always welcome. Rene Watts has volunteered to be cards convener with the help of Alan and other cards players.

Convener: **Rene Watts** 0417569476



It has not taken long for the card players to get back into it.

ARVO TEA DANCE
Thursday from 2:00 - 4:00pm
\$5.00 entry fee

It's wonderful to be back and enjoying our Arvo Tea

Dance again and catching up with everybody. Ron is playing great music for us to Dance to ably assisted by Brenda.

A small plate of afternoon tea is appreciated. Please let me know if you wish to attend the Walk through Dance Lessons.

Many thanks to those who help set up and clean up each week. Also thanks to Ron Crees for being our Doorman each week.

Happy Dancing

Convener: **Val Penfold** 5251 3529

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

We have been painting Easter themes for gifts lately and all going well. Don't forget anyone is welcome to come and have a look or a try any Tuesday morning.

Convener: **Lynette Kent** 0408564716

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

After the Christmas break Mandi's Exercise classes have settled into a routine with both Tuesday and Thursday classes starting at midday. New faces and returning members have elevated our numbers and on occasions Mandi has resorted to the whistle to make herself heard above lively chat. Please arrive 20 minutes early to allow a prompt start

Convener: **Martin Taylor** 5243 7605

A husband and wife who worked for the circus went to an adoption agency. The social workers there raised doubts about their suitability.

The couple then produced photos of their 50-foot motor home, which was clean and well maintained and equipped with a beautiful nursery. The social workers then raised concerns about the education a child would receive while in the couple's care.

"We've arranged for a full-time tutor who will teach the child all the usual subjects along with French, Mandarin, and computer skills.

Then the social workers expressed concern about a child being raised in a circus environment.

"Our nanny will be a certified expert in pediatric care, welfare, and diet."

The social workers were finally satisfied. They asked, "What age child are you hoping to adopt?"

"It doesn't really matter..... as long as the kid fits in the cannon.

BOCCE

At last we are back to our regular game of Bocce each Wednesday with little rain. The course is playing fast and lots of big scores are being obtained. After 7 weeks of play leading players are:-

LADIES

Lynette Kent 268
Diane Harvey 248
Val Kenneady 228
Lyn Ward 210
Josie Weedon 209

MEN

Stan Harvey 288
Les Hannah 242
Allan Jones 237
James Campbell 234
Peter Argent 215

An excellent job is being done in picking up after games, but more help is needed at 9:15 a.m. to set up

Convener: **Les Hannah** 0408383721



Newer member Lyn Ward has taken to Bocce like a Duck to water. Here showing off her expert stance and foot placement.

MAHJONG

Wednesday 2:00pm– 3:45pm.
At Clubhouse

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



Its not all exercise and sweat at Aerobics. Here, Jill joins her friendly group members at RnR cafe for a coffee and cooldown after a workout. Ken says he would like a few men to join him though as he is learning too much secret womens busines.

OUT TO LUNCH

2nd. Friday

April 8th.. White Eage House
46-48 Fellmongers Rd. Breakwater.

May 13th. Oppys' Bistro Norlane Hotel
2-8 Melbourne Rd. Norlane

Convener: **Eileen Roberts** ... 0420387430



Out to Lunch at Comun Na Fiene Hotel was a great lunch with friends. Someone even had Irish Stew with a Guinness but had to leave for the photo

Membership Fees 2022-2023

The club membership fee for the next year will remain unchanged.

Please remember fees are due by June 30th. :-
\$30 per year per member.

Fees overdue by more than two month require a \$5 joining fee to be added

CARE

Some of our members have not been well, some have been in hospital and back home recovering now, and some have lost loved ones. Thinking of you all and sending our love.

Take care and stay safe.

Hope to see you at club soon

Convener: Val Keneady 0427345732



Ron and Val Keneady recently presented Eileen Roberts (centre) representing ANAM CARA with a cheque for \$520 raised from Rons' plant sales and member contributions.

FRIDAY WALK AND TALK

9:15 am. at car park opposite the RnR Cafe (old Big4) in Barrabool Rd..

The Friday walkers are still meeting every Friday at the RnR cafe in Barrabool rd. Some have walked the tracks and some have walked the carpark but all are enjoying the company and a coffee for an hour or so and some have lunch once a month.

Convener: Rene Watts. ph. 0417569476

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

Since my last contribution to the newsletter two players have scored "Holes' in One" Ray Zumbach in December 2021 and Bob Dalton in February 2022. Congratulations to you both. Prior to Christmas the End-of-year lunch at the Yardz hotel was well attended by 20 + from our group. Each Monday morning we are getting reasonable numbers. With the dry weather the balls are running well and true, thus many birdies are being easily achieved.

Yours' Ron

Convener: Ron Creeves 0400062224

SCRABBLE Every Wednesday 12 noon at LAC Rooms Observers Welcome

Its been great to get back to playing games again with real friends. We play at the club house from 12:00 Wednesdays after Bocce.

We are a small group and looking for more players

Highest score

Chris got 66 for QUAD

Betty got 98 (1st. turn) for FINDERS

Come and have a look we will show you how to play

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

Ocean Grove Pickleball has gone technical with its sign up procedure and we now use the SPOND app to enrol in a session. It is so easy and there is even a waiting list. This initiative has proven to be really successful.

A number of our players are now preparing for the Pan Pacific Masters games on the Gold Coast in November and we are looking forward to lots of Pickleball and fun.

Hopefully, we will learn a few new things about our Pickleball game as well.

We have approval by the council to draw lines for two outdoor Pickleball courts in Ocean Grove and can't wait to access them.

We will be attending the All Abilities Day at Kardinia Park next week to showcase Pickleball and that should give us some good publicity.

Each week we get new members enquiries and hope to continue growing Pickleball on the peninsula.

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

"If I have leftover food at a restaurant and the waiter asks, 'Do you want a box for that?' I always respond, 'I'm not much of a boxer, but I'll wrestle you for it!'

They never laugh."

L.A.C. PEDDLERS

2022 has started off well for the LAC Bike Group. The weather has been kind to us; not too hot, not too windy (Goldilocks weather!) and has attracted many of our riders to get out to enjoy the riding and socialising. With eased COVID restrictions we can ride in bigger groups, only requiring one leader.

In addition to our normal program, a couple of activities are planned for the first half of the year. The first event will be a BBQ lunch to held at Rob and Annis Ballard's home on Thursday 10th February, after the morning ride. This event will serve both as a start of the year get-together, and as a fund raiser for Relay for Life for Cancer Research. The second planned event will be a week of riding at Maryborough (Victoria) in May. Three days of rides around the Maryborough district, on quiet country roads and bush tracks will give give our riders both a change of scenery and a chance to get to know their fellow members better as they stay in cabins or caravans at the Maryborough Caravan Park.

P.S. The Fund raiser day was a great success with a total of 38 attended and a sum of \$850 raised to go to research into rare cancers through Relay for Life.

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

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.

Having said that we did have a trip to Port Fairy organised by our past convenor Heather Redding who rounded up helpers like a champion and presented us with a caravan trip to be proud of.

Monday was Bocce ,morning tea, Happy Hour then Night out at Star of the West . Helpers Les and Jenny Purdy
Tuesday was Bocce, Morning Tea, Car Trial, Mini Golf and Happy Hr.

Helpers Les Phil Warburton Ron Crees

Wednesday was Bocce Morning tea, Free time, Happy Hr and then the Best BBQ in ten streets in the Shearwater Room with a charge of \$10 per person and a Menu to die for. This was on a par with the 5 loaves and 2 fishes how you could do it for the money. Many Helpers

Thursday Bocce Morning Tea was pancakes in the Shearwater Room provided by the Caravan Park owners, Happy Hour and Presentation night with music by Travelling Kenneadys + Wandering Scotsmen with dress up by all.....Jim



Convenor Vacancy



All above pictures from Port Fairy where a great time was had by all. Thanks Heather.

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

Convener: Ken Bolton 0425849419

If you're American when you go in the bathroom...
... and American when you come out, what are you in
the bathroom?

European.

TRADING TABLE

We are getting back to having a Trading table each week. Items are needed again now and are much appreciated. As you know, the money from the trading table goes to help supply your tea coffee milk sugar etc.

Thanking you all for your support Buying and Donating.

Convener: **Val Kenneady** 0427345732

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

Convener: **June Charleston** 0418991073

DINE OUTS Last Wednesday of each month.

In the end we decided the January dineout was not viable due to the club just starting up and very little time to organise it. So we went to the Shell club in February. Although the food was ok, the service was very hit and miss which was best illustrated by two of our diners not receiving their order at all. At least a refund was made and a second attempt offered but only taken by one. The March dineout will be hosted by Val Kenneady while Lyn has a short break in Avoca.

Proposed venues Next Year are:-

Wednesday, April 27th. 5.30 pm
Great Western
177 Aberdeen St,
Newtown

Wednesday, May 25th. 5.30 pm
Jokers on Ryrie
211 Ryrie St,
Geelong

Wednesday, June 29th. 6.00 pm
Cremorne Hotel
336 Pakington St,
Newtown

Convener: **Lyn Hansen** 0438811410

What is Forrest Gump's email password?
lforrest1.

WINE APPRECIATION

1st. Monday of the month
2pm. At a members home. cost \$5

The wine appreciation group has continued on each month and is going very well with a happy friendly group. So much so that the March meeting was substituted with a four day trip to the Avoca wine region staying at the Summerfield winery and visiting others in the region. Report will be in next issue.

Convener: **Philip Warburton** 0417 056368

LifeActivities Club-Geelong Inc.

CANCER DAY
BIGGEST MORNING TEA
TO BE HELD ON
WEDNESDAY
20th APRIL, 2022

Heather Redding & her helpers will be hosting the day.

A raffle will start on the
23rd March, tickets are
3 for \$5.

A small plate of sweet or savoury would be greatly appreciated for morning tea.

Donations of goods, groceries etc for raffle would be great.

A box for donations will be placed at hall entrance in the weeks prior.

Bringing a friend along would be most welcome.

Please support this great cause.



*Everyone at Port
Fairy had their own
favourite way*

CALENDAR OF EVENTS—LIFE ACTIVITIES CLUB-GEELONG Inc.

as at 23th. March 2022

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

Every Monday	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 \$6.00
	Golf	Balyang Par 3 Golf Course 9:15am.
	Pickleball	10:15 till 12:15 pm. at Memorial Hall The Avenue, Ocean Grove
First Monday	Wine Appreciation	2 to ~4pm . Location at various attendees house by agreement. Cost \$5 ea.
Every Tuesday	Pickleball	8:00 till 10:00 am. at Memorial Hall The Avenue, Ocean Grove
	Walk & Talk	10:00 am from the Balyang Sanctuary
	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 \$6.00
	Exercise Class	LACG Club Rooms 12:00 to 1:00 pm Cost: \$5.00
Every Wednesday	Walk & Talk	9:30 am from the Balyang Sanctuary
	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
Third Wednesday	BYO Lunch	After Bocce at the Club Rooms
Last Wednesday	Dine Out	Watch the notice board or Weekly Update for selected venues
Each Thursday	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 Cost: \$5.00
	Exercise Class	12:00 – 1:00 pm at LACG Club Rooms Cost: \$5.00
	Arvo Tea Dance	1:30 - 2:00 Walk Through Lessons if required
	Arvo Tea Dance	2:00 to 4:00 pm at LACG Club Rooms Cost: \$5.00
Every Friday	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
2nd Friday	Out to Lunch	For times and venues watch notice boards and Weekly Updates
Every Saturday	Cycling – Pedallers	Local ride departs 9.30am from LACG Clubrooms.
	Cycling (Easy Ride)	9:30 am (from LACG Clubrooms)
Every Sunday	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