

# 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 July 2022

### *From the President's desk*



Hello LAC members. We now find ourselves in the grip of really cold weather and, if your memory is like mine, it seems to be colder than we have experienced in previous years, this early in the piece.

But who knows, we grow older and our memory becomes a bit faulty, much as we may try to deny it.

But we have to be grateful for warm clothing, homes and even holidays in warmer states, to keep us going. And there is something cosy about closing down earlier and enjoying our warm heaters, because going for a walk in the dark and cold is not appealing.

Until recently we were able to have a game of Bocce each Wednesday morning, but the last few weeks it has been too wet to do this, so instead we enjoy a game of Hookey inside – two teams compete against each other for a bit of fun, under Les Hannah's encouragement and direction.

This also serves to give us the experience of learning another activity and is a bit of exercise for us.

With this activity we have to hone our skills in working out how to throw a rubber ring at a distance towards a board with a number of hooks on it. We have all found out how hard it is to judge just what effort we have to put in to get that ring to land on, and stay put, on one of the hooks. We also enjoy a cup of tea and a chat together and, on 15<sup>th</sup>. June we also took our lunches and sat together to chat and eat after playing Hookey.

And for those of you who have not spent much time at the Club Rooms, there are a number of tables with games of cards played after Hookey. You may like to join us. We would welcome you.

So, until next time – stay warm and well.

*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
CONVENERS' DELEGATE <b>Martin Taylor</b>	0492994916	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	OUT TO LUNCH <b>Eileen Roberts</b>	0420387430
BOCCE <b>Les Hannah</b>	0408383721	SCRABBLE <b>Betty Clark</b>	0414730427
CHINA PAINTING <b>Lynette Kent</b>	0408564716	SOFT TENNIS OCEAN GROVE AREA <b>Jeanette Hollow</b>	5256 1633
CARDS <b>Rene Watts</b>	0417569476	WINE APPRECIATION <b>Phil Warburton</b>	0417 056368
CARE & TRADING TABLE <b>Val Kenneady</b>	0427345732	KEEP FIT AEROBICS (Low Impact) <b>Jill Crilley</b>	5244 0505
CYCLING <b>Rob Ballard</b> <b>Andrew Broadfoot</b>	0412308166 0429436249	CARAVANNING <b>Vacant</b>	
GOLF – BALLYANG PAR 3 <b>Ron Crees</b>	0400062224	TABLE TENNIS <b>Ken Bolton</b>	0425849419
EXERCISE PROGRAM <b>Martin Taylor</b>	0492994916	TUE. & WED. WALK & TALK <b>June Charleston</b>	0418991073
CINEMA /Shows <b>Sue Page</b>	0448714134	NEW ACTIVITY YOU NAME IT <b>Your Name</b>	TBA



### Membership Fees 2022-2023

The club membership fee for the current year remains unchanged.

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

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

Historians in Ireland have discovered what they believe to be the headstone of the worlds oldest ever living man.

He was 193 and his name was Miles from Dublin



## NEW MEMBERS

Amy Mann  
Dee Chandler  
Eddie Drzewucki  
Lindsay Cole  
Noel Whitford  
Mel White  
Lindy Kerr  
Karen House  
Lorraine Frowd

Janice Nation  
Sandy Gray  
Graeme Tonkin  
Elizabeth O'Brien  
Michael Kemerer  
Helen Valack  
Alison Hultgren  
John Szulc

## ACTIVITY GROUP REPORTS

### CARDS Wednesday after Bocce

Card players have continued to enjoy Wednesday afternoons with the 500 game and the Hand and Foot game. New players always welcome so if you fancy a friendly game of cards come and join us. New games such as "Oh Hell" may be worth a try. If you can play it grab some friends together and start a new table.

**Convener: Rene Watts 0417569476**

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

We continue to have a very enjoyable social afternoon of dancing, talking and eating. Our Music has been great provided by Ron Medson and Kevin Smith. We thank these two for their time and their company. Unfortunately, we have a few unwell dancers. We wish them well and hope to see them back with us very soon. Thank you to the dancers for your company each week.

A small plate of afternoon tea is appreciated.

Membership Fees need to be paid before 30th June 2022.  
\$30 Members \$35 New Members.

*Happy Dancing*

**Convener: Val Penfold 5251 3529**

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

With Lynette recovering from injuries china painting is suspended till further notice.

**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

In the absence of Convenor Martin Taylor who is enjoying family time in Ireland. Mandy runs a great class and we do a lot of different exercises, weights, all over the body exercises for different reasons to help us keep fit and limber. Some weeks we are all sore and sorry for ourselves after a workout and some complain during class doing certain exercises but we all turn up for another go.

Thanks Mandy for your continuous support to keeping us fit, we all appreciate what you do for us even if we do complain at times.

From a very happy fit Exerciser.

**Convener: Martin Taylor 5243 7605**

### BOCCE

Firstly, a big thank you to Ron K, and Alan and their many helpers who have kept Bocce going in my absence. The same goes to Lynette prior to her hospitalisation. This has been no easy task due to the playing area being reduced by the COVID testing crew. Players average score is 26 to 30 each week but with Winter weather here, we may have to substitute playing Hookey more often.

**Convener: Les Hannah 0408383721**

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

Mahjong is currently inactive pending a new convenor 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

Out to Lunch has been going very well with high teens attending and good meals and service.  
The next few venues are:-

- July 8<sup>th</sup>. Great Western Hotel  
177 Aberdeen Street, Newtown.
- August 12<sup>th</sup>. Buckley's  
54 Fellmongers Road, Breakwater.
- September 9<sup>th</sup>. Cremorne Hotel  
336 Pakington Street, Newtown

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

## CARE

We have quite a few unwell members, some who have been or are in-hospital. Lynette Kent's hospital treatment was finally sorted and she was moved to the White Haven nursing home on the ninth of June for rehabilitation.

Brenda Henry had a fall resulting in a broken hip and remains in care. We hope both of your recoveries will be quicker than anticipated.

Caring thoughts and love to you all.

Winter is here, stay warm, the flu seems to be a very bad one this year.

Convener: **Val Keneady** 0427345732

## 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. However we did have two weeks away while the owner had a holiday in Queensland. Some still walk the tracks and a lot just walk the carpark but all are enjoying the company and a coffee for an hour or so. Winter will test the remaining walkers but the Cafe is warm if you know the right spot.

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

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

Only 5 or 6 hardy souls regularly play on Mondays. Birdies are very scarce, however it is pleasing to see the groupies who come for coffee and a chat still make it worth coming to the Golf Club and enjoying the day.

Convener: **Ron Creeves** 0400062224

## 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

Hello from the sunny Gold Coast where we are testing out the courts for the Pan Pacific games held in November this year. Twelve of our members from Ocean Grove Pickleball will attend this year so we are really looking forward to participating.

Every Tuesday, those attending meet to practise and prepare for the games at Memorial Hall. Numbers are still



*A gathering of Pickleballers.*

*Looks like they have fun, and who wouldn't with those fancy bats*

growing at the club and we are petitioning the council to organise outdoor courts for us to use in Ocean Grove. Ideally we would love a bigger facility to accommodate our growing numbers and have been engaged in the Ocean Grove Sporting Infrastructure Plan so that in the future Pickleball will be included. We are operating 6 days a week and the club continues to grow. **Convenors Terry and Fran Kealey 0408556697.**

## OCEAN GROVE SOFT TENNIS

We have enjoyed going to Bannockburn to play, they are the only other Soft Tennis Team to play against, great day had by all.

We are having Xmas in July at Clifton Springs Golf Club, just great to get social with everyone.

Convener: **Jeanette Hollow** 5256 1633

**The older I get, the earlier it gets late.**

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

We are only a small group but still have an enjoyable time in the hall after bocce on Wednesdays feel free to come and join us. You don't have to know the meaning of words you use. You can look up in the book for a word to use and if it's on the list or in the book you can use it.

Here is a word game you can try

A		I		E
	O		E	
P		I		T
	O		S	
E		T		R

Insert the missing letters to make 10 words – five reading across the grid and five reading down.

**NOTE:** more than one solution may be possible

Answer  
on page  
6

Convener: **Betty Clark** 0414730427

**LACG WANDERERS**  
**CARAVAN and CABINERS GROUP**

We are still looking for a convenor but have been lucky to have someone step in now and again to get in a trip. Ken MacMillan has volunteered to organise the next one. It is in October from Sunday 9<sup>th</sup>. To Friday 14<sup>th</sup>. The Venue is at the BIG4 Ballarat Windmill Holiday Park and promises to be a good one.

Their phone number is 1800 256 633

Book in yourself mentioning Life Activities Geelong and also put your name on the list on the noticeboard or advise Ken. On 0423490271



**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

Convener: **Ken Bolton** 0425849419

For maximum attention, nothing beats a good mistake.

**L.A.C. PEDALLERS**

The LAC Bike Group, Pedallers and Easy Riders, have enjoyed the relatively barmy autumn weather of late, attracting good numbers to their rides. Numbers riding have remained stable.

Why two sub groups? The LAC bike riders split into two main groups; The Pedallers and the Easy Riders. The Easy Riders, as the name suggests, ride fairly short distances at an easy pace; the Pedallers ride greater distances and at a faster pace. To further allow for differences in fitness and abilities within the riders in the Pedallers group many of the Pedaller's rides incorporate a shorter option. Riders can and do swap between the groups at times. Both groups normally start at the Grey Room at 9:30 on Tuesdays, Thursdays and Saturdays. A full program of rides for the coming month(s) is published and made available to all. New riders always welcome.

A highlight of the last few months has been our week of riding in Maryborough (Victoria!!). 21 members and their partners enjoyed picturesque Maryborough, Dunolly, Avoca and surrounds staying in caravans or cabins at the Maryborough Caravan Park. We had four days of riding around this historic area, capably led by Zdenka Spacil and her offsider Elizabeth Brown. Zdenka and Elizabeth had carefully scouted out the area and knew exactly which track to take when faced with tracks running every which way through the lightly forested countryside, and where the best places to get coffees and lunches were. We had cold mornings but sunny days with no wind, perfect conditions for riding. We shared good times with communal meals in the camp kitchen and meals out at the historic Bull and Mouth Hotel in Maryborough.

Cheers

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



*Pedallers dressed like they mean business on their recent Maryborough ride*



## TRADING TABLE

We have had a few very good days at the trading table. Thank you for the lovely items donated especially from my daughter's, and friends from Barwarre Gardens Retirement Village including from one who recently lost her mum and gave so much to our club. I told her we would donate any unsold goods to LIFELINE, some of which have already been given.

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.

Thanks to Val Kenneady for Hosting the March Dineout at Waurn Ponds Hotel while Lyn was away with the Wine appreciation group. The dinner was a great success . Since then we have been to Buckleys and are looking forward to Jokers on Ryrie while this issue is at the Printers.

Proposed venues Next Quarter are:-

Wednesday, July 27<sup>th</sup>. 6.00 pm  
**Cremorne Hotel**  
336 Pakington St,  
Newtown

Wednesday, August 31<sup>st</sup>. 6.00 pm  
**Oppy's Bistro - The Norlane Hotel**  
2-8 Princess Hwy  
Norlane

Wednesday, September 28<sup>th</sup>. 6.00 pm  
**The Commo (Commun na Feinne)**  
209 Bellerine St,  
Geelong

Convener: **Lyn Hansen** 0438811410

Politicians and diapers have one thing in common. They should both be changed regularly, and for the same reason.



*Dineout at Buckleys was a cosy Nook just right for us and was a great night.*

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

We have had a good start to this year compared to the last couple of years with COVID-19 interruptions causing general mayhem. Hopefully that is all behind us now with only individuals being isolated.

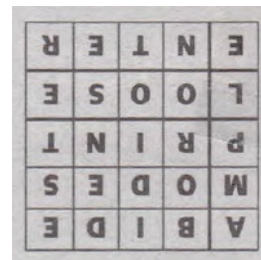
Our trip away which has been postponed a couple of times finally went ahead 29 th. - 31st. March.

Our accommodation at the Summerfield Winery, Moonambel (near Avoca) proved to be a popular choice with all. This provided an ideal base for our activities (wine tasting at various wineries, shopping trip for some of the ladies to Maldon, local sightseeing, evening meals together etc.)

We continue to meet at various members houses on the first Monday of the month at 2pm where we sample, taste, comment and appreciate a variety of wines. Anybody who would like to participate or try our group out to see if it is to their liking is welcome to get in touch with the convener who will make every attempt to make you welcome.

Convener: **Philip Warburton** 0417 056368

Answer to  
Scrabble area  
word Puzzle



1 in 5 people in the world are Chinese. There are 5 people in my family, so it must be one of them. It's either my mum or my dad. Or my older brother Colin. Or my younger brother Ho-Cha-Chu. But I think it's Colin.

**NOTICE OF THE 14<sup>th</sup> ANNUAL GENERAL MEETING**

**LIFE ACTIVITIES CLUB - GEELONG INC.**

**Venue :- BELMONT PARK PAVILION,**

**Date & Time:- WEDNESDAY, AUGUST 3<sup>rd</sup>. 2022 AT 12.15 PM**

At the AGM, elections will be held to fill the Club Officers and Ordinary Committee Member positions, as follows:-

**President, Vice- President, Treasurer, Secretary, Newsletter Editor, Membership Secretary, and up to seven Ordinary Members of Committee .**

Business to be conducted at the Meeting :-

1. Confirm the minutes of the 13<sup>th</sup> A.G.M. held on November 3<sup>rd</sup>. 2021 (On Line)
2. To receive President and Treasurer's Reports.
3. To elect Officers and Ordinary Members of the Committee.
4. Appointment of an Auditor
5. Any special business of which notice has been given in accordance with the Rules of the Club.

The AUGUST GENERAL MEETING will follow immediately after the A.G.M.

---

**Life Activities Club-Geelong Inc.**

Regn. No. A0052175P

**Nomination Form for 2022 / 2023 Committee**

We, the undersigned, being financial members of the Life Activities Club-Geelong Inc.

**Hereby nominate.....(All Printed Names)**

**For the Position of.....**

**Nominated by.....Seconded by.....**

I hereby accept the nomination for the above position and declare that I am not insolvent.

**Signature.....**

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

as at 23<sup>th</sup>. June 2022

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	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 <b>\$6.00</b>
	Exercise Class	LACG Club Rooms 12:00 to 1:00 pm <b>Cost: \$5.00</b>
<b>Every Wednesday</b>	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
<b>Third Wednesday</b>	BYO Lunch	After Bocce at the Club Rooms
<b>Last Wednesday</b>	Dine Out	Watch the notice board or Weekly Update 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 Cost: <b>\$5.00</b>
	Exercise Class	12:00 – 1:00 pm at LACG Club Rooms Cost: <b>\$5.00</b>
	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: <b>\$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 Weekly Updates
<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**