

Life Activities Club-Geelong Inc.

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Club Phone. 0409233430

President: Ken MacMillan
Patron: Pat Murnane

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

Newsletter September 2022

From the President's desk



Hi, all Geelong LAC members to my first newsletter as President.

It has been an interesting couple of months since I started taking on some roles as President. First, we had the hugely successful Christmas in July. on the 20th . Everyone I spoke to really enjoyed themselves. The tables were beautifully laid out thanks to June Warburton and all of her helpers. The food was great, as was the music which was supplied by Ron Medson from the Arvo-Tea Dance group. The lucky ticket prizes were also a hit.

Santa made an appearance, accompanied by a bagpiper and a drummer. All in all, a great social event for the club. We had another social event on the 17th. August, a soup and roll day, which was also very popular. It was just what we needed given the cold weather that we have had. It tasted beautiful, and there was plenty of it.

Again, thanks to our wonderful cooks and kitchen helpers.

On the subject of weather, I think we have had one of the coldest, wettest Winters for a long time (or maybe I am getting old). There was one day where our fingers almost froze on to the bocce balls, and many said it was the coldest day that they had ever played bocce.

Our next social event was on the 19th. September, our AFL Grand Final lunch, With pies and hot dogs on the menu (that's meat pies, not Collingwood players). All hoping that Geelong was in the final, and victors of course.

I hope you are all well, that you have fully recovered from Covid, the flu etc. And are right back into your various activities.

Cheers,

Ken MacMillan.

OFFICE BEARERS

President:	Ken MacMillan	president@lacg.com.au	0423490271
V-President:	Martin Taylor	vicepres@lacg.com.au	0492994916
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 Keneady	0427345732
Heather Redding	0408572822
Barney Dewit	0438831943
Mip Pugh	0413306433
Lyn Hansen	0438811410

CONVENORS & ASSISTANTS

Activity	Phone	Activity	Phone
CONVENORS' DELEGATE Martin Taylor	0492994916	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 Rene Watts	0417569476	WINE APPRECIATION Phil Warburton	0417 056368
CARE & TRADING TABLE Val Keneady	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 Vacant	
CINEMA /Shows Suzanne Page	0448714134	NEW ACTIVITY YOU NAME IT Your Name	TBA



*Winner of the ladies Best Costume at the "Footy Pie day"
Denise Oliveri with Judge June Warburton who may have been a bit of competition herself.*



Convenors meeting voting in favour of something Val didn't like it seems

NEW MEMBERS

James Hayes
Grace Withington
Peter Szerwinski
Marie Szerwinski
Meleah Zanos
Mary O'Meara
Mal Mill
John Holman
Pam Le Deux
Ian Bishop
Pete Smith
Andrew Georgiou
Eleanor Michie
Ken Dempsey
Susie Struth
Bernard Costa
Lou Preston
Helen Hannan

Merryl Arnold
Heather Adamson
Jeanette Lewis
Brooke Greenhalgh
Carmel Greenhalgh
Murray Mitchelhill
Bev Gray
Ange West
Kath Flemming
Jean Lonsdale
Ken Jolly
Ange Gleeson
Tina Price
Bella Robinson
Michelle Sharp
Barbara Hudson
Gabrielle Murphy
Suzanne Prosser

MEMBERS DECEASED

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

Maggie Bolton, Beth Neyland, June Minchin.

*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 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.

Convener: Rene Watts 0417569476



Looks like fun is Trumps at the 500 game card table.

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

1. Great Music to dance to [Thanks Ron]
2. Wonderful company
3. Yummy Afternoon Tea
4. Five Lucky Door Prizes each week to be won.

These are some wonderful reasons to come and enjoy our Arvo Tea Dance.

Many thanks to Ron Medson [Musicman] Ron Crees [Doorman] Also to Bryce, Mip and Ron for their great help setting up each week, and to all our wonderful helpers each week. Also to everybody who comes along and makes our Dance so enjoyable.

Our Christmas Breakup Dance will be on Thursday 15th December, 2022 from 1.30pm to 4 pm.

Happy Dancing

Convener: Val Penfold 5251 3529

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

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

Convener: Lynette Kent 0408564716

EXERCISE CLASS Club Room – Grey Building Cost:- \$5.00 Tuesday 12:00 pm & Thursday 12:00 pm

Exercise classes with instructor Mandi Cole are a great way to improve personal fitness and mobility. Classes start promptly at noon Tuesday and Thursday. If returning after an absence arrive early to update Mandi.

Convener: Martin Taylor 5243 7605

BOCCE

Having missed 5 weeks due to rain, Winter has now passed and hopefully the weather will improve and enable us to complete the year without further interruptions. Many thanks to all of the helpers in setting up or packing away the equipment each week.

Our luncheon and presentation of trophies will be held in the club rooms on Wednesday the 30th of November at Noon.

Convener: Les Hannah 0408383721

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

Mahjong is still 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.

Convenor: Vacant

KEEP FIT AEROBICS
Low Impact
Tuesdays 10:30 am till 11:15am
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.

Convenor: Jill Crilly 52440505

OUT TO LUNCH
2nd. Friday

Our numbers for lunch are remaining in the high teens and everyone seems to be enjoying chatting over lunch. Everyone is welcome to join us

14th of October - Shell Club Corio
11th of November - Peckish Ballarat road

Because there would only be 2 days between the club Christmas party and Out To Lunch we will **not** have a lunch on the **9th of December.**

Thank you to all members who have supported our lunch program this year and hope to see you next year too

Convenor: Eileen Roberts ... 0420387430



All the toilets in Geelong 's police stations have been stolen. The police have nothing to go on

CARE

We have still been getting a few in hospital but glad to know they are home and recovering well now. Unfortunately we have also had some members pass away Maggie Bolton, Beth Neyland and June Minchin.

We send love and sympathy to their family and friends. Hoping everyone who loves football is enjoying the finals and you are not getting too stressed out with the closest of each game.

Convenor: Val Kenneady 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. A few 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 has now passed and the Cafe is still the right spot for a Friday gathering with friends.

Convenor: Rene Watts. ph. 0417569476

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

As the weather is getting warmer, numbers are getting higher. From a low of two , three or four players we are averaging 8, 10, 12 players. Of course there are many coffee groupies. Highlight of the past 2 months was the magnificent hole-in-one at the second hole on the 22nd August by our newly elected president Ken MacMillan. Witnessed by yours truly and Don Saunders.

Convenor: Ron Creees 0400062224



Ken being presented with his Hole in One Trophy

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 is going well, although a number of members have taken advantage of the warmer weather up north and have absconded. A dozen of our members are preparing for the Bellarine tournament in October in Drysdale, with over one hundred entrants and also for the Pan Pacific Games on the Gold Coast in November. We now have two outdoor courts marked up by the GCC this week, so as the weather improves we can enjoy sunshine and Pickleball. Below is a photo of the courts at Surfside, Ocean Grove and a very happy Terry Kealey, who worked over the last 18 months to secure these courts.



Convenors **Terry and Fran Kealey** 0408556697.

OCEAN GROVE SOFT TENNIS

No news as usual for Ocean Grove Soft Tennis, but we do have a new member which is good news..

Convener: **Jeanette Hollow** 5256 1633

SCRABBLE
Every Wednesday
12 noon at LAC Rooms
Observers Welcome

Convener: **Betty Clark** 0414730427

LACG WANDERERS CARAVAN and CABINERS GROUP

As was mentioned in the last newsletter, the LAC Caravan Group is having our next trip to Big4 Ballarat Windmill Holiday Park.

The trip is from Sunday October 9th. to Friday October 14th. 2022.

Unfortunately there are no more cabins available, but there are still powered sites free.

Please ring the Holiday Park directly to book, on :- 1800256633.

Ring me on :- 0423490271 after you have booked, so I can add you to my list.

For all those that are going, the theme is "RED", so bring some red to wear on the last day

Cheers
 Ken MacMillan

Convener Vacancy

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

Spring has arrived so why not get out and enjoy two hours of table tennis for \$6. Lots of fun to be had, win or lose doesn't matter, but the exercise is paramount. Bats and balls supplied so come along any Monday 1 till 3pm Table Tennis Centre church Street Geelong West

Convener: **Ken Bolton** 0425849419

TRADING TABLE

Thank you to those who have brought goods to the trading table. We were getting very sparse on the table but with a new lot of things donated we have had a very good lot of sales. We can still use more and thank you in anticipation

Convener: **Val Kenneady** 0427345732

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

Convener: Vacant

L.A.C. PEDALLERS

Our cold wintry weather has affected attendance for the weekly bike rides that then LAC Bike Group conducts but nevertheless Tuesday, Thursdays and Saturdays finds dedicated riders out enjoying their riding and each other's company. Quite a few rides have been cancelled or shortened because of the weather. With the coming of warmer weather this magpie, sorry Spring season we would anticipate more pleasant riding conditions and a return to our normal numbers.

Earlier in September over 30 riders crammed around the outside table at Moorabool Valley Chocolates to help Elizabeth Brown celebrate her 90th birthday. Elizabeth is an inspiration to all; she is riding just as well, and as far as she has ever has in her 30 plus years of riding with the LAC Bike Group. Elizabeth was one of the founding members of our bike group and it is good to see that she is still enjoying her riding after these many years. Gives hope for all of us.

Vale June Minchin. June passed away peacefully last month after a long illness. June rode with the LAC Bike Group for many years; she was a regular mid-week rider plus she and Tony participated in many of our longer group rides, both within Victoria and overseas. June loved her bike riding. Always a strong rider, she was fun to ride with and added greatly to the enjoyment of the group with her ready smile and laugh.

Our sincere condolences to Tony Minchin and family on the death of June.

Cheers

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



Elizabeth Brown holding 90th birthday card from Pedallers

DINE OUTS Last Wednesday of each month.

Dineouts remain one of the highlights of the month for a lot of members and we continue to enjoy the different venues around town. Numbers were down a bit at Oppys as August is always a bit cold but numbers bounced back for the COMMO and a lot of different menu choices were made, always a good sign of a good menu. The whole snapper looked great as did the seafood Paella and the home made pie was also popular.

Proposed venues to end the year are:-

Wednesday, October 26th. 6.00 pm

St George Hotel

212 Pakington St,
Geelong West

Wednesday, November 30th. 6.00 pm

The Yardz

77 Church St.
Geelong West

The month of December is already full with Xmas

Convener: Lyn Hansen 0438811410



All ready for dinner at the COMMO

Cinema / Theatre Various times see Notices

Our first outing for 2022 with a new convener Suzanne Page was at Reading cinema the film was *A Ticket To Paradise*. This starred George Clooney and Julia Roberts. There was mixed feedback about their screen matchup and the film. Nine club members attended. It was an enjoyable time spent with afternoon tea to follow-up at The Groove Train next door.

Convener: Suzanne Page 0448714134

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

We continue to meet at various members houses on the 1st 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 this activity is to their liking is welcome to get in touch with the convenor who will make every attempt to make you welcome.

Of note is our upcoming November meeting. This will be held 1:30 on Tuesday November 8th at the clubrooms. The reason behind this is we have a guest speaker; he has many years of experience in the wine industry and has kindly offered to share some of his knowledge and experience with us. This is a great opportunity for any club members to come along and experience some friendly chat, listen to a guest speaker, some nibbles and wine tasting. The event will have a flyer up on notice board next month (October) with more information.

Philip Warburton

Convener: **Philip Warburton** 0417 056368



The wine group was decimated in July by Covid and other AWOLs but the show must go on.

Xmas in July held 20th July in clubrooms
(for those who missed it)

The tables were set up with white tablecloths, and a red, green & silver theme. The stage was decked out with a Christmas tree, moose and greenery. The hall looked like Christmas had arrived.

The main meal was supplied by Ripper Roast: Roast pork, beef & chicken, all the condiments to go with it, Idaho potatoes, peas, carrots, pumpkin & cauliflower in white sauce. The meals were served by a wonderful team of LAC girls.

Dessert followed, what a treat, plum pudding, trifle, pavlova, fruit salad & mixed berry compote, all made & donated by club members. Seconds were allowed, yum.

We had lucky door prizes, meat raffle & lucky ticket prizes. Ken MacMillan was MC for the afternoon, music

was supplied by Ron Medson who played carols during lunch till it was time for dancing. There was a dancing display by Brenda Fraser & Ron Medison. Brenda looked stunning in her red dress. It was great to see people up dancing & chatting happily at the tables.

Santa & his helper arrived in a fanfare of a bagpipe & drums. What an entrance! Santa went around all the tables and his helper handed out chocolates to everyone.

President Josie Weedon made a speech at the end of the day, thanking everyone for their help in setting up, etc. a special thanks was made to June Warburton for all her organisation & her husband Phil.

We look forward to next year's Christmas in July and wonder what will behold!

As you maybe all aware, this year we have been having organised Wednesday lunch days, all have proved very successful. We try to keep costs at a minimum, any profit we make goes into these lunch days, it could be lucky door prizes or lucky number prizes. We have been getting up to 40- 65 people attending. We have tried different lunches, Hot Baked Potatoes, Pie Day, Soup & Roll Day our last one for the year to be held on the 21 st September, Grand Final day (pies and hotdogs). We will continue these next year provided we have Committee approval. Anyone with a different lunch options, can ring the Secretary with their suggestions.

Pie Day held on the 25 th May, we had different types of pies and vegetarian & meat pasties, followed by plates of homemade slices, all slices were donated. We had 4 lucky number draws for lovely potted cyclamens.

Soup & Roll Lunch held on the 17 th August, We enjoyed homemade soups, Pumpkin, Chicken & Corn, and Pea & Ham, served with assorted breadrolls. All donated. Soup was followed by platters of cake & biscuits. We had 2 door prizes, a cheese plater and a box of chocolates.

Our next lunch day will be on the **21 st September**, Grand Final Lunch. We are having meat pies & hotdogs followed by a piece of dessert cake. There will be a prize for the best dressed football outfit or ribbons, a man & lady. We have got 51 on our list and by the time you read this the lunch will have happened.

I would like to thank all who have supported me in making these days happen with donations, setting up & cleaning up, all the kitchen helpers and last but not least all those who have attended to make these days so successful. I have enjoyed organising these days and look forward to doing them in the New Year.

We have 2 more functions before the end of the year, Melbourne Cup Day, Tuesday 1 st November & Christmas Break-up at Club Italia on Wednesday, 7 th December. Get your table together and join us for a fun time. More information will follow in the next few weeks.

June Warburton,
LACG Secretary

CALENDAR OF EVENTS—LIFE ACTIVITIES CLUB-GEELONG Inc.

as at 23th. September 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 in recess
	Keep Fit Aerobics	10:30 am till 11:15 LACG Club Rooms Cost: \$5.00
	Exercise Class	LACG Club Rooms 12:00 to 1:00 pm Cost: \$5.00
Every Wednesday	Walk & Talk	Awaiting convenor
	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

There is a monthly matinee cinema and occasional theatre outing arranged to suit show times and attendee preferences 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