

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 November 2022

From the President's desk



Hi all Geelong Life Activities Club Members, welcome to my final report for 2022.

It has been an interesting couple of months since my last report. Firstly, we had our AFL Grand Final lunch which was very successful thanks to the hard work of some of our members, and of course Geelong won the Grand Final.

And just recently, we had our annual Melbourne Cup Day event, which I believe was also very successful and well attended, as was our AFL Grand Final Lunch.

This brings me to a relevant issue regarding attendance at Geelong LAC functions. All our 300 or so Members are encouraged to attend our functions whether they be the Christmas in July, AFL Grand Final lunch, Melbourne Cup Day, and our big Christmas Break up (which will be at the Club Italia this year) or one of a number of other events such as the Potato Day, Soup and Roll Day.

But most importantly I would encourage Members from all our Activity Groups to attend important events such as our AGM and General Meetings.

While most of us are only interested in the one Activity that we participate In, we are all part of the one organisation, the Geelong Life Activities Club.

All our Office Bearers and Committee are drawn from a core group of About 40 or 50 members who regularly attend our Wednesday meetings.

For the longevity of the LAC, I would love to see some new faces on our Committee to bring their knowledge and experience plus new ideas.

I hope all of you have a wonderful Christmas and New Year with your families And please travel safely if going away. I look forward to hopefully catching Up with a lot of the Activity Groups next year.

Regards

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 Kenneady	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 Kenneady	0427345732	KEEP FIT AEROBICS (Low Impact) Jill Crilley	5244 0505
CYCLING Rob Ballard Andrew Broadfoot	0412308166 0429436249	CARAVANNING Heather Redding	0408572822
GOLF – BALYANG 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



The clubhouse was inaccessible due to floods more than once this spring.



Les Hannah cleaning up inside the storeroom while his helpers worked outside.

Dear Santa, This year all I ask is a Big Fat Bank Account and a Slim Body.
Please dont mix them up like you did last year

NEW MEMBERS

Angela Hoban	Maureen Reeves
Angie Gleeson	Alex Evans
Robyn Fitzpatrick	John Piazza
Jenni De Keyzer	Al Kymantas
Steve Lacey	Kerri Kymantas
Liz Daghish	Fiona Roberts
Wendy Thiedeman	Wendy Hamilton

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

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

Our LAC Arvo Tea Dance has had a wonderful year of Dancing, Chatting, Eating and having a great time. Our Thanks to Ron playing great music.

Our Christmas Breakup Dance is on Thursday 15th December.2022 from 1.30pm to 4pm. Kris Kringle Gift \$5 to swap

Our Dance resumes on Thursday 12th January.2023 from 2pm to 4pm.

Thanking you all for supporting Ron and me and making our Dance so much fun each week.

BBQ Lunch on 11th December, 2022 at Ron Medson's home, 180 Bayshore Avenue, Clifton Springs, 3222 from 12N to 4pm.

Wishing everybody a Happy and Safe and Healthy Christmas Break and a Happy New Year.

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 and will probably be around March.

Convener: **Lynette Kent** 0408564716

EXERCISE CLASS

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

Mandy's exercise class is having the Christmas breakup on the 13th of December and finishing up on the 15th of December. Compliments of the season to your family and friends, Mandy had athletics commitments through January. News on restart later.

Convener: **Martin Taylor** 5243 7605

BOCCE

At last, we were able to complete a reasonable season of Bocce. Even though we missed eight playing days due to rain and flooding, members who attended the club rooms were still awarded 20 points.

Many thanks to all who have helped setting up or packing away equipment throughout the year.

As there is no time to finalize trophy winners before publishing deadline, the list will appear in the next newsletter.

A Very Merry and Healthy festive season to you all

Convener: **Les Hannah** 0408383721



Hookey was played on the days Bocce was ruled out by the weather etc

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.

Convener: **Jill Crilly** 52440505

OUT TO LUNCH
2nd. Friday

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**. We can do something on 12th. January so check noticeboard or ring me. Thank you to all members who have supported our lunch program this year and hope to see you next year too. Have a Merry Christmas and Happy New Year.

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

CARE

another big Hello and Get Well wishes to those in hospital, recovering at home or being well looked after in nursing homes. It's been great to see some of you at our special days at club and trying to enjoy a little social life with us again.

Our love and sympathies go to all members and friends who have lost loved ones in the last few weeks. I know there has been quite a few, and I have sent cards from the club to let them know we are thinking of them.

Please let me know if you hear of any member or friend that needs a little card or kind words to be sent to them. I'm always ready if needed.

Convener: **Val Keneady** 0427345732

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

As you know we never stop walking, but we do have a Christmas breakup which will take place at Brenda's tree after coffee on Friday 16th December . Hopefully our Fairy will show up. BYO everything. Merry Christmas to All.....Rene

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

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

So far Golf has been flooded out then rained off. However, on Halloween six hardy souls braved the conditions which also included a pop-up water hazard.

One golfer managed to land his ball in it.

So I called out to him

“No paddling on the golf course”.

Convener: **Ron Crees** 0400062224

OCEAN GROVE SOFT TENNIS

Same old as usual we are going to 360 in Queenscliff for our Xmas break up, not much else happens at our club just a happy bunch of women playing what we love.

Convener: **Jeanette Hollow** 5256 1633

LACG WANDERERS
CARAVAN and CABINERS GROUP

Our next trip for the caravan and cabiners group will be down to Warnambool to the Big4 NRMA Riverside caravan park .It will be on the 19th march until the 24th .when you book you Must let them know that you are a member of the LAC geelong to get your discount. All members will get the same discount and it will be automatically taken off your account. Once you have made your booking please put your name on the list that will put up on the notice board as soon as possible. Once we are able to get back into the club rooms .our theme will be black and white. Our colour theme was such a success last time I decided to keep to colours. I would like to thank all that made our trip to Ballarat a success also to those that helped out in any way its much appreciated I do believe that any effort we ourselves put into these trips benefit each and every one of us .And of course the weather is something we cannot do anything about and that we have seen over the last few weeks.

NRMA caravan park number 55651327.

Wishing you all a very happy Christmas.

Heather



Conveners: **Heather and Peter Redding**
ph. 0408572822 or 52821921



Red was the popular dress at Ballarat Caravan trip

My wife treats me like a God - every evening
at dinner I get a burnt offering.

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

Lots of fun to be had, win or lose doesn't matter, and the exercise is good. 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

Owing to the floods we have lost quite a lot of our things donated to the trading table. We did save a small amount and with more donations given by you kind people it's looking much better. We are still looking for more and appreciate anything you would like to donate. The little we lost makes us realize how devastating it must be to lose your home, business, or animals and loved ones and it's still not over for them yet. Sending our love and prayers to all, and to our members and friends who have people they know in this unfortunate situation. Happy Christmas and may 2023 be a better one for us all. Also, a Big Thank You to Eileen and Jenny.

Convener: Val Kenneady 0427345732

L.A.C. PEDALLERS

2022 has been another successful year for the group. Despite at times inclement weather our numbers are still very strong. We have lost a few members over the year but these losses have been balanced by new riders joining the group. There have been a few noticeable changes over the last couple of years; the group are not riding as far, rides which involve transporting bikes to the start are not as popular and the emergence of ebikes in our ranks. These trends are in line with the fact that our members are getting older; we celebrated many 80 th birthdays this year, and even one 90 th birthday!

Highlights of the year included our week of riding at Maryborough and our social occasions not involving our bikes. We have had two well-attended barbeues at Rob and Annis Ballard's house, plus we have started a monthly dinner get-together program. These additional activities reinforce the social and supportive role of the group.

A very satisfying aspect of the year was the amount of money raised as a by-product of our social activities over the year and of our involvement in other cycling related programs. Combining monies raised at our social functions, our participation in Bicycle Network's Around the Bay in a Day event, and Strahan Olesen's fantastic efforts in gaining sponsorship for her riding in October, a

total of over \$5000 has been raised for Relay for Life (raising funds for rare cancer research) and Kid's Cancer Research.

Our Christmas breakup will be at the Leopold Sportsman Club on Thursday 15 th December. Names to Tom Riddell please. We are looking forward to better weather over the upcoming summer period and to a week of riding in north eastern Victoria in March.

Rob Ballard Co-Conveners: Andrew Broadfoot
0412308166 0429436249

DINE OUTS
Last Wednesday of each month.

Seems like we only got one dineout in since the last report and that was the St George Hotel in Packo. We were all on the one very long table and the meal and service were very acceptable and well priced.

Proposed venues to end the year are:-

Wednesday, November 30th. 6.00 pm
The Yardz
77 Church St.
Geelong West

The month of December is already full with Xmas

Wednesday, February 22nd. 6.00 pm
Wah Wah Gee
Cunningham Pier
10 Western Beach, Foreshore Rd, Geelong

March TBA next year.

Convener: Lyn Hansen 0438811410



The waitress took our picture at the St George

Wife to her husband:

"I told you I'll be back in five minutes, so why you are calling me every half an hour?"

Cinema / Theatre
Various times see Notices

The LACG will attend mainly films, with the occasional live show thrown in.
Members to purchase their own tickets.

Well ,the Cinema group kicked off with a matinee on Thurs.,Sept 22nd with 9 attendees.
We went to Reading cinema and seen “A Ticket to Paradise” .
We all went on to the Groove Train for afternoon tea.
There was mixed feedback on the film,but everyone seem to enjoy their outing overall .
Our next outing was Saturday night , Nov.,19th at 7pm. 21 members attended the live show with a 3- course dinner in WinChelsea at the Globe theatre.
The play was called “Tymely Manor”. This was a great night with a funny play and good food.
The last event for this group ,for the year will be within the next couple of weeks,when there will be another film , called “Mrs Harris goes to Paris”at Reading cinema .
Details will be on noticeboard ,

Suzanne Page. (Cinema convenor)

Convener: Suzanne Page 0448714134



Above two pictures show inside of Globe Theatre Winchelsea

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

Another year gone by (Wow don't they fly when you are having fun). No meetings or events cancelled this year due to COVID but some individuals had to take a sick day at times, but that is ok as we are very generous with the amount of sick days available to our members just so long as they get better.

We went on our 1st wine trip this year and judging on its appeal and success it won't be our last so keep an eye out for future trips.

We just completed our 1st special event at the clubhouse today 8th November. This was an open event to all with a guest speaker; Ian was a very informative speaker talking mainly on grape growing and harvesting during his career as vigneron. He has worked in a number of vineyards in both S.A. and Victoria and shared his knowledge freely with us. We now understand some of the complexities of producing the grapes which enable us to enjoy the finished product. This was a very successful afternoon and was enjoyed by all that attended, we had a wonderful time and will try to do something similar again next year.

Just a reminder to our regular attendees the Xmas do will be at Denice's on Monday December 5th.

A Merry and safe Christmas and a Happy New Year to you all.

Philip Warburton

Convener: Philip Warburton 0417 056368



The clubhouse as a wine lecture venue

**Little Mary is at her first wedding.
When it's over, she asks her mother, 'Why did the lady change her mind?'
'What do you mean?' asks mother.
'Well,' replies Mary.
'She went down the aisle with one man and came back with another.'**

The Year 2022

As the end of year is approaching fast, it is time to reflect on what has happened during the year.

Our lunch functions have been a huge success as well as Christmas in July. Our last one for the year was the Grand Final Lunch, pies and hot dogs followed by dessert cake. The theme songs for each team was played, the Geelong Cats' theme started the day off and was received with a roar. Tables were set with AFL balloons. Many people were dressed for the occasion in their team colours, the Cats colours were very popular and I wonder why. Well done to the Cats on their premiership win. As usual plenty of helpers to set up and clean up, helping in the kitchen. A big thank- you to all, without this support we wouldn't be as successful.

Hot Baked Potato Day, Pie Day, Soup & Roll day, Grand Final Day & Christmas in July will be on the calendar for next year, dates to be advised. Watch the board in 2023 for these functions, we appreciate your support & attendance. Our 1st one is planned for 29th March, 2023 but still needs to be advised.

Melbourne Cup Day ran by Les & June Hannah was a great day, bright colours were the order of the day. A very well organised day with groceries items for the race winners. Bright colour winners were Rene Watts, Lynette Kent, June Hannah, Paul Petersen, John Ward & Ron Kenneady.

Our final function for the year is the Christmas Break-up at the Club Italia on Wednesday 7th December. 2 course meal Members \$25 and \$38 for non Members. Get 8 of your activity group together to fill a table. List is up on the board for names and payment due by the 23rd November. Any enquiries, please contact Les Hannah 0408 383 721 or June Warburton 0409 233 430. Any donations of groceries or other items suitable for our raffle would be greatly appreciated, a basket is at the clubrooms each Wednesday. Hope to see you all there.

Last but not least a big thank you to all who have supported me in any way during the year, I appreciated it very much, without this support my job would be a lot harder.

We close the clubrooms on the 30th November, Aerobics, Exercise classes & Thursday Arvo Tea Dance will continue to the 15th December. The Clubrooms will reopen on Wednesday 1st February, 2023, Aerobics and Arvo tea dance & Out to Lunch will resume from Thursday 12th January. Exercise classes will open Thursday 2nd February

I wish you all a wonderful Christmas and healthy New Year, and look forward to seeing you all in the New Year.

June Warburton,
LACG Secretary

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 Club is going really well. Every week we are introducing new players to the club and we have most sessions at capacity now, with Sunday nights being a social night followed by drinks and nibbles.

We had 14 of our players attend the Pan Pacific Masters Games in November and had a great time. It was a good bonding experience and we were very lucky to collect ten medals ranging from gold, silver and bronze in different categories and age groups. Overall, it was a very successful trip and we are sure this is the beginning of many more.

Those who attended were Leanne McKenzie and Ken Myers, Kevin and Jan Ryan, Leigh Dunne, Sue Shannon, Danny Bodycoat, Lea and Roy Preece, Karen Shirley, Fiona Bond and Terry and Fran Kealey.

We are grateful for the support of Life Activities again this year and wish everyone a safe and Merry Christmas.

Yours in Pickleball,

Pickleball's break-up date- Friday 9th December, 6pm. But will be playing until 23rd. December, resuming January 2nd. and playing all through January.

Convenors **Terry and Fran Kealey** 0408556697.



Four of the medal winners at the Masters

Merry Christmas and Happy New Year from Jim

CALENDAR OF EVENTS—LIFE ACTIVITIES CLUB-GEELONG Inc.

as at 23th. November 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	In Recess
	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	0930 From Clubroom see Barney DeWitt
	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