

Life Activities Club-Geelong Inc.

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

President: Martin Taylor
Patron: Pat Murnane

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

Newsletter March 2023

From the President's desk



Hello LAC Members,

In mid-February, Ken MacMillan submitted an email advising his immediate resignation from the Presidency and other committee activities. On February 19th, an emergency committee meeting accepted Ken's resignation and voted to appoint Heather Redding to the vacant role of Vice President and myself as President for the period leading up to the AGM. Congratulations Heather.

It's appropriate to recognise Ken's work with LACVic which has opened up discussions regarding a possible growth path for the club. Thanks Ken.

While having your attention for a moment on other club matters; Secretary June has confirmed that she is not seeking to sit in the secretary's chair after A.G.M.. Thanks June, I greatly appreciated the support given me and I know that committee and club members too have appreciated your contributions.

Around the club:

During recent convenors meeting, it was heartening to hear convenors speaking of the positive things happening around sections of the club. The cycling group now have an attached "Coffee Group" for chat and recall of old times. Great idea.

The club has received a grant to replace flood damages to some of our storeroom equipment including Mandi Coles fitness aids, boxing gloves etc.

Look out for new COVID immunizations, another jab is available soon.

Watch the notice board for lots of other activities at the hall and another play and meal deal with the Winchelsea Rep Society on Nov 19, 2023.

Road safety message: It appears we have passed through the most of the floods, the massive rain falls, the fire, famine and weird temperatures events.

Let's keep our fingers crossed though, as you can never be sure what is happening next.

Take care on the roads while driving.

Cheers

A handwritten signature in blue ink that reads "Martin".

OFFICE BEARERS

President:	Martin Taylor	president@lacg.com.au	0492994916
V-President:	Heather Redding	vicepres@lacg.com.au	0408572822
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
Vacant	
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	WED. WALK & TALK Barney De Wit	0438831943
CINEMA /Shows Suzanne Page	0448714134	Tegnology Discussion Group Alex Evans	417557456



Club Christmas Lunch at Italian Club



New Years day Picnic at Balyang Sanctuary

Just got an Email telling me how to read maps backwards, turns out it was spam. (Thanks Fran)

NEW MEMBERS

Robyn Findlay	Yvonne Symons
Fleur Paul	Carmel Gove
Loretta Millen	Fran Murphy
Tony Fiteni	Astrid Hall
Katy Groves	Peter Hall
Julie Whelan	Kim Gerlach
Anne O'Callaghan	Robin Munro
Jeffrey Hamilton	Peter Daley
John Prowse	Robynn Daley
Claire Hoare	Annette Barlow
Sue Martin	Andrew Barlow
Allen Martin	Cherylynne Glynn
Anne Van Darren	Rich Glynn
Bill Van Darren	Will Cody
Xavier Corray	Helen Cody

ACTIVITY GROUP REPORTS

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

We have had a wonderful start to 2023 with just under 40 members each week happily dancing to Ron Medson playing great music for us to dance to. We welcome our new dancers as well as everybody who has supported our Dance for many years.

We were saddened to hear that our original Convenor Murray Oliver passed away recently. Deidre and Murray Oliver started this Arvo Tea Dance approx. 18 years ago at The Blue Room and we are so lucky we are still going with great attendances and having fun.

We have a happy and very enjoyable afternoon of dancing, making new friends and keeping fit so would love to see you there.

A small plate of afternoon tea is appreciated to share with everybody.

Happy Dancing

Convenor: **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

Convenor: **Lynette Kent** 0408564716

EXERCISE CLASS

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

Enjoy a visit to our LACG fitness class. Not sure if its something suitable for you? Arrive early and chat with Mandi. Its fun and visitors are always welcome

Convenor: **Martin Taylor** 5243 7605



Exercisers in action

BOCCE

Trophy winners for season 2022. where as follows:-

Lowest ladies score Angie Crees
Lowest gents score... Jim Watts.
Most improved player... Lynn Foreman
Highest ladies score..... Val Kenneady
Highest gent score.....Stan Harvey
John Wallace award...Stan Harvey

Season 2023 is well underway with high scores being recorded.

Plenty of vacancies for any member to take part on Wednesdays at 10:30 a.m.

Convenor: **Les Hannah** 0408383721



Ron looking good for a 5 in a circle

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

We had a great rollup at our lunch during the christmas break. It was great to have get together in the middle with friends and makes the gap till the clubroom opens a bit shorter. Everyone is welcome to attend the lunches on the 2nd Friday of each month. Check the noticeboard or the update in email. If you are still wondering ring me on 0420387430 for more information or to Book. Its also good to let me know if you are on the list and have to cancel as some of the venues get upset if they set up for people who dont show up.

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

CARE

Sorry to hear of some of our members being in hospital including myself, and some having falls. Most of them are home now, and hopefully on the road to recovery and back to the club soon.

Best wishes to those who are having operations soon.

We are sending our love and a speedy recovery to you all

Convener: **Val Kenneady** 0427345732

FRIDAY WALK AND TALK

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



Typical Friday Walk for the Mens section

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

GOLF Balyang Par 3 Golf Course

Mondays 9:15am.

Golf has picked up again in 2023 with 10-12 players playing regularly, and when the “Groupies” arrive for coffee we can have 16 funseekers sitting and chatting.

Convener: **Ron Crees** 0400062224

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



Card playing during Committee meeting moved the tables nearer the foyer

SCRABBLE

Every Wednesday

12 noon at LAC Rooms

Observers Welcome

Finally we are back playing SCRABBLE but we need more players. Please check us out after playing BOCCE on Wendsdays (12:00 till 2:00 pm.)

How many words can you find using the Highlighted middle Letter in every one and containg a mix of the other letters

C	H	C
A	Y	E
I	R	N

14 Good 18 Very Good 21 Excellent

Every Letter ? Come Join Us

Convener: **Betty Clark** 0414730427

OCEAN GROVE SOFT TENNIS

Same old story as usual , not much else happens at our club activity 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. The caravan park number is 55651327.

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 is on the notice board. Our colour theme was such a success last time I decided to keep to colours. Our theme will be black and white.

Heather

Convener: Heather and Peter Redding
ph. 0408572822 or 52821921



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

Since reopening after the break we have had a few great days on the trading table. Veggies are being donated and quite a variety of goods. We do appreciate what's being given and can still use more. It's been a bit light on due to the floods unfortunately having made quite a few of our goods unsuitable for the table.

Thank you again to the buyers and those that donate.

Convener: Val Keneady 0427345732

L.A.C. PEDALLERS

Over the years both cycle groups, Peddlars and Easy riders, have mullled into more than just those wishing to cycle, but more into social cycle groups were many friendships have been created with an ever increasing time spent over coffee. Functions for the cyclists and their spouses outside of cycling have been organised and well attended.

During the summer period when there have been a number of really hot days, official rides have been cancelled, but unofficial morning rides have been organised with 10 – 15 Peddlars generally turning up. With the aging membership so the Tuesday long rides are not proving as popular as they used to be but nonetheless 5-10 die hards regularly turn up. However, whenever coffee is within a 20 kms distance or so we are getting up to 25 cyclists with a large majority turning back after coffee. Likewise the number of electric bikes are ever increasing, we now have 5 in the group with some further under consideration.

In late March a group of around 20 are staying at the Discovery park lake Hume caravan park with a number of rides planned around the lake and in the surrounding area. Just prior to that event another member has organised a 3 day camp based in Porepunkah to enjoy the beautiful Ovens valley and the Wangaratta Bright rail trail.

In this period we have had seen 2 new members but our numbers have generally remained quite static.

Rob Ballard Co-Conveners: Andrew Broadfoot
0412308166 0429436249



Easy riders at a Coffee stop sending off Bill Ford

Q: Did you hear about the race between the lettuce and the tomato?

A: The lettuce was a "head" and the tomato was trying to "ketchup"!

DINE OUTS
Last Wednesday of each month.

The WAH WAH GEE outing in February our first for the year turned out to a bit of surprise. It was expected to be a Chinese menu but it turned out to be a bit of Korean, a bit of Thai, a bit of Indian with a smattering of Chinese and a hit of Japanese. This was good if your bit was there and fall back was Fish and Chips which was quite good. Unfortunately the venue was very noisy and the billing arrangement too complicated to think of making it a regular for us.

Proposed venues for next 3 months are:-

Wednesday, **March 29th**. 6.00 pm
Peckish
5 Ballarat Rd
North Geelong

Wednesday, **April 26th**. 6.00 pm
Davidson Restaurant
Cnr Fenwick & Little Malop Streets Geelong

Wednesday, **May 31st**. 6.00 pm
White Eagle House
46-48 Fellmongers Rd, Breakwater
Convener: **Lyn Hansen** 0438811410

Cinema / Theatre
Various times see Notices

The cinema and live shows have had pleasurable interest, so far. Members have other commitments, so I will keep the program flexible to only suggest the really good movies which should see us average about one every 8 weeks or so.. We have attended 2 x films and a live show with dinner. There was satisfactory numbers and everyone appeared to enjoy their outings, followed by coffee etc. We had 21 members attend the live show and dinner at the Globe theatre in Winchelsea in Nov, 2022. It was a lot of fun. This is an annual event, so I will certainly keep it in mind for November, 17th 2023. I have checked the current films and I will wait a week or 2 to see if a new release is more inspiring. It has worked well with members purchasing their own ticket once they know the time/film/venue. I will keep a watch out!!
Suzanne Page. (Cinema convener)

Convener: **Suzanne Page** 0448714134

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

We continue to have our monthly tastings at various locations. (1st. Monday of the month at 2pm). Some of the ideas that are in the planning stage for this year are:-

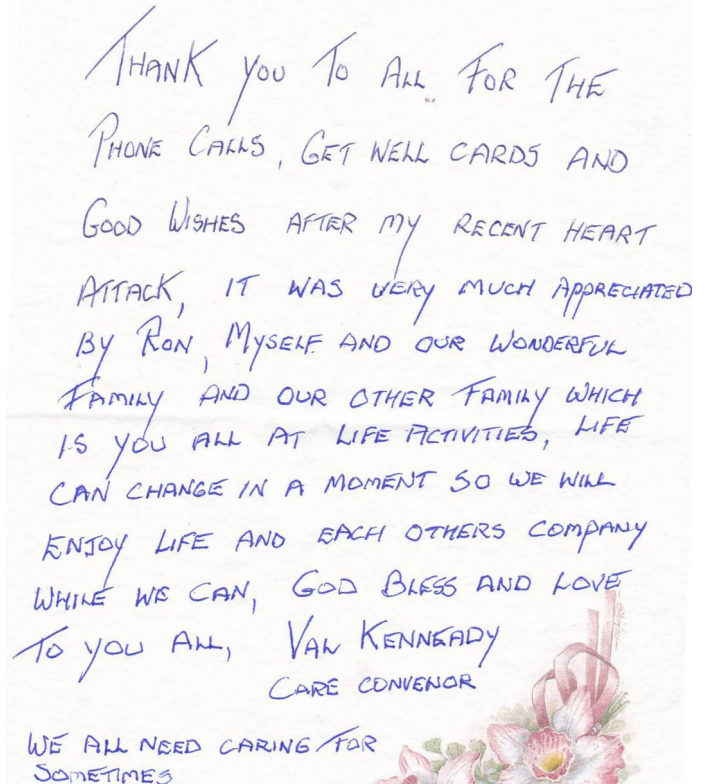
- A trip to Echuca/Moama for 3 or 4 nights with a wine tasting bus tour 1 day.
- Another day at Idyll Winery (IDL). A great opportunity to get some bargains.
- A speaker at the clubrooms along similar lines to last year.

Anybody interested in joining our group is welcome to give it a go, just keep an eye out for notices on noticeboard and weekly updates etc. Also the convener will answer any queries you may have.

Philip Warburton

Convener: **Philip Warburton** 0417 056368

NOTE From Val Kenneady



THANK YOU TO ALL FOR THE
PHONE CALLS, GET WELL CARDS AND
GOOD WISHES AFTER MY RECENT HEART
ATTACK, IT WAS VERY MUCH APPRECIATED
BY RON, MYSELF AND OUR WONDERFUL
FAMILY AND OUR OTHER FAMILY WHICH
IS YOU ALL AT LIFE ACTIVITIES, LIFE
CAN CHANGE IN A MOMENT SO WE WILL
ENJOY LIFE AND EACH OTHERS COMPANY
WHILE WE CAN, GOD BLESS AND LOVE
TO YOU ALL, VAL KENNEADY
CARE CONVENER

WE ALL NEED CARING FOR
SOMETIMES



Drawing the free raffle prizes at the Christmas Do.

The Year Ahead 2023

We are now back in full swing at the Club, all activities are going well. A Technology discussion group will be started soon. The 1st. topic will be mobile phones. Alex Evans will be the Convenor and is well versed in Technology.

Our 1st. Special lunch day is Wednesday, 29th. March 12.15pm. Country Baked Potatoes are catering. There is a choice of 3 potato fillings, the cost is \$15 per person. List is up on the board and money due by the 17th. May. Hope to see you all there.

Easter Raffle Day, Wednesday 5th. April, come along and enjoy some Easter treats, and it may be you lucky day to win a raffle.

Biggest Morning Tea for Cancer, Wednesday 26th. April, TBA. Heather Redding will be organising this day, keep a look out for further info. Most of us have been touched by cancer in some way, please support this good cause.

Our Christmas in July, Wednesday 19th. July will be held at the Clubrooms & capped at 80. Further info closer to the date will be on notice board. Come along and enjoy good food, music, dancing and great company.

Soup and Roll Day, Wednesday 16th. August. You will get a mug of homemade soup and a nice fresh breadroll. A good way to chase away the Winter blues.

Grand Final Lunch Day, Wednesday, 27th. September TBA. Pies will be on the menu plus something sweet. Dress up in your favourite football colours.

Melbourne Cup Day, Wednesday 7th. November, TBA. We need good numbers attending for this entertaining day to go ahead.

Club Christmas Break-up, Wednesday 13th. December at Club Italia. There will be music and dancing and maybe a visit from Santa plus our raffle prizes draw.

Our break-up last year at the Club Italia was a great day, excellent food and plenty of it. A visit from Santa and his helper was well received. The only downside to this was a lack of members attending.

Please put this year's Date on the calendar now as we would love to see you all there.

June Warburton,
LACG Inc. 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 now has over 110 members. Recently some of our players went to Sorrento to play in the Peninsula Cup a social mixed doubles event. They were the victors this time.

On the long weekend in March, a number of our players will be playing in the Victorian Open, so stay tuned for some photo action from that tournament. We have recently restructured our social play and it should benefit all players and abilities.

Anyone interested in playing pickleball should contact Terry at Ogpickleball@yahoo.com

It's good to have our politicians on our side for future growth of the sport.



Alison Marchant state member for Bellarine tried her hand at pickleball recently and loved it.

Convenors Terry and Fran Kealey 0408556697.

I got a new pair of gloves today, but they're both 'lefts' which, on the one hand, is great, but on the other, it's just not right

CALENDAR OF EVENTS—LIFE ACTIVITIES CLUB-GEELONG Inc.

as at February 2023

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 9:00am.
	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
	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
	Technology Discussion	LACG Club Rooms 1:15 to 2:45 pm . Limited....ring Alex 0417557456
Every Wednesday	Walk & Talk	0930 From Clubroom see Barney DeWit
	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
Every 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
	Pickleball	10:00 till 11:30 am at Badminton Courts Leisuretime Sports Centre 262-282 Anakie Rd, Norlane

There is a 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