

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 October 2023

From the President's desk



It's September and the supporters of the greatest team of all are very unhappy.

Yes, LACG Inc has been active over the past months and we are a happy bunch.

If LACG Inc has a motto, its activities, activities and chat, then more activities and more chat.

Note that LACG Inc members are having fun in the hall, sharing a meal together whether it's a pie, soups, or joining one of the hall or outdoor activity groups. During the intermittent rains and the wet pitch cancelling bocce we can still enjoy a game of indoor hookey and the golfers and walkers will find a place for a coffee and chat.

On the admin side, the club has recently submitted its proposal to join LAC Vic and we expect a positive response in the coming week.. Thanks to Jim and Phil for checking and looking over the documents we submitted supporting our application.

Everyone is busy. So how do we keep up with the news?

Please take the time to look at the hall notice board, read the weekly notices and the convenor sheets. The notice board is sometimes overflowing. Has anyone else noticed this?

Also note Jim's regular emails regarding current and future activities.

Last week the trading table made an appeal for more trading stock. In the garage, the cupboards, in the roof space, in the bookcase, please look and see what you can find.

Now where did I put that copy of Teg Egan's autobiography?

And hot off the press, The Winchelsea Rep Society will be putting on a show again this year. Details available very soon and Sue will have a sheet on the notice board as soon as possible.

The Globe theatre has had borers in the floor and has now no floor.

If anyone is an early riser, you are welcome to make an early start on club day and help the bocce team set up for the day.

NEWS FLASH..... The LACVic has just advised us our joining has been approved and the formalities should be over by months end. However the new software will not be in use till November.



OFFICE BEARERS

President:	Martin Taylor	president@lacg.com.au	0492994916
V-President:	Heather Redding	vicepres@lacg.com.au	0408572822
Secretary:	Maureen Reeves	Secretary@lacg.com.au	0430590336
Assist Secretary	Pam Argent		0421163629
Treasurer:	Phil Warburton	treas@lacg.com.au	0417 056368
Convenors Delegate:	Martin Taylor	condel@lacg.com.au	0492994916
Mmbrshp Sec	Jim Watts/Lynette Kent	membersec@lacg.com.au	

GENERAL COMMITTEE

	Les Hannah	0408383721
	Ron Kenneady	0427345732
	June Warburton	0409233430
	Barney De Wit	0438831943
	Sue Page	0448714134
	Lynette Kent	0408564716
Newsletter/Webmaster:	Jim Watts	newsletter@lacg.com.au 0407149596

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 Kealey	0408556697	OUT TO LUNCH Eileen Roberts	0420387430
BOCCE Les Hannah	0408383721	SCRABBLE Betty Clark	0414730427
TAI CHI Des Lawrence	0428363505	SOFT TENNIS OCEAN GROVE 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	Technology Discussion Group In Recess	



Val Penfolds Afternoon Tea Dance Celebrated Long Attendance Records with certificates and a fun day in July

NEW MEMBERS

Phil Galea	Lisa Smith	John Crapp
Sonia Peterosso	Bryan Casey	Joanne Ellis
Warren Davis	Monica Davis	David Whelan
Ray Perry	Patrick Dockhorn	Erin Tily-Laurie
Phil Peterosso	Jenny Dockhorn	Wayne Munro
Shayne Sullivan	Jonathan Lee	Natalie Furyk
Robyn Gorman	Linda Hurley	Paul McAuliffe
John Roberts	Jennine Mills	Alex Foreman
Matt Squire	Gayle Browning	Nick Ivans
Bruce Wilson	Carol Carland	Angela Ivans
Marg Wilson	Kerry Davis	Frank Riches
Erin Johnson	Larissa Winter	Stephanie Gleeson
Barb Stenhouse	Carolyn Hogan	Liana Simpson
Judi Lewis	Rick Crabbe	Sarah Thorn
Maree Greig	Leonie Guppy	Debs Eban
Colleen Hennessy	Frank Guppy	Adriana Dye
Carol Powell	Gail Hendry	Judi Zabinskas
Kerrie Howard	Jo Coates	Liz Smith

OUT TO LUNCH 2nd. Friday

Our numbers attending remained fairly constant and we would welcome anyone who would like to join us. Just put your name on the list on the notice board or ring me on 0420387430. October outing is at Fortune Gardens in High Street Belmont on the 13th. November 10th is OPPY's Bistro Norlane Hotel. There's no way out to lunch in December because of LAC Christmas break

Convener: Eileen Roberts ... 0420387430

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

Convener: Martin Taylor 5243 7605

ACTIVITY GROUP REPORTS

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

Our Dance continues to be a wonderful time each week with approx. 35 people attending regularly. Many thanks go to Ron, our Music Man who does a great job each week.

We have had a dedicated group of approx 20 dancers who have attended our Dance for ten years or more. Thank you all for your support and to all who assist each week to keep our Dance running so smoothly.

Happy Dancing

Convener: Val Penfold 5251 3529

CHINA PAINTING

Lynette has advised that her eye condition will no longer allow this activity and it can be considered cancelled

CARE

Had a few in hospital. They are all home when writing this. With better weather coming, we hope we can all get back to good health.

Convener: Val Kennedy 0427345732

BOCCE

Having missed five weeks because of inclement weather. Spring has arrived and hopefully no more interruptions. Hookey has been a suitable substitute with many players taking part. With only 9 weeks of play to the end of the season, many members are getting big scores and making a move to be amongst the top players this year. Presentation day will be held on Wednesday, November 29th. More information will be given later as a new format may be introduced.

Convener: Les Hannah 0408383721



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

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

If you are not doing a River Walk, its real easy to walk across the road and join in with friends at RnR for Coffee or whatever takes your fancy.

Convener: Rene Watts. ph. 0417569476

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

With the warmer dryer weather good numbers have been playing Monday golf at Baliyang. The dryer course has seen an increase in Pars and Birdies from the 10 to 12 golfers regularly playing. Also, the number of non-playing coffee drinkers is very gratifying, making it a very sociable Monday morning

Convener: Ron Crees 0400062224

CARDS
Wednesday after Bocce

Everyone who plays has a good laugh...
GAMES:- 500, Hand and Foot, Frustration
COME ON FOLKS JOIN IN.

Convener: Rene Watts 0417569476



Frustration in front 500 in Background

SCRABBLE
Every Wednesday
12 noon at LAC Rooms
Observers Welcome

Recently we had a really good start to a game. Someone played the word CARD starting in the center and going down and scored 14 points. Next person added IGAN not a word itself and completed the word cardigan. This scored 13 points then double word at start $13 \times 2 = 26$ points and then triple word at the end $26 \times 3 = 78$ points. What a great start.

PUZZLE

How many words? Of four letters or more can you make from the word GRAND FINAL?
Each word must contain the letter. (i) it's a football over the goal post. There will be a prize for the most words.
A minimum of at least 20 words to enter, and hand printed in capital letters. Enjoy yourself puzzle competition closes end of October. Cheers Betty

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

By now I'm sure all who are going to Moama for our week away would have booked their accommodation. Hopefully the weather will be kind to us. As I write this note its been 23 today and a few more nice days to come. We will have a few of the usual, like bocce, pancakes for morning tea and a few different activities, you will have to wait and see. But don't forget your HAPPY HIPPIES OUTFIT REMEMBER THE FLOWER PEOPLE. so find your brightest outfit to wear and your flowers.
If you need any more information just give us a ring. 0493138711.

HEATHER and PETER..



Conveners: Heather and Peter Redding
ph. 0408572822 or 52821921

We just got a fax. At work. We didn't know we had a fax machine. The entire department just stared at it. I poked it with a stick.

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

Another good few weeks on trading table, we appreciate your support and thank you for your items given to the trading table.

Convener: **Val Kenneady** 0427345732

L.A.C. PEDALLERS

The LAC bike program proceeds nicely, with some warmer days adding to the enjoyment of riders.

Although many of our riders are what you would call "fair weather riders" there are a core group of riders that participate in the group rides in almost any weather. The following photo shows some of this group dealing with a flat tyre on a windswept section of the 13th Beach Road.



That Flat tyre didn't stand a chance of staying flat.

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

Club Lunch Days
Peppered thru the year

Spring is here & it is footy finals time so get ready for our Grand Final Lunch on the Wed 27th September. List up on the board. You can dress up in your favourite footy colours, a prize for the best dressed & door prize. \$8 for a meat pie or pastie or hotdog & something sweet, to finish the day. Christmas in July was a successful day with 88 in attendance. It will be on the calendar for next year. A music man has been booked already for this great day. Soup Day was another great day, tasty soups, breadrolls & slices. As I wasn't in attendance, thanks goes to Heather Redding & her helpers for all their hard efforts on the day.

Melbourne Cup Day, 7th November is not far away. Watch the notice board for more details.
Christmas Break Up at the Club Italia on 13th December. There will be music to dance to, as well as all the free raffles. Donations of groceries or items to raffle would be appreciated. A basket will be at the club house entrance early October for these items.
Look forward to seeing you all at our special days, it is so great to see the clubrooms humming with laughter & chatter. Many thanks, to all the helpers who support me to make these days special, last but not least to all who attend, thank you.
June Warburton



All Lunch Days are great but Xmas In July WOW

DINE OUTS
Last Wednesday of each month.

Our dineouts are continuing to be popular with members. Most places are reasonably priced and have a range of food to suit any taste. The La Cucina outing provided a great meal as usual but they do pack you in pretty tight which is their only shortfall. The Surreal in November is a bit of adventure with Korean food, but the reviews are great as is variety and price. Bound to be fun.

Proposed venues for next 3 months are:-

Wednesday, September 27th. 6.00 pm
White Eagle House
46-48 Fellmongers Rd, Breakwater

Wednesday, October 25th. 6.00 pm
Sir Charles Darling Hotel
38 Bellerine St, Geelong

Wednesday, November 29th. 6.00 pm
Surreal Geelong by Donco
10 Little Ryrie St, Geelong

Convener: **Lyn Hansen** 0438811410

Cinema / Theatre
Various times see Notices

On July 25th ,7 members attended the film"YOU HURT MY FEELINGS" at the Pivotonian theatre. We went to the Rolling Pin at Mitre 10 for lunch/ coffee afterwards.

It was mostly disappointing this film as I was recommended this film by the owner of the cinema. It had quite a few laughs throughout. Our age group could relate to it. However it had course language and we felt it spoil the film unnecessarily. Our next film is next week on Tues., 19th Sept at 11am at the Pivotonian again.

Convener: **Suzanne Page** 0448714134

Technology Discussion Group
Tuesday at 1:15 PM for 90 minutes

In Recess

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

Things have slowed down a little over the winter period. The convener has been unable to attend 2 of the recent scheduled meetings and they have had to be cancelled. But we are back on track and the September meeting was held as normal and everybody enjoyed catching up again. Our next meeting is just a week before the Moama Caravan Club trip and this should be a talking point as to what wineries we may be able to visit whilst there. There are vacancies available in our group and we would welcome anybody who wishes to give us a go, just get in touch with the convener and he will give you all the information required..

Philip Warburton

Convener: **Philip Warburton** 0417 056368

Putin is held hostage by a terrorist. A Russian truckdriver stops at the back of a long queue on the motorway. He sees a policeman walking down the line of stopped cars to briefly talk to the drivers. As the policeman approaches the truck, the truckdriver rolls down his window and asks, "What's going on?" Policeman: "A terrorist is holding Putin hostage in a car. He's demanding 10 million rubles, or he'll douse Putin in petrol and set him on fire. So we're asking drivers for donations."

Driver: "Oh, ok. How much do people donate on average."

Policeman: "About a gallon."

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

On Sunday the 17th Sept OG Pickleball hosted a Triple Treat Tournament for 24 players.

It was a wonderful event and we had lots of games and fun.

Saint Ignatius College was the venue and their Multipurpose Centre was ideal for the tournament. The aim was to have a competition that was fun but also gave our players an experience of what a tournament was like. We dined at the Zebra Bar in OG afterwards. It was a great day...Fran



Convenors **Terry and Fran Kealey** 0408556697.

CALENDAR OF EVENTS—LIFE ACTIVITIES CLUB-GEELONG Inc.

as at September 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 \$8.00
	Golf	Balyang Par 3 Golf Course 9:00am.
	Pickleball	9:00 till 11:00 am. 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 12:30 till 2:00 pm at Badminton Courts Leisuretime Sports Centre Norlane
	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.
	TAI CHI	09:15am till 10:15pm Check Cost \$5.00
	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	Presently in Recess
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 and from 6:30 pm at LEOPOLD
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 12:30 till 2:00 pm at Badminton Courts Leisuretime Sports Centre Norlane and from 7:00 pm at LEOPOLD
	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 10:00 am
	Pickleball	10:00 - 12:00pm 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)
	Pickleball	10:00-11:30 am at Badminton Courts Leisuretime Sports Centre Norlane
Every Sunday	Pickleball	5:00 till 7:00 pm. at Memorial Hall The Avenue, Ocean Grove
	Pickleball	10:00-11:00 am at Badminton Courts Leisuretime Sports Centre 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.*