

Life Activities Club-Geelong Inc.

www.lacg.com.au
www.facebook.com/lacginc
Club Phone. 0491755335

President: Martin Taylor
Patron: Pat Murnane

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

Newsletter December 2023

From the President's desk



The year 2023 has been quite something in many ways. Rejoining LACVI is the organizational highlight, a decision made to gain access to systems and methods that will assist the club management and training in Admin systems. This will also ease the admin burden that Jim Watts and other committee members have carried so well for many years and make it easier for those that follow.

Thanks Jim from all of us for the newsletters, the photo history of club activities, the weekly bulletins and your trouble shooting of members phones. Thanks too, to Jim, Phil, June and Maureen for facilitating the paperwork needed by LACVI secretary Sue.

Admin wise, Membership is sitting above 400 members and we continue see the growth of memberships mainly coming from Pickleball. The convenors of Pickleball Terry and Fran see continuing growth in the sport.

Attendances at activities in the club rooms is also growing. Past Secretary June has taken on a new role that already has seen some great gatherings on a Wednesday. More to come, so follow this space. A speaker and meal day was held this month. Thanks June and your team of club member helpers. Senior Constable Connors spoke to us about road rules and his personal experiences in many years with the police force. The use of a mobile phone in a moving vehicle generated much discussion because of recent rule changes. Don't do it, was the message there.

Reminder. The floor of our hall will be refurbished over Christmas and New Year and although we plan to reopen on Wednesday 7th February 2024 it depends on how well the resealing work has progressed.

From all of us on committee we wish all convenors and club members a Merry Christmas and a Happy New Year. While driving please slow to 40 kph or less when passing a stationary emergency vehicle with its lights flashing.

See you again in 2024.

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

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 | 0491755335 |
| 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 Keneady | 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 Keneady | 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 Ann | 0438831943 |
| CINEMA /Shows Suzanne Page | 0448714134 | SOCIAL ACTIVITY CONVENOR. June Warburton | 0409233430 |



Attendees enjoyed the Banter from Senior Constable Connors which was very informative as well as amusing.



Morning Tea on day with Guest Speaker from Vic Police

NEW MEMBERS

| | | |
|-----------------|------------------|-------------------|
| Des Lawrence | Tania White | Tina Bolton |
| Robyn Smith | Colin Burrett | Anne Bernardelle |
| August Deveth | Wendy Tuechler | Frank Bernardelle |
| Rob Jolly | Andrea Sutcliffe | Keryn Mellow |
| Di Elaine | Sally Brady | Dayle Johnson |
| Linda Lupton | Saskia Stomps | Lauren Micallif |
| Di Stuart | Mark Sillitoe | Sharon Baker |
| Michele Van Es | Sue Clough | Pat Lester |
| John Barton | Richie Almond | Andrea Sutcliffe |
| Barton Van Laar | Gay Almond | David Fitzgerald |
| Carolyn Holt | Sam Campagna | Stephen Sutcliffe |
| Jeannie Ford | Therese Szulik | Raeleene Maxwell |
| Eric Ward | Susan Collins | Elaine Dickinson |
| Brendan Finn | Lee Foyster | |
| Therese Moore | Stuart Dickinson | |

MEMBERS DECEASED

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

James Knott, Mitzi Hesper and Janet Gray

*When a loved one becomes a memory,
the memory becomes a treasure.*

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ACTIVITY GROUP REPORTS

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

We have had a wonderful and enjoyable year of Dancing, laughing, talking and eating.

Many thanks go to Ron Medson for being our Music Man each week and for Kevin Smith as our Backup Music Man. Thanks go to our regular Dancers who attend and make our Dance so very enjoyable each week.

Welcome to our newest Dancers and hope you will become regular Dancers to our Group.

Sadly we lost James Knott who was a much loved member recently. He is sadly missed by us all.

Our Arvo Tea Dance Christmas Dance is Thursday 14th December.2023 1.30pm to 4pm.

Our Dance resumes on Thursday 11th January 2024 at Leopold Hall 1.45 to 3.45pm

Wishing you a Happy and Safe Christmas and look forward to many more years of Dancing.

Happy Dancing

Convener: **Val Penfold** 5251 3529

CARE

As we are all getting to a very mature age (most of us), some things seem to be breaking down in our health. Thank goodness for great doctors and nurses who are dedicated to help us.

A big cheerio to all members and friends, those who have lost loved ones and those who aren't feeling well. Sending Love and Hugs and may good health be yours very soon. Val

Convener: **Val Kenneady** 0427345732

OUT TO LUNCH 2nd. Friday

We have had another year of happy times with lunches at various venues. I would like to thank all those who have supported "Out to Lunch" this year and invite any members to join us next year. If anyone has ideas to go for lunch please let me know mobile number below.

Wishing everyone Merry Christmas and a happy New Year in to 2024.

P.S. There will be a lunch on Friday the 12th of January 2024, to attend please phone me on my number

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



Exercisers in action earlier in the year

BOCCE

Another successful year completed with a total of 6 days lost because of inclement weather. My sincere thanks to go to the early morning set up members and also to the scorers who collect the numbers each week. As there is not enough time to finalize the seasons winners before publishing deadline? The list will appear in the next newsletter.

A merry, safe and healthy Christmas and New Year to all

Convener: Les Hannah 0408383721



Even Bocce balls cast a shadow on a sunny day

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.

Xmas gathering will be on Friday 15th. December at Brenda's Tree. BYO everything

Convener: Rene Watts. ph. 0417569476

GOLF Baliyang 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

SCRABBLE

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

Merry Christmass to all.
Hope to see you all next year with a few more Scrabble players.

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 last trip for 2023 was to Moama there were 28 in all . Again a good week was had by all . Its like most things the more effort YOU put into somethings the more enjoyable it becomes. Thanks again for all my helpers and to all the Happy Hippies that took the time to get dressed up. Its not about winning its about enjoying your selves We played bocce in the park over the road from the caravan park next to the sound shell not a lot of high scores but again it was fun .Our mini-golf was played in Echuca at the Billabong Ranch, indoors. Again different, while we were there someone about my size fell in love with a little black ball of fluff who has been named Polly, she might have to make an appearance at the club before too long to show how she has grown. She is a Cavoodle. Not sure about the next trip but I would say maybe late February or early March. I will try to let you know before the end of club finishes on the 13th. of December at the Xmas party . Take care and Happy Travels From The Reddings



**Conveners: Heather and Peter Redding
ph. 0439138711 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

Thank you for your support once again. Things are a bit quieter now but did have some good days and no trading table when caravan wanderers were away. We had food instead supplied by Lynette and myself. One funny person wanted the caravan people to stay away the next week so they could have more food. How great is our club.

Thank you also to my wonderful helpers. Eileen, Jenny and Angie couldn't do it without you

Convener: **Val Kenneady** 0427345732

L.A.C. PEDALLERS



The two Cycle groups, the Pedallers and the Easy riders, continue to offer a varied programme of rides. The Easy riders numbers have stuck to a few Stalwalk numbers who predominately now have electric bikes. Nonetheless, they religiously brave all weather conditions and turn up for their 3 times weekly rides. The Pedaller numbers continue to remain fairly static with the programme catering for both those who favour long rides and those who prefer rides less than 50 Kms. Recently a group of 12 rode the Melbourne Capital city trail along the Yarra, Merri creek trail to Fairfield to the Boat Shed for lunch(per photo attached) and return. During the last few months the rides have been well supported even though a number of members have been on holiday. Sadly this year several members have lost their partners. As a consequence the group has been very much a support group and have introduced a monthly dine out. Though our numbers are not significantly increasing the cycle group has become a significant and important activity in the lives of our members and from which many friendships

have been formed.

On the 1st Sunday of October 15 Pedallers volunteered to act as marshalls and were at Queenscliffe (per phot attached) to greet the early cyclists riding the Bicycle Network around the bay in a day ride. All monies raised were in support of cancer research.



As per tradition and to wind up another successful year for the LAC Bike Group the Christmas break up will be held on 2nd Thursday of December at the Leopold Sportmans club.

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

Social Activities
Peppered thru the year

The year has certainly flown along quickly, not long to Christmas.

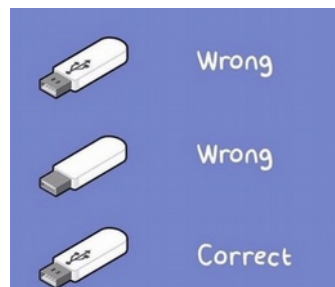
Our next Social luncheon TBA is 27th March, 2024 & I haven't decided on the menu as yet.

On the calendar for 2024, we have got Hot Baked potato lunch, Cancer Day, Christmas in July, Soup & Roll lunch, Grand Final lunch & a morning tea. More details for these will be posted on the board as they get closer. All of these have proven popular and if anyone has got any ideas for something new please, speak or ring me.

Our Grand Final Day went well with 62 in attendance. The dessert cake & caramel cheesecake were delicious. Everyone seemed to have a great time.

I would like to wish everyone a great festive season & look forward to seeing you all next year. PS Dont forget our picnic New Years Day at Balyang *June Warburton*

Social Activity **June Warburton** 0409233430
 Convener.



How to insert USB stick

DINE OUTS
Last Wednesday of each month.

Our dineouts are continuing to be popular with members.

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. Then its Xmas and Club breakup so the next Dineout will be in February

Proposed venues coming up:-

Wednesday, November 29th. 6.00 pm

Surreal Geelong by Donco

10 Little Ryrie St, Geelong

Wednesday, February 28th. 6.00 pm 2024

Geelong RSL

50 Barwon Heads Rd, Belmont

Convener: **Lyn Hansen** 0438811410

Cinema / Theatre
Various times see Notices

It has been a productive year establishing the theatre group again, after a few years break.

We have managed to attend 6 movies and 2 live shows.

The cinema attendance "averaged out" at 5 people. Some outings were well attended 8,9 and 11 members.

The 2 live shows have created great interest with 21 attending in Nov., '22. This show was enjoyed by all with a 3 course meal and 3 act play.

Again this years' event, called "Under The Big Top " will be well attended this year on Nov17th, with 29 attending so far.

We will look forward to more enjoyable outings in 2024 .

Convener: **Suzanne Page** 0448714134



Pictures from the Winchelsea Dinner and Play called "Under The Big Top"

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

Meets on the 1st Monday of the month at 2pm for 2 hours approximately. We continue to attract around 8-10 people on average. If anybody is interested in coming along to see what happens at wine tasting they would be made most welcome. Anybody interested please contact the convener for more information.

Monday the 4th December will be the last meeting for the year combining our Xmas function. Keep an eye on the weekly updates for our first meeting next year. Wishing everyone a very Merry Xmas and a Happy New Year.

"Jingle Juice, Tis the season to get Tipsy"

Philip Warburton

Convener: **Philip Warburton** 0417 056368

I told my doctor that I broke my arm in two places – he told me to stop going to those places.

Merry Christmas from Jim

PICKLEBALL

Monday 10:15 - 12:15 pm.

Tuesday & Thursday 8:00 - 10 am.

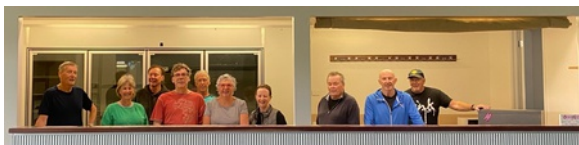
Wednesday 1:00 - 3:00 pm

Fridays 10:30am - 12:30 pm

Sunday 5:00 - 7:00 pm

at Memorial Hall The Avenue Ocean Grove

We have been busy getting Leopold pickleball up and running and our new Clubrooms at Ocean Grove. We've also been working with Bellarine Secondary College staff and students to teach them to play pickleball during their lunch breaks. Next year should see us using our new Clubrooms and a committee formed to support Leopold.



Working Bees above



Bellarine College Staff



Advanced Pickleball group Leopold

Merry Christmas to everyone and thank you to Life Activities Geelong for your continued support.

Convenors **Terry and Fran Kealey** 0408556697.

EYE HALVE A SPELLING CHECKER

I halve a spelling checker

It came with my pea sea

It plainly marcs four my revue

Miss steaks eye kin knot sea.

Eye strike a key and type a word

And weight four it two say

Weather eye am wrong oar write

It shows me strait a weigh.

As soon as a mist ache is maid

It nose bee fore two long

And eye can put the error rite

Its rare lea ever wrong.

Eye have run this poem threw it

I am shore your pleased to no

Its letter perfect awl the weigh

My checker tolled me sew.

An Italian businessman goes to Indonesia for a business trip. He hates Indonesian food, so he asked the concierge in his hotel, "Is there any restaurant where I can find Italian food here?" The concierge says, "You're lucky sir, a new pizza restaurant just opened and they deliver." The businessman asks for the restaurant's number, goes back to his room, and orders the pizza.

30 minutes later, the delivery person shows up with the pizza. He takes the pizza and eats it.

Suddenly he's sneezing uncontrollably and shouting to the delivery person, "What did you put on this pizza?!"

The delivery man bows deeply and says, "We put exactly what you ordered on the phone, sir. It's pepper only"

CALENDAR OF EVENTS—LIFE ACTIVITIES CLUB-GEELONG Inc.

as at November 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.