

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 March 2024

From the President's desk



Its 2024 and welcome back from your holidays relaxing either at home, with family. or travelling around the country.

Seeing out 2023 at Club Italia for our Christmas breakup were a good number of members (85 or so) sharing an enjoyable meal, with dance music from Ron Medson and of course a visit from Santa handing out your Christmas gift and then the club raffle. Altogether lots of happy chat amongst members. Thanks to Les, Lynette, Heather Reading, Santa and of course June and her helpers and all those members who provided prizes.

In January we had a good roundup of 52 members at the picnic at Barwon River Park to welcome in the New Year. Lots of conversation, chat and catching up with the news.

Before we started back in February, Les rounded up some LACG members to assist John and other hall committee members with some needed repair work on the feet of the club chairs. Thanks Les and helpers.

Installed to protect the newly treated floor it was soon obvious that this repair was not satisfactory and proper repairs were done later. Thanks to John and the hall committee.

Now affiliated with LAC Vic, members Jim, Phil, Barney, June, Maureen and myself have attended at different meetings. Phil and Jim have been following up on our needs for the club management system and availability of training sessions and remain our nominated representatives during this transfer period, thanks again to you all.

For the news of our activities, all members can refer to their emails, the bulletin board at the club for the various convenors information sheets there or directly to the convenors themselves. There are lots of things to do with activity groups at the club and also with our outside activity groups. Thanks to Val for keeping those most important links to absent members.

At the March Committee meeting it was decided to maintain our membership fees the same at \$30 for the coming year.

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:	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 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 Liz Gilbert	0418520503
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 Anne Wylie	0431344191
CINEMA /Shows Suzanne Page	0448714134	SOCIAL ACTIVITY CONVENOR. June Warburton	0409233430



Life Activities Club-Geelong Inc.

For those that may not be aware, this is the new Logo of the Club following our reaffiliation with Life Activities Victoria.

Life's Better Together



Dancing at the Christmas Breakup and Free Raffle prizes

NEW MEMBERS

Sharon Baker	Sinead Fletcher	Laila Fanizza
Lauren Micallif	Trudi Dunn	Ivan Bosnjak
Pat Lester	Terry Dunn	Karlene Hilton
Sharyn Howe	Peter Loughnan	Rachel Jayne Thomson
Therese Szulik	Paul Madden	Peta Harwood
Peter Brown	Mick Walker	Paul Bank
Betsy Mikota	Marg Borgelt	Helen Allsop
Irmela Kammerer	Bud Jones	Keryn Mellow
Annie Madden	Stuart Sinclair	Sam Campagna
Tony Nesci	Dani Sinclair	Richie Almond
Paul Ineson	Tracey Logan	Gay Almond
Kerri Young	Patrick Lockie	Shirley Storm
Greg Sly	Therese Moore	Noel Hotchin
Julie Richardson	Lee Foyster	John Hall
Jane Fletcher	Susan Collins	Kate Lloyd
Narelle Iser	Brendan Finn	Marg Bright
Tracey Mandic	Eric Ward	Rod Bright
Anthony Mandic	Jeannie Ford	Colin Scott
Anita Gerardi	Siobhan Potter	Susan Harrington
Andy Butson	Jacinta Evans	Susan Mahony
Martin Butson	Andrew Long	

ACTIVITY GROUP REPORTS

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

We have had a wonderful start to our Dance with over 40 people attending each week for a great afternoon of dancing and fun and enjoyment at the Leopold Hall. Many thanks to Kevin Smith for allowing us to use the Leopold Hall for our LAC Dance through the month of January and February and until further notice. Many thanks go to Ron Medson for being our Music man and emcee, plus Ron Crees our Doorman and to Mip and Gordon for their great help each week. A big welcome to our new members. Also to everybody who brings along a yummy plate of Afternoon Tea for all to enjoy. We will be at Leopold Hall 1.45pm to 3.45pm on Thursdays and will let you know if anything changes.

Happy Dancing

Convener: **Val Penfold** 5251 3529

Police have arrested the World tongue-twister Champion. I imagine he'll be given a tough sentence.

CARE

2023 wasn't a very healthy year for most of us. 2024 hasn't started very well either. But I hope it improves for everyone soon. Ron and I would like to thank everyone at the club for your phone calls, cards, visits and kindness to us in our recent health issues. Without the concern and caring from you all and our brilliant doctor's, nurses, ambulance service and wonderful families, we may not be here.

Love and hugs to you all.

Val

Convener: **Val Keneady** 0427345732

OUT TO LUNCH 2nd. Friday

Our group of regular diners continue to enjoy lunch at various venues.

We would be happy to see some new faces, so come and join us. Put your name on the list on the notice board or ring me on number below

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



New Years Day Picnic for club members

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

BOCCE

The 2024 season is well under way with good scores being achieved.

Trophy winners from 2023 were awarded at our clubroom luncheon in December.

	Highest Ladies	
First	Joyce Chetcuti	1009
Second	Lyn Ward	996
Equal Third	Lynette Kent Val Kenneady	961 961
	Highest Gents	
First	Ron Crees	1116
Second	Peter Argent	1052
Third	Ron Kenneady	1024
	Lowest Score	
Ladies	Angie Crees	716
Gents	Jim Watts	793
	John Wallace Award	
Highest Overall	Ron Crees	1116

New Players welcome any Wednesday Morning



A Novelty Court on Last day of Bocce 2023

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!

Come along to Jill's classes and bop your way to music as you get fit. Improve your balance, stamina and enjoy a lovely group of ladies whilst you dance & exercise every Tuesday & Thursday mornings at the Clubroom. Make the time to see whether this is for you.

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.

Come & play 18 holes of Par 3 golf in just over an hour in a picturesque setting close to the Barwon River & adjacent to Balyang Sanctuary. From beginners to experts, Balyang Par 3 offers golfers a challenge. The only clubs you require are a pitching wedge and a putter, bring your own or hire clubs from the golf course. Afterwards enjoy some social time with a cuppa.

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

What do you call a rooster staring at a pile of lettuce?

A chicken sees a salad.

SCRABBLE
Every Wednesday
12 noon at LAC Rooms
Observers Welcome

Scrabble is still available each Wednesday after Bocce with all the equipment and assistance you could need even if it was your first try at the game. You can even look up words in the book to help get the best one We are very keen to have new players try the game as the more the merrier

Convener: **Betty Clark 0414730427**

OCEAN GROVE SOFT TENNIS

Soft tennis is another way to improve your fitness. You will be made most welcome to join & learn to play. Soft Tennis is a racket game played on a court of 2 halves, separated by a net. It is played by individuals or pairs, whose objective is to hit the ball over the net, landing within the confines of the court, with aim of preventing one's opponent from being able to hit it back. Soft tennis differs from regular tennis in that it uses a soft rubber balls instead of hard yellow balls. Soft tennis is played Monday afternoon at Memorial Hall, The Avenue, Ocean Grove.

Convener: **Liz Gilbert 0418520503**

**LACG WANDERERS
CARAVAN and CABINERS GROUP**

Our first trip for the year was to Wartook Happy Wanderer Holiday Park in the Grampians. We were a small group of 21, we all went to lunch at the Horsham RSL , then it was left up to the individuals to sight see or go shopping on the Monday. Tuesday night we had a BBQ dinner in the camp kitchen, we had ham steaks, hamburgers, hot baby potatoes, coleslaw, tossed salad followed by apple crumble pie, fresh fruit salad and ice cream. Yum. A 1% quiz was played after dinner, it proved very popular and it was surprisingly challenging for some. Happy hour & Bocce were fun times especially bocce as we had no grass but plenty of obstacles on the course, scores were on the low side. As Wednesday was declared a catastrophic fire day, we were asked to go to Horsham for the day for our protection. Most of us decided to go home for safety reasons. So our trip was shortened. We enjoyed the park with plenty of wildlife around, would love to go back another time but would pick another time of year.



Conveners: **Heather and Peter Redding**
ph. 0439138711 or 52821921

TABLE TENNIS
Ballarat Road Table Tennis Centre
Mondays—1:0 pm. to 3:00 pm \$8.00

Table tennis or ping pong is another racquet sport played on a table. Owed to its small minimum playing area, its ability to be played indoors all year round, Table Tennis is enjoyed worldwide not just a competitive sport but as a common recreational pastime among players of all levels & ages. Haven't tried it, come along on Mondays at 1pm to 3pm at the Table Tennis Centre, 84 Church St, West Geelong, opposite the Sale Yards Hotel at a cost of \$8

Convener: **Ken Bolton 0425849419**

TRADING TABLE

We are starting the year with everything left from 2023 donated to food bank and Op Shop. So all books and items, clothes etc have not been seen at the club before.

We are taking more donations again now and much appreciate your support to our wonderful club. Happy New Year and thank you in anticipation.

Convener: **Val Keneady 0427345732**



Trading Table ready to go throughout the year

If an electric train is traveling south at 10 miles per hour and the wind is blowing North at 10 miles per hour, which way does the smoke blow?

Fooled you! Electric trains don't blow smoke

L.A.C. PEDALLERS

Cycling for many of the Group has become very much a social activity with those who, who are unable to ride finding much enjoyment in joining the group for coffee.

Monthly dine outs have been established to further the social contacts, allowing the members, and particularly those without partners, to really get to know each other.

Since the club was established some 23 years ago many different rides at various levels have been established. As the membership ages so the rides have been regraded accordingly. Likewise, some members are investing in an Electric bike.

Between the Easy Riders and the Pedaller groups there are now seven with interest shown by several others. The comments I am getting from those with an ebike "is how much more they are enjoying cycling". However, the club is still catering for those who prefer a long ride, which are still proving popular, but with fewer participants.

Overall, our membership is holding up well. Sadly a number of our members are no longer with us, but with rides three days per week we are seen by other cyclists which has resulted in a number of enquiries of 'how can we join'. A few are now members.

The rides are still being well attended with most of the membership turning up whenever they can regardless of the weather. On average every local ride has between 15 -20 riders. If the weather is good more can be expected.

Early last year the group had a very successful trip to Lake Hume, at the conclusion of which, there was a consensus that more trips should be organised. To answer this need in early March one of our members is organising 4 days of rides based on Warrnambool. Further the viability of riding the Otago Central rail trail in new Zealand in November is being investigated. This is a very popular track of 152 Kms which has been previously ridden in 2015 by some of our group wetting the appetite of others.

As usual our Christmas breakup at the Leopold Sportsman's club was well attended. Unfortunately, just prior to reaching the venue one of our riders was doored putting a more sombre tone to the breakup. The good news was, though he suffered concussion for nearly a week, he was not otherwise seriously injured, and was released from hospital the same evening.

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



Some of the Pedallers at Port Fairy Lighthouse recently

Social Activities Peppered thru the year

Hi Everyone, hope you all have had a great break, as you know the club is now back in full swing. The year was started off on the 1st January with a get together at Balyang Sanctuary, an enjoyable day was had by all.

Our next Social Activity will be held Wednesday 27th March at the clubrooms, before Bocce, the Easter Raffle will drawn. Tickets will be available on the day, 3 for \$2 then a BBQ Lunch after Bocce at 12.15pm. \$10 per head. The list has had a good response so far but there's room for more, come along for a friendly chat & lunch.

Wednesday, May 29th, Hot Baked Potato Lunch. TBA closer to the date.

Wednesday, 19th June, Cancer Day Fundraiser. Hosted by Heather Redding. TBA.

Wednesday, 24th July, Christmas in July.

Two Course meal & Music supplied by the Human Jukebox. Our usual Meat raffle drawn on the day, plus more.

This activity will be capped at 80 people.

Watch notice board for more details in June.

Wednesday 28th August, Soup & Roll Day TBA.

Wednesday 25th September, Grand Final Lunch Day TBA.

Tuesday 5th November, Melbourne Cup Day TBA.

December, Club Christmas Break up Lunch, TBA.

With most of the functions, any dietary requirement, please have a chat to me & we will try to accommodate you. Look forward to seeing you all at these special activities.

Social Activity **June Warburton** 0409233430
Convenor.

Cinema / Theatre Various times see Notices

So far no movies have been scheduled but keep ready as it will be soon.

Later in the year the good news is the Theatre in Winchelsea renovations have been completed and I cant wait to get back into it.

Hopefully something will crop up in Geelong that will be attractive to club members

Convenor: **Suzanne Page** 0448714134

I bought my friend an elephant for his room.
He said "Thanks!" I said "Don't mention it."

"My mother made us eat all sorts of vitamins and supplements. One day I nearly choked on part of The Sunday Times."

DINE OUTS
Last Wednesday of each month.

Our dineout to The Surreal in November was an adventure with Korean food as anticipated. It turned out to be a great success with everyone enjoying their selection and most vowing to come again. One even thought of applying for a job to allow stealing the recipes. Having said there was one hiccup with a dietary restriction resulting in a disappointing outcome, however this should not dissuade the normal diner from giving it a try. Due to the holiday break the next event was at the end of February at the RSL Geelong which gave its usual reliable self.

Proposed venues coming up:-

Wednesday, March 27th. 6.00 pm

Sir Lords
 (old Lord of isles)

3 West Fyans St, Newtown

Wednesday, April 24th. 6.00 pm 2024

Great Western

177 Aberdeen St, Newtown

Wednesday, May 29th. 6.00 pm 2024

Sober Ramen

85 Little Malop St, Geelong

Convener: **Lyn Hansen** 0438811410

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

Wine appreciation has started 2024 with our February gathering. We continue to meet at 2pm on the 1st Monday of the month at various members homes. Each member brings along a bottle of wine to share a tasting and the host provides nibbles. Cost is \$5/Hd with \$10 going to group funds and the rest to the host of the day to help defray their costs. General attendance would be 8-10 people and sessions go for around 2 Hrs. Anybody interested please feel free to approach Convener and they will be made most welcome.

What do friends and wine have in common?
 The older, the better.

Convener: **Philip Warburton** 0417 056368

What was a more useful invention than the first telephone? The second telephone.

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 had a great Triple Threat Tournament in January with 50 people representing Ocean Grove Leopold and Geelong pickleball clubs. Two Di idioms played off and medals were awarded to the three best teams. We had a fantastic day of competition fun and friendship. We finished the day with pizzas and drinks in our new Clubrooms.



Convenors **Terry and Fran Kealey** 0408556697.

If anyone notices the change in style in any of the newsletter content. You can thank June Warburton as do I for her assistance in filling in otherwise blank spaces.
 Jim Ed.

CALENDAR OF EVENTS—LIFE ACTIVITIES CLUB-GEELONG Inc.

as at March 2024

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	0915 From Clubroom see Anne Wylie
	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.