

Life Activities Club-Geelong Inc.

www.lifegeelong.org.au
www.facebook.com/lacginc
Club Phone. 0491755335

Vice President: Heather Redding
Patron: Pat Murnane

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

Newsletter June 2025

From the Vice President's desk



Well, I don't have to tell you that winter is here with vengeance and don't these old bones know it. At least we've had some welcoming rain, that's good for the garden and hopefully for the farmers. The club has been busy over the last few months.

Firstly our new convenors for the caravan and cabiners group arranged for a group down to Portland by all reports they had a good time. Thanks Denice and Thelma. We've also had a couple of new activities start Mahjong is on Wednesday at 1 pm at the moment, we have a member willing to teach the newbies so if you want to learn to play come along on Wednesday 1 pm.

We also now have chair exercises that is held on Thursday at 11am this is with Jill Crilly. By the time that you get this newsletter we would have had our cancer fundraiser for Andrew Love Centre. We had 3 soups, a roll and a choice of slices. Also lots of prizes, all of which were donated so all money was donated to a worthy cause. In July on the 23rd. we will be holding our Xmas in July. So get your name down as this is capped at 80. Did you see our own Les Hannah got a write up in the Life News Magazine which is put out by LACV. Well done Les.

Lastly, please remember to make sure that you have your name tags on when you are at a club function and that you have an emergency number on the back. Over the last month our Secretary June Warburton has been on the war path checking to make sure that members had theirs on She raised over 360 dollars which went to our cancer fundraiser. Good one June .

DON'T forget August 6th is the AGM for your club so come along and meet your new President and some new committee members.

Cheer's

Heather

OFFICE BEARERS

GENERAL COMMITTEE

President:	Vacant		Les Hannah	0408383721	
V-President:	Heather Redding	vicepres@lacg.com.au	0408572822	Ron Kenneady	0427345732
Secretary:	June Warburton	Secretary@lacg.com.au	0409233430	Guest Member	
Assist Secretary	Pam Argent		0421163629	Barney De Wit	0438831943
Treasurer:	Phil Warburton	treas@lacg.com.au	0417 056368	Sue Page	0448714134
Convenors Delegate:	Martin Taylor	condel@lacg.com.au	0492994916	Lynette Kent	0408564716
Mmbrshp Sec	Jim Watts/Lynette Kent	membersec@lacg.com.au		Newsletter/Webmaster: Jim Watts	newsletter@lacg.com.au 0407149596

CONVENORS & ASSISTANTS

Activity	Phone	Activity	Phone
PAST PRESIDENT 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	CONVENERS' DELEGATE Martin Taylor	0492994916
TAI CHI Des Lawrence	0428363505	SOFT TENNIS OCEAN GROVE Liz Gilbert	0418520503
CARDS / SCRABBLE Rene Watts	0417569476	WINE APPRECIATION Phil Warburton	0417 056368
CARE & TRADING TABLE Val Kenneady	0427345732	KEEP FIT AEROBICS (Low Impact) Jill Crilly	5244 0505
CYCLING Rob Ballard Andrew Broadfoot	0412308166 0429436249	CARAVANNING Denice Oliveri Thelma Adams	0402159790 0430948923
GOLF – BALLYANG PAR 3 Ron Crees	0400062224	TABLE TENNIS Ken Bolton	52430219
EXERCISE PROGRAM Martin Taylor	0492994916	WED. WALK & TALK Anne Wylie	0431344191
CHAIR EXERCISES Jill Crilly	5244 0505	BELLY DANCING Glenys Costa	0400214897
MAHJONG Bronwen Jackman	0419540194		

All Members with Email will shortly receive an Email that looks like this one. The simplest way to renew your membership is to click on the View invoice and pay highlight. This will open a page on our website which will give you a secure credit card payment system and invoice indicating a \$20 payment will complete everything. Jim Watts.

Hello,
You have been sent an invoice from **Life Activities Club-Geelong Inc.** for payment of fees.
Reference: Mxxx
This Invoice is for your Membership fee for the year beginning 1/7/2025-30/6/2026.
Please click on the link to pay via credit card payment. Otherwise pay as previously.

View Invoice & pay

If you have any questions, please reply to this email.
Kind Regards,
Life Activities Club-Geelong Inc.

NEW MEMBERS

Edith Chen	Wendy Portelli	Johnpaul Nnopus
Vijay Ng	Denise Sealey	Annaise Novak
Peter Sealey	Wade Smith	Kay Marshall
Carmel Ryan	Bernice Blackrose	Halina Javni
Kay Wilson	Amy Harrison	Jan Wright
Lyn Mallett	Hayley Phelan	Liam Broad
Edith May	Heather Stewart	Frederik Zeinstra
Joan Nicol	Genevieve Webb	Michelle Richards
Nathan Smith	Bruce Wilsom	Jack Fitzgerald
Robyn Cameron	Jay Epstein	Linda Fitzgerald
Peter Ward	Luke Joyce	Mary Masmussen
Lisa Beames	Jacqueline Harwood	Jan Robinson
Jason Jonathan	Patricia Francis	Roger Chandler
Sam Campagna	Tom Dimopoulos	Andrew Stankiewicz
Lynda McPhee	Rodney Gill	Adam Amenta
George Nnopus	Raylene Acland	Russ Francis
Sandy Gray	Angela Doyle	Jeff Zeinstra
Vicki Caravias	Ann Drayton	Mio Ristic
Dannielle vose	Marnie Hallam	Petty Do
Greg Anglemyer	Fionna Ingram	Stephen Do
Jacqueline Hickey	Sandra McGuire	Amanda Rochford
Ray Chapman	Mary Anne Murray	Elizabeth Hergstrom
Bob Haywood	Judy Oliver	David Reid
		Adrienne Minchinton

ACTIVITY GROUP REPORTS

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

We continue to enjoy a great afternoon of Dancing, talking, eating a lovely afternoon tea.

Thank you to everybody that helps set up and clean up at the end of the afternoon.

Also many thanks to Ron and Kevin for the wonderful music each week.

Take care

Happy Dancing

Convener: **Val Penfold** 5251 3529

OUT TO LUNCH 2nd. Friday

We are still having good numbers for our lunches. I hope members won't let the cold weather be a deterrent to attending during the winter. So break out your woollies and join us. All welcome.

List will be on the board or phone me as below.

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

BOCCE

After 18 weeks of play we have lost 2 weeks due to rain. Playing hooky indoors has been a great substitute. Leading players this time are:

LADIES		GENTS	
Val Kenneady	565	Ron Crees	632
Lynette Kent	546	James Campbell	584
Ann Wiley	514	Alan Jones	532
Laila Fanizza	488	Ralph Taylor	504
Lyn Hansen	470	Barney DeWitt	474

Thank You to all helpers during Bocce mornings

Convener: **Les Hannah** 0408383721

CARE

After this very cold weather i hope everyone is keeping warm and well rugged up. Love to those who have been in hospital and those who are going in. Hope everyone was well enough to come to our Cancer lunch on the 18 june.

Stay safe, best wishes to all,

Val Kenneady

Convener: **Val Kenneady** 0427345732

CARDS / SCRABBLE Wednesday after Bocce

We look forward to our game each week and would welcome new member card players or those interested in being one. 500 is the main game, but some like Hand & Foot

Convener: **Rene Watts** 0417569476



Hand and Foot being played.

KEEP FIT AEROBICS

Low Impact

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

CHAIR EXERCISES

Thursdays at 11:00 AM. for 45 mins.

This popular activity for seniors has commenced at the club on Thursday mornings at 11am with Jill Crilly.

Numbers have been good, but there is plenty of more room if you would like to try this. For those who find floor exercises too hard come along & try this. Jill is an excellent instructor & you can do these exercises at your own pace to music. There has been good feedback from ones who are doing it. My advice, as the weather is chilly outside, come along to try this instead of sitting home & being miserable with the winter blues. Lift access available. \$5 per session.



Convener: **Jill Crilly** 52440505

FRIDAY WALK AND TALK

9:45 am. at car park opposite the RnR Cafe (old Big4) in Barrabool Rd..

The weather has been miserable for walking so not too many shoes taking a trip. However we continue to have a great coffee group and enjoy a lunch each month hardly feeling any guilt when the walking public come into the cafe.

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

GOLF Balyang Par 3 Golf Course

Mondays 9:15am.

It has been decided to delay the golf start time from 9 am to 9:30am on Mondays during the winter months. Numbers have been stable recently with 6-10 players each week and several more coming for coffee.

We have one new member and another who has taken forms home.

Convener: **Ron Crees** 0400062224

MAHJONG

Wednesdays 1:00 till 3:00pm.

We have had a great response to expression of interest in setting up a Mahjong group on a Wednesday 1.00-3.00pm

8 Beginners from existing members and 8 experienced players from U3A club have enrolled to play with Geelong Life Activities Club.

The Beginners group commenced a few weeks ago under the tutoring guidance of two volunteers, who are longtime players with the U3A club.

Since commencing we have had 4-6 players each Wednesday and 3-5 beginners have had several weeks instruction.

I expect when people return from winter holidays, and the virus's have worked their way through the community the numbers will increase.

Special thanks to the Life Activities Club Geelong Committee, especially June Warburton for the support and assistance in helping re-establish the Mah Jong group.

If there are any members or others who would like to join the group please do not hesitate to contact me.

Bronwen

Convener: **Bronwen Jackman** 0419540194



A Mahjong Table game in the beginning stage. Bronwen is in the stripes.

OCEAN GROVE SOFT TENNIS

Soft Tennis continues to be a fun day for all our players and we also enjoy the fun we have at our other social gatherings.

Convener: Liz Gilbert 0418520503

EXERCISE CLASS

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

What are the best exercise for me? No matter what your age of fitness level, these exercises are some of the best exercises you can do & will help you get into shape & lower your risk for disease. 1. Swimming. 2. Tai Chi. 3. Strength training. Lifting light weights won't bulk you up your muscles, but it will keep them strong, if you don't use your muscles, they will lose their strength over time. 4. Walking. 5. Kegel exercises. These exercises won't help you look better, but they do something just as important- strengthen the pelvic floor muscles that support the bladder. Whilst most women are familiar with Kegels, these exercises can benefit men too. At our exercises we do some strength training & Kegel exercises, plus many more other ways to keep fit. Remember also many of the things we do for fun & work count as exercise. Raking the garden counts as physical activity. So does ball room dancing & playing with your kids or grandkids. Just remember you can get fit with our exercise class and all our other activities like Tai Chi, walking & Ballroom dancing.

Convener: Martin Taylor 5243 7605

LACG WANDERERS CARAVAN and CABINERS GROUP

PORTLAND: 27TH APRIL – 2ND MAY 2025

This was our first trip away that Thelma and myself had organised and it went very well. We had 27 people attend. A few things we learnt and will improve on for the next trip to Daylesford in Sept 2025.

We had a games night which everybody enjoyed. A raffle that had 2 very happy winners. Bocce winners and losers impressed with their glass and wooden spoons. Lunch out at the Macs hotel and dinner at the caravan park which had a hiccup but was out of my control to fix. 20 people went on the tram ride around Portland and everyone enjoyed it.

The caravan park had nice cabins and management were very helpful with our 5 days there.

We had some new members join just to do the trip away

and will be attending our next one. Feel free to spread the word and hopefully improve our numbers.

Thank you to everyone who came and made the time away successful. Thank you for your feedback and the information is useful.

Our next trip is to:
Daylesford Caravan Park
3021 Ballan-Daylesford Road
Daylesford
Phone: 03 53483821

Dates are 14th – 19th September 2025

Please book your cabin as soon as possible as cabins are limited and if we don't need them then I can let them know so the park can let them out to other people.

When you book can you please let me know on 0402159790 so I can keep a record of it please. I know it is early but Daylesford is a very popular place to stay.

Regards Denice

Conveners: Denice Oliveri 0402159790
and
Thelma Adams 0430948923



Everyone had a great time

TRADING TABLE

We are at that time of year again cancer morning tea, this year it was a lunch, we do need anything you can bring along, any LARGE Items if not sold will need to be taken home please as we have no storage room for them. We will be having the trading table money going to the Andrew Love centre on the 18th. June also 25th. June and an extension to 2nd. July,

Thank you in anticipation you kind people.

News Flash we have raised \$317 and rising at going to press.

Val Kenneady

Convener: Val Kenneady 0427345732

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

As Winter has well & truly arrived now, one way to keep warm is table tennis. Table tennis, sometimes known as ping pong, is a racket sport derived from tennis but distinguished by its playing surface being atop of a stationary table. Players are equipped with a laminated wooden racket with rubber on one or two sides depending on the grip of the player. Various types of surfaces provide various levels of spin or speed & in some cases they nullify spin. Play is normally fast, requiring quick reaction & constant attention and is characterised by an emphasis on spin, which can affect the ball's trajectory more than other sports. Table tennis is played on Mondays at the Table Tennis Centre, 84 Church St, West Geelong, opposite the Sale Yards Hotel. Cost \$8. Come along & try.

Convener: Ken Bolton 52430219

L.A.C. PEDALLERS

The bike group continues to enjoy good numbers on their Tuesday, Thursday and Saturday rides. In addition to these tri weekly rides the group conducts out of town multi-day rides. In late April nine members of the group travelled to Tasmania for a 10 day ride. The group rode down early one morning to the Tasmania ferry terminal and that night were in Devonport ready for the start of their biking the next morning. With panniers packed with changes of clothing they rode almost 500 km from Devonport to Launceston and back again, riding on back roads, staying in quaint hotels and cabins. Luckily the weather stayed fine but there were plenty of other challenges with steep hills and headwinds. Another multi-day ride is planned for November on the bike tracks around Myrtleford.



Nine LACG Pedallers in Tasmania



A Country road with Tassie background.



Always something needs a photo stop

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

BELLYDANCING
Tuesdays 1.30pm Cost \$8 at the Club Room

Our Bellydance classes are being enjoyed by all participants with lots of giggles and shimmys. We have now got a couple of complete dances under our (coin) belts and some fancy new steps have been learnt. As it's a great activity for both mind and body it ticks the box for healthy active living. Each term we will add new routines and combinations so all are welcome to come along and join the fun. Make your winter warm and stay active with lovely Bellydance.

Convener: Glenys Costa 0400214897

DINE OUTS
Last Wednesday of each month.

Our last 3 dinners were highlighted by an outing to Mavs Greek Resraurant in Little Mallop St. The parking is atrocious unless you are very lucky and we also had a wet cold night. But the food is worth it although wait time is long. We should stick to good parking over winter.

Wednesday, July 30th 6.00 pm
Laksa & Beer Co
87 Ryrie St, Geelong

Wednesday, August 27th. 6.00 pm 2024
The Sphinx Hotel
2 Thompson Rd, North Geelong

Wednesday, September 24th. 6.00 pm 2024
Meet Me At Mary's Geelong
66 Pakington St, Geelong West

Convener: **Lyn Hansen** 0438811410



MAVS dinout looking in through a window



From the inside

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

Wine appreciation is going along with the normal attendees enjoying their monthly get together over a selection of drinks etc. More attendees would be most welcome; anybody interested can contact the convener for more info.

When the temperature dips, people all over the world head indoors to brew a batch of mulled wine, sharing their creation with friends, family and sure, even strangers. It's a tradition that isn't ending anytime soon. The Swedes call it glögg, the Germans mix up glühwein, the Italians sip on vin brulé, and the Russians? That glint in their eyes comes from Glintwein and although the recipes differ from place to place, the outcomes are similar, Warm aromatic spiced red wine. Ideal for the lovely weather we have been having. (Brown Brothers Winter Red \$9.99 from Aldi along with some orange slices and cinnamon) this was tried at our last wine appreciation and was very well received. What do friends and wine have in common? The older, the better. Enjoy

Convener: **Philip Warburton** 0417 056368

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
Plus Fridays 4 PM till 7 PM.
At Bellarine Aquatic Centre

We had 5 of our players compete in the regional finals of the Australian Masters League today. We are waiting to see who makes it to the state finals. They represented Ocean Grove Pickleball well and we are very proud of them.



Convenors **Terry and Fran Kealey** 0408556697.

CALENDAR OF EVENTS—LIFE ACTIVITIES CLUB—GEEELONG Inc.

as at July 2025

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 9:30 in winter 9:00am. in summer.
	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 12:00 till 1:30 pm at Badminton Courts Leisuretime Sports Centre Norlane
	TAI CHI	09:15am till 10:15pm Clubroom Cost \$5.00
	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.
	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
	Bellydancing	LACG Club Rooms 1:15pm Cost \$8.00
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
	Mahjong	LACG Club Rooms 1:00 pm. 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 12:00 till 1:30 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
	Chair Exercises	11.00 am LACG Club Rooms Cost: \$5.00
	Exercise Class	12:15 – 1:15 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 4:00 - 7:00 pm at Bellarine Aquatic Centre. Shell Road
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	10:00-11:30 am at Badminton Courts Leisuretime Sports Centre Norlane

There is also Special lunchtime functions throughout the year and a Caravan Club, which, at various times throughout the year, has memorable and well attended trips.

NOTICE OF THE 17th. ANNUAL GENERAL MEETING

LIFE ACTIVITIES CLUB - GEELONG INC.

Venue :- BELMONT PARK PAVILION,

Date & Time:- WEDNESDAY, AUGUST 6th. 2025 AT 12.15 PM

At the AGM, elections will be held to fill the Club Officers and Ordinary Committee Member positions, as follows:-

President, Vice- President, Treasurer, Secretary, Newsletter Editor, Membership Secretary, and up to seven Ordinary Members of Committee .

Business to be conducted at the Meeting :-

1. Confirm the minutes of the 16th. A.G.M. held on August 7th. 2024
2. To receive President and Treasurer’s Reports.
3. To elect Officers and Ordinary Members of the Committee.
4. Appointment of an Auditor (KRS Consulting Group)
5. Any special business of which notice has been given in accordance with the Rules of the Club.

The AUGUST GENERAL MEETING will follow immediately after the A.G.M.

Life Activities Club-Geelong Inc.

Regn. No. A0052175P

Nomination Form for 2025 / 2026 Committee

We, the undersigned, being financial members of the Life Activities Club-Geelong Inc.

Hereby nominate.....(All Printed Names)

For the Position of.....

Nominated by.....Seconded by.....

I hereby accept the nomination for the above position and declare that I am not insolvent.

Signature.....

(Nominations close 23 July 2025)



CLUB INFORMATION & MEETING DATES

Club Name Life Activities Club-Geelong Inc.
Incorporation No. A0052175P Date of Incorporation 02/10/2008
Address Belmont Park Pavilion 'Grey Building',
Barrabool Road, BELMONT, Vic. 3216
Postal Address PO Box 1041,
GEELONG,
Vic., 3220
Telephone 0491 755 335

Club Meeting Day Wednesday

08.30 am Clubrooms open.
09.00 am River walks/coffee
10.30 am President's address
10.45 am Bocce
11.00 am Cards & Scrabble Meetings as listed
1.00 pm Mahjong

Contacts

Vice President Heather Redding Phone 0493 138 771
Secretary June Warburton Phone 0409 233 430
Convenor's Delegate Martin Taylor Phone 0492 994 916
Care Convenor Val Kenneady
(Please make contact at Club Meetings where possible)

Diary dates

Club Meetings: Each Wednesday except during Christmas recess
Committee Meetings: 1st Wednesday of the month except for December & January
Convenor's Meetings: 2nd Wednesday, March; June; September.
General Meetings: 3rd Wednesday, November; February; May.
A.G.M. & General Meeting: 1st Wednesday in August
Other (Special) General Meetings will be notified if required.
Membership & financial year: 1st July to 30th June.
Clubrooms closed as notified during December and January.

Activities As per Newsletter and when notified at Club Meetings.