

# Life Activities Club-Geelong Inc.

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

President: Leon Gleeson  
Patron: Pat Murnane

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

## Newsletter November 2025

### *From the President's desk*



Greetings members.

It is amazing to think our club looks after the needs of some 500 to 600 members.

We have some 22 different activities and 22 convenors working to keep you happy. Some of them have been convenors for years and we owe them a great deal of thanks.

Most of our members are people who have spent their lives in the workforce one way or another and now wish to just enjoy life and spend some time with friends.

Fortunately some are prepared to chip in and help where they can.

I refer to not only the convenors but also to the committee members without whose contribution we would have no club.

Last year we had no President. Next year, we have been strongly advised that we will need a Secretary and Treasurer. Can you help?

In the meantime things seem to be working quite well and I believe we are enjoying a bit of fun.

So although this is my first newsletter, it is the last for the year and I will take the opportunity to wish you all a very Happy and Safe Christmas and New Year.

I'm looking forward to meeting members at the Club's Christmas Lunch at Buckleys.

*Happy Day. Leon G.*

**OFFICE BEARERS**

**GENERAL COMMITTEE**

President:	Leon Gleeson	President	0427504570
V-President:	Heather Redding	Vicepres@lacg.com.au	0493138711
Secretary:	June Warburton	Secretary@lacg.com.au	0409233430
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	

	Les Hannah	0408383721
	Ron Kenneady	0427345732
	Terry Kealey	0408556697
	Kate Lessing	0400599284
	Sue Page	0448714134
	Lynette Kent	0408564716
Newsletter/Webmaster:	Jim Watts	newsletter@lacg.com.au 0407149596

**CONVENORS & ASSISTANTS**

Activity	Phone	Activity	Phone
PAST PRESIDENT <b>Martin Taylor</b>	0492994916	FRIDAY WALK & TALK <b>Rene Watts</b>	0417569476
ARVO TEA DANCE <b>Val Penfold</b>	5251 3529	DINE OUTS <b>Lyn Hansen</b>	0438811410
OCEAN GROVE PICKLEBALL <b>Terry and Fran Kealey</b>	0408556697	OUT TO LUNCH <b>Eileen Roberts</b>	0420387430
BOCCE <b>Les Hannah</b>	0408383721	CONVENORS' DELEGATE <b>Martin Taylor</b>	0492994916
TAI CHI <b>Des Lawrence</b>	0428363505	SOFT TENNIS OCEAN GROVE <b>Liz Gilbert</b>	0418520503
CARDS / SCRABBLE <b>Rene Watts</b>	0417569476	WINE APPRECIATION <b>Phil Warburton</b>	0417 056368
CARE & TRADING TABLE <b>Val Kenneady</b>	0427345732	KEEP FIT AEROBICS ( Low Impact) <b>Jill Crilly</b>	5244 0505
CYCLING <b>Rob Ballard</b> <b>Andrew Broadfoot</b>	0412308166 0429436249	CARAVANNING <b>Denice Oliveri</b> <b>Thelma Adams</b>	0402159790 0430948923
GOLF – BALLYANG PAR 3 <b>Ron Crees</b>	0400062224	TABLE TENNIS <b>Sandy Gray</b>	0438441917
EXERCISE PROGRAM <b>Martin Taylor</b>	0492994916	WED. WALK & TALK <b>Anne Wylie</b>	0431344191
CHAIR EXERCISES <b>Jill Crilly</b>	5244 0505	BELLY DANCING <b>Glenys Costa</b>	0400214897
MAHJONG <b>Bronwen Jackman</b>	0419540194	BANNOCKBURN SOFT TENNIS <b>Phil McIlroy</b>	409236420



Members of Bannockburn Soft Tennis at a recent gathering. You might spot their special guest if you look closer.

## NEW MEMBERS

Paddy Govan	Faye Harvey	Percy Perez
Annie Vogel	Jane Stanford	Janet Armstrong
Keith Lowerson	Jiffy Beardsmore	Darcy Gleeson
Judy Lowerson	Jennifer Taylor	Robyn Holland
Rita Anderson	Lucille McDonald	Helen Gannon
Raymond Slee	Roger Sowerby	Chris Colley
Anne Scaddan	Mel Baldock	Darlene Armstrong
Rose Roberts-Wray	Judi Baldock	Rebecca Williamson
Bill Van Parreren	Peter Hutchinson	Heather Lewis
Anne Van Parreren	Zdenka Spacil	Kate Munro
Tony Scarsi	Graeme Allchin	Janet Kilcullen
Sue Cracknell	Chris Badrock	Maurice Chapman
Phil McIlroy	Lucille Cotter	Elaine Chapman
Maz McIlroy	Paul Cotter	Craig Walter
Nonie Ashworth	Julie Costello	Di Welsh
Gabby Brislo	Margie McLeod	Fiona Allchin
Wendi Long	Ken McNair	Nicola Goodwin
Dianne Royce	Deirdre McNair	Barbara Sansom
Shirley Mills	Gillian Dickson	Ron Dunn
Bernard Szatkiewicz	Lyn Dickson	Nicole Dunn
Jennifer Morgan	Karen Malseed	Denise Hadden
Geoff Tout-Smith	Michelle Waters	Paula Ryan
Joan McPherson	Judith Holder	Fiona Kersten
Dragi Naumovski	Emily Russell	Steve West
Michael Panckridge	Gina Hoy	Denise Spears
Prue Di Girolamo	Ian Docherty	Ken Shawcross
Elizabeth Briglia	James Blackman	Sharlene Rose
Jenny Wallace	Peter Boer	Sue Grootveld
Janece Symons	Cathie Boer	Karen Gell
Murray Homes	Margaret Rae	Sophie Nichols
Mervyn Dolheguy	Phil Pope	Chelsea Nichols
Alice Terrill	Janice Pope	Dawn Butler
Ruth Homes	Peter Van den Bosch	Dale Cooper
Lee Phipps	Gary Freeman	Tracey Hanlon
Ray Calaby	Margaret Quinn	Jenny Conron
Jodi Dunell	Christopher Quinn	Larry Lane
Lee Kenzie	Simone Grace	Raymond Parfitt
Pat Blood	Carol Hughes	Geraldine Parfitt
Christian Carlson	Anthony (Tony) Keunen	Alastair Mackintosh
Tim Mahon	Yvonne Lucas	Margaret Moloney
Julianne Hall	Kaye Walker	Jessica Hammond
Morne Beer	Travis Sutherland	Moiria Atkins
Monique Beer	Rebecca Rockliff	Claudia Guertzenzvaig
Maria Wills	Belinda Koek	Bonnie Sargeant
Peter Wills	Christopher Rimmer	Francine Noorderbroek
Helmut Woerner	Janette Burns	Michelle Percy
Susan Woerner	Jocelyn Hepburn	Colin Bain
Chris McManus	Russell Hudson	Simon Vivian
Cynthia Dalziel		Jayden Malseed
		Miranda Hudson
		Heather McMillan
		Kay Wilson
		Michelle Crofts
		Leanne Hodge
		Lucia Mahon
		Chris Rickards
		Helen Rickards

## MEMBERS DECEASED

The club has been deeply saddened by the passing of the following members:- Stan Paley, Peter Redding

## ACTIVITY GROUP REPORTS

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

We have had a wonderful year of Dancing to the great Music played by Ron and Kevin.

Thank you all for your continued support each week and making our Dance, a Happy and enjoyable afternoon.

Our Annual BBQ will be at Ron Medson's home on Sunday 23rd November 2025 12 Noon onwards

Our Christmas Breakup Dance will be on Thursday 18th December 2025 from 1.30pm – 4pm

Take care

*Happy Dancing*

Convener: **Val Penfold** 5251 3529



*Three of the Surprises at the ARVO Tea Hawaiian Dance Party*

### OUT TO LUNCH 2nd. Friday

November 14<sup>th</sup>.. Grovedale Hotel 12 pm  
All welcome.

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

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

### BOCCE

Having missed 7 weeks of play due to rain, winter has now passed and hopefully good weather will enable us to complete the year with minimal interruption.

Hookey has been a great substitute and has been well patronised.

Our lunch and presentation day will be held at club rooms on Wednesday 26th of November at 12:00 noon

Convener: **Les Hannah** 0408383721

**BANNOCKBURN SOFT TENNIS**  
**Mondays & Fridays 10:00 till 11:30am**  
**\$3 per Day**

Bannockburn Soft Tennis celebrated the AFL Grand Final Eve Friday with a BBQ lunch at the Bannockburn Recreation Centre (YMCA). Members enjoyed a fun day playing Soft Tennis in their footy team colours. Lunch was a perfect opportunity to catch up and socialize with members and partners, including special guest Leon Gleeson, LACG President. Great food and amazing people shared a wonderful day.

BST welcomes new players to join our Activity Group to play Soft tennis and take part in additional social functions.



**Convener: Phil McIlroy ... 0420387430**

**CARE**

*A lot of us have been having a bad time with various medical issues over the last few months and hopefully will improve with the weather.*

*We are all deeply saddened by the passing of Peter Redding and will be supporting Heather where possible.*  
*Val Kennedy*

**Convener: Val Kennedy 0427345732**

**CARDS / SCRABBLE**  
**Wednesday after Bocce**

We have 22 or so members who look forward to their 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 and if you bring a table full playing any other game we have plenty of room to set it up

**Convener: Rene Watts 0417569476**

**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, is come along to try this instead of sitting home losing muscle and mobility.  
 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 so far has been slow to leave winter but improving all the time. Walkers are still scarce 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.**

Our golf Mondays are picking up again after winter. With the change of clocks, we now start at 9:15a.m. as the earlier 9:00 a.m. seems to clash with school traffic. It was 9:30 during winter. Numbers are 7 to 10 playing regularly with another three to four coming for coffee. No word yet on course modification or changes by council.

**Convener: Ron Crees 0400062224**

**MAHJONG  
Wednesdays 1:00 till 3:00pm.**

Mahjong Wednesday group are going well with an average attendance of 6 to 8 players per week plus four beginners. On 24th of September, a new beginners class commenced with four newbies. This is the final beginner's class for the remainder of 2025. We currently have 21 Mahjong members enrolled.

**Convener: Bronwen Jackman 0419540194**

**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**

Exercise class is going well with our only problem being so popular we cannot take any more in the space we have.

**Convener: Martin Taylor 5243 7605**

**LACG WANDERERS  
CARAVAN and CABINERS GROUP**

On our recent trip we went to Daylesford in September. Everyone enjoyed their time there and no incidents occurred. Despite the cold weather we managed to keep reasonably warm. We had a game of BINGO on Tuesday evening, thank you to Joy who was our caller and did a

great job announcing the numbers. Our fancy dress night was well received and bocce winners announced. Thank you to Phil Warburton who organised a special trip for everyone to see a private collection of carriages and lanterns. I know everyone was amazed by the collection. A nice afternoon tea put on by the owners. The donation we gave has gone to the Smith family in Castlemaine to keep 15 young people in school and in uniform. Thank you everyone for our contribution, it was a wonderful experience.

I have put up the notice for the trip to Murray River Resort, next April 12th-17th 2026 in Moama. This is a resort not a caravan park. I thought we can give this a try for something different. Prices are very similar to what we have paid at a caravan park. Rooms have already been reserved for us. So please call them to reserve your room. The manager will sort which room you would like. If anyone is looking to share a cabin please speak up.

**Conveners: Denice Oliveri 0402159790  
and  
Thelma Adams 0430948923**

**TRADING TABLE**

Look out for specials as we reduce stock before the Xmas break

**Convener: Val Kenneady 0427345732**

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

Recently Ken Bolton, our Table Tennis convener, fell ill for a while. As a result numerous folk had to step in to perform his role. However with the cooperation of Leon Gleeson, Geelong Table Tennis Association's Phil Carruthers and many LACG members, games continued almost as usual. So pleasing to see how a bit of cooperation can solve problems. As a result, and during my absence, I was volunteered to carry the role into the future (note to self - dangerous to go on holiday). However I am pleased to report Ken is out of hospital and back playing with us though I will continue to be convener for now. My thanks to everyone for pitching in.

Recently U3A have been playing at the GTTA centre concurrently with ourselves and to our mutual benefit some mixing of the groups happened. Due in large part to the efforts of Leon Gleeson we can report a big boost to our player numbers as the two groups have merged following U3A's decision to drop its program. On signing up with LACG some of our new players have expressed interest in other LACG activities as well, so

hopefully we will see new faces involved with other of our activities; a positive for everyone. My thanks to Leon Gleeson for his invaluable efforts in this regard.

One of the real benefits of U3A joining us is a broader spread of abilities now exists; meaning closer games, more opportunities to improve and even more fun. We are always welcoming to new players of any skill level and encourage members to join us at the GTAA centre, Church St, Geelong West every Monday from 1pm for two hours of cheap exercise, fun and enjoyment for a cost of only \$8. Plenty of tables - no waiting!

**Convener: Sandy Gray 0438441917**

### L.A.C. PEDALLERS

The Pedallers bike group continues to provide a strong sense of inclusiveness to the membership. The rides continue to be well supported with the core membership turning up regardless of the weather. Average numbers around the 18-20 mark throughout the winter period, even with a number of the stalwarts vacating cold Geelong for a break in warmer climes.

The programme continues to offer both long and short rides with the occasional Melbourne ride. In early September a very successful ride was undertaken from the '100 steps of Federation' in Altona to the Pipe makers park in Maribyrnong. In October, a Sorrento to McRea ride has been scheduled meeting at Queenscliff and taking the ferry over to the start at Sorrento. This is a ride that has been undertaken several times over the years and has always proved popular.

The pedallers monthly evening dine outs and 'empty nesters' lunches continue and are always looked forward to and well supported by the membership.

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

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

Bellydancing is being enjoyed by all participants and everyone is seeing great improvement in their abilities. As well as excellent physical exercise learning dance steps improves our memory and improves brain function, coordination and balance! Double bonus.

Term 4 begins with a new choreography a bit slower than last term so a great opportunity for newbies to join in and start afresh. Come along and see what it's all about, be prepared to laugh, wear your sparkles and shimmy into wellbeing.

With a swish and shimmy, Glenys.

**Convener: Glenys Costa 0400214897**

### DINE OUTS Last Wednesday of each month.

Our dineouts continue to be a great social and culinary experience. The last of our proposed dineouts the "Meet Me at Mary's venue turned out to be an unpopular choice and was discussed at the last minute and changed to the Waurin Ponds Hotel which increased the uptake and around 20 diners enjoyed the Steak night special which was very good. On 27<sup>th</sup>. October we dined at The Great Western. It is always reliable and this was no exception. Everyone really enjoyed their meal so much it would have been even better with bigger serves. We discussed going to The Croation Club next but on investigation is not open Wednesday Night. So our November fare will be:-

**Wednesday, November 26<sup>th</sup>. 6.00 pm**

### St Lords

3 W Fyans St, Newtown

Next dineout is February and will be advised when club reopens

**Convener: Lyn Hansen 0438811410**

### WINE APPRECIATION 1<sup>st</sup>. Monday of the month 2pm. At a members home. cost \$5

#### For those with a wine collection

How many bottles are in your collection?

Have you done the math on how many days it might take to enjoy a bottle a day, assuming you drink wine every day? Or, if you only bring out the good stuff on weekends, how many years of weekends are we talking here? Did you buy these wines from the winery directly? Do you have any idea if they ever sat in unprotected storage (like customs) for weeks, months? Retailers always polish the bottles to make them look great, but they might have been through hell before that...

Does your spouse or offspring take your collection seriously? I hope so, because I have gone to plenty of estate wine sales hosted by spouses or kids who are happy to unload their deceased loved one's unknown bottles of whatever for \$15 per bottle... And time after time, those estate bottles are as dead as their former owners, because they kept them too long... or maybe bought them dead and didn't know it — its a trophy!"

My advice is to drink your wine! Drink it now! Drink it while you are alive AND it's still alive! Because there is no little white button that will pop up on your bottle to tell you it's ready!"

**Convener: Philip Warburton 0417 056368**

## Christmas in July

Christmas in July was another successful fun day. 81 people attended.

The hall was decorated in red & green. Backdrop on stage gave us a festive feel to the hall. Tables were all set like we do at Christmas time. Then it was time to get the show on the road.

We feasted on roast chicken, pork & beef with scalloped potatoes, pumpkin mash, carrots, peas & cauliflower in white sauce plus the condiments. Sweets followed with plum pudding, sticky date pudding, trifle, fruit salad & berries compote with cream & custard. All plates were demolished with gusto. We ran out of whipped cream, sadly I missed out but there were no complaints.

Music was played by Don Fisher, the Human Jukebox. He had the hall alive with laughter from his jokes & plenty of dancers on the floor.

Meat Raffle was hugely successful. We also had lucky door prizes & lucky number prizes.

Heather Redding, our MC for the day did an astounding job, Thanks Heather.

We made a small profit on the day & this goes into our Xmas in July A/C for next year to pay for bonbon, serviettes etc. I have booked a different entertainer next year for Wednesday 15th July, 2026. We had a few people miss out due to the list filling up in one day. Make a note of this if you would like to attend in your diary.

June Warburton

### 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 have had an exciting few months in pickleball. Numbers continue to grow and up to three sessions a day fill fast. A number of our players competed in tournaments with good success and three of our players attended the Masters League Cup representing Victoria. They were Bryan, Janet and Jason pictured below. We have a major raffle happening to purchase a portable defibrillator and a social function at the Bowls Club this Friday night. Pics to come. Terry has also been busy coaching groups of 12 players at various levels over several weeks to enhance their skills and understanding of the games. These sessions have been very well received.

Update October 21st.

What a great week for our OG pickleball Club. We had a Rapid Fire Tournament with Anglesea PBC and 32 players participated. It was a great success. Fiona Bond

one of our players received 2 gold and one silver medal in the Over 70s division at the Masters Games in Canberra. A great achievement.



*Fiona with her medals*

Convenors **Terry and Fran Kealey** 0408556697.

# CALENDAR OF EVENTS—LIFE ACTIVITIES CLUB—GEEELONG Inc.

as at November 2025

Venue: Belmont Park Pavilion (Grey Building) below James Harrison Bridge

<b>Every Monday</b>	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 <b>\$8.00</b>
	Golf	Balyang Par 3 Golf Course 9:30 in winter 9:15am. in summer.
	Pickleball	9:00 till 11:00 am. at Memorial Hall The Avenue, Ocean Grove
<b>First Monday</b>	Wine Appreciation	2~4pm . Location at various attendees house by agreement. Cost <b>\$10 ea.</b>
<b>Every Tuesday</b>	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 <b>\$5.00</b>
	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: <b>\$5.00</b>
	Exercise Class	LACG Club Rooms 12:00 to 1:00 pm Cost: <b>\$5.00</b>
	Bellydancing	LACG Club Rooms 1:15pm Cost <b>\$8.00</b>
<b>Every Wednesday</b>	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
<b>Third Wednesday</b>	BYO Lunch	After Bocce at the Club Rooms.
<b>Last Wednesday</b>	Dine Out	Watch the notice board or Weekly Update for selected venues
<b>Every Thursday</b>	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: <b>\$5.00</b>
	Chair Exercises	11.00 am LACG Club Rooms Cost: <b>\$5.00</b>
	Exercise Class	12:15 – 1:15 pm at LACG Club Rooms Cost: <b>\$5.00</b>
	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: <b>\$5.00</b>	
<b>Every Friday</b>	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
<b>2nd Friday</b>	Out to Lunch	For times and venues watch notice boards and Weekly Updates
<b>Every Saturday</b>	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
<b>Every Sunday</b>	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.*