

www.lifegeelong.org.au

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Life Activities Club-Geelong Inc.

Patron: Pat Murnane

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Newsletter April 2026

Condensed and abridged version for printing

From the presidents desk



Hi folks, happy new year.

Now that all the Christmas activities are over, we are well and truly back in business.

The convenors of all 22 activities were invited to a meeting in February. They meet three times a year. Those in attendance advised that all is going well.

Unfortunately, 7 convenors were unable to attend. In future, if another person could be nominated to act as a substitute at the meeting, it would be appreciated.

Our new 'convenor of convenors' is Terry Kealey. Terry acts as the convenors representative on our Committee of Management.

The concern we had with our insurance cover has now been overcome. Unfortunately, anyone who is over 90 years of age is not covered.

Big thank you to Kate Lessing who has agreed to take on the role of newsletter editor. Don't hesitate to pass on any juicy news scoops or photos to Kate. Send your stories to newsletter@lacg.com.au

Autumn is now upon us and I've been told to get out of the horse and buggy days and catch up with AI (Artificial Intelligence). Wish me luck!

Happy days Leon G.

Thank you Jim Watts- you are appreciated by us all

A few months ago, I wrote this small piece for the LACV Life News magazine about Jim and his long-term involvement with LACG.

Jim has many talents. He writes our newsletter, looks after the web page, publishes our weekly updates and is also membership secretary.

Jim has a long-standing interest in technology; if you have a problem with your mobile or computer, Jim is your man.

Jim joined the club in 2002, inspired by his wife Rene's positive experiences. Together they have enjoyed many years building friendships and participating in social activities.

Jim describes the club as an extended family that allows him to remain active, to feel connected and to engage in meaningful pursuits that support others, such as committee membership.

I would like to take this opportunity, on behalf of us all, to thank Jim for all his work on past newsletters and for his ongoing support of my fledgling efforts.

Kate Lessing Newsletter Editor

Xmas Morning Tea

Our final Club Day for 2025 was Wednesday 10th December.

A Christmas morning tea was held with everyone bringing a plate of goodies.

Wow, what a morning tea we had, delicious and plenty of it.

This was followed by our President's end of year talk and then we played novelty bocce.

Thanks to all who attended.

June Warburton LACG Secretary

Xmas Lunch

What a great day we had at our Club Xmas breakup on December 3rd.

There were 110 people in attendance at Buckleys, where we had a private room.

The tables were beautifully decorated with Christmas colours red and green.

The lucky draw prizes were all lined up on the stage before being drawn. Were you one of the lucky ones to get a prize?

The 2-course meal was delicious, with a tea and coffee station and full-service bar.

Many people danced at every opportunity to music supplied by Jim Watts.

Santa and his helper arrived, giving all a small gift.

We had so many positive responses after this day that it has been booked for this year's Christmas Breakup on December 9th.

Hope to see you all there.

June Warburton LACG Secretary

Pedallers

Our rides continue to attract a big following. It is not unusual to see over 20 riders on one of our Tuesday, Thursday or Saturday morning rides.

In addition to our weekly rides, we conduct riding programs throughout the state (or even interstate) from time to time.

Last November twenty-four of our group were involved in a week long program based at the Myrtleford Holiday Park.

We had rides to Beechworth and Bright on the old rail trail bike tracks through the picturesque countryside.

Convenors Rob Ballard & Andrew Broadfoot

Out to lunch

We have had a good start to the year with a good number of members at the January out to lunch.

Our numbers have been fairly consistent. We would welcome anyone who would like to join us.

If you are unable to put your name on the list at the club, please phone Eileen by the Wednesday prior to ensure correct numbers are booked.

Convener Eileen Roberts

Taking care of each other

2025 was not a great year for our club.

Many members were unwell and some of our loved members passed away.

Sending our love and heartfelt sympathy to you all. They will all be very much missed.

It's lovely to see those of you who have lost their loved ones back at the club with so much courage at such a very sad time for you.

We are all here for you, your other family.

2026 hasn't been off to a good start. Quite a few of us have had bad fall and some of our members have been in hospital. Sending get well wishes to all our club members.

Convener Val Kenneady

Bellydance

Bellydance class is off to a great start this year, with returning dancers and new people coming along for a swish and shimmy.

We are just starting a lovely new dance so it's not too late to join in now.

I often get asked about the benefits of dance compared to other forms of exercise so here is a brief summary of why dance is great for the body and the mind.

For the mind, dance can:

- Boost self confidence
- Develop creativity and personal expression
- Reduce stress
- Lower the risk of dementia
- Increase serotonin
- Develop new neural connections

For the body, dance can:

- Improve cardiovascular health
- Help balance, stability & coordination
- Increase flexibility
- Develop motor skills
- Build muscular strength

Tuesdays at 1.30pm.

Convenor Glenys Costa

Table tennis

The Joy of the Rally: Why Social Table Tennis Is a Smash Hit

Curious about Artificial Intelligence (AI), I recently asked a program to write a short article about Table Tennis.

Wow! A real surprise.

So accurate were some of the comments in the article, I just have to share. So, here is a little of what the computer wrote.

One of the greatest appeals of social table tennis is its inclusivity. Skill in table tennis relies heavily on technique, strategy, and quick thinking, allowing players of all backgrounds and abilities to compete and enjoy the game together.

While the primary goal of social play is fun, the health benefits are a fantastic bonus. The game sharpens reflexes, improves hand-eye coordination, and stimulates mental alertness;

engaging multiple areas of the brain simultaneously.

Table tennis fosters communication, camaraderie, and positive sporting behaviour, creating an environment where laughter and shared experiences naturally lead to new friendships and a strong sense of community.

Pretty much spot on.

So for a fun-filled two hours on Monday afternoons, join the mob at Geelong Table Tennis Centre, 84 Church St Geelong West.

We start at 1pm and cater for all skill levels. At only \$8 its a bargain. Plenty of tables - no waiting!

Convenor Sandy Gray

Bocce News

Welcome to our first bocce news for 2026.

Our winners at our presentation day for Season 25 were as follows.

Highest Ladies Score, Val Kenneady, 972.

Second place, Anne Wyllie, 865.

Third place, Lyn Hansen, 818.

Highest Gents Score, Ron Crees, 1072.

Second Place, James Campbell, 972.

Third Place, Ralph Taylor, 927.

The John Wallace Award was given to Ron Crease.

Lowest Ladies Score, Dorothy Girdler, 554.

Lowest Gents Score, Vic Chetcuti, 680.

The 2026 season is well underway with good attendance and fine weather.

Many thanks to our set-up people and scorers who ensure that everybody has a great time.

Convenor Les Hannah

Trading table news

Items that were left at the end of 2025 went to an op shop, as we cannot store it at the club while we are closed for the summer break.

So we are starting again. Anything that can be brought to the trading table will be much appreciated.

Thank you again, kind friends.

Convenor Val Kenneady

Wine appreciation news

Wine appreciation continues to be held in June and Philip Warburton's home at 2pm on the 1st Monday of the month.

Whilst only a small group, we would welcome any new members to our gatherings.

We generally wrap up shortly after 4pm so 2hrs approximately to enjoy some tastings, nibbles and good companionship around the table. For further information contact the convenor.

A little-known fact about wine is that some people are legitimately scared of it. In fact, there is a recognized phobia of wine, *oenophobia*. We're very thankful that we don't suffer from this! I guess our fear would be running out of wine.

Convenor Philip Warburton

Exercise class

Exercise classes got going on the 5th of February and they are off to a great start. Classes are run Tuesday and Thursday.

Mandy does an amazing job helping us to get stronger and improve our balance.

The classes are very popular and are completely full so we are unable to accept any new members at this time.

Convenor Bronwyn Cooling

Caravans & Cabins

Hello fellow caravaners and cabin people.

We had planned a trip to Murray River Resort Moama, April 12th – 17th

Sadly, we have had to cancel this trip due to the fuel crisis.

We will let you know when our next trip is planned.

Convenors Denice Oliveri & Thelma Adams

Dine Out

For those that may not have heard, I should firstly explain that Lyn Hanson, who was our dine out convenor for the last few years, was unexpectedly taken ill and passed away in December. We are left feeling shocked and saddened.

As no dine out had been set for February I stepped in and arranged dinner at Jugni restaurant in Waurin Ponds. At that dinner I found all the other volunteers for convenor had stepped back one pace and left me in charge. During dinner, suggestions were put forward and the group

decided to go with a mix of five hotels and five restaurants for the year, starting next month at Fyansford Hotel.

Feedback on the Jugni dine out was a bit mixed, as getting the right outcome for mild/medium did not work for some. The parking is great and the venue ok, but we probably won't bypass the Kohinoor in Malop St to come here.

Convenor Jim Watts

Cards

Card sessions are going along as usual with the 500 group picking up new members.

Hand and Foot players are sometimes limited by absences and revert to games needing less players. To aid in this, two new games have been obtained - Phase 10 and Rummy. New players will be made very welcome.

Convenor Rene Watts

Friday Walkers

Our longstanding members of this group are continuing to enjoy the Friday get together for coffee and a monthly lunch, but walking has been a memory for some time. In its day this walk would see over 30 walking the Barwon River trails before coffee. These trails are a great asset to Geelong and the health of club members.

Anyone interested in revitalising this activity is welcome to commence a new Friday walking group - it is amazing how quickly a good thing catches on. Join us at 10am Fridays at the RnR cafe and start from there.

Convenor Rene Watts

Xmas in July 2026

Christmas in July will be held on Wednesday 22nd July 2026 at clubrooms.

We have a new caterer. Neale's Spit Roast will be serving a two-course meal. And they will do the washing up!

Music will be supplied by Adam Page, a meat raffle will be held; there will be dancing and a whole lot of fun.

Cost will be \$30 per person with numbers capped at 80.

A list will be put up on the noticeboard, closer to the date.

June Warburton LACG Secretary

Notes.

Membership Fees.

The committee at the February meeting set the fees for membership year 2026-2026 as follows:-

Membership Renewal \$20:00 for the full year. This extends the fee reduction made last year for a further year.

New membership joining between 1st.July 2026 and 31st. December 2026 is \$20:00 with no joining fee also continuing fee reduction made last year.

New members joining between 1st. January 2027 and 30th.June 2027 \$15:00. with no joining fee. This is an increase of \$5 as the \$10 did not cover the administration, insurance and bank fees associated with joining.

Annual General Meeting

The AGM coming up in August will see the regular election of Committee for the following year. This year it is known that the existing Secretary and Treasurer will not be available to continue.

Being a committee member is a great source of personal satisfaction and provides a commitment to club members who rely on the club for their entertainment and healthy exercise. Such a commitment is known to promote mental health and extend the life of humans.

All members should consider this opportunity and make yourself known to the committee if you find the idea appealing in any way



Adam Page in Action at the Lara Hotel.

Adam will be our Band at the Xmas in July Event at our Clubhouse

CALENDAR OF EVENTS March 2026

Our Club Rooms are located at Belmont Park Pavilion (Grey Building) below James Harrison Bridge

In addition to the activities listed below there are special lunchtime functions throughout the year and a Caravan & Cabin Club which has memorable, well attended trips. See noticeboard or Weekly Updates for details

Every Monday	Soft Tennis	Memorial Hall The Avenue Ocean Grove (contact convenor for time) Bannockburn Recreation Centre YMCA 10am-11.30am
	Table Tennis	West Geelong Table Tennis Centre 84 Church St West Geelong 1pm-3pm \$8.00
	Golf	Balyang Par 3 Golf Course Newtown 9:30am in winter & 9:15am in summer
	Pickleball	Memorial Hall The Avenue, Ocean Grove 8.30am-10.30am & 10.30am-12.30 pm \$4.74 Leopold Primary School LINC 7.30pm-9.30pm \$7.25
First Monday	Wine Appreciation	Location at various attendees' house by agreement 2pm-4pm \$10
Every Tuesday	TAI CHI	Clubroom 9.15am-10.15am \$5.00
	Cycling – Pedallers	Out of town (contact convenor for start location and time)
	Cycling (Easy Riders)	First Tuesday from Rippleside - rest from club rooms - depart 9.30am
	Cycling – Pedallers	Alternative shorter Tuesday ride (contact convenor) 9.30am from club rooms
	Keep Fit Aerobics	Club rooms 10.30am-11.15 am \$5.00
	Exercise Class	Club Rooms 12pm-1pm \$5.00
	Bellydancing	Club Rooms 12.15pm-1.15pm \$8.00
	Pickleball	Memorial Hall The Avenue, Ocean Grove 8am-10am \$4.74 Leopold Primary School LINC 7pm-9pm \$7.25
Every Wednesday	Walk & Talk	Club rooms 9.15am see Anne Wyllie
	Presidents Announcements	Club rooms 10:30am after walk and a cuppa
	Bocce	Club rooms 11am
	Cards	Club Rooms 11.30am
	Mahjong	Club Rooms 1pm-3pm
	Pickleball	Memorial Hall The Avenue, Ocean Grove 8am-10am & 12pm-2pm & 2pm-4pm \$4.74 Leopold Primary School LINC 7pm-9pm \$7.25
Third Wednesday	BYO Lunch	Club rooms - after Bocce
Last Wednesday	Dine Out	See club room notice board or Weekly Update for details
Every Thursday	Cycling – Pedallers	Club rooms - depart 9.30am
	Cycling (Easy Ride)	First Thursday from Rippleside. rest from club rooms – depart 9.30am
	Chair Exercises	Club rooms 9.15am-10am \$5.00
	Keep Fit Aerobics	Club rooms 10am-10:45am \$5.00
	Exercise Class	Club rooms 11 am-12pm \$5.00
	Exercise Class	Club rooms 12:15pm-1:15pm \$5.00
	Arvo Tea Dance Practice	Club rooms 1.30pm-2pm walk through lessons
	Arvo Tea Dance	Club rooms 2pm-4pm \$5.00
	Pickleball	Memorial Hall The Avenue, Ocean Grove 8am-10am & 12pm-2pm \$4.74 Leopold Primary School LINC 7pm-9pm \$7.25
Every Friday	Walk & Talk	Leaves from Car Park in Barrabool Rd opposite Cafe RnR (Big4) at 10am
	Pickleball	Memorial Hall The Avenue, Ocean Grove 8.30am-10.30am & 10.30am-12.30pm & 4pm-6pm \$4.74 Leopold Primary School LINC 7pm-9pm \$7.25
	Soft Tennis	Bannockburn Recreation Centre YMCA 10am-11.30am
2nd Friday	Out to Lunch	See club room notice board or Weekly Update for details
Every Saturday	Cycling – Pedallers	Club rooms - depart 9.30am
	Cycling (Easy Ride)	Club rooms - depart 9.30am
	Pickleball	Memorial Hall The Avenue, Ocean Grove 5pm-7pm \$4.74 Leopold Primary School LINC 9am-11am \$7.25
Every Sunday	Pickleball	Memorial Hall The Avenue, Ocean Grove 10am-12pm & 4.30pm-6.30pm \$4.74 Leopold Primary School LINC 9am-11am \$7.25

There are also special lunchtime functions throughout the year and a Caravan & Cabin Club, which, at various times throughout the year, has memorable and well attended trips.

See LACG website for convenor contact details, management committee details & names of new members.