

Life Activities Club Surf Coast

From the President

By the time you receive this newsletter winter will be upon us. As I write this report I am looking at the beautiful blue sky and greenery following long awaited rain. What a lovely sight!

So far this year, the committee has welcomed 18 new members for coffee at Bomboras. From all reports, these gatherings have been very successful, giving new members the opportunity to meet one another and form new friendships. I hope you enjoy the many activities LAC has on offer. Also, remember, if you have suggestions for new activities, especially if interested in being convenor, the committee would love to hear from you!

This year again, LAC participated in the Surf Coast Relay for Life event. Our club raised \$6,150 and was well supported by members participating in the walk during the course of the weekend. Our thanks for a job well done goes to captain Anne Georgiou, her dedicated team and all members who have contributed in any way towards the success of this event. After years of being involved in Relay for Life, Anne and team have decided to retire and move on to other things. I wish them all the best. This means that if LAC is to participate in the Relay for Life event next year a new convenor/convenors will have to take over this activity. If you are interested, please speak to Anne or myself regarding this activity.

Our CPR training course was recently attended by 21 members. All members present agreed it was a good course to attend, whether for the first time, or for revision and practise performing CPR. This is good skill to learn, but hopefully never have to use! Thanks to Cheryl Annetts for organising this worthy activity.

Recently Graeme Perks and I attended the LACVI bi-monthly Council meeting in Melbourne. At that meeting we were happy to hear favourable reports from clubs who have installed the new Revolutionise Sport online management platform. Although they had some teething problems to begin with, they are now starting to enjoy the benefits and options available to improve efficiency in performing tasks. Our club will probably be in the group of clubs getting the system installed after some training later in the second part of this year.

With best wishes

Ana

Main event

Members fees due 1 July
(form included)

Resistance training

Scrabble

Monday

Local Walk

Taylor Park Walking

Tuesday

Resistance Training

Tennis

Morning Chat

Cinema

Scrabble

Wednesday

Walking

Out and Abouters

Thursday

Resistance Training

Dine Out

Tasting

Friday

Walking

Saturday

The Wanderers

Sunday

Welcome to our new members!



Dianne Adams
Barry & Michelle Buckley
Elizabeth Clarke
Doug Gibson

Sharon Hedley
Peter & Margaret Hirth
Susan Morris
Roger & Marie Moulday

Peter & Di O'Donnell
Judith Schonewille
Moira Woods



<p>Cinema</p> <p>Rosslyne Leary learyrg@gmail.com 0403 781 270</p>	<p>A warm welcome is extended to all newcomers to our Cinema Group. We have welcomed several new members and look forward to many happy days of your company.</p> <p>We meet on the second Wednesday of the month at Readings Cinema, Waurnd Ponds. Times are usually around 10.30am or 12.30pm depending on film times. This will be detailed the Saturday prior to cinema day. e.g. If the film is 10.30 we meet in the foyer, and if its 12.30, we lunch earlier at Panache or Groove Train around 11.30am beforehand. We aim to be out before 3pm so people can be back in Torquay for school pickups.</p> <p>Dates for winter: 12 June, (10 July – no cinema), 14 August.</p> <p>To receive the cinema information you must be on the list, unless otherwise discussed. Phone Rosslyne on 0403 781 270 or email learyrg@gmail.com.</p>										
<p>Dine Out</p> <p>Heather Moore 0419 398 824 moggymmajane@gmail.com</p>	<p>All welcome! Please let Heather know if you will be attending by the Wednesday prior to the Friday to make bookings. Meet at the venue by 12 noon.</p> <p>Dine Outs for winter: June - August 2019 are as follows:</p> <table data-bbox="526 649 1276 761"> <tr> <td>21 June</td><td>Front Beach Hotel, The Esplanade, Torquay</td></tr> <tr> <td>19 July</td><td>The Two Wrens Café, 355 Torquay Road, Grovedale</td></tr> <tr> <td>23 August</td><td>Barwon Heads Hotel, 1 Bridge Road, Barwon Heads</td></tr> </table> <p>Diary note for early Spring:</p> <table data-bbox="526 784 1324 873"> <tr> <td>20 September</td><td>3/1135 Surf Coast Highway, Mount Duneed</td></tr> <tr> <td>18 October</td><td>Waurnd Ponds Hotel, 1154 Princes Highway, Waurnd Ponds</td></tr> </table>	21 June	Front Beach Hotel , The Esplanade, Torquay	19 July	The Two Wrens Café , 355 Torquay Road, Grovedale	23 August	Barwon Heads Hotel , 1 Bridge Road, Barwon Heads	20 September	3/1135 Surf Coast Highway, Mount Duneed	18 October	Waurnd Ponds Hotel, 1154 Princes Highway, Waurnd Ponds
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<p>Morning Chat</p> <p>Maureen Holmes 5261 2883 maudon34@gmail.com</p>	<p>Morning Chat meets on the first and third Wednesday of each month from 9.30 am to 12.00 noon at Maureen's home.</p> <p>Contact Maureen for more details – new members are always welcome!</p>										
<p>Relay for Life</p> <p>Anne Georgiou annie.g1@bigpond.com</p>	<p>\$6,150 raised during the 2018-19 year! Thank you everyone for your support!</p> <p>Anne Georgiou's team have stepped down to make way for a new Convenor and other members interested in organising LAC Surf Coast's involvement in this worthy cause. Please contact Anne or Ana Ryan (0428 342 286) if you'd like to contribute.</p>										
<p>Resistance Training</p> <p>Paul 0439 044 006 paulandali41@gmail.com Bernie: 0468 314 452 converyb@gmail.com</p>	<p>These one hour sessions are run by our bright and motivating personal fitness trainer, Kylie, three days a week. Join us at Torquay Football Club on Monday, Wednesday and/or Friday from 9.00 to 10.00am.</p> <p>\$5 per session, bring water (and a towel if required). A happy and enthusiastic group. On Mondays we have a cuppa after gym. All we require is a letter from your doctor giving you a health clearance.</p>										
<p>Saturday Walking</p> <p>Julie 0438 735 302 rgjdsteven@gmail.com</p>	<p>The Saturday walkers continue to enjoy walking, talking and a cuppa at the Bowls Club. The walk offers a variety of paces and times. One hour to the Surf Club and return or an hour and twenty minutes to Rocky Point and return.</p> <p>New walkers are always welcome. Meet under the eaves at the Fisherman's Club - next to the Salty Dog. We leave at 9.00am sharp so, if new, allow 10 minutes to make yourself known.</p>										
<p>Scrabble</p> <p>Laurel Wieland laurelandian@gmail.com</p> <p>Julie Torney torneyfamily6@bigpond.com.au 0408 391 219</p>	<p>Scrabble meets on Monday afternoons, or in the evening every second Wednesday.</p> <p>On Monday the group meets at the Torquay Library from 1 to 3pm. If you feel you want to stimulate your brain, let Laurel know. Numbers vary from 6 to 12 people each week which gives a good opportunity to mix with all the players.</p> <p>The Wednesday group meets every fortnight at the RACV at 6pm for dinner first, or join the group later at 7pm when the games begin. Contact Julie if you are interested and for dates.</p>										

Tasting June Marks junesmarks@gmail.com	<p>It's getting a bit chilly so, in May, we met at a member's home to sample a range of ports. A lovely evening.</p> <p>Tasting meets regularly, usually once a month, visiting a range of venues on the Surf Coast and Bellarine Peninsular. Contact June if you would like to take part.</p>
Tennis Daryl Mcilvena 0409 886 255	<p>Tennis contribution for LAC players is now only \$1 per week, down from \$2 (A bit like the supermarkets). Tennis Club and LAC members now all contribute to buy new tennis balls when needed.</p> <p>Coffee after tennis (weather permitting, 10am Torquay Tennis Club, Spring Creek Reserve) is at The Stoop at around 11.45am each Wednesday. Feel free to join us should you wish, and make yourself known. Coffee at own expense.</p> <p>Alan Connolly, an LAC member, is a great spectator and social participant with our tennis group. We wish him well following two knee replacement and hope to see him join us for coffee again soon.</p>
The Out and Abouters Anne Georgiou annie.g1@bigpond.com	<p>As winter is setting in I have chosen two indoor activities for June and July. The relevant information will be emailed shortly. Please email me if you would like to be added to this activity group.</p> <p>Wednesday, June 19th - Visit NGV. Choice of two exhibitions Choice 1: The Krystyna Campbell-Pretty Collection. This free exhibition will appeal to the fashionistas. Choice 2: The Terracotta Warriors: Guardians of Immortality – for those interested in history and archaeology. This exhibition is \$25.00 with seniors card and tickets will need to be purchased online as queues will be long. Wednesday is the only day a seniors discount is available.</p> <p>Thursday, July 25th - Visit Melbourne Museum to see Revolution: Records and Rebels. This should appeal to music lovers of the 1960s. Think Beatles, Jimmy Hendrix. The exhibition looks at the late 1960s as a moment when youth culture drove optimistic idealism, motivating people to come together and question the establishment across every area of society. Yes we are children of the Revolution!!</p>
The Wanderers Bernie Convery converyb@gmail.com	<p>The next trip is to the Yarra Valley from the 20th -25th of October staying at the Big Four Caravan park Healesville. Cabin and caravan sites available. All LAC members welcome.</p> <p>If you intend to book contact Bernie Convery (0468314452 or converyb@gmail.com). Having fun is what its all about. See page 4 for news of the recent trip to Castlemaine.</p>
Thursday Walking Shelly Bateup: shelleybateup@hotmail.com Annelies Gerritsen: agerritsen47@icloud.com Greg Dever: gregory.dever52@gmail.com	<p>The Thursday walk starts at Fishermans Beach on The Esplanade at 9am.</p> <p>You can complete a long walk, taking in the Jan Juc beach, or a shorter walk, finishing around 10.30am with coffee at a café announced on the morning of each walk.</p> <p>New members are always welcome to join us; being mindful of your level of fitness.</p>
Tuesday Local Walk Les Croft 0438 083 903 glcnpatsy@gmail.com Peter McMahon 0411 112 047	<p>Meet up with this friendly group at 9am at Point Danger, near the flagpoles. Walk at your own pace and enjoy coffee afterwards - destination for coffee decided on the day.</p> <p>A very happy, relaxed team – always welcoming new members.</p>
Tuesday Taylor Park Walkers Kim Du Bourg kimdubourg1@gmail.com Dorothy Anderson Dorothyjanderson@hotmail.com	<p>Another three months has passed and we are growing in numbers!</p> <p>We drive to places outside of Torquay which gives a lot of walkers a chance to visit places they may not have been to. We meet at Taylors Park at 12.30pm and car pool to our destinations.</p> <p>\$5 charge for car pooling and \$2 per person for afternoon tea which consists of tea/coffee/biscuits.</p> <p>We always park where there is sufficient cover and seating outside.</p> <p>Lots of fun - come and enjoy!</p>

Report from The Wanderers

The Wanderers

Bernie Convery
converyb@gmail.com

From Sunday 17 to Sunday 24 March the Wanderers visited beautiful Castlemaine in Central Victoria. Castlemaine was built in the 18 hundreds gold rush days.

On Monday morning we started with breakfast at the Das Kaffehaus café followed by a walk in the Castlemaine Botanical gardens. We then explored the city - Castlemaine has some magnificent old buildings.

The next four days we explored the old goldfields, went to the Bendigo races, travelled on a heritage train to Maldon, played golf, lawn bowls, and visited the Art Gallery.

I think happy hour at 5pm every night including Trivia was a big hit, as was the Das Kaffehaus café. If we were looking for someone, we knew where to find them. Of course you can just pick and choose what you would like to do.

Afternoon Tea



An afternoon tea was held on Wednesday, 29 May to show the Club's appreciation for the work that our Convenors undertake in managing our many activities, and the walkers who distribute Springboard for Torquay Community House.

Life Activities Club Surf Coast Inc. Committee

Ana Ryan	President (mobile 0428 342 286)	Shelley Bateup, Membership Secretary
Cheryl Annetts	Vice President	Annelies Gerritsen
Joan Steele	Treasurer	Sandra Gillson, Assistant Treasurer
Elizabeth Fowler	Secretary	June Marks, Newsletter
		Graeme Perks, LACVI Representative



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Enquiries, correspondence to:
The Secretary, LACSC, PO Box 242, Torquay 3228

email: lifactivities@torquay.vic.au

www.torquay.vic.au "Recreation and sporting"

With thanks to

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for printing our Newsletter

LIFE ACTIVITIES CLUB SURF COAST Inc

Application for New Membership / Membership Renewal

Given name Surname Mr/Mrs/Ms

Address and postcode

Phone Mobile

Email Male/Female

Date of birth (this forms part of your identification for our database)

(Note: members aged 90 years and over cannot be covered by club insurance.)

Activities currently available: walking, cinema, social outings, tennis, caravans and cabins, resistance training, morning chat, arts and theatre, scrabble and tastings.

Joining fee (new members only)	\$5.00
Annual fee	\$25.00

The club year runs 1 July to 30 June because that is how our parent body operates. Membership for the full club year is \$25, plus \$5 joining fee for new members. For anyone joining between 1 January and 30 June, the annual fee is reduced to \$12.50, plus \$5 joining fee.

Renewals: The full annual fee is due on 1 July. Prompt payment is expected. Any member still unpaid by 30 September will be deemed to have resigned.

Payment Methods:

1. By cheque or AMO, payable to LAC Surf Coast Inc and mailed with this form to: Joan Steele, Treasurer, LAC Surf Coast, PO Box 242, Torquay 3228.

2. By cash, cheque or AMO with this form, in an envelope with your name clearly marked on it, which you can hand in at the Spring Creek Community House, 14 Price Street, Torquay.

3. By bank transfer to the club's account with NAB Torquay. Details as follows:

BSB 083-929 Account No. 54-107-7449 Account Name: Life Activities Club Surf Coast Inc.

In the reference box, please provide your surname, initial and the code "MEM". Please email (joan.steele@bigpond.com) or post this completed form to Joan Steele, Treasurer, LAC Surf Coast, PO Box 242, Torquay 3228

**For further information contact: Shelley Bateup, Membership Secretary,
Telephone 0428 149 930; email : shelleybateup@hotmail.com**

Amount received: \$

(cash/cheque/AMO)

Receipt No:

Date: