

Life Activities Club Surf Coast

Autumn 2019

From the President

Welcome to our first Newsletter of 2019, and a special welcome to our new LAC members. I hope you enjoy participating in the many activities LAC has to offer.

This year the Relay for Life weekend is the 15th and 16th of March. If you have not been involved before, this is a fun and moving overnight experience where the Surf Coast Community comes together to raise vital funds for Cancer Council research. LAC Surf Coast has again entered a team. I am sure Anne Georgiou and her team of helpers will make you feel very welcome if you participate in this worthwhile event.

LAC is offering a CPR Training Course on Monday 13th of May to Club members. This worthwhile course is subsidised by the Club and gives members the opportunity to update their resuscitation skills. There are only 25 places available, so if you wish to attend, I encourage you to secure a spot as soon as possible. Cheryl Annetts is the coordinator of this course, so to register or for more information, please contact Cheryl on mob: 0425 797 038, or email: jochannetts@bigpond.com.

A couple of weeks ago, I sent an email to all members regarding the new Website. As I explained, part of this process requires us to register all members on the system. To do this, we need your date of birth. This is solely to avoid confusion in identifying members. For example, there may be two members named Thomas Smith. Having a date of birth for each individual enables correct identification. I would like to thank those of you who have already given these details to our Membership Secretary, but if you haven't already provided your date of birth, please do so as soon as possible.

Ken Cotterill a long time convenor of the Tuesday Taylor Park walking group has decided to move on. I would like to thank Ken for his valued contribution to LAC. A warm welcome and best wishes to new convenors, Kim Du Bourg and Dorothy Anderson.

The Committee has now finalised Guidelines for members. A lot of time and consideration has been given to reach this point. Please read the attached short one page document, which is principally devised with your safety in mind and to assist your Convenor in the smooth running of the activity

Enjoy what remains of this beautiful weather before the cold sets in.

Ana

Main events

Relay for Life
15 and 16 March
CPR Training 13 May

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 new members!

John & Gaye Batters
Jan Brown
Angela Clarke
John & Fiona Coyne
Megan French

Renate & Klaus Haak
(returning!)
Glenise Hills
Barbara Knowles
Colin & Lorraine Large

Judy & Graham Lawson
Carol McCallum
Tom McDonald
Gary Mitchell
Grace Quinn



<p>Cinema</p> <p>Rosslyne Leary learyrg@gmail.com 0403 781 270 or 5222 4321</p>	<p>Readings Cinema, Waurnd Ponds. A big welcome is extended to newcomers!</p> <p>The group plans to see some of the latest Oscar Winning films. Movies are usually around 10.15am or 12.30pm. If 10.15, meet in foyer at 10am, lunch will follow the movie. For 12.30 movies, meet in foyer at 11am, buy tickets, lunch at Panache and then movie. Rosslyne aims to be finished in time for people to get back to Torquay for school pick-up.</p> <p>For your diary: Wednesday - 13 March; no movie in April/holidays; 8 May; 12 June; 10 July.</p>								
<p>Dine Out</p> <p>Heather Moore 0419 398 824</p> <p>moggyemmajane@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. The group meets at 12 noon.</p> <p>Dine Outs for March through to June 2019 are as follows:</p> <table data-bbox="470 571 1348 705"> <tr> <td>22 March</td><td>Anglesea Golf Club, Golf Links Road, Anglesea</td></tr> <tr> <td>12 April</td><td>Bomboras, The Esplanade, Torquay (one week early due to Easter)</td></tr> <tr> <td>17 May</td><td>Grovedale Hotel, Surf Coast Highway, Grovedale</td></tr> <tr> <td>21 June</td><td>Front Beach Hotel, The Esplanade, Torquay</td></tr> </table>	22 March	Anglesea Golf Club , Golf Links Road, Anglesea	12 April	Bomboras , The Esplanade, Torquay (one week early due to Easter)	17 May	Grovedale Hotel , Surf Coast Highway, Grovedale	21 June	Front Beach Hotel , The Esplanade, Torquay
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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>We have raised \$4187.85 so far. Your registration fee of \$35 goes towards our overall total. See page 4 on how to register for the Relay on Friday 15 and Saturday 16 March.</p> <p>Hopefully everyone can walk an hour (or more) over the 18-hour period. Many of you have already registered so please also contact Anne and advise when you are available. Hope to see you there! Anne has a marquee organised and, this time, a banner will be on display so you can find the team!</p>								
<p>Resistance Training</p> <p>Paul 0439 044006 paulandali41@gmail.com Bernie: 0468314452 converyb@gmail.com</p>	<p>Every Monday, Wednesday and Friday at 9am at the Spring Creek Football Clubrooms. Kylie, the trainer, takes the group through a warm up, weights follow (0.5kg and up) and then a work out in the gym. The whole routine is very good for retirees who also have a lot of fun!</p> <p>If you want to join Resistance Training, you must be a member of LAC Surf Coast and have a Doctor's Certificate. You'll be very welcome! \$5/session – with no other fees.</p>								
<p>Saturday Walking</p> <p>Julie 0438 735 302 rgjdstevens@gmail.com</p>	<p>The walk is from 9am sharp leaving from outside Torquay Anglers Club/Salty Dog Café. The group walks at a medium pace with some walking for an hour and others an hour and twenty minutes. Coffee is at the Bowling Club.</p> <p>Saturday Walking is cancelled 16 March - members are encouraged to register to walk with the team for Relay for Life that weekend. For Easter Saturday 20 April, walking will go ahead as usual.</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, this is the place to come. 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 will meet 6 March at the RACV and every second week afterwards: 6pm for dinner first or join the group later at 7pm when the games begin. Contact Julie if you are interested.</p>								
<p>Tasting</p> <p>June Marks junesmarks@gmail.com</p>	<p>We began the year with a visit to The Flying Brick Cider Co. Always an enjoyable time catching up and tasting a wide variety of food and drink.</p> <p>Tasting meets regularly, usually once a month. Contact June if you would like to join the group.</p>								

Tennis

Daryl McIlvena
0409 886 255

Meet this group at the Torquay Tennis Club, Surf Coast Highway, near Spring Creek, 10am Wednesdays.

Only \$2 a morning session.

All welcome!



The Out and Abouters

Anne Georgiou
annie.g1@bigpond.com

The next outing will be a combined trip with Thursday walking group to Sorrento on 21st March. Anne will not be capping numbers for this outing. (Details will be emailed shortly.) If you'd like to be kept updated about this group please email Anne at annie.g1@bigpond.com. Please include your phone number and if possible, emergency contact details in the email.

The Wanderers

Bernie Convery
converyb@gmail.com

The Wanderers will be visiting Castlemaine from 17 to 22 March.

The next destination will be advised later in the year. Contact Bernie if you would like to be kept informed.

Thursday Walking

Shelly Bateup
shellybateup@hotmail.com
Annelies Gerritsen
agerritsen47@icloud.com

Please note that from the first Thursday in March, the 7th, we will be commencing the walk at 9 am. The Thursday walk starts at Fishermans Beach on The Esplanade. 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.



New members are always welcome to join us; being mindful of your level of fitness.

Thursday walking excursions will be catered for this year by Anne Georgiou's 'Out and Abouters' program.

Tuesday Local Walk

Les Croft 0438 083 903
glcnpatsy@gmail.com
Peter McMahon
0411 112 047

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.

A very happy, relaxed team – always welcoming new members.

Tuesday Taylor Park Walkers

Kim Du Bourg
kimdubourg1@gmail.com
Dorothy Anderson
Dorothyjanderson@hotmail.com

Join this group on Tuesdays for a session that begins at Taylor Park at 12.30pm. Bring \$1 for afternoon tea, and a mug.

A happy, friendly group who go walking at a different place each week.

Car pool to destination: \$4 donation.

Report from The Out and Abouters

The Out and Abouters

Anne Georgiou
annie.g1
@bigpond.com

We had twenty five LAC members enjoy the inaugural outing with the Out and Abouters. After catching an early train into Melbourne we enjoyed a cruise on the Yarra with Melbourne Cruises to Williamstown. On the way the captain kept us entertained with his humorous and informative knowledge of Melbourne's history. Lunch was at the Steam Packet hotel. There was some time for some shopping and browsing before we caught the train back to Waurin Ponds, arriving just after 4.00pm. It was a fun day out and enjoyed by all.



The Surf Coast Relay For Life event is fast approaching. If you would like to join us for this wonderful community event and help raise money for Cancer Research, please register either on line or at the event.

The web site is: secure.fundraising.cancer.org.au and go to 'location', which is Surf Coast, 'register', then 'team' etc. Our team is Life Activities Club Surf Coast.

Once you have registered please email Anne at annie.g1@bigpond.com and advise what time you would like to walk.

Date: 15-16 March | Opening Ceremony Friday 15 March at 6.45pm | Candlelight Ceremony at 8.30pm

Closing Ceremony 1.00pm Saturday 16 March

Location: Polwarth Oval - Banyu Warri Fields

CPR – It saves lives!

The Club is heavily subsidising another Cardiopulmonary Resuscitation (CPR) Training Course.

Monday 13 May from 12.30 to 3pm

Grant Pavillion – parking off Yallock Circuit.

\$20 each person (full cost is \$50). LIMIT of 25 places – cut-off date for payment is 3 May 2019.

Full details were emailed to all members on 21 February 2019 Contact Cheryl, Vice President, on 0425 797 038

Life Activities Club Surf Coast Inc. Committee

Ana Ryan
Cheryl Annetts
Joan Steele
Elizabeth Fowler

President (mobile 0428 342 286)
Vice President
Treasurer
Secretary

Shelley Bateup, Membership Secretary
Annelies Gerritsen
Sandra Gillson, Assistant Treasurer
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" tab

With thanks to

HAYDEN

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for printing our Newsletter