

# Life Activities Club Surf Coast

Summer 2019-20

## President's Report

Summer has arrived, a season that I love as it means swimming, 'boogie-boarding', barbeques and more time to enjoy the outdoors with family and friends. All LAC activities will be running until Christmas but check with your convener, as some activities may have a break over the holiday season.

A lot has happened in the past few months. As well as our regular activities there have been other events that have been well supported and enjoyed.

Our AGM, on 17 September, was attended by 51 members. A new committee was elected which looks forward to maintaining a harmonious and welcoming Club. At the meeting Gay Bell gave an interesting talk about the Torquay Theatre Troupe, giving an insight into the history and workings of this talented group.

In October Anne Georgiou accompanied 25 "Out and Abouters" to Melbourne for the stage show 'Come from Away'. By all reports it was a fabulous musical that everyone enjoyed.

There was another trip for 'The Wanderers', led again by Bernie Convery and going this time to Healesville. As usual these fun-loving travellers had a great time. Everyone greatly appreciates Bernie's efforts in organizing these trips.

In November Julie Stevens organized a group to see the Torquay Theatre Troupe's play 'Parramatta Girls' and, as has become the norm, the group had dinner before at Frontbeach Restaurant. While very challenging, this play was very well performed and produced.

Many thanks to Pip Cassady and Annie Hiscock for organizing our Christmas Function at Bomboras. I am sure everyone will have a great time and reflect on the past year with LAC friends.

WELCOME to our newest LAC members, Caty Marshall, Denise Fletcher, Harry Schonewille, Julie Hodor, Kenneth Assman, Neil Henderson, Pat Cassady and Susan Baldwin. In LAC Surfcoast style, please make them welcome as they join our activities and make new friends.

I wish you all the peace and happiness of this Christmas season. I hope you have some quiet times but also lots of fun and laughter with family and friends. Stay safe on our roads during this busy time. Smile and be patient with all the holiday makers who descend on our town, and I look forward to seeing you in the New Year as we continue to enjoy life together.

*Cheryl Annetts*

## Main events

Bomboras Christmas  
Cocktails 1 Dec

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



## Cinema

Rosslyne Leary  
learyrg@gmail.com  
0403 781 270

A Merry Christmas to all from the Cinema Group and a big thank you from Rosslyne to all who have attended in 2019. Cinema meets on the second Wednesday of the month at Readings, Waurin Ponds; parking: three hours near petrol station, or in front – which is monitored (penalties for overstaying).

Generally, movies are at 10.30 am or 12.30 pm. Time for a light lunch before or afterwards, and back to Torquay for any pickups. Those on Rosslyne's list hear from her the weekend before to confirm.

Upcoming dates for summer: 11 December, no movie in January, then 12 February.

## Dine Out

Heather Moore  
0419 398 824

moggyemmajane@gmail.com

Please let Heather know if you will be attending by the Wednesday prior to the Friday to make bookings. Meet at the venue for 12 noon lunches. Please note there is no Dine Out in January 2020. Heather wishes everyone a very merry Christmas and a happy and safe New Year and thanks everyone for their support during 2019!

13 December	Ginger Monkey, 4 Baines Crescent, Torquay
JANUARY	No Dine Out
21 February	The Dunes, Surf Beach Road, Ocean Grove
Autumn - 20 March	Bells Hotel, Stuart Avenue, Jan Juc

## Morning Chat

Maureen Holmes  
5261 2883  
maudon34@gmail.com

Morning Chat meets on the first and third Wednesday of each month from 9.30 am to 12.00 noon at Maureen's home.

Contact Maureen for more details – new members are always welcome!

## Resistance Training

Paul 0439 044 006  
paulandali41@gmail.com  
Bernie: 0468 314 452  
converyb@gmail.com

See the special report by Cheryl on page 4.

These one hour sessions are run by the bright and motivating personal fitness trainer, Kylie, three days a week. Join the group at Torquay Football Club on Monday, Wednesday and/or Friday from 9.00 to 10.00 am.

\$5 per session, bring water (and a towel if required). A happy and enthusiastic group. On Mondays, enjoy a cuppa after gym. If new, bring a letter from your doctor giving you a health clearance.

## Saturday Walking

Julie 0438 735 302  
rgjdsteven@gmail.com

The Saturday walk will wind up for a Christmas break on Saturday 14 December. Walking for 2020 will resume on Saturday 18 January. As per Club rules if the forecast temperature is over 35 degrees the walk will be cancelled. An email will be sent out that morning by 8am. On such days we still meet for a cuppa – 10 am at the Bowls Club.

The Cadel Evans Road Race is on Saturday 1 February. Due to road closures / parking issues the group will be meet at the entrance to the Sands for an hour's walk and then coffee at the Sands.

Julie wishes you all the best for Christmas and the New Year.



## Scrabble

**Monday**  
Laurel Wieland  
laurelandian@gmail.com

The Monday scrabble group, which meets at the Torquay Library every Monday at 1.00 to 3.00 pm, attracts around ten players each week and has now been running consistently for approximately three years. This is a great way to match your love of words with like-minded people, and challenge the brain.

**Wednesday**  
Julie Torney  
torneyfamily6@bigpond.com  
0408 391 219

Monday scrabble will have a break between 16 December 2019 and 13 January 2020. Laurel looks forward to seeing existing and any new players in the New Year.

Wednesday evening scrabble is on alternate weeks at 7pm. Come to the RACV and enjoy a glass of wine and the view while you play a game or two of scrabble. Contact Julie for the dates.

<p><b>Tasting</b> June Marks junesmarks@gmail.com</p>	<p>Tasting meets regularly, usually once a month, visiting a range of venues on the Surf Coast and Bellarine Peninsular. The group has enjoyed the regular, relaxing meetings in 2019 and will ensure good times continue throughout 2020.</p>
<p><b>Tennis</b> Daryl Mcilvena 0409 886 255</p>	<p>The group is looking forward to more stable weather through the Summer as Spring has been very trying. All those playing have enjoyed the year to date and our Christmas break up has been set for 18 December 2019.</p> <p>LAC tennis will resume from Wednesday 9 January 2020 commencing at 10 am. New players are welcome and it is only \$1.00 for the morning. All players look forward to the Australian Tennis Open in January. Daryl wishes a Merry Christmas to all: "We will all keep serving!!!"</p>
<p><b>The Out and Abouters</b> Anne Georgiou annie.g1@bigpond.com</p>	<p>Anne will be in touch with details of the next outing in 2020. Here are some pics from 2019:</p> <div data-bbox="395 640 791 1003" data-label="Image"> </div> <p>Enjoying Revolutions: Records &amp; Rebels</p> <div data-bbox="911 607 1442 1003" data-label="Image"> </div> <p>Lunch at the South Melbourne Market</p>
<p><b>The Wanderers</b> Bernie Convery converyb@gmail.com 0468 314 452</p>	<p>From 20 to 25 October The Wanderers stayed at the Big4 Caravan Park in Healesville. Over that period they went to the Healesville Sanctuary, played Golf at the RACV resort, went to Domaine Chandon and two other wineries. They sang along with Mick Slater, their resident guitarist, and bowled with the locals at the Healesville Bowls Club. Happy hour is a feature every night to give everyone a chance to talk about adventures. Of course if travellers just want to relax and do nothing that is fine by the group.</p> <p>The next trip is to Yarrawonga from 19 to 24 April 2020 – let Bernie know if you are interested.</p>
<p><b>Thursday Walking</b> Shelley Bateup: shelleypateup@hotmail.com Annelies Gerritsen: agerritsen47@icloud.com Greg Dever: gregory.dever52@gmail.com</p>	<p>For the summer period, commencing 5 December the Thursday walking group leaves Fishermans Beach on The Esplanade at 8.30 am. The final walk for 2019 is 12 December and the first for 2020 will be 30 January.</p> <p>New members are always welcome. Being mindful of your level of fitness, you can choose a long walk, taking in the Jan Juc beach, or a couple of shorter walks. The group finishes with coffee at a venue announced on the morning of the walk.</p>
<p><b>Tuesday Local Walk</b> Les Croft 0438 083 903 glcnpatsy@gmail.com Peter McMahon 0411 112047</p>	<p>Meet up with this friendly, local walking group at 9am at Point Danger, near the flagpoles.</p> <p>Walk at your own pace and enjoy coffee afterwards - destination for coffee decided on the day.</p>
<p><b>Tuesday Taylor Park Walkers</b> Kim Du Bourg kimdubourg1@gmail.com Dorothy Anderson dorothyjanderson@hotmail.com</p>	<p>Walkers explores interesting areas away from Torquay. The group car pools to each destination from Taylor Park. \$5 charge for carpooling and \$2 per person for afternoon tea which consists of tea/coffee and biscuits. The group always parks where there is sufficient cover and seating outside.</p> <p>Term 1 starts at 9.30 am - come prepared with hat, water, sunscreen and comfortable shoes. No walks on total fire ban days. The first walk will be on 4 February from Taylor Park.</p>



## LAC Surf Coast Resistance Training Group

### Resistance Training

Paul 0439 044 006  
paulandali41@gmail.com  
Bernie: 0468 314 452  
converyb@gmail.com

### Report by Cheryl Annetts

I recently joined a Friday morning class of our Resistance Training group. As soon as I entered the room (ten minutes before the class started) I saw happy, smiling faces, bodies bending and stretching, pushing, pulling and warming up ready to make the most of their time with Kylie Edwards, the instructor. Bernie Convery and Alison and Paul Schulz, the conveners, had arrived much earlier to give the rooms a good clean, after it had been used by the cricket club boys, and to set out all the equipment. Once Kylie arrived the class got into full swing with everyone finding a spot to do the exercises under her watchful eye. 20 minutes later the group split to exercise on the various pieces of equipment, to lift free weights or do more floor exercises. With 10 minutes remaining, everyone rejoined Kylie in a stretching/warm down session.

I can see why this is such a popular activity as everyone works hard, doing something very positive towards a healthy, active body, but having a laugh and fun. I'm sure I'll be back again.

Cheryl Annetts



Paul, Pam, Kylie (instructor), Alison, Moira and Bernie trying out the new exercise bikes.

### Membership Fees

It is each member's responsibility to pay their fees by 1 July each year, otherwise you will be unfinancial and not covered by LAC Insurance.

**The annual fee is \$25 plus \$5 joining fee for new members.**

Contact Shelley Bateup, Membership Secretary: 0428 149 930 [shelleybateup@hotmail.com](mailto:shelleybateup@hotmail.com)

### Life Activities Club Surf Coast Inc. Committee

Cheryl Annetts  
Annelies Gerritsen  
Elizabeth Fowler  
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Ana Ryan

President (0425 797038)  
Vice President  
Secretary  
Treasurer  
Immediate Past President

Shelley Bateup, Membership Secretary  
Sandra Gillson  
Michelle Jones  
Graeme Perks, LACVI Representative  
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[www.torquay.vic.au](http://www.torquay.vic.au) "Recreation and sporting"

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