

Life Activities Club Surf Coast

Spring 2018

From the President

Hello everyone

While in the city Myer store last weekend, I noticed some of the staff unpacking Christmas decorations, yet winter was not even over, snow was still falling on Mt Buller! Although I am looking forward to spring and sunshine, I don't think I am yet ready to think about Christmas.

This is my last report as President before the Annual General Meeting on Thursday, 20 September. The Committee looks forward to seeing you at the meeting to close our 16th year as a Club. Our guest speaker and LAC member, Ian Ashworth, will I am sure give us an interesting presentation on the dog squad in the police force. This will be followed by refreshments and socialising to finish off the afternoon.

It was good to see so many Convenors of activities and our distributors of *Springboard* at an afternoon tea held to thank them for their continued support. The Committee valued the opportunity to socialise with them, particularly Maureen Holmes (Morning Chat – see feature, page 4), and Noreen Bourke (Tuesday Taylor Park Walkers), two of the longest serving Convenors in our Club.

You may have heard that the Spring Creek Community House (now called Torquay Community House) is celebrating its 25th anniversary in November. As the Community House was instrumental in the inception of LAC Surf Coast, our Club has been invited to participate in the event. Greg Dever, with the assistance of other members, will create a poster featuring the Club since its beginnings. I am sure Greg will be happy to hear from those of you who can share a special memory of those early years.

Finally, if you know seniors – neighbours or friends - who are not members of LAC, invite them to participate in our Seniors Festival Coastal Walk at 9am on 11 October. The Surf Coast Shire Council has sponsored this activity and, as a result, a free coffee can be enjoyed by those who attend. I am sure Thursday walk convenor, Anne Georgiou, will make everyone feel very welcome.

Regards

Ana Ryan

Welcome to New Members!

Joe Annetts
Loris Drake
Alan and Pam Evans
Tony and Rose Garrison
Guy Hull

Leone Mervin
Annamaria Minerds
Margaret Scott
Ken Westley

Main events

AGM 20 September
Relay for Life
Morning Tea 18 October
Also, see pages 3 and 4

Resistance training

Scrabble

Monday

Local Walk

Taylor Park Walking

Tuesday

Resistance Training

Tennis

Morning Chat

Cinema

Scrabble

Wednesday

Walking

Thursday

Resistance Training

Dine Out

Tasting

Friday

Walking

Saturday

The Wanderers
Next trip:
Echuca 14-21 October

Sunday



Cinema Rosslyne Leary learyrg@gmail.com 0403 781 270 or 5222 4321	<p>Cinema has welcomed several new members recently. You can meet with the group on the second Wednesday of the month at Readings Cinema, Waurin Ponds, 15 minutes before the movie. Dates for Spring are: 12 September, 10 October, and 14 November – luckily school holidays have not coincided with these dates. Rosslyne sends out details well before the Wednesday, either by email or a phone call.</p> <p>The times for the movie are either around 10am or 12 noon and this dictates lunch either before or after the movie (and you will be back in Torquay in time to collect school children if needed).</p>
Dine Out Heather Moore 0419 398 824 moggymmajane@gmail.com	<p>For your diary:</p> <p>26 October 23 November 14 December</p> <p>Join this friendly group for lunch at 12 noon one Friday each month. BeachHouse Barwon Heads, 48 Hitchcock Avenue, Barwon Heads. Jan Juc Hotel, Princess Terrace, Jan Juc Cucina One 12, 112 High Street, Belmont <i>Please let Heather know if you are attending no later than Wednesday prior to outing.</i></p>
Morning Chat Maureen Holmes 5261 2883 maudon34@gmail.com	<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 if you would like more details (see the write up here on Morning Chat, page 4).</p>
Relay for Life Anne Georgiou 0409 162 102	<p>Save the date! Thursday 18 October for a delicious Morning Tea.</p> <p>You can now sign up for next year's event - Friday 15 and Saturday 16 March. This is a wonderful event for all LAC members to take part in. If you would like to help out by being on the fund raising committee email Anne at annie.g1@bigpond.com.</p>
Resistance Training Paul 0439 044006 paulandali41@gmail.com Bernie: 0468314452 converyb@gmail.com	<p>Every Monday, Wednesday and Friday at 9am at the Spring Creek Football Clubrooms.</p> <p>Kylie, the trainer, takes the group through a warm up, weights follow (0.5kg and up) and then a work out in the gym.</p> <p>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>
Saturday Walking Julie 0438 735 302 rgjdsteven@gmail.com	<p>Leaving 9am sharp from in front of the 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.</p> <p>Coffee is at the Bowling Club.</p> <p>Keep Saturday 24 November free for the end of year breakfast for Saturday walkers, Bowling Club.</p> <p>Please note the walk (on that day only) will start at 8.30am with breakfast at 9.30am. Choose either the walk and breakfast or just breakfast if that suits. Julie will be taking numbers closer to the date.</p>
Scrabble Laurel Wieland laurelandian@gmail.com Julie Torney torneyfamily6@bigpond.com.au 0408 391 219	<p>Scrabble meets on Monday afternoons or in the evening every second Wednesday.</p> <p>On Monday the group gathers at the Torquay Library which provides a warm and cosy environment to spend the afternoon on a cold day – 1 to 3pm. Three new players joined recently. 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>Lesley Beltrame has handed on the baton of coordinating evening Scrabble. Members are grateful for the time and effort Lesley put into founding this evening group. Julie, the new Convenor, has organised the next meeting at the RACV, Wednesday 12 Sep, 7pm, and 6pm for dinner first. Contact Julie if you are interested.</p>
Tasting June Marks junesmarks@gmail.com	<p>This newly formed group comprises ten members who meet at various venues to sample a variety of food and drink (not all at once!), either for lunch or early evenings. To keep the numbers manageable, a new group (maximum ten) will be formed for members interested in this type of social activity.</p>

Tennis Daryl McIlvena 0409 886 255 Kris Cuttiford 0425 791 979	<p>Meet this group at the Torquay Tennis Club, Surf Coast Highway, near Spring Creek, 10am Wednesdays. Only \$2 a morning session.</p> <p>In the last newsletter, LAC welcomed a new member - Alan Connolly. Due to restrictions as a carer his time to join activities is limited but he has found the Tennis Group welcoming and often either watches the play or joins them for coffee after play at <i>The Stoop</i>. For those who don't know Alan, he played 29 cricket tests and 1 ODI for Australia from 1963 to 1971. He was a right arm fast bowler. We all enjoy his company when he attends.</p>
The Wanderers Bernie Convery converyb@gmail.com	<p>The next Wanderers trip is to Echuca from 14 to 21 October. Wanderers go for walks, play golf, lawn bowls. There will also be a trip on a paddleboat down the River Murray. Members will visit the local wineries and there's always plenty of time for shopping. Every night at 5pm there's a Happy Hour and sometimes combined dinners. Normally, a good sing-along follows. You can join in or just do your own thing. All are welcome!</p>
Theatre Gail Ashworth gailmashworth@yahoo.com	<p>Contact Gail if you'd like to be placed on her list for notifying members about planned trips to the theatre.</p>
Thursday Walking Anne Georgiou 0409 162 102	<p>The usual Thursday walk is along the beach front in Torquay, starting at 9am, Fishermans Beach. On 11 October, the group will be hosting the Seniors Festival Coastal Walk – opening up participation for non LAC members to walk with regular Thursday Walking members.</p> <p>An outing to The Immigration Museum and lunch at the RACV Club is scheduled for Thursday, 25 October. Details will be emailed soon.</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.</p> <p>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 Noreen 5261 4338 Ken 5261 7247	<p>Please note the new name for this popular walking group.</p> <p>Each Tuesday it begins at Taylor Park at 12.30pm. Bring \$1 for afternoon tea, and a mug.</p> <p>Come along if you would like to join a happy, friendly group who go walking at a different place each week</p> <p>Car pool to destination: \$4 donation.</p>



Our Relay For Life Team is now registered for 2019. Our team's name is the same as last year, which is **Life Activities Club Surf Coast**.

You can now register for this event which will be held from Friday 15 March to Saturday 16 March. You can support our team by registering now for this event which is \$25.00 early bird registration.

To register go to <https://secure.fundraising.cancer.org.au>

If you registered last year you can use your previous log in details or, if not, then click on "register". Choose "team" and type in "Life Activities Club Surf Coast".

All registrations go towards our team's fundraising totals. *Stay tuned for more fund raising activities.*
If you would like to help with fund raising please contact Anne on 0409162102

Morning Chat LAC Surf Coast Group highlight for this issue

Morning Chat

Maureen Holmes
5261 2883
maudon34@gmail.com

This group began early in 2005 with Maureen Holmes teaching craft. Current members such as Rosslyne Leary, Sandra Stares, June Hiskens and Jan Houlihan are among the original group of ten members. Around 10 to 14 meet twice monthly (first and third Wednesdays of each month). Alan Connolly has now joined (see Daryl's mention of him under Tennis), sharing



memories such as having afternoon tea with the Queen and the Duke! These days, morning tea is enjoyed instead of craft with members valuing the friendship, care and support they provide for one another.

Save the dates!

RELAY FOR LIFE

Thursday 18 October for Morning Tea – details will be emailed

Christmas Function

Monday 3 December, 5pm to 7.30pm

NOTICE of 16th Annual General Meeting

The Annual General Meeting of Life Activities Club Surf Coast Inc. for the year 2017-18 will be held on

Thursday, 20 September 2018, at 2 pm

at the Grant Pavilion, off Merrijig Drive, upstairs on East (ocean side) in the Couper/Gilbert room
RSVP the Secretary (junesmarks@gmail.com) if you would like to stay for refreshments following the presentation by our guest speaker Ian Ashworth.

Life Activities Club Surf Coast Inc. Committee

Ana Ryan, President (mobile: 0428342286)
Joan Steele, Treasurer
June Marks, Secretary/Newsletter
Anne Georgiou, Immediate Past President
Shelley Bateup, Membership Secretary

Lesley Beltrame
Brian Crittle
Greg Dever
Paul Schulz
Robert Setterfield

Life Member, Graeme Perks, Life Activities Club Victoria Delegate



A0052635D

Visit us at www.torquay.vic.au
click on "Recreation and sporting" tab

Enquiries, correspondence to:
The Secretary, LACSC, PO Box 242, Torquay 3228
or email: lifactivities@torquay.vic.au

With thanks to

HAYDEN
REAL ESTATE – TORQUAY

*for printing our Newsletter
- so prompt and friendly!*