

Life Activities Club Surfcoast Inc

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Enquiries & correspondence to

The Secretary
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Torquay 3228

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can be send to postal address or by email to
spsweetten@westnet.com.au

OFFICE BEARERS - 2010/11

President :	Graeme Perks	5261 2155	General Committee:
Vice President:	Peter Sweetten	5261 9693	Jo Biscombe, Laurel Adams
Secretary:	Peter Sweetten	5261 9693	Bob & Bernadette Dickenson
Treasurer:	Majorie McKenzie	5264 8577	Pam Perks, Val Trahair, Bill Cutter
Asst. Treasurer:	Maxine Checinski	0428 325632	Marie Reeves, Maxine Checinski
Membership:	Majorie McKenzie	5261 8577	Kay & Ian Champion
Webmaster:	Ian Champion	5261 5747	(kchamp@inet.net.au)
Publicity & Newsletter:	Selma Sweetten	5261 9693	(spsweetten@westnet.com.au)
Convenor Co-ordinator:	Heather Moore	5261 2014	
Club Clothing:	Kay Champion	5261 5747	

from the President's Desk.....



We're on the WEB
torquay.vic.au

Hi everyone and welcome.

Firstly I would like to pass on my appreciation for re-electing me as your President for the next year. We had an excellent attendance at our annual meeting held at the Lion's Village with our guest speaker Selma Sweetten giving a very entertaining and moving talk on her life in South Africa.

Thanks to all who put up their hand to continue to serve on the committee and also to our two new committee members, Marie Reeves and Maxine Checinski.

Please keep supporting the activities that are of interest to you and perhaps try something new that you have not been to before.

For the coming Christmas season and New Year, I wish you every happiness and a safe holiday. In the mean time I hope to see you all at our Christmas Function on Wednesday, 24th November at the Beach Hotel, Jan Juc.

Yours in good health

Graeme Perks

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Have you explored the web site www.life.org.au?

This is the web site for LACVI where you might find advance notice of free movie passes or other goodies

ARVO TEA DANCE



Every Thursday between 2.30 & 4.30pm

In the "blue building" under the Moorabool St, Bridge opposite the Barwon Caravan Park. For only \$4.00, you get an afternoon of great music, dancing, a low calorie afternoon tea and even door prizes!!

Convenor : Val Penfold on 5251 3529

Welcome new members

Brian Canny Pam Colville
Rita Crump Bryan Conquest
Anna Straughair Mary Mcnaughton
Annette & Lido Ricci



CYCLING

Rides are held every Monday & starts at 9.30am from the War Memorial, Point Danger.

The 1st & 3rd weeks will be road rides of up to 50km from Torquay.

The 2nd & 4th weeks will be shorter rides of up to 15km around Torquay or Geelong with possibly some gravel. For any month with 5 weeks, an even longer ride will be undertaken

Please contact Ian by phone or email at least the night before the ride to indicate your intentions

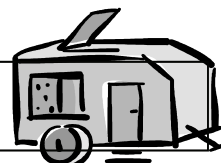
Convenor: Ian Champion on 5261 5747 (mob) 0418 563 435 or email kchamp@iinet.net.au

PS: Ian will not be available on 9th September, therefore riders present should decide on the route to be taken.

What do you get when you cross
an aquarium with a computer

Fish and Chips

THE WANDERERS



You don't need a caravan to join this friendly and adventurous group as we cater for those who like the comforts of a cabin in a caravan park

Our next trip will be to Port Fairy from the 8th to 12th November, staying again at the "Big4 Holiday Park"

Convenor: Graeme Perks on 5261 2155



CINEMA CLUB

Mornings of 2nd Wednesday of the month

September	8th
October	13th
November	10th
December	8th

PLEASE NOTE NEW PRICE \$9.00 PER PERSON

New members, our cinema outings are at Readings Waurm Ponds Picture complex. Meet in the foyer no later than 15 minutes before start time. Why not join us for lunch at La Porchetta after the morning movies. Hope to see you there.

Convenors: Rosslyne Leary on 5222 4321 or email learyrg@vic.chariot.net.au



THE CHRISTMAS FUNCTION IS BOOKED FOR WEDNESDAY, 24TH NOVEMBER @ THE BEACH HOTEL JAN JUC.....MARK YOUR DIARIES

Don't forget the 2010 Victorian Seniors Week from 3—10 October. Many "freebies" and specials. Contact your local Council for more information



Chat & Craft

We meet at the home of Maureen Holmes, 24 Island Drive, Torquay on the 1st and 3rd Wednesday of each month from 9.30 to 12 noon.

Dates for the next 4 months are:

- Sept** **1st & 15th**
- Oct** **6th & 20th**
- Nov** **3rd & 17th**
- Dec** **1st & 15th**

New crafters are welcome to join us.

Convenor: Maureen on 5262 2883

Want to live longer & healthier?

- Keep your fluids up
- Eat 2-4 pieces of fruit per day
- Use good oils in cooking
- Fill up on fibre
- Make time to sleep
- Chat with a friend
- Don't smoke
- Have regular health check-ups
- Exercise 3-4 times a week

If you recognise the signs of **STROKE** act **FAST**

- F** **FACIAL WEAKNESS**
Can the person smile?
Has their mouth or eye dropped?
- A** **ARM WEAKNESS**
Can the person raise both arms?
- S** **SPEECH DIFFICULTY**
Can the person speak clearly and understand what you say?
- T** **TIME TO ACT FAST**



Resistance Training

Torquay Football Club (am)

Mon 8.30 to 9.30 or 9.30 to 10.30

Wed 8.00 to 9.00 or 9.00 to 10.00.

Fri 11.00 to 12.00 or 12.00 to 1pm

Anglesea Surf Club Gym

Tues 8.30 am to 9.30 am

Thurs 8.30am to 9.30 am

Frequency: 2 or 3 sessions per week per member.

Fee Structure

- Cost: \$5 /Session**
- \$8/week -(3 session)**
- \$30 per month**
- \$55/ 2 months**
- \$80/ 3 months**

Convenor Maurie Dean
Ph: 52632809
Email: mozzapa@yahoo.com

Sudoku								
6			9					
1	3	8	4					
	7				3	6		5
			3		9	8		
7			4					9
		4	5	7				
9	3	6					7	
				1	9	5	6	
			7				2	



DID YOU KNOW? To find the edge on sticky tape, put talcum-powder on your finger and run it around the sticky tape. The edge will go white.

DID YOU KNOW? If snails are eating the mail in your letter box,wipe under the outside rim with Vaseline. The snails won't cross it. Renew every couple of months. If there are spiders, wipe with lemon peel.

DID YOU KNOW? If you want to create an aged look on paths or statues, mould will grow if you add natural yoghurt to the rinse water.

Anything interesting?? Contact the Editor on spsweetten@westnet.com.au



Always borrow money from a pessimist. He won't expect it back

A bus station is where a bus stop. A train station is where a train stops.
On my desk, I have a workstation.....

ha..ha..ha



Social Outings

Social Outings planned are :

- * **Saturday Sept 18th 6.30 pm**
Dinner - The Thai Restuarant
Bell St. Torquay
- * **Friday, 22nd Oct 6.30pm**
Lunch - 13th Beach Golf
Club
- * **Fri 19th Nov 12 o'clock**
Lunch - "Front Beach Café"
Esplanade
- * **Saturday 11th Dec 6.30pm.**
Dinner - Torquay Hotel, Bell St

* **Saturday 22nd Jan 6.30pm**
Dinner - Cats Restaurant
Cats Football Grounds
Geelong
**Convenor:- Heather Moore on
5261 2014 or 0419398824**
Don' forget the Xmas Lunch!

Tai Chi
Members of LAC are welcome
to join Tai Chi Classes held at
the Senior Citizens Club in Price
St Torquay. Tues at 10am
Elizabeth Wapshot
on 5261 -4717.

Tennis

Tennis is every Wednesday morning at
the Torquay Tennis Club (next to Foot-
ball club grounds) Surf Coast Highway.

Starts at 10.am
\$2.00 per session.
Everyone Welcome

**Convenor: Aileen
Cairns**

Assistant Convenor:

Janet Bateman on 5261 5329



Attention Convenors

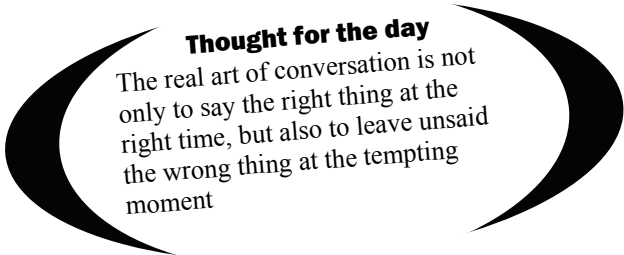
Next Meeting will be

When : 4th February 2011

Where : 26 St Annes Drive
Torquay

*Contact Heather Moore to
confirm attendance*

Want to play Badminton??
Games can be played on a
Wednesday from 10.30 -12pm
at the Surf World at a cost of
\$5.50 .
Just turn up if you are interested.
Rackets are available to use



Thought for the day

The real art of conversation is not
only to say the right thing at the
right time, but also to leave unsaid
the wrong thing at the tempting
moment

Thursday Beach Walk - Assemble and start at 8.30am sharp Fisherman's Angling Club

Sept 2nd	Beach Walk
Sept 9th	Breamlea*
Sept 16th	Beach Walk
Sept 23rd	Airey's L/Hse*
Sept 30th	Deep Creek
October 7th	Mystery Walk*
October 14th	Beach Walk

October 21st	Koori Walk
October 28th	The Sands
November 4th	Anglesea Back Beach*
November 11th	Beach Walk
November 18th	Barwon River*
November 25th	Beach Walk

*Please note away walks carpool at
Fisherman's Beach
**Convenor: Bob Dickenson on 5261
6939 or 0408 174917**





Tuesday Walking Group

Tuesday walking group meet weekly (every Tuesday during school terms). We meet at the Rotunda in Taylor Park, Torquay next to the Bowling Club and start at 12.30 during the colder months. We car pool to our destination each week at \$3 per passenger. Walks take approx 1.5 hours, followed by afternoon tea.

We hope to see more walkers out and about. New walkers are very welcome.

Each week is a different venue—beaches, cliffs, forests, hills and rivers.

Come equipped with hat, walking shoes, and a drink. Dress appropriately.

Cost for afternoon is \$1.00

Please contact either of our two convenors

*** Ron on 5261 3408 or**

*** Jo on 52218108**

NEXT GENERAL MEETING

Where: 300 Grossmans Road

When: Thursday October 7th at 2.00pm

All members welcome



MEMBERSHIP RENEWALS

Club membership renewals for the current year (1st July 2010 to 30th June 2011) were due in July. If you have not yet renewed your membership (\$25.00), please post your payment to the Membership Secretary, Life Activities Club Surf Coast Inc, P O Box 242 Torquay 3228.

PHOTO GALLERY....



AGM at Lions's Village



The Olway Estate Winery & Brewery

In the dim and distant past
When life's tempo wasn't so fast
Grandma used to rock and knit
Crocket, tat and baby sit

When the kids were in a jam
They could always call on Gram
But today she's in the gym
Exercising to keep slim



She's checking the web or surfing
the net
Sending some email or placing a
bet
Nothing seem to stop or block her
Now that Grandma's off her rocker.

Go Grandma.....

(Sudoku Solution)

5	6	2	7	9	8	3	1	4
1	3	8	4	6	5	7	9	2
4	7	9	1	2	3	6	8	5
6	2	5	3	1	9	8	4	7
7	8	1	2	4	6	5	3	9
3	9	4	5	8	7	2	6	1
9	1	3	6	5	2	4	7	8
2	4	7	8	3	1	9	5	6
8	5	6	9	7	4	1	2	3



