

Life Activities Club SurfCoast

Autumn - Winter
2017

From the President

Welcome to autumn-winter 2017. This translates to “Mass Exodus out of Torquay” as many of us head off travelling. Wherever, you are going, travel safe. There is still plenty happening within our Club, so don’t stay home with the winter blues, come out and meet people and enjoy life.

The Relay for Life was well attended in March and, even if you didn’t get to walk on the day, most of us were involved in raising the record amount of \$11,530.00. Once again, our Club raised the most within our region. Many thanks to Ana Ryan and the fundraising committee. This was such an amazing effort. Andrew Katos was impressed with us and mentioned our efforts during parliament recently and sent me a copy of the Hansard Members Statement. If you would like to read this, please email me and I will send you a copy.

Our Club would not survive without members putting up their hands to be on committees and being convenors. However, the Club would never have started if it were not for our founding members. One such member is Peter Sweeton, who has now been a member for over ten years. During this time he has been President, Treasurer and Secretary, as well as currently being a Delegate representative. So thank you Peter for all your work over the years!

I had a birthday recently. Let’s face it, they seem to come quicker than they used to. While pondering my age, I was reminded of one of my favourite sayings: “Never regret growing old, it is a privilege denied to many.”

Cheers

Anne Georgiou

A warm welcome to new members. Enjoy the activities ☺

Neil Ashworth
Wendy M. Ashworth
Susan Baldwin
Carole Borwick
Margaret Chalmers
Maxine Flakemore
Julie Gavin

Helen Gaylard
Sue Gleeson
Sue Glover
Jim Holburn
Jane Keyte
Karen Lathouras
June Macrae

Stella Muschamp
Peter Robinson
Jane Russell
Wendy Sandle
Anne Shepherd
Peter Soulsby
Robyn Soulsby

**Main events:
Morning Tea fundraisers
for Relay for Life
Thursday 15 Jun & 21 Sep**

Resistance training

Monday

Scrabble

Local walking

Tuesday

Walking

Resistance Training

Wednesday

Tennis
Badminton
Morning Chat
Cinema
Social: Chat
Scrabble

Walking

Thursday

Resistance training

Friday

Social: Dining out

Walking

Saturday

The Wanderers

Sunday



<p>Badminton</p>	<p>Games can be played every Wednesday, 10.30-12pm At Surf Coast Sport and Recreation Centre. Only \$6.50. Just turn up if you are interested. Racquets available. For information, contact the Centre on 5261 4606.</p>										
<p>Cinema</p> <p>Rosslyne Leary learyrg@gmail.com 0403 781 270 or 5222 4321</p>	<p>Meet on the 2nd Wednesday of each month At Waurn Ponds Reading Cinema. One hour before movie in the foyer, usually for a 12.30 movie. We have coffee before or after the movie at The Groove Train next door. Safe parking by Petrol station or behind Cinema (3+ hours needed). It is important to contact Rosslyne and join her email list in order to receive advice on movie details each month. If you are not on email, Rosslyn will phone you.</p>										
<p>Morning Chat</p> <p>Maureen Holmes 5261 2883</p>	<p>Meet at Maureen's home at 24 Island Drive, Torquay On the 1st and 3rd Wednesday morning of each month 9.30 am to 12.00</p>										
<p>Relay for Life</p> <p>Ana Ryan 0428 342 286</p>	<p>The Club's Relay for Life morning teas are back! Scrumptious food and produce to buy. The first one will be on Thursday 15th of June, followed by another on 21st September Details will be emailed to you well in time. Pencil these dates in your diary so you don't miss out.</p>										
<p>Resistance Training</p> <p>Bernie 0468 314 452 converyb@gmail.com Ros 0403 781 270 learyrg@gmail.com</p>	<p>One hour sessions with Kylie or Zarah At Torquay Football Club Monday, Wednesday, Friday from 9 to 10am. \$5 each Medical clearance (form available at gym) and trainer assessment required. Bring towel + water.</p>										
<p>Saturday Walking</p> <p>Julie 0438 735 302</p>	<p>Our Saturday walk has continued to grow and now has a regular core of "walkers and talkers". If you wish to join us please meet near Bomboras cafe at the front of the Fishermans club before 9am. We leave at 9 sharp so if you are late you will miss us.</p> <p>Most days we have coffee at Bistro On The Green. Two walks are on offer, an hour or an hour twenty minutes. Contact me, Julie, for more details.</p> 										
<p>Scrabble</p> <p>Ana Ryan 0428 342 286</p>	<p>Every Monday at the Torquay Library, 1pm – 3pm. Also, another group meets every second Wednesday evening, sharing the hosting. Scrabble is loads of fun while encouraging brain stimulation!</p>										
<p>Social Outings</p> <p>Heather Moore 0419 398 824 moggymmajane@gmail.com</p>	<p>Lunch at these venues at noon on a Friday</p> <table border="0"> <tr> <td>19 May</td> <td>Lord of the Isles Hotel, 3 West Fyans Street, Newtown</td> </tr> <tr> <td>23 June</td> <td>Buckleys Entrnt. Centre, 54 Fellmongers Rd, Breakwater</td> </tr> <tr> <td>21 July</td> <td>Ginger Monkey, 4 Baines Court, Torquay</td> </tr> <tr> <td>18 August</td> <td>Waurn Ponds Hotel. 1154 Princes Highway, Waurn Ponds</td> </tr> <tr> <td>22 September</td> <td>Front Beach Cafe, The Esplanade, Torquay</td> </tr> </table>	19 May	Lord of the Isles Hotel, 3 West Fyans Street, Newtown	23 June	Buckleys Entrnt. Centre, 54 Fellmongers Rd, Breakwater	21 July	Ginger Monkey, 4 Baines Court, Torquay	18 August	Waurn Ponds Hotel. 1154 Princes Highway, Waurn Ponds	22 September	Front Beach Cafe, The Esplanade, Torquay
19 May	Lord of the Isles Hotel, 3 West Fyans Street, Newtown										
23 June	Buckleys Entrnt. Centre, 54 Fellmongers Rd, Breakwater										
21 July	Ginger Monkey, 4 Baines Court, Torquay										
18 August	Waurn Ponds Hotel. 1154 Princes Highway, Waurn Ponds										
22 September	Front Beach Cafe, The Esplanade, Torquay										

Tennis

Daryl Mcilvena
0409 886 255
Kris Cuttiford
0425 791 979



Come and enjoy the resurfaced courts at Torquay Tennis Club, every Wednesday. Surf Coast Highway, near Spring Creek. Play starts at 10am and concludes 11.30am with coffee afterwards at Kobo. Only \$2 a morning session, but this is waived if you are an existing Tennis Club full member.

The Wanderers

Annette & Lidio
5261 2323
0408 331 792

Caravan and campers group
Travelling twice yearly to wonderful destinations in Victoria.
All welcome!
You're guaranteed a fun time.

Thursday Walking

Anne Georgiou
0409 162 102
Margaret Bufton
0437 694 278



We meet on the Esplanade at Fishermans Beach and depart at 9.00am. The longer walk is approximately 7km and is for moderately fit members. The shorter walk is approximately 4km and is slower with more stops. Both walks finish at a designated coffee shop. The venue will be advised on the day. However, if you would like to know ahead of time where we are meeting, please sms Anne.

If you are unable to join the walk you are welcome to meet us for coffee and a chat. Try to remember to wear your lanyard.

Winter can be a little drab in Torquay so we will be going to **Melbourne on 20th July** to do the **Arcade and Laneway walk**. We have done this in the past and everyone enjoyed it. Coffee will be in Degraes Street, the coffee precinct of Melbourne. The walk will finish at Hardware Lane where we will have lunch. More information will be sent closer to the day

Tuesday Local Walking

Les Croft
0417 940 775
Peter McMahon
0411 112 047

Meet at 9am at Point Danger, near the flagpoles.

Destination for coffee decided on the day, based on numbers.

Tuesday Walking

Noreen 5261 4338
Ken 5261 7247

Walk at various locations at your own pace for up to one and a half hours.
Meet at 12.30am at Taylor Park. \$1 for afternoon tea – bring a mug.
Car pool to destination \$4 donation.
Hat ✓ Water ✓ Sunscreen ✓ Comfy shoes ✓

Membership Fees Good news!

Fees are due for renewal on 1 July.

We are keeping the annual fee at \$25; HOWEVER, members who pay by 31 July can do so at the reduced rate of \$20!

This is a **one-off** offer, for this year only, and applies to current members.

New applicants for membership will still pay \$25 (plus the joining fee).

A circular reminder will follow soon with more details.

Please use the Membership Form enclosed with this Newsletter.

Name tags

Cat swallowed your name tag?

Your friendly Membership Secretary can supply a replacement for the princely sum of \$2.

Contact Robert on
5261 9337
or email him at
lifeactivities@
torquay.vic.au

LAC SurfCoast Committee

Anne Georgiou, President, Phone: 0409 162 102

Ana Ryan, Vice President

Robert Setterfield, Treasurer/Memberships

June Marks, Secretary/Newsletter

Joan Steele, Assistant Treasurer

Ian Champion, Webmaster

Graham Perks and Peter Sweetten

LACVI Delegates

Shelley Bateup, Carol Blight, Les Croft, Marjorie McKenzie, Marie Reeves

Visit us on LAC website at
www.torquay.vic.au
click on 'community' tab

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

With thanks to

HAYDEN
REAL ESTATE – TORQUAY

for printing our Newsletter