

Life Activities Club SurfCoast

Summer-Autumn
2017

From the President

Welcome to 2017!

I think a New Year is an opportunity to start new and do some goal setting. If 2016 was not that great for you, then it's time to change things up and do something different. Sometimes we can just drift from week to week and, before we know it, the year is over. That is not living, that is existing. We are very blessed to live on the Surfcoast, even though the beaches are crowded at the moment. Those people will go home and we will still be here enjoying all that Torquay has to offer and all that Life Activities has to offer! Make 2017 a happening year for yourself!

As I write this, the weather is a scorching 35 degrees. We are likely to have many more hot days before autumn kicks in, so please carry water with you on all outdoor activities. If your convenor cancels or shortens an activity due to the weather conditions, then that decision is final. Remember these are group activities so please stay with your group and also wear your lanyard.

To help kick start 2017, we are having another Happy Hour event at the Pool Bar at the Surf Coast Hotel (Wyndham Hotel) on Friday, 3 February, from 4 to 6pm. Hope to see you there!

Cheers,
Anne

A warm welcome to new members.

Enjoy the activities ☺

Carol Collins	Annette Hiscock	Peter and Dianne O'Donnell
Josephine Dalziel	Penny Lim	Lance Potter
Jenny Dart	Helen Mackay	Les Raymond
Ted Dole	Ken and Joy McIntyre	Vera Stojanovska
Irma Dymke	Pamela Newman	Agnes Walsh

Main events:

Fri 3 Feb **Happy Hour**
3, 4 March **RELAY FOR LIFE**
7 May Wanderers **Bright**

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

BBQ RELAY FOR LIFE

The Wanderers

Sunday

BBQ RELAY FOR LIFE



<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 (except April – Easter) At <i>Waurn Ponds Reading Cinema</i>. One hour before movie in the foyer, usually for a 12.30 movie. Safe parking by Petrol station or behind Cinema (3+ hours needed). Contact Rosslyne and join her email list to receive advice on movie details each month.</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 -12.00 (except 1st Feb – meet at the RACV).</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>	<div data-bbox="497 976 1406 1449" data-label="Image"> </div> <p>From Bomboras Café @ Fishermans Beach leaving at 9am sharp. Moderately paced beach walk for an hour - or longer for those who wish – with coffee afterwards, Bistro on the Green. Note: on the day of Cadel Evans Road Race, 28 January, meet outside Rip Curl. Encourage all to participate Saturday 4 March in RELAY FOR LIFE walk.</p>													
<p>Scrabble</p> <p>Ana 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>Dining - noon on a Friday</p> <table border="0"> <tr> <td>17 February</td> <td>The Chocolaterie, Great Ocean Road, Anglesea</td> </tr> <tr> <td>24 March</td> <td>McGains Nursery, 1 Simmons Court, Anglesea</td> </tr> <tr> <td>21 April</td> <td>Wombat Gully Nursery, 201 Townsend Rd, Moorlap</td> </tr> <tr> <td>19 May</td> <td>Lord of the Isles Hotel, 3 West Fyans St, Newtown</td> </tr> <tr> <td>23 June</td> <td>Buckleys Entrnt. Cntr, 54 Fellmongers Rd, Breakwater</td> </tr> <tr> <td>21 July</td> <td>Ginger Monkey, 4 Baines Court, Torquay</td> </tr> </table>	17 February	The Chocolaterie, Great Ocean Road, Anglesea	24 March	McGains Nursery, 1 Simmons Court, Anglesea	21 April	Wombat Gully Nursery, 201 Townsend Rd, Moorlap	19 May	Lord of the Isles Hotel, 3 West Fyans St, Newtown	23 June	Buckleys Entrnt. Cntr, 54 Fellmongers Rd, Breakwater	21 July	Ginger Monkey, 4 Baines Court, Torquay	<p>Chat Group</p> <p>1st & 3rd Wednesdays</p> <p>4, 18 January 1, 15 February 1, 15 March 4, 19 April</p>
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Tennis

Daryl Mcilvena 0409 886 255
Kris Cuttiford 0425 791 979

Down on the courts at Torquay Tennis Club, Surf Coast Highway, next to the Football Club grounds every Wednesday.
Play starts at 10am and concludes 11.30am with coffee afterwards at Kobo.
Only \$2 per 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.
Next trip is to glorious Bright, leaving Sunday 7 May.
All welcome! You're guaranteed a fun time.

Thursday Walking

Anne Georgiou 0409 162 102
Margaret Bufton 0437 694 278

Fishermans Beach, leaving at 8.30am until 30th April, then 9am. Longer walk (7km) for moderately fit members, and a shorter walk (4km), slower with more stops. If you can't join the walk, meet for coffee and a chat. Try to remember to wear your lanyards.

- 2 February Imperial Rhino
- 3 Friday HAPPY HOUR, Pool Bar, Surf Coast Hotel, 4-6pm
All LAC members welcome
- 9 Kobo
- 16 Torquay Orange
- 23 Rock Salt
- 2 March Imperial Rhino
- 9 Rock Salt
- 16 Kobo
- 23 Torquay Orange
- 30 DAY TRIP TO SORRENTO on Ferry, Millionaire's Walk, lunch in Sorrento
- 6 April Imperial Rhino
- 13 Kobo
- 20 Torquay Orange
- 27 Rock Salt

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. Our first walk for 2017 on 7 February, will be local, when programs for first term will be available.
Meet at 9.30am (first term; 12.30 second term), at Taylor Park. \$1 for afternoon tea – bring a mug. Car pool to destination \$4 donation. Hat ✓ Water ✓ Sunscreen ✓ Comfy shoes ✓



RELAY FOR LIFE

Oaks Day function at the Bowls Club
November 2017

Contenders for
the best dressed gentleman!



Join our team!

The Surf Coast **RELAY FOR LIFE** 3 & 4 March.
Registrations by end of January, \$20, or \$25 thereafter.

Any queries to Ana 0428 342 286,
 Julie Stevens 0438 735 302
<https://www.relayforlife.org.au>



The hardworking LAC SurfCoast **RELAY FOR LIFE** fundraising team, at the Oaks Day function.

Many thanks to all LAC members who have supported our functions!

LAC SurfCoast Committee

- | | |
|---|-------------------------|
| Anne Georgiou, President | annie.g1@bigpond.com |
| Ana Ryan, Vice President | anaryan53@gmail.com |
| Robert Setterfield, Treasurer/Memberships | jrsetterfield@gmail.com |
| June Marks, Secretary/Newsletter | junesmarks@gmail.com |
| Joan Steele, Assistant Treasurer | Shelley Bateup |
| Ian Champion, Webmaster | Carol Blight |
| Graham Perks and | Les Croft |
| Peter Sweetten, LACVI Delegates | Marjorie McKenzie |
| | Marie Reeves |

Name tags

Dog chewed your name tag?

Your friendly Membership Secretary can supply a replacement for the princely sum of \$2.
 Contact Robert on 5261 9337 or email.

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 junesmarks@gmail.com

With thanks to



for printing our Newsletter