



WHO WE ARE

The current Life Activities Club Heidelberg (LACH) began life as the Early Planning For Retirement Group (EPRG) in the early 1980s with the aim of assisting people in the 50+ age group to prepare for retirement.

LACH provided professional financial advice and the opportunity for members to meet socially and to take part in a wide range of activities.

LACH no longer provides financial advice due to legislative changes and an increase in the number of organisations specialising in financial and retirement planning.

LACH now concentrates on meeting the social, recreational and sometimes educational needs of the older members of our community.

The Club currently has over 200 members and we maintain around 15 Activity Groups.

MEMBERS' MEETINGS

Join Club members on the 4th Wednesday of the even months at the Community Hall, 80 Hawdon Street, Heidelberg. You will enjoy a pleasant social afternoon from 1.00 PM with an interesting guest speaker, and catch up on what's happening around the Groups. (Melway Reference 32 A4)



DINEOUT

Diners get together for meals at local venues twice a month; the first Friday for lunch and third Tuesday evening for dinner.

MORNING MELODIES

A pleasant morning is enjoyed on the last Tuesday of each month at a local venue with Devonshire tea, a wonderful show and lunch.

**HAVE YOU RETIRED?
ARE YOU ABOUT TO RETIRE?**

**JOIN LIFE
ACTIVITIES
CLUB HEIDELBERG
AND HAVE FUN!**



LACH Inc.

PO Box 245 Rosanna 3084

Phone Carolyn 0402 548 163

www.lach.com.au



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GOLF

A band of keen players tee off at the Bundoora Park Public Golf Course every Friday morning. We welcome both beginners and experienced golfers.

TABLE TENNIS

This enthusiastic and energetic group plays once a week on Monday morning at the Scout Hall at 18 McNamara Street, Macleod, about 500 metres South of Macleod Station, near Dunstan Street. Plenty of tables available, so a good workout is guaranteed.

TAI CHI

This group meets at the Community Hall, 80 Hawdon Street. Heidelberg every Thursday afternoon except during school holidays. A session for beginners is followed by an intermediate group then experienced group.

CARAVAN AND CABIN TRIPS

Travel to various places around Victoria for a Monday to Friday holiday two times a year. A good time is assured and you don't have to have a caravan. Our conveners make sure that the park has plenty of cabins available.

CARDS (SOLO)

These popular evenings are held monthly at the Watsonia Library Meeting Room.

WALKERS

Walkers meet on the last Sunday of each month. We visit a variety of interesting venues in and around Melbourne each year, and the conveners ensure that members can cope with the walk. The walk is always followed by afternoon tea and a chat.

SWIMMING

We take the plunge each Thursday at the Latrobe University pool and afterwards relax over lunch. All welcome,.

SUNDAY TRAIN TRAVEL

We meet at Rosanna Station once a month, decide on a destination and set off for the day. We take our lunch and enjoy the time spent outdoors.

THERE IS MORE!

We have a small home-based morning coffee group and organise an Annual Coach Trip. If you have a special interest or hobby, there is a chance to share it with others in LACH.

NEWSLETTER

Life Activities Club Heidelberg has a bi-monthly newsletter. Dates, times and venues of activities, as well as associated costs (if any) are provided in the newsletter. The newsletter is posted to members and is available from the LACH website.

ANNUAL SUBSCRIPTIONS

Life Activities Club Heidelberg offers great value for members. Where else can you access such a large range of activities each year for a subscription of \$20.00 (Single) and: \$38.00 (Double) – 2018 Prices. Individual LACH activities may involve additional costs.

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(You can now download our newsletter & flyer)

