

Life Activities Club Heidelberg Incorporated

Incorporation Registration Number A0052946A

LACH is a club offering activities for people over 50 in or around Heidelberg. If you'd like to join or try any of the group activities below, please contact its Convenor or the club Secretary.

LACH NEWSLETTER

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Postal Address:

LACH Inc.
PO Box 245
Rosanna 3084

Secretary

Rose-Marie Dettinger
Telephone: 0447 063 977

Newsletter Editor

Robert Reardon
0404 156 716

Website: <http://lach.com.au/> (You can download LACH newsletter & flyer)

MEMBERS AFTERNOON TEA WITH GUEST SPEAKER:

PLEASE NOTE NEW LOCATION Macleod Community Hall

1-3 Birdwood Avenue Macleod.
Opposite Macleod Station behind Village Green.
Extra parking is available at the Netball Stadium if required

Wednesday, 5th February 2025 @ 1.00 PM.

This meeting is open to everyone to come and enjoy themselves and socialise with other members

Tea and coffee will be provided -

(Volunteers required - please contact Rose-Marie)

Coming Up

- **There is a Christmas lunch for all members on 19th December at Greensborough Hotel. If you wish to attend please contact Merlyn Dalla Riva on 0439 497 462**
- **Friday Table Tennis is now up and going (see page 9)**
- **Morning Melodies is continuing - Starts in February 2025 (see page 3)**
- **Board & Cards Games is continuing (see page 7)**

Website: <http://lach.com.au/> (You can download LACH newsletter & flyer)

While at our website click on the "NEWS" Tab for lots of photos and a recap of recent activities

LACH gratefully acknowledges the assistance of the office of local Member Kate Thwaites MP (Member for Jagajaga Victoria), in the preparation of this newsletter.

OFFICE BEARERS AND COMMITTEE MEMBERS

President:	Merlyn Dalla Riva	Secretary:	Rose-Marie Dettinger
Vice President:	Vacant	Treasurer:	David Keem
Committee Members:	Peggy Ball	Robert Reardon	Tony Dalla Riva

Next Committee Meeting is on Wednesday 22nd January @ 6.00 p.m. at the Lower Plenty Hotel

Anyone interested in being part of the committee please let the Secretary know. If our Club is to be fully functional we need members to step up and help out on the committee.

WELFARE REPORT: Glenys Harvey. ☎ 0402 222 602

A get well card was sent to Penny Mikulicz

If you know of a member who is not well please call Glenys and she will follow up on behalf of the LACH club and its members.

NEW MEMBERS: Rose-Marie Dettinger ☎ 0447 063 977

We welcome two new member to our club - Wayne Giri and Ian Williams - and we look forward to seeing you at our our various activities.

*LACH gratefully acknowledges the assistance of the office of local Member Kate Thwaites MP
(Member for Jagajaga Victoria), in the preparation of this newsletter.*

GROUP ACTIVITIES

***Convenor inputs for the next newsletter are requested by
3rd March 2025***

CARPET BOWLS

Carpet Bowls is played at the Watsonia R.S.L. on a Monday from 1:00pm. until 3pm.

It is a fun activity and does not require any experience , and there is no charge to play.

If you think you would like to join **please ring Rose-Marie Dettinger On 0447 063 977**

We would love to see you there.

MORNING MELODIES

Convenor: **Judy McCall ☎ 9459 4863**

Morning Melodies are continuing next year at Lower Plenty Hotel. It is most enjoyable and we would like more members to attend.

Usually the First Tuesday of the month at 10.am

There will be no Morning Melodies in January

4th February at 10.00 am

No details of the performers are available at the time of printing

11th March at 10.00 am

No details of the performers are available at the time of printing

We will post details of the Morning Melodies entertainment on our website as soon as it is available. Go to lach.com.au and click on the WHATS ON tab"

Morning tea, Entertainment, Raffle, Lunch, and free drink
All for \$25.00 per person

Bookings are essential.

Interested members please contact Judy at 9459 4863
Leave message if no answer and I will return your call.

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(Member for Jagajaga Victoria), in the preparation of this newsletter.*

CARAVAN & CABIN GROUP

Convenors: **Merlyn Dalla Riva ☎ 0439 497 462**

Rose-Marie Dettinger ☎ 0447 063 977

Lake Sambell Caravan Park, Beechworth - Monday 7th October to Friday 11th October

Thirteen members enjoyed good weather and pleasant surroundings on this well-planned trip. Members got to know each other a little better via shared experiences.

We started off with a BYO Happy Hour at 4.30 PM, followed by (BYO meat and drinks) barbeque dinner at 6.30 PM.

Happy Hour and dinner were scheduled at these times until Thursday.

Dinners covered pizza, fish and chips and meals at a Chinese restaurant and a hotel.

The plan of activities included historic guided walking tours, places of historic interest, a waterfall, a berry farm and a visit to Yackandandah. Members could choose which activities they wanted and set their own pace. Accommodation was excellent.

Thanks to Merlyn and Rose-Marie for a really enjoyable LACH experience.

We encourage others to accept the challenge to organise a LACH Caravan and Cabin holiday. We can offer you assistance and advice based on past experience.

We need more people to facilitate these very popular trips. Please contact the convenors if you can help

NIGHT TIME DINE OUT Convenor: **Merlyn Dalla Riva ☎ 0439 497 462**

THERE WILL BE NO LUNCH OR DINNER DINE OUT IN DECEMBER.

Instead there will be a Christmas lunch for all members on 19th December at Greensborough Hotel.

January 21st @ 6:30 pm

Cafe. Matto

136 Burgundy Street Heidelberg

February 18th @ 6:30 pm

Small Plates Restaurant

9 Arthur Street Eltham

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(Member for Jagajaga Victoria), in the preparation of this newsletter.*

March 18th @ 6:30 pm

Watsonia RSL

6 Morwell Avenue Watsonia

If you wish to attend please contact Merlyn Dalla Riva on 0439 497 462

Anybody needing transport please call me.

Please contact me if you wish to attend.

No need to contact me if you have put your name in the dine out book.

LUNCH TIME DINE OUT

Convenors: **Glenniss Deans** ☎ **0407 648 899**

Please advise Glenniss ASAP if you need to cancel your booking.

All Lunches commence at 12.30

10th January

ELTHAM HOTEL

746 Main Road

Eltham

7th February

LOWER PLENTY HOTEL

Main Road

Lower Plenty

7th March

TEMPLESTOWE HOTEL

23 Parker Street

Templestowe

THERE WILL BE NO LUNCH OR DINNER DINE OUT IN DECEMBER.

Instead there will be a Christmas lunch for all members on 19th December at Greensborough Hotel.

Please advise if you would like to attend.

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GOLF: NINE-HOLE MIXED GOLF GROUP

Convenor: **Peter Warwick ☎ 0433 604 404**

The Lach Golf Group plays at Bundoora Golf Course, Plenty Road - on the Western side of Bundoora Park.

We tee off for 9 holes between 8.00 - 8.30 on Fridays for all groups (usually 4 players - can be mixed, all men, or all ladies).

We have had an enjoyable year with the LACH Golf group playing at Bundoora Course each Friday morning.

We had our break up tournament day lunch on December 6th.

We have gained new players - Wayne Giri and David Nadalin - and that brings our current playing group to a total of 8 ladies and 11 men.

Thanks to Peter Hopper for his setting of the handicaps and his meticulous record keeping. Also thanks to David and Darylyn Keem for organising our breakup competition and food.

At our break we raised \$305 for the Olivia Newton-John Cancer Centre.

Over December/January retain a weekly social booking starting at 8:00 am (arrive at least by 7:50 am) but if we have players ready to start earlier we can usually start early if it suits us.

There is no need to ring Peter W to confirm you are playing over this period but you should contact Bundoora Golf Course directly if you intend to play.

Competition will start again on Friday February 7th 2025.

Wishing everyone a safe and happy Christmas and New Year, God bless you all. If you or anyone you know would like to join the Golf group phone me for details.

Peter Warwick Ph 0433 604 404

The weekly green fee is now \$21. Golf carts are available for hire at the course.

LACH gratefully acknowledges the assistance of the office of local Member Kate Thwaites MP (Member for Jagajaga Victoria), in the preparation of this newsletter.

You do not have to play every week - we have one member who plays once per month. Some players are aged in their 90s.

Each player is given a handicap that gives them the possibility of winning the weekly chocolate bar.

If you prefer to contact me by email - My email is pwarwick@melbpc.org.au

MORNING TEA Convenor: **Rose-Marie Dettinger ☎ 0447 063 977**

3rd Thursday of the month at 10.00 am.

We are still meeting at the Greensborough Plaza at the HAHNDORF CAFE, which is on the walkway on the 3rd floor in front of Jeans West.

Contact: Rose-Marie Dettinger on 0447 063 977 if interested in attending.

ALL WELCOME

BOARD AND CARD GAMES: Convenor: **David Keem ☎0414 449 951**
& David Mackay : ☎ 0458 586 500

A group of 8-12 meet in Eltham North for an afternoon playing Board Games (or Cards). Games include Scrabble, Upwords, Balderdash, Sequence, Code Names and Ticket to Ride.

Play one of those or bring along your favourite game.

We play from 12:00noon to 4:00pm, with a break for afternoon tea, supplied for a cost of \$5.

Our Next Game Days are: Wednesday 8th January 2025
 Wednesday 29th January 2025
 Wednesday 26th February 2025
 Wednesday 26th March 2025

Contact David K on 0414 44 99 51 to confirm you would like to attend.

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SUNDAY TRAIN TRAVEL: Convenor: **Ronda Walsh ☎ 0409 969 377**

Meet: Rosanna Railway Station.

Time: 10- 30 am

Date: 2nd. Sunday of each month.

All members are welcome to join us.

It is recommended that you check with me before attending.

TABLE TENNIS MONDAY:

Convenors: **Bruce Hill ☎ 0402 839 145 &**

Algis Grikepelis ☎ 0408 829 320

Our friendly Table Tennis group continues to play at Macleod Scout Hall, 30 McNamara St. Macleod on Monday mornings from 10:00am to 12:00pm with an average attendance of 22 players.

We have three tables and play doubles. Players enjoy the social banter between games. Numbers of players continue to increase.

After 12:00pm about 6 of us (optionally) enjoy fellowship over coffee and a bite to eat at Espresso54 Café, 54 Aberdeen Rd., Macleod.

Apart from your annual LACH dues, it costs only \$4 per session to play (from which \$1 is paid to LACH for insurance). This is great value for money, and is good exercise as well.

New players, including beginners, are always welcome. Our newer players continue to show great improvement.

We enjoy a Christmas lunch at Eltham Hotel that is subsidised using Table Tennis Club funds and recommence on Monday 6th January.

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TABLE TENNIS FRIDAY:

Convenors: **Angela Turner ☎ 0478 425 441 &**

David Mackay ☎ 0458 586 500

The Friday LACH Table Tennis group that commenced in August continues to meet at Macleod Scout Hall, 30 McNamara St. Macleod on Friday mornings from 10:00am to 12:00pm with an average attendance of 9 players.

Apart from your annual LACH dues, it costs only \$4 per session to play.

In order to help get this group established, the Scout Master agreed to reduce the hall rental for the Friday Table Tennis group until June 2025.

Friday Table Tennis group also provides an option of lunch afterwards, but at a different venue.

Monday Table Tennis Group is supportive of this group and new players are most welcome.

MONTHLY WALKERS: Convenor: **REQUIRED**

We are now looking for a new convener to take over Monthly Walks

WEEKLY WALKERS: Convenor: **Glenniss Deans ☎ 0407 648 899**

We will leave from Rosanna Parklands on the corner of Chapman & Thompson Drive Macleod every **Tuesday** Morning.

Departing at 9.30 am

Grandchildren and Dogs are welcomed

There are no parking restrictions in Thompson Drive.

Please contact me if you are interested.

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