

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

NUMBER 224

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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, 18th June 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

- **Monday Table Tennis** has temporarily changed venues but should be back to normal in April. Please check with Bruce for full details (see page 8)
- **Morning Melodies** is continuing -(see page 3)
- **LACH Life Memberships** awarded (see page 2)
- **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.*

LACH Life Memberships

At our last Annual General Meeting the club decided to recognise members with 40 years membership.

At the February Afternoon Tea and Evening Dine Out, Life Membership status was awarded to Lilian Casey, June Watson and Peter Hopper

These members began their journey back in 1984 with LACH and have been enthusiastic participants and supporters of the club. Between them they have joined in most activities from Caravan Club, Golf, Dine-Outs, Swimming, Social Afternoon Teas and Club Meetings.

Photos can be viewed on the website

http://lach.com.au/?page_id=603

OFFICE BEARERS AND COMMITTEE MEMBERS

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

Next Committee Meeting is on Wednesday 30th April @ 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 Lillian Casey and Judy Mc Call as well as a 'thinking of you' card to Ron Hall.

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.

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

NEW MEMBERS:

Rose-Marie Dettinger ☎ 0447 063 977

We welcome new member to our club - Julie Warwick - and we look forward to seeing you at our our various activities.

GROUP ACTIVITIES

***Convenor inputs for the next newsletter are requested by
3rd June 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 at Lower Plenty Hotel. It is most enjoyable and we would like more members to attend.

The First Tuesday of the month at 10.am

Morning tea, Entertainment, Raffle, Lunch, and free drink
All for \$26.00 per person

8th April at 10.00 am

Rock back the years Featuring Pat Perri

6th May at 10.00 am

Mothers Day Special Burt Bacharach in music and lyrics

3rd June at 10.00 am

Dionne Warwick Tribute Featuring Kim Montalto

Bookings are essential and all are welcome

Interested members please contact Judy at 9459 4863

Leave message if no answer and I will return your call.

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CARAVAN & CABIN GROUP

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

Rose-Marie Dettinger ☎ 0447 063 977

Graeme Murray is working on the possibility of a caravan trip to Ballarat between September and October 2025

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**

All dinners commence at 6.30 PM

April 15th

THE GROOVE TRAIN RESTAURANT

Greensborough Plaza Level 3

Enter from Church Street Greensborough

Lift is on the entrance to the plaza down to level 3

Parking is in Church Street or in the Target parking area.

May 20th

MONTMORENCY RSL

16 Mountain View Road Montmorency

June 17th

PIYADA THAI MACLEOD

72 Aberdeen Road Macleod

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.

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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

4th April

MONTMORENCY RSL
16 Mountain View Road
Montmorency

2nd May

OLD ENGLAND HOTEL
459 Lower Heidelberg Road
Heidelberg

6th June

WATSONIA RSL
Morwelll Street
Watsonia

Please advise if you would like to attend.

GOLF: NINE-HOLE MIXED GOLF GROUP

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

We have enjoyed good weather for the LACH Golf group playing 9 holes at Bundoora Course each Friday morning.

We have gained a new player - Ken Lennox and that brings our current playing group to a total of 6 ladies and 12 men.

We tee off in groups of 3- 4 players. Each player is given a handicap based on their scores over past weeks and they deduct that from strokes played to calculate their nett score. We have a coffee at the end of play and determine who the ladies' and men's winner for the day is from their nett score and they each receive a chocolate bar. We are a friendly group

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who welcome new players. One of our players is only able to come for one match per month it is not necessary to play every week.

LACH Golf subscription costs \$15 per year and this covers weekly prizes and the end of year tournament day prizes and lunch.

We have 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.

Green fees for 9 holes are \$21 and carts can be hired if required.

When daylight savings ends at the end of March we change our start time to 8:30 am.

If you or anyone you know would like to join the Golf group phone me for details.

Peter Warwick Ph 0433 604 404

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

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

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

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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 26th March 2025

Wednesday 30th April 2025

June, July & August - To be confirmed

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

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.

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

TABLE TENNIS MONDAY:

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

Algis Grikepelis ☎ 0408 829 320

Our friendly Table Tennis group continues to play on Monday mornings from 10:00am to 12:00pm with an average attendance of 22 players.

For the last 6 weeks we have moved to NETS Stadium in Macleod while the toilets at the Macleod Scout Hall are being refurbished.

Whilst we are scheduled to move back to the Scout Hall on 31st March, it is unlikely that the refurbishments will be completed on time and we are still awaiting a response from the Scout Master regarding progress.

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. If you are considering coming along to give Table Tennis a go, give me a call to confirm the venue. Our newer players continue to show great improvement.

The Friday Table Tennis group did not get the numbers required to sustain it and has been temporarily suspended.

TABLE TENNIS FRIDAY:

Temporarily Suspended due to lack of numbers

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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.