

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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LACH AGM

Wednesday 21st October 2026 @ 1:00 PM.

**We promise a short meeting,
an interesting talk and a
fabulous afternoon tea.**

No charge for members

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

Afternoon tea provided.

GUEST SPEAKER GEOFF KING

Geoff will speak about the wonderful Welsh choir that he is a member of. (Volunteers required - please contact: Rose-Marie on 0447 063 977)

Macleod Community Hall

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

Some members of the committee are standing down after many years of service to LACH.

The committee meets 4 times per year, attend the AGM, and try to promote the club on a regular basis.

Nomination forms (to fill committee vacancies) are available from current committee members and also at Table Tennis on Mondays.

If you would like to help the club and nominate for the committee, please talk to a committee member and grab a form. See you at the AGM.

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

Coming Up

- **We hope to see everyone at the AGM (front page)**
- **Thanks to our convenors and volunteers (below)**
- **LACH Christmas Lunch has been booked (page 7)**
- **Last play for 2026 for LACH Theatregoers (page 4)**
- **Upcoming Trips for Caravan & Cabin group (page 5)**
- **Lunch time Dine Outs & Night time Dine Outs (page 6)**
- **Table Tennis is growing - everybody welcome (page 10)**

LACH Convenors

LACH only survives with the work of our **Committee, Convenors and Volunteers.**

It's time for a big **THANK YOU** to our helpers:

Peter Warwick organises our Golf Group. Supported by the Handicapper, **Peter Hopper.**

Merlyn Dalla Riva and **Julie Warwick** organise the Night time and Lunch time Dineouts.

Robert Reardon does a great job getting the Newsletter compiled and ready for mailing and **Merlyn** who arranges for collection and mailing.

David Keem organises the Games Days and the Theatregoers group for local plays.

Bruce Hill is tireless in his work for the Table Tennis group and from his offsider **Algis Grikelpis.**

Rose-Marie Dettinger keeps the Morning Tea group going and has organised afternoon teas for the AGM and other events.

Ronda Walsh does a great job organising somewhere fun and different for the Sunday Train Travellers each month.

Glenys Harvey is our welfare person who organises Cards for our members who have been unwell, had an accident or had the passing of someone close. If you know of someone who needs some cheering up let Glenys know on 0402 222 602.

Judy McCall keeps everyone entertained with Morning Melodies Group.

Kevin Tealby keeps our Website alive.

So thanks to all the above and others who help along the way. If you can help in any way talk to a Committee Member.

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

LACH OFFICE BEARERS AND COMMITTEE MEMBERS

President:	Merlyn Dalla Riva	Secretary:	Rose-Marie Dettinger
Vice President:	Vacant	Treasurer:	David Keem
Committee Members:	Algis Grikepelis	Bill Rewell	Tony Dalla Riva

The date of the next Committee Meeting will be advised at the AGM.

Please feel welcome to nominate for the committee.

WELFARE REPORT: Glenys Harvey. ☎0402 222 602

We like to keep all our members connected to the club.

If you know of a member who is not well please, had a close bereavement or recuperating in hospital or at home, please give Glenys a call, and she will follow up on behalf of the LACH club and its members.

WEBSITE: Kevin by email: website@lach.com.au

Contributions and photos are most welcome.

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

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

NEW MEMBERS

We welcome our new members to the club and hope you will enjoy and join in our various activities.

Welcome to:

Liz Andrews

Rick Hollis

Cheryl Damaggio

Mena Cucinelli

Margaret Eastwood

Robert Brenners

Graeme Williams

GROUP ACTIVITIES

***Convenor inputs for the next newsletter are requested
by
9th November 2026***

HEIDELBERG THEATRE COMPANY - LACH Theatregoers Group

Convenor: **David Keem** ☎ **0414 449 951**

This group attends plays performed by the Heidelberg Theatre Company, held at the Theatre in Rosanna (next door to Woolworths and opposite the train station). This is a very intimate theatre, with lots of atmosphere. Our group comes from as far as Diggers Rest and Mt Eliza to join the fun of live theatre.

The group has seen 3 plays for the year so far:

The Girl on the Train,

Birdsong,

Crimes of the Heart, with one more to go

The last play for the year will be:

“Clue on Stage” on Wednesday 25th November 2026 at 8:00pm.

Bookings are now open. Contact **David K** on **0414 44 99 51**. Those booking early get the best choice of seats available.

It's more fun with a group, but the group night may not suit, so, check the HTC website at: <https://www.htc.org.au/> The site also has more details of all the plays.

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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.

When: The First Tuesday of the month at 10.am

What: Morning tea, Entertainment, Raffle, Lunch, and a free drink

Cost: All for \$26.00 per person

We have not attempted to run through the schedule of performers as it is not unusual for this to be changed closer to the performance time.

Bookings are essential and all are welcome

Interested members please contact Judy at 9459 863 Leave message if no answer and I will return your call.

CARAVAN & CABIN GROUP

Convenors: **Julie Warwick ☎ 0432 779 004**

Merlyn Dalla Riva ☎ 0439 497 462

The next trip is:

5th, 6th, and 7th of October to TORQUAY STAYING AT THE SANDS RESORT

There have been some logistics issues with this trip but 8 people are still going. Like all LACH activities, everyone who attends has lots of fun.

We hope they have a wonderful time at Torquay.

The 2027 trip is:

Bruce Hill is planning a Caravan & Cabin Group trip to Phillip Island, staying in a local Caravan Park.

From: Monday May 3rd to Friday May 7th 2027 (This is not in school holidays).
So put this into your 2027 Calendar now.

More details will be provided in the next Newsletter.

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DINE OUTS

Both the Day Time and Night Time Dine Out events are a great opportunity to socialize with other LACH members who participate in a wide variety of LACH activities in a very relaxed atmosphere.

Come and join the fun and hear what others in our club are doing.

NIGHT TIME DINE OUT

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

All dinners commence at 6.30 PM

20th October
Sir Henry Barkly Hotel
92 Burgundy St Heidelberg

17th November
Lower Plenty Hotel
4 Main Road
Lower Plenty

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

Anybody needing transport please call me.

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

Note: There will be no December Night Time Dine-out, but, there is a Christmas Lunch planned to include as many LACH members as possible. See next page for details.

DAY TIME DINE OUT

Convenor: **Julie Warwick** ☎ **0432 779 004**

2nd October
Scintilla's Cafe
131 Burgundy Street
Heidelberg

6th November
Petite Fille
2 Station Road
Rosanna

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LACH Christmas LUNCH

Organisers:

Merlyn Dalla Riva ☎ 0439 497 462

Julie Warwick ☎ 0432 779 004



CHRISTMAS LUNCH FOR ALL MEMBERS OF LACH.



COME AND CELEBRATE CHRISTMAS TOGETHER

WHERE: TEMPLESTOWE HOTEL
WHEN: TUESDAY 15th DECEMBER 2026
FROM: 12 NOON

PLEASE LET MERLYN OR JULIE KNOW YOUR COMING

RSVP BY: 7th December.

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

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. It still never rains at Bundoora on a Friday morning, but it obviously did on other days as the course had been muddy and wet, but with the Spring weather is now back in good condition.

Our numbers have been about 8 - 10 players each week. 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.

The ladies' and men's winner for the day is determined from their nett score and they each receive a coveted chocolate bar.

- We are a friendly group who welcome new players.
- Lach Golf subscription costs \$15 per year and this covers weekly prizes and the end of year tournament day prizes and eases the cost of lunch.
- We have a weekly social booking starting at 8:00 am (arrive at least by 7:45 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 \$22.30 and carts can be hired if required.
- We usually finish at about 11:00 – 11:30 am but some players choose to go on and play 18 holes.
- New players from beginners to more experienced golfers are always welcome.
- We would like to have new players join us and extra ladies would be most welcome

If you or anyone you know would like to join the Golf group, phone Peter Warwick for more details.

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.

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

This group usually meets on a Wednesday once a month, in Eltham North for an afternoon playing Board Games (or Cards).

Games include Pictionary, Upwords, Balderdash, Sequence, Code Names, Catan, Ticket to Ride, 7 Wonders and more. Play one of those or bring along your favourite game.

If you don't know the games, no problem everyone is willing to help you learn.

Our Next Games Days are:

Wednesday 30th September 2026

Wednesday 14th October 2026 (Note date change)

Wednesday 25th November 2026

Wednesday 30th December 2026

There is always lots of fun, lots of laughs and lots of chatter over afternoon tea. We play from 12:00noon to 4:00pm, with a break for afternoon tea, supplied for a cost of **\$5**.

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 Railways Station

Time: 10- 30

am

Date: 2nd Sunday of each month.

Destination: Discover a different part of Melbourne by train each month.

Agenda: Train, coffee, walk, lunch, walk, refreshments, train.

All members are welcome to join us.

It is recommended that you check with me before attending.

MONTHLY WALKERS: Convenor: REQUIRED

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

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WEEKLY WALKERS: Convenor: REQUIRED

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.

We are currently walking as a group without a conveyer.

TABLE TENNIS MONDAY:

Convenor: **Bruce Hill** ☎ **0402 839 145**

LACH Table Tennis continues to be “The Place To Be” for Seniors on Monday mornings!

Our numbers have continued to grow. We are now averaging 40 players each week and have therefore continued to increase LACH membership numbers significantly.

We are using all five tables every week, and are currently working to acquire two more table tennis tables, with a Grant application to Banyule Council in progress.

Our friendly Table Tennis group plays on Monday mornings on Court 1, NETS Stadium (which is owned by Banyule Council), 2 Somers Ave., Macleod, from 10:00am to 12:00pm. After 12:00pm about eight 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.

Our players enjoyed a subsidized “Christmas in July” lunch at Eltham Hotel on 27th July which was a free day to play before we stopped play at 11:30am so that members could get there.

We will be playing LACH Table Tennis at NETS Stadium every Monday morning, including on Public Holidays and School Holidays **up to and including December 21st 2026** and after a short Christmas-New Year break will **resume playing on Monday January 11th 2027**.

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