

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)

NEXT MEMBERS gathering

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 21st October 2026 @ 1.00

PM.

Including AGM

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

Tea and coffee will be 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)

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

- **Membership Fees are now due (page 2)**
- **We have a new Website Editor. Have a look at the site (page 3)**
- **Another play coming up for LACH Theatregoers (page 4)**
- **Next Trip for Caravan & Camping group (page 5)**
- **Lunch time dine outs has a new convenor and schedule (page 7)**
- **Monday Table Tennis now has 5 tables - everybody is welcome to attend (see page 10)**

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 Membership Fees

Membership Fees for the year 1 July 2026 to 30 June 2027 are now due.

Fees are: \$20.00 for an individual, or \$38.00 for a couple.

Please pay by:

The preferred Method is EFT

EFT (Electronic Funds Transfer) to:

BSB: 633 000

Account: 157 568 346 (LACH)

Reference: {Please state your first name initial and surname}

CASH

See David, the LACH Treasurer.

If you are unsure if you have made payment, contact the LACH Treasurer, David by email at:

ddeeplex@bigpond.net.au or mobile on 0414 44 99 51

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

LACH Website

We encourage you to have a look at the LACH website: <https://lach.com.au/>

Our website is intended as a adjunct with the Newsletter, to provide communication with members for upcoming events, have downloadable club flyers and membership forms. It also provides News and Photos of events that have been held, a Whats On page and is a resource to attract new members.

Kevin Tealby is our Website Manager and is wanting to receive input from LACH members. Share your ideas, stories and photos of LACH activities with Kevin by email to: website@lach.com.au All items on the website are subject to editorial discretion and must be in the interest of our club.

OFFICE BEARERS AND COMMITTEE MEMBERS

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

Next Committee Meeting is on Wednesday 22nd July @ 7.00 p.m. at 36 Broadford Crescent Macleod.

At the home of Merlyn and Tony Dalla Riva Phone 0439497462

Phone Merlyn 0439497462 if you are able to attend.

Please everyone feel welcome to join the committee.

WELFARE REPORT: Glenys Harvey. ☎ 0402 222 602

Get well cards were sent to Reg Jackson & Deb Evans.

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

Welcome to:

Bev Hannah

Helen Wheeler

Julie Warwick

Andrea Reichert

GROUP ACTIVITIES

***Convenor inputs for the next newsletter are requested by
9th September 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).

Our first outing was to see the play "The Girl on the Train" where we had 26 people attend.

The next is "Birdsong" on Wednesday 8th July 2026 at 8:00pm. There are 25 attending and bookings are now closed.

Other plays booked for 2026 are:

"Crimes of the Heart" on Wednesday 16th September 2026 at 8:00pm.

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

If you are interested in the LACH Theatregoers Group, get more information, or, book your seat, 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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(Member for Jagajaga Victoria), in the preparation of this newsletter.*

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

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 4863

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

All the members of LACH would like to acknowledge and thank Graeme and Glennys Murray for all the work, time and effort they have put in over the years as conveners of the LACH caravan and cabin trips. Each trip has been wonderful. We would also like to thank them for the help and advice and contribution they have given to the new conveners of these trips. That advice has been invaluable and has helped in the smooth running of these trips.

The last trip was

Bruce Hill planned the last LACH Caravan and Cabin Group trip for 4th - 8th May 2026 to Bendigo. See details below as to how that trip went.

The next trip is

TORQUAY STAYING AT THE SANDS ,WHICH IS THE TORQUAY RACV RESORT.

- Date : 12th to the 16th October 2026
- Please book through Booking .com as it is much cheaper.
- Approximately \$ 806 for four nights.
- Various types of rooms are available. Look on the Booking .com website for the accommodation that suits you

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

- When you have booked your accommodation please let Julie or Merlyn know on the phone numbers above
- We will organise our dinner options and excursions every day .
- Various activities and places to visit will be on the agenda daily.
- Please let us know by the end of July if you will be coming.

Details of the last trip

On 4th-8th May the LACH Caravan and Cabin Group travelled to Bendigo. 22 people and a dog thoroughly enjoyed the week away (the dog was well looked after, especially by those on the door at Sacred Heart Cathedral). The accommodation at Big4 Bendigo Park Lane Holiday Park was excellent.

Highlights of the trip were:

- A Happy Hour every night with some playing board games into the night on most nights;
- Monday night's BBQ;
- Tuesday's visit to the Golden Dragon Museum, tour of Sandhurst Gaol and the magnificent Ulumbarra Theatre, that seats 953 people, which is a redevelopment of part of the gaol which operated from 1863 until 2004, followed by dinner at the Old Boundary Hotel;
- Wednesday's visit to the depths of the Central Deborah Goldmine, some doing the Tramways Museum & Vintage Talking Tram Tour and others the Curiosity Exhibition featuring Lego, followed by wonderful locally made pizzas;
- Thursday's visit to the Sacred Heart Cathedral in the morning, a visit to the Great Stupa Buddhist Temple followed by dinner at the Bendigo Club; and
- Friday's safe trip home

If you haven't experienced one of these trips, make sure that you book in next time. You can either stay in a caravan or a cabin and the company is always great.

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

All dinners commence at 6.30 PM

21st July

Cafe Matto
136 Burgundy Street
Heidelberg

18th August

Piyada Thai Restaurant
72 Aberdeen Road
Macleod

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15th September

Sushi Galore
178 Burgundy Street
Heidelberg

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.

LUNCH TIME DINE OUT

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

HOORAY!!!!LUNCH TIME DINE OUT IS BACK

Convener: Julie Warwick Ph. 0432 779 004

All lunches begin at 12 noon and are on the first Friday of each month.

3rd July

Sir Henry Barkly Hotel
92 Burgundy Street
Heidelberg
Ph:9457 1003

7th August

Old England Hotel
459 Lower Heidelberg Road
Heidelberg
Ph: 94591166

4th September

Cafe Matto
136 Burgundy Street
Heidelberg
Ph. 9456 9991

If you wish to attend please contact Julie Warwick Ph. 043 277 9004

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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 never rains at Bundoora on a Friday morning.

Our numbers have been about 10 - 12 players in total. 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 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 lunch.
- We have a weekly social booking starting at 8:30 am (arrive at least by 8:15 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 for \$26.
- 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 me for details.

Peter Warwick Ph 0433 604 404

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
& **David Mackay** : 📞 0458 586 500

This group usually meets on the last Wednesday of each month, in Eltham North for an afternoon playing Board Games (or Cards).

Games include Scrabble, Upwords, Balderdash, Sequence, Code Names, Catan, Ticket to Ride, 7 Wonders and more. 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 Games Days are:

Wednesday 29th July 2025

Wednesday 26th August 2025

Wednesday 30th September 2025

Everyone who attends always have fun, lots of laughs and lots of chatter over afternoon tea.

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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TABLE TENNIS MONDAY:

Convenors: **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 are still increasing LACH membership numbers significantly.

We are using all five tables every week, and are waiting for NETS Stadium to hopefully buy two more tables that will be owned by the Stadium. With 20 people playing doubles at any one time, this means we currently have 20 people sitting out waiting for their next game, but we are a very social group with a lot of chat happening between games.

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 will be able to enjoy a subsidised Christmas in July lunch at Eltham Hotel with the date to be announced to players soon.

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.

MONTHLY WALKERS: Convenor: **REQUIRED**

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

WEEKLY WALKERS: Convenor: **REQUIRED**

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

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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 conveyor.

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