



BALLARAT LIFE ACTIVITIES CLUB Inc.

(Affiliated Member of Life Activities Clubs Victoria Inc.)

NEWSLETTER

April, May, June, 2024

Volume 94

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OUR MISSION

The mission of our Club is to promote regular participation in one or more groups. Help co-ordinate a group, create new interest groups or just spread the word, encouraging new members.

CONVENORS

ACTIVITY	CONVENOR	PHONE
Breakfast – “Get Together”	Beth Candy.	0407 367 449
Carer	Carol King.	0499 097 966
Cinema Group	Kaye Nicol.	0436 409 264
Coffee & Tea Mornings	Jan Parfrey.	0408 504 551
Escapees	Robyn Boyd.	0403 591 003
	Anne Poulton.	0418 991 265
Exercise Gym (Seniors)	Judy Wightwick.	0407 760 116
	Yvonne Moyle.	0419 567 889
Ramblers Walking Group	Kathy Bradbury.	0419 501 006
Saturday Dine Out Group	Jan Govan.	0437 076 923
Strollers Walking Group	Margaret Howell.	0407 313 124
	Monica Sullivan.	5332 7486



PRESIDENT'S REPORT

February 2024

This month marks the commencement of the regular walks for the year 2024. Our Christmas break walks have been well attended at Lake Wendouree with approx. 20 to 30 members walking each Wednesday & Thursday, followed by coffee at Pipers.

We have some different activities approaching this year, beginning with a planning meeting next Tuesday 13th for our 20th Anniversary celebrations which are being held on Friday April 19th. Previous photos and articles are being sought to be displayed at the Sebastopol RSL Hall and Invitations are being designed and these will be posted to delegates etc.

A Leap Year Picnic was held at lake Wendouree on Thursday February 29th. This was very successful with approx. 30 members enjoying lunch & a catch up.



A Mt. Macedon bus trip on the 29th April to Mt. Macedon Forest Glade gardens is being organised by the escapees. Forest Glade is a historic private garden that is acknowledged as one of the most beautiful in Australia being almost 100 years old. Located on the southern slopes of Mount Macedon in Victoria, this magnificently landscaped garden covers fourteen acres and has four distinct themes. Lunch will be at The Trading Post.



We welcome our four new members, Eileen Bradsworth, Geraldine Lynch, Dawn Glenn & Rosa Glenn bringing the club total to 109 members.

Peter Cottell
President

Breakfast Get-Together

Beth C. 0407 367 449

Everyone is welcome to join us at Breakfast & start your day with friends from 9:00am onwards

Saturday, 20th April - NOLANS (BALLARAT GOODS SHED)
200 Lydiard St Nth, Soldiers Hill.

Saturday, 18th May - NORTH STAR HOTEL
302 Lydiard St Nth, Soldiers Hill.

Saturday, 15th June - BOATSHED RESTAURANT
27A Lake Wendouree Foreshore, Lake Wendouree.



Hope to see you there. Thanks Beth.

Morning Tea / Coffee

Jan P. 0408 504 551

We will meet at The Olive Grove Deli on the third Tuesday from 10:00am onwards.

Tuesday, 16th April)

)

)

Tuesday, 21st May)

)

)

Tuesday, 18th June)

THE OLIVE GROVE DELI
1303 Sturt St, Ballarat.



Our Morning Tea/Coffee group very much enjoy our hour or so get-together, over coffee for a catch up. New members always very welcome. Thanks Jan.

Cinema Group



Kaye N.

Hi Everyone,

If you would like a night out at the Cinema, come and join us on the 2nd Tuesday of each month. We meet in the Regent Theatre foyer approximately 15 mins prior to the commencement of the film, and would love you to join us. We finish the night off with coffee and a chat. Please ring me for information about the film and starting time.

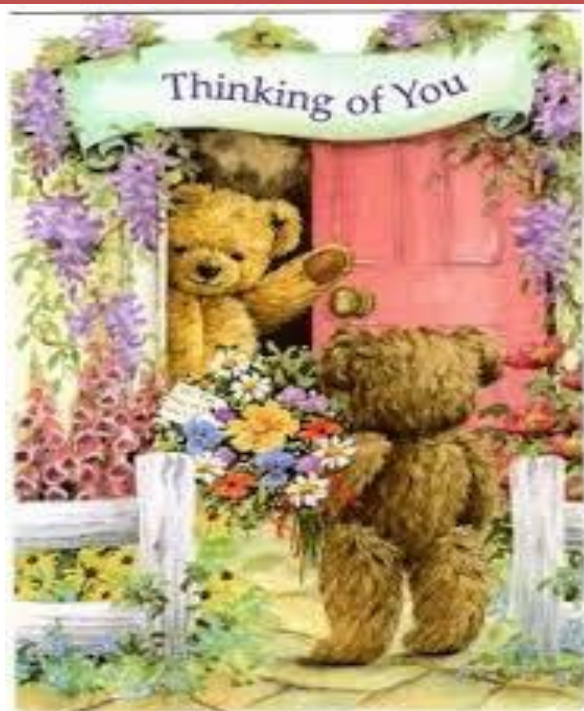
Movie dates are as follows:

April 9th

May 14th

June 11th

Hope to see you there. Kaye Nicol Ph: 0436 409 264



ClubCarer

Carol 0499 097 966

If you know that any of our friends are in hospital/experiencing illness or confinement and would appreciate a call or visit I would love to hear from you.

Thanks

Carol

Our Newsletter is printed by



510 Howitt Street, Ballarat.

Saturday Dine ~ Out Group

Jan G. 0437 076 923

Join Jan at the following venues for Dinner:-

Saturday 13th April - CATTLEYARDS HOTEL
1015 Latrobe St, Delacombe.

Saturday 11th May - BALLARAT GOLF CLUB
1800 Sturt St, Alfredton.

Saturday 8th June - GOLDEN POINT HOTEL
639 Main Road, Golden Point.

I would love to see a few more members come along to join in the great social nights.
6:30 Start- PLEASE PHONE IF YOU ARE UNABLE TO ATTEND

SENIORS' EXERCISE GYM

The gym classes are held at Ballarat North Sports Club every Tuesday at 10.30a.m. We are getting good numbers but would always welcome more members as there is plenty of room. The exercises keep us moving but are not strenuous. Julieanne certainly keeps us moving and hopefully our coordination will improve. The 60s and 70s music are great to exercise to, occasionally we will have a bit of a sing! Coffee in the café usually finishes off the morning. For further information contact Judy Wightwick on 0407 760 116 or Yvonne Moyle on 0419 567 889.



**POSTAGE IS NOW \$1.20. IF WE ARE NOT ALREADY
DOING SO, CAN WE PLEASE EMAIL YOUR
NEWSLETTER?**



Any Enquiries contact Kathy Bradbury on 0419 501 006

All Ballarat walks commence at 9:30am. Leaders contact venues for coffee 2 days prior to walks.

DATE	VENUE
Wednesday 3 rd April	WEBSTER STREET WALK. Meet at Racers'. Coffee at Lake View Hotel. Ph: 5331 4592. Leader Kathy.
Wednesday 10 th April	CANADIAN WALK. Meet at Hocking Ave. Coffee at Mercure. Ph: 5327 1295. Leader Yvonne.
Wednesday 17 th April	MELBOURNE WALK. Meet at Wendouree station, train leaving at 8:38am, Ballarat station 8:42am. Leader Libby.
Wednesday 24 th April	BROWN HILL WALK. Meet at car park behind swimming pool. Humffray St.Nth. Coffee at Leagues Club. Ph: 5329 1999. Leader Beth.
Wednesday 1 st May	NORMAN STREET WALK. Meet at New Cemetery Gates. Coffee at Common Ground. Ph: 5300 2206. Leader Dawn.
Wednesday 8 th May	LUCAS WALK. Details to be advised. Leader Barb.
Wednesday 15 th May	LAKE ESMOND WALK. Meet at Larter Street. Coffee at Mercure. Ph: 5327 1295. Leader Lorraine.
Wednesday 22 nd May	M.A.D.E. WALK. Meet at the car park in Stawell Street. Coffee at Lilys'. Ph: 0472 603 365. Leader Jan F.
Wednesday 29 th May	YARROWEE WALK. Meet at Vintage Car Club, Humffray St. Sth. Coffee at Golden Point Hotel, Main Rd. Ph: 5333 5955. Leader Pauline.
Wednesday 5 th June	NEW CEMETERY WALK. Meet at gates in Norman St. Coffee at Common Ground. Ph: 5300 2206. Leader Annette.
Wednesday 12 th June	LUCAS WALK. Details to be advised. Leader Norm.
Wednesday, 19 th June	LAKE ESMOND WALK. Meet at Larter Street. Coffee at Mercure. Ph: 5327 1295. Leader Carol.
Wednesday, 26 th June	SPECIMEN VALE WALK. Meet at Llanberris car park. Coffee at Red Lion Hotel. Ph: 5331 3393. Leaders Kaye and Rob.

Thank you to our members who have volunteered their time to lead the walks. Perhaps you can encourage others to take the plunge. We are always available for support.

Strollers Walking Group



Marg H. 0407 313 124

Monica S. 5332 7486

Walks commence at 9:30am with exception for early starts for Melbourne ie 8:03am from Wendouree and 8:19am from Ballarat. Contact venues for coffee 2 days before walks.

DATE	VENUE
Thursday 4 th April	PEEL ST/ROWE ST WALK. Park in Peel St Nth, past Eastern Oval. Coffee at Leagues Club. Ph: 5331 5830. Leaders Monica & Margaret.
Thursday 11 th April	PENNYWEIGHT GULLY WALK. Part in York St, 2 blocks from Main Rd. Coffee at Red Lion Hotel. Ph: 5331 3393. Leader Geraldine.
Thursday 18 th April	MELBOURNE WALK. Victoria Park station to Studley Park Boathouse along Yarra. Depart Wendouree station 8:03am, Ballarat station 8:19am. Leader Monica.
Thursday 25 th April	ANZAC DAY.
Thursday 2 nd May	SPRINGS ROAD WALK. Turn left off Water St on to Springs Rd. Coffee SS Espresso, Victoria St. Ph: 5332 2019. Leaders Merle & Annalee.
Thursday 9 th May	LUCAS WALK. Meet near Orchard Coffee shop. Walk Remembrance Drive, Skipton Rail Trail to Blind Creek Rd. Coffee at Orchard Coffee shop. Ph: 5329 1900. Leader Bev Davey.
Thursday 16 th May	SPECIALIST SCHOOL. Park in Norman St, walk to Creswick Rd, Heinz Lane, Doveton St. Coffee at Specialist School. Ph: 5334 1302. Leader Margaret H.
Thursday 23 rd May	EUREKA STOCKADE. Meet at car park in Stawell St, walk Eureka St to Fussell St, Victoria St. Coffee at Lily's Eureka. Ph: 0472 603 365. Leader Geraldine.
Thursday 30 th May	MARYBOROUGH WALK. Train from Ballarat at 10:47am. Paper ticket required. Leader Monica.
Thursday 6 th June	VICTORIA PARK WALK. Meet at car park near playground. Coffee at Lake View Hotel. Ph: 5331 4592. Leader Judy Segrave.
Thursday 13 th June	INVERMAY PARK WALK. Meet at Midlands Golf Club car park. Coffee at the club. Ph: 5331 4400. Leaders Ian & Robyn.
Thursday 20 th June	QUEEN'S HEAD. Humffray St Nth walk towards Brown Hill reserve. Coffee at Leagues Club. Ph: 5331 5830. Leader Margaret H.
Thursday 27 th June	VINTAGE CAR CLUB. Meet at car park Gladstone/Humffray Sts. Walk Yarrowee Creek. Coffee at Red Lion Hotel. Ph: 5331 3394. Leaders Margaret & Peter.

Thank you to our members who have volunteered their time to lead the walks. Perhaps you can encourage others to take the plunge. We are always available for support.

Escapees upcoming event

Monday 29th April 2024

Bus Trip to

Forest Glade Gardens, Mt Macedon

to enjoy the Autumn colour.

Forest Glade is a historic private garden that is acknowledged as one of the most beautiful in Australia being almost 100 years old.



\$15 entry. Lunch at the Mt Macedon Trading Post at your own cost.

Bus is provided by the club.

Meet at the old Masters Complex car park. We will be leaving at 8:30am, so please be early. We expect to return by 5pm.

The bus is now fully booked. Please contact Robyn on 0403 591 003 or Anne Poulton on 0418 991 265 if you would like to be put on a reserve list in case of any cancellations.

OTHER ESCAPEES' EVENTS

We are hoping to visit the Immigration Museum on Monday, 20th May. Details will be provided closer to the event.

Another suggestion is Artvo at Docklands. This is an experience not to be missed according to members who have visited there. We were thinking about June for this excursion. Details will be provided at a later date.

CHRISTMAS LUNCH 2023

On the 13th December at 12:30pm we celebrated Christmas at the Sebastopol Bowling Club in their General Purpose room. The Bowling Club had set up 8 round tables with seating for 8 people on each.

With white table cloths and Christmas decoration on each the atmosphere was very festive.

The carvery meal was served hot and delicious followed by either Plum Pudding with house made brandy sauce or individual Pavlova with fresh fruits, topped with raspberry couli.



The venue, meal and atmosphere were enjoyed by all who attended, the staff were amazing and catered to all our needs.

Margaret Cottell.

LEAP YEAR PICNIC

The weather was perfect when 30 plus members met from midday in the rotunda at Lake Wendouree for a picnic on Thursday 29th February.

We all brought our own lunch along. Some members spoilt us with lovely slices and cake and Maria brought a basketful of chicken wings she had just cooked.



Everyone was chatty and enjoyed the social get together and all agreed it was a lovely event and maybe we can have another picnic in the future.

Margaret Cottell.

20TH ANNIVERSARY CELEBRATION

Plans for our 20th Anniversary Celebration are coming along. A date has been fixed for Friday, 19th April, 2024, from 2 – 4pm at the Sebastopol RSL in Birdwood Ave. Thank you for the many photos and old memorabilia donated by members, some of whom are founding members.

We have another meeting on 19th March to be conducted at NBSC after the morning exercises, to finalise arrangements, so if you have any further suggestions, please contact a committee member.

MEMBERSHIP SECRETARY'S REPORT – FEBRUARY 2024

As activities begin again for 2024 we have a total of 109 financial members. A great start to the new year with four new members joining us recently.

We continue to encourage all our members to promote our club within the wider community, as a great place to meet new people and enjoy an active lifestyle in a supportive environment.

Merle Long
Membership Secretary.

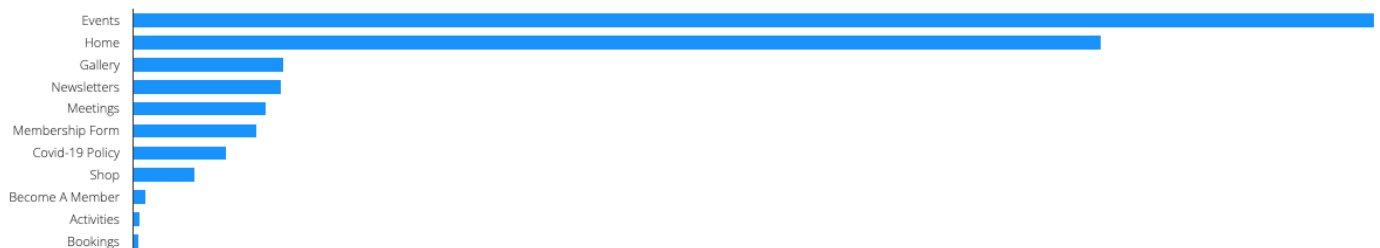
WEBMASTER'S REPORT – 5/12/2023 to 6/2/2024

The statistics for the period on the Life Activities Ballarat Web Site hits are. 2,378 hits.

Breaking the figures down we have:



Site page views



- 31 downloads of the current newsletter

Peter Cottell
Webmaster.

CONVENORS' MEETING

The next convenors' meeting will be held on Tuesday, 4th June, 2024 at 11:30am at the Red Lion Hotel. Lunch will be provided.

CONVENORS' REPORTS

BREAKFAST GROUP - Beth Candy

Our small group of 6-8 enjoy the breakfast get together. Trying all the various cafes around the town makes for interesting conversation.

Would love to welcome anyone to our small group for a social eat and chat. 9am on the 3rd Saturday in the month. Further information is in the newsletter or on the Monday Bulletin from Peter.

CINEMA GROUP REPORT – Kaye Nicol

The Cinema group enjoyed a variety of movies over the past six months with “Mission Impossible-Dead Reckoning Part 1” proving very popular with 11 attending. The remaining movies were all enjoyed with up to 5 attending.

We enjoyed a social night with a coffee afterwards if available.

All welcome to a night at the movies on the 2nd Tuesday of the month. Meet at the Regent Theatre foyer 15 mins prior to the movie start time.

CARER'S REPORT - Carol King

During the past six months we have welcomed eight new members – Loraine Wing, Annie Rivett, Maree Stafford, Peter Brown, Jill Joy, Cliff Harnden, Geraldine Lynch, Eileen Bradsworth.

Six Get Well/Thinking of you sent to Fran Douglas, Maureen Lynch, Judy Segrave, Judith Grano, Elva Harwood, John Darroch

One Sympathy - Gaylene Rooney

One moving to a new home – Noreen and Kevin Lane

Two special 70th Birthday – Fran Douglas, Pauline Harnden

Three special 80th – Eileen McDowell, Anna Olszewski, Polly Goodwin

One new grandson – Yvonne Moyle

One new great grand-daughter – Anna Olszewski.

If you know that any of our friends are in hospital /experiencing illness or confinement and would appreciate a phone call or visit or a card sent would love to hear from you.

CONVENORS' REPORTS CONT'D

MORNING TEA REPORT - - Jan Parfrey

We have enjoyed our gatherings for the past six months, with our members fluctuating between 6 and 12 members.

Always happy to see new members. Happy 2024

SENIOR EXERCISE GYM – Judy Wightwick & Yvonne Moyle

The gym classes are held at Ballarat North Sports Club every Tuesday at 10.30a.m. We are getting good numbers but would always welcome more members as there is plenty of room. The exercises keep us moving but are not strenuous. Julieanne certainly keeps us moving and hopefully our coordination will improve.

The 60s and 70s music are great to exercise to, occasionally we will have a bit of a sing! Coffee in the café usually finishes off the morning.

THE RAMBLERS' WALK REPORT – Kathy Bradbury

The Ramblers have had good attendances are able to look forward to future walks and socialising.

Thank you for the leaders who have chosen the various walks and welcome to the prospective new members.

Look forward to seeing you on Wednesdays.

STROLLERS REPORT – Margaret Howell & Monica Sullivan

The Strollers have enjoyed a variety of walks including several new walks introduced during the last six months. We have welcomed three new members to our group.

In November we travelled to Melbourne and walked around Albert Park Lake with lunch in South Melbourne.

We thank our generous members who volunteer each week to lead the walks and organise the coffee venues.

A special thank you to Ian Boyd who continues to walk at the rear of the group keeping a watchful eye on all.

CONVENORS' REPORTS CONT'D

SATURDAY DINE OUT REPORT – Jan Govan

Jan was unable to attend the meeting so a report will be provided at a later date.

ESCAPEES REPORT – Robyn Boyd and Anne Poulton

In July a survey was sent out to our members to seeking their input on what they would like to see, do and participate in for the coming year. The survey was well received with about 30% returning the form which has now given us a foundation to work on and lots of ideas.

In September ten members enjoyed a very informative tour of the State Library.

October was a busy month with a number of activities to celebrate Seniors Month. We also welcomed the opportunity for ten members to be in the audience of the new Australian version of “Tipping Point”, hosted by Todd Woodbridge. The show has now commenced on Channel 9 weeknights at 5.00pm.

On 17th November a group of 20 members caught the train to Melbourne, then the ferry to Williamstown from Southbank. We enjoyed the informative cruise, followed by lunch in Williamstown before catching the train home. A very relaxing adventure with great company.

Coming up we have a visit to the Immigration Museum in May and Art Vo in June. On 29th April our next bus trip is to the Forest Glade Gardens in Mt Macedon.

Suggestions for future trips are always welcome.

POLO SHIRTS EMBROIDERED WITH OUR BALLARAT LIFE ACTIVITIES LOGO

We have organised with Hip Pocket Workwear in Howitt Street, Wendouree, to purchase polo shirts with our Ballarat Life Activities Logo embroidered on them.

Anyone interested in purchasing a shirt can contact Hip Pocket who will order it for you. Mention that you are a member of the Ballarat Life Activities Club.

A few members have already obtained their shirts, so you can see what they look like.



MEMBERSHIP RENEWAL

Membership is due on July 1st, 2024. A new Membership Renewal Form is attached to this newsletter. Please fill in the necessary details and post the form to the Membership Secretary (Merle) at the address on the form. Please note that we cannot accept cheques now, so payment by eftpos or cash is acceptable.

URGENT: The position of Secretary will become vacant at the AGM in July. We urgently need someone to put their hand up to take on this role.

If any member is interested, please contact a member of the committee.

DISCLAIMER: Liability & Mobility - members participate in trips and activities at their own risk. The trips/activities are organised for mobile people, these may include such activities as climbing up & down stairs or walking around outdoors on undulating, gravel, or rocky surfaces. If a member has a mobility restriction they should discuss these with the convenor of the activity/trip.

Please Note: Activities not sanctioned by the Committee will not come under the umbrella of the LACVI, therefore members attending will not be covered by LACVI insurance.

Closing Date for the next Newsletter is 7th June, 2024