 NEWSLETTER

# **AUGUST-SEPTEMBER 2023**

Meet: Mondays @ 10am Keilor Sports Club.

Old Calder Highway, Keilor

Club Patrons: Dr Les Norton, Ray Dodd, Tony Borello, Craig Teal

**33**

PO Box 99, Keilor

www.keilorlife.com

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| *President:* *Joan Ellis 9336 2374*  *Mob: 0408 362 697*  *Email: Jel48981@bigpond.net.au* | *Secretary:* *Nancy Pipe – 9417 4228*  *Mob: 0430 350 371*  *Email: allan.pipe@bigpond.com* | ***Membership******Secretary;*** *Glenys Adams - 9077 0713* Mob: : 0414 757 632  **Club Patrons**  We gratefully acknowledge the support of our patrons.  Dr. Les Norton Ray Dodd  **Club Supporters**  Tony Borello Brad Teal  Accountant Newsletter [printing]  Email: glenysa@optusnet.com.au |
| *Vice-President:**Judith Cave 9336 1133* *Mob:0408 301 057*  [*rexjude@hotmail.com*](mailto:rexjude@hotmail.com) | *Newsletter Editor:* *Nancy Pipe – 0430 350 371*  *allan.pipe@bigpond.com*  ***Ass. Newsletter Editor*** *Judy Waterhouse*  judywaterhouse@optusnet.com.au | *Treasurer:* *Sue Lovell – 0402 056 070*  *lovellsue@hotmail.com*  ***Ass. Treasure****r Neil Webster*  *Neil13web@aol.com* |
| **Carer**: Judith Cave 0408 301 057 | **Web *Master***: [t.withers47@bigpond.com](mailto:t.withers47@bigpond.com) | *Photographer*: Dianne Robinson 0438 242 512 |

***PRESIDENT’S MESSAGE AUGUST 2023:***

 0 This newsletter will be available at our AGM 2023. Incredible! KLAC was an embryo nineteen years ago. It was on the wish list of some Keilor residents. The next year (twenty years ago) was spent in moulding the club and getting the support together to make it happen and the steering committee was formed.

Like all clubs, not always, was it pleasant behind the scenes, however, the major force in our club has been our care, love, and support of the senior community. Our club, KLAC’s mission has been what has made it, a wonderful club.

**MISSION**

*The Mission of the Club is to provide activities, education, and motivational support to help men and women, particularly those aged 50 and over, to develop and maintain an active lifestyle that enhances health and wellbeing and confidently plan and manage change in their lives.*

It is amazing that in twenty years, our club mission, is still applicable to life today. I am proud and humble as I know our club has been successful in its mission.

Keep warm and well (winter is nearly over)

***Joan***

***“The trick is to enjoy life. Don’t wish away your days, waiting for better ones ahead.”***

418 124 890Thank you, Kelvin! the warmth and smell of the welcoming fire you light Monday morning is welcoming and very much appreciated by our members.

There is never enough time to thank volunteers (in any walk of life) we would not be able to pay our rates if Councils did not have the assistance volunteers.

A picture containing text, font, graphics, typography

Description automatically generatedn our club KLAC, the conveners, committee members, the warriors who work on sausage sizzles, members who work events to assist our cousin, the can

**Club Supporters**

We gratefully acknowledge the ongoing support of:-

Warwick Borello Accountant

Brad TealNewsletter printing

Office of Natalie Hutchens MP

have started2023

***Carer’s Report:***



To any of our members who have not been feeling quite right, we do hope that the sunshine will soon bring you back to the Clubrooms with a  SMILE. Keep well and WARM for now. Please let me know if any cards need to be sent.

**Glenys Adams (0414 757632)**

The committee and members would like to take this opportunity to extend a warm welcome to our new members Winifred Jensen, Ambi Thangavel, Lori Williams, Stephen Linham, Linley Beaton, Hugh Muir, Peter Lovell and Judy Morrisey. Also, a welcome return to Marise Mazzitelli and Maria Ambesi. We hope they will join us in many activities that we offer.

**Chorus Line Unleashed**

**It’s 10th Concert Anniversary Production:**

It began with 13 ladies and one amazing teacher – 10 year’s later we have a group of 30 We lost 2 of our cherished members Doreen and Carmel. Cath hung up her dancing shoes due to the wobbles, and Maria and Carol busy with other wonderful things.

Missing from our concert Glenys and Marlene recuperating, Gail, Gay, Penny, Joan, Sue all chasing the sun and Patricia and Janet all back for our Xmas travaganza.

**Some Chorus Line Trivia** – Our aggregate is 2432 years

Our group’s average age is 78.9 years

Our concern average age was 76 years

Amazing we look so good and even more amazing we are still prancing around

It’s been 10 years of fun times, warm friendships, zillion hours of chats over megalitres of coffee shared with the one and onlly Di, our talented, incredibly patient teacher, who has become a major loved and valued friend to us all. Hope all attending club members and friends enjoyed our concert and morning tea.

A group of women dancing in a room

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**LONG MAY WE DANCE AND PLEASE GOD, LONG MAY WE LIVE.**

A group of women wearing pink scarves and matching outfits

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***Dine Out – Friday 18th August – 12.00:***



**Sugar Gum Hotel**

Gourlay Road

Hillside

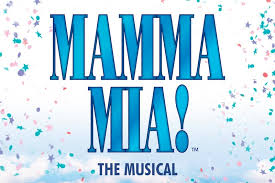
Giving the time, date and venue is only part of the story. This group of enthusiastic members, regularly meet and follow Maria’s lead to find interesting places to eat. Quite a bit of thought goes into making decisions where to go for good, tasty food, reasonably priced and within relative distance to home. The number seems to grow each time, which has to be proof of a very successful activity. We all like to eat and we have a good bunch of good doers to prove it.

If you haven’t ventured down this gourmet path before, get ready to don the bib and come and join us.

A group of people sitting at tables

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***Theatre Enthusiasts:***



**MAMA MIA – THE MUSICAL – PRINCESS THEATRE**

**Wednesday 25th October – 1.00pm**

**Concession Group Price - $85.50**

***Please confirm and pay by Monday 28th August***



* ***Grease***
* ***Chicago***
* ***And hopefully Beauty and the Beast***

**Watch this space more information in next month's Newslette***r*

**BUS TRIP**

**Friday 24th November**

**Destination ??????**

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***Trivia Night***

Very well supported by members. It was very competitive but the final count on the night was won by Norma Cocks’ team. Congratulations and well done to all who attended

A group of people sitting at tables

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***Committee Corner***:

* **This is your Newsletter. We are hopeful our members will use the Newsletter to share either a recipe they have tried, a joke to tell, or holiday destination, or momentous occasion in their family. Share your news or other ideas with your friends and give it to Nancy, by the first Monday of the month for inclusion in the next issue**.

***Laughter is the Best Medicine:***

**When you laugh, your body releases feel-good chemicals called endorphins. “Releasing endorphins can help increase the body's natural painkilling response,” “This helps with chronic pain and can improve your mood.**

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| **AUGUST 2023** | | | **SEPTEMBER 2023** | | |
| Mon | 14 | Ukulele/AGM 11.3o | Mon | 11 | Committee Meeting/Ukulele |
| Tue | 15 | Tai Chi/Golf | Tue | 12 | Tai Chi/Golf |
| Wed | 16 | Chorus Line/Walking Football | Wed | 13 | Chorus Line/Walking Football |
| Thur | 17 | Beginners Tai Chi/Bike Riding | Thur | 14 | Beginners Tai Chi/Bike Riding |
| Fri | 18 | Nordic Walking/Dine Out Sugar Gum Hotel | Fri | 15 | Nordic Walking/**Dine Out: Taylor’s Lakes Hotel** |
| Sat | 19 |  | Sat | 16 |  |
| Sun | 20 |  | Sun | 17 |  |
| Mon | 21 | Club Day/Raffle/Books/Ukulele | Mon | 18 | Club Day/Books/Raffle /Ukulele |
| Tue | 22 | Tai Chi/Golf | Tue | 19 | Tai Chi/Golf |
| Wed | 23 | Chorus Line/Walking Football | Wed | 20 | Chorus Line/Walking Football |
| Thur | 24 | Beginners Tai Chi/Bike Riding | Thur | 21 | Beginners Tai Chi/Bike Riding |
| Fri | 25 | Nordic Walking | Fri | 22 | Nordic Walking |
| Sat | 26 | **BREAKFAST** | Sat | 23 |  |
| Sun | 27 |  | Sun | 24 |  |
| Mon | 28 | Ukulele/Father’s Day Theme | Mon | 25 | Ukulele |
| Tue | 29 | Tai Chi/Golf | Tue | 26 | Tai Chi/Golf |
| Wed | 30 | Chorus Line/Walking Football | Wed | 27 | Chorus Line/Walking Football |
| Thur | 31 | Beginners Tai Chi/Bike Riding | Thur | 28 | Beginners Tai Chi/Bike Riding |
|  |  |  | Fri | 29 | Nordic Walking |
|  |  | **SEPTEMBER** | Sat | 30 | **BREAKFAST** |
| Fri | 1 | Nordic Walking/Coffee Club |  |  |  |
| Sat | 2 |  |  |  |  |
| Sun | 3 |  |  |  |  |
| Mon | 4 | Committee Meeting/Ukulele/Chair Aerobics |  |  |  |
| Tue | 5 | Tai Chi/Golf |  |  |  |
| Wed | 6 | Chorus Line/Walking Football |  |  |  |
| Thur | 7 | Beginners Tai Chi/Bike Riding |  |  |  |
| Fri | 8 | Nordic Walking |  |  |  |
| Sat | 9 |  |  |  |  |
| Sun | 10 |  |  |  |  |
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**Drop-in Day Clubrooms**

**Monday 10.00am- 2.00pm**

**Activities include coffee/tea/chat**

**Register for outings/activities/special events**

1st Monday of Month – Committee Meeting /Chair Aerobics 12.00

2nd Monday Month –

3rd Monday Month – includes Theme Day / Books / Raffles

4th Monday –

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| **OUR CONVENERS** |
| **MONDAY** |
| *UKULELE* – 10-11.00am – Judy Waterhouse 0438 142 700 |
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| **TUESDAY** |
| *TAI CHI* – 10-11am Judy Waterhouse 0438 142 700 |
| *MORN. MELODIES* (Taylors Lakes Hotel 1st Tues Month) Brian Cameron 8361 5846 |
| *GOLF* – 9.30am for 10.00am start (Keilor Public Golf Course) Maddie Viering 0435 945 554 |
|  |
| **WEDNESDAY** |
| *CHORUS LINE* – 10-11am – Vivian Scarr 0417 120 069 |
| *MORN.MELODIES* (Skyways Airport West Last Wed Month) Margaret Cameron 8361 5846 |
| *WALKING FOOTBALL*- (Keilor Basketball Stadium) 1.00pm Georgina Hall 0418 124 890 |
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| **THURSDAY** |
| *BEGINNERS TAI CHI* - 9.30am - Georgina Hall 0418 124 890 |
| BIKE RIDING – 10.00am - Judy Waterhouse 0438 142 700 |
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| **FRIDAY** |
| *NORDIC WALKING* (Brimbank Park) 9.30am Jill Kriechbaum 0431 182 713 |
| *SOCIAL COFFEE AND CHAT* (Brimbank Park) 10am Fran Robins 9390 4625 (1st Friday) |
|  |
| **SATURDAY** |
| *EARLY BIRD BREAKFAST* (Taylors Lakes Motel) 9.00am Kerrie Hallows 0415 133 554 (Last |
| Saturday) |
|  |

**Website Master** – Trevor Withers -t.withers47@bigpond.com

**Bus Trips** – Dianne Robinson – 0438 242 512

**Live Theatre** – Norma Cocks – 0407 097 216

**Club Uniforms** –Glenys Adams - 0414 757 632

**Dine-outs** – Maria Rizzas – 0407 865 075

**Trading Table –** Sandra Bennett – 045 236 6380

**Hospitality –** Joanna Sergiou – 0409 182 025

***Sports Club Contacts:***

**Kitchen, Bar, Furniture, Room layout Issues** – Dick Joyner – 0415 956 979

**Technical Issues – Computers, TV’s, Microphones, Scoreboard** – Lee Falcke – 0438 907 772

**General Club Issues & Maintenance** – Russell Pollock – 0417 055 529

**Bar Stocking/Ordering** – Lee Falcke – 0438 907 772

**Changerooms and Groun**d – Applicable Club & Russell Pollock 0417 055 529

**Function Bookings** – Dick Joyner – 0415 956 979