 NEWSLETTER

# **MAY-JUNE 2024**

Meet: Mondays @ 10am Keilor Sports Club.

Old Calder Highway, Keilor

Club Patrons: Tony and Warwick Borello

**33**

PO Box 99, Keilor

www.keilorlife.com

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| *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 MAY-JUNE 2024:***

Thank you to all the caring members who donate five cent pieces, donate books, and buy the books.

We charge $2 for a book, and this is passed on to the Childrens Hospital. From those donations KLAC donated to the 2024 Royal Children’s Good Friday Appeal $700.

After nineteen years our club membership fee is increasing to $25 per year. 2024/ 2025 Membership renewal form is enclosed with this newsletter, if you cannot pay in person (we do love to see you) payment can be direct deposited, bank details are on the form.

There will be a Seniors and Carers Expo at the Keilor basketball stadium, 3rd June 2024, 10.00 am. This will be interesting to anyone who needs guidance and support.

The monthly KLAC breakfast, has changed the venue to the café in Brimbank park. This event is the last Saturday of the month please contact Kerrie if you wish to attend. It is a lovely venue summer or winter.

Keep warm and well.

***Joan***

***“Happiness cannot be travelled to, owned, earned, or worn. It is the spiritual experience of living every minute with love, grace & gratitude.”***

and very much appreciated by our members.

**Club Supporters**

We gratefully acknowledge the ongoing support of:-

Warwick Borello Accountant

Woodards WNewsletter printing

There is

A picture containing text, font, graphics, typography

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I am pleased to say that no one has asked me to send a Card to cheer up any Members this Month. I do hope our "sickies" from the last few weeks are feeling much better and are recoverying well also. For any Members who are not feeling so  good, you are in our thoughts at this time.

Judith Cave

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The committee and members would like to take this opportunity to extend a warm welcome to our new members Susan Thompson, Norma Cloke, Steve Haig, Melanie Wong and Santina Laguda. We hope they will join us in any of our many activities that we offer.

***Russell Pollock  ANZAC Day Talk***:



Our thanks go to Russell for his interesting talk connecting the service of many Keilor residents who were active in conflicts of war over the years. He urged us to talk to our family members, so their stories are not lost, and memories honoured. Thank you, Russell.

A group of people sitting on a stage playing music

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Our ukulele group followed with singing the songs of the war years, which turned the awful daily routine of bombings and tragedy into a welcome distraction during that long conflict.

“Keep Calm and Carry On” was the theme the Brits used,  which helped mentally and physically deal with the unthinkable.

**THE POPPY FACTORY:**

This story is another one of those interesting facts connected with ANZAC day that I never knew and would like to share with you.

Many soldiers saw fields of bright red poppies which must have been a very cheerful and uplifting sight to them in the middle of this awful conflict.   Some even pressed them in letters sent home to loved ones, which may have given comfort to them all. At the end of the war, two women in different parts of the world came up with the idea of this simple red poppy becoming a symbol  of remembrance, honouring servicemen and women who sacrificed all for our freedom.

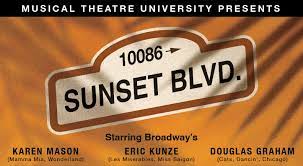
Many wounded soldiers returned home with injuries so severe they weren’t able to work and there was little support for them to make a living. In 1922 a former British officer, Major George Howson was given a grant by the British Legion of 2000 pounds to start a factory to make these poppies. The employees were injured soldiers and this work helped give them dignity and a way of financially supporting their families. The first production made 9 million and were sold out,  and by 1931 they produced 30 million. This factory still makes poppies, today, by machine now, and they  also make the poppies that form the wreaths for  Remembrance Day and ANZAC  day.

It is a fascinating story, and you can follow it up on the internet… it makes good reading about a time in our history you can share with your grandchildren.

***Theatre Enthusiasts:***

***All these shows are pensioner/concession.***

***Tickets for Sunset Boulevard have been reduced from $120 to $90. List on activity table. Get your tickets before they are all sold.***

**SUNSET BOULEVARD – Princess Theatre**

**Wednesday 31st July – 1.00pm**

Cost: $120. ***NEW COST NOW ONLY $90***.

***Don’t miss out***

**Please confirm and pay by 27th May**

**Wednesday Matinee –**

**(Silvie Paladino plays the role of Norma Desmond)**



**BEAUTY AND THE BEAST- Her Majesty's Theatre**

**Wednesday 28th August 2024 -1.00pm**

Cost: $80

**Please confirm and pay by 8th July**



**SIX THE MUSICAL – Comedy Theatre**

**Wednesday 2nd October – 3.00pm**

Cost: $90

**SHOW RUNS FOR 80 MINUTES –**

**NO INTERVAL**

**Please confirm and pay by 12th August**

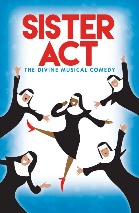


**TINA THE MUSICAL** – **Princess Theatre**

**Wednesday 6th November 2024 – 1.00pm**

Cost: $90

**Please confirm and pay by 9th September**



***SISTER ACT -Regent Theatre***

***Wedesday15th January 2025***

Cost: $70

***Please confirm and pay by 2nd December***

***Dine Out – Friday 17th May – 12.30:***



***Green Gully Soccer Club***

***Green Gully Road***

***Kealba***

List will be out on the activity table

 ***Monday 20th May Trading Table:***

**The next Trading Table Days will be Monday 20th May** and

***Monday 17th June***.

**We will also have our books and a raffle.**

***Monday 27th May:***

There will be a Speaker in the Club Rooms at 11.00am. More info to follow.

***Monday 10th June - King’s Birthday – No Club***

***Dine Out – Friday 21st June – 12.30:***



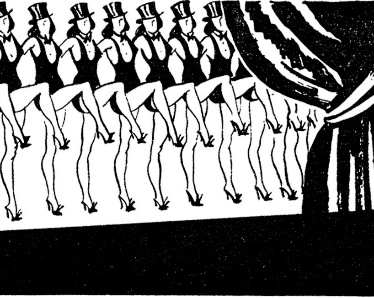
***Cross Keys Hotel***

***360 Pascoe Vale Road***

***Essendon***

List will be out on the activity table

***Monday 24th June: - Chorus Line Entertainment - 11.00***



Our energetic Chorus Line girls have been hard at work on a new routine they are keen to present to us on Monday June  24th.

We all need a reason to get out of bed in the morning and these girls are proof this philosophy works.

Come and cheer them on at 11.00 followed by afternoon tea**. Please bring a plate to share.**

***“Early Bird” Breakfast:    Change of Venue:***



We are back to where we started… Brimbank Park Visitor’s Centre  at the Lumbar café, Brimbank Park, will be  serving Breakfast to our hungry members. They had their first brekky last week and given the thumbs up. Remember, it’s the last Saturday of the month and the word is out to get there about 8.50.

Don’t forget to put your name on the list at the Activity table.

***Ballarat Bus Trip: Great day had by all – even the weather was good to us.***

***Train Museum -***

A group of people standing in a room

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**Dates/Times to Remember**

***No Tai Chi Tuesday 21st May due to Club Rooms being unavailable.***

***King’s Birthday Monday 10th June - NO CLUB***

***Chorus Line Entertainment – 24th June – 11.00 {Please bring a plate to share}***

***Bunnings Sausage Sizzle dates for remainder of 2024: 17th August and 2nd November***

***Times to remember: Bingo 11.00 - Chair Aerobics 12.00 - Hip Hop 12.30***

**Private Health Insurance 'Warning' Advice**

Just asking everyone with Private Health Insurance to double check what you think you are covered for.......I was caught out, as were two friends. Thought we had '**Top Health Cover'** when it was time for our elective surgeries, we discovered we were not covered for our procedures.

*One was for Cataract Surgery and the other two were for Joint Replacements.*

Eye Surgery, does not cover Cataract Surgery!

Joint replacement and Joint Reconstruction etc. are separate entities..

***12 months waiting period to qualify*** …... these were with three different Health Funds

***Membership Renewal:***

It’s that time of year when it is time to renew your membership for KLAC Club, and you will find your form enclosed with this newsletter Make sure you don’t throw it out with the envelope! **Also be advised that there has been an increase in Membership Fees to $25 per person**

You have 2 options for payment as below: When you have filled in your form, making sure your ICE (in case of emergency) details are correct, place in an envelope with your $25, write your name on the outside and hand it in to the Payment Table.

* **Cash payments desk in KLAC Club Rooms**
* **Direct Debit: *MUST include description***

**BSB No. 063 591**

**Account No. 10137201**

**Account Name. Keilor Life Activities Club Inc.**

**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 / Bingo

2nd Monday Month –

3rd Monday Month – includes Theme Day / Trading Table / Books / Raffles /Bingo

4th Monday –

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| **OUR CONVENERS** |
| **MONDAY** |
| *UKULELE* – 10-11.00am – Judy Waterhouse 0438 142 700 |
|  |
| **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) Joan Ellis 0408 362 697 |
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| **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 Kelvin Bennett 0415 652 995 |
|  |
| **THURSDAY** |
| *THURSDAY 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/WALKING* (Brimbank Park) 9.30am Jill Kriechbaum 0431 182 713 |
| *SOCIAL COFFEE AND CHAT* (Brimbank Park) 10am Fran Robins 9390 4625 (1st Friday) |
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| **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

A cartoon of a person walking a baby

Description automatically generated**Trading Table –** Sandra Bennett – 0452 366 380

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