 NEWSLETTER

#  **April 2025**

Club Rooms are 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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|  *President:**Joan Ellis* *Mob: 0408 362 697**Email: Jel48981@bigpond.net.au*  | ***Secretary****Glenys Adams - 9077 0713*Mob: 0414 757 632Email: glenysa@optusnet.com.au | **Web *Master***:Trevor Withers - t.withers47@bigpond.com**Carer**: Judith Cave - 0408 301 057 |
| *Vice-President:**Judith Cave 9336 1133**Mob:0408 301 057**rexjude@hotmail.com* | *Treasurer:**Sue Lovell – 0402 056 070**lovellsue@hotmail.com****Ass. Treasure****r Neil Webster**Neil13web@aol.com* | *Photographer*: Dianne Robinson - 0438 242 512***Membership******Secretary.*** |

Presidents Report April 2025

My favourite season of the year, Autumn. Warm days, cold nights and footy.

As many of you will have noticed, the club rooms are looking grand. At this stage, still on time, hopefully we will be back in by the end of June.

We have a member who only attends one activity (as do many) this person does not want to continue to pay our membership fee until participating in more than one activity. I thought about the situation, unfortunately regardless of how many activities/events you attend, even none, our club fee of 48cents a week you need to pay. Many of our members live on their own and their only contact socially is with club members. Even if you only attend one activity, we hope you stay a member of our club, you give joy to other members who you interact with, that is said for all our members. Isolation and loneliness are killers, thank you to all our members who spend 48 cents a week, as membership of KLAC. Your smiles and conversation are an inexpensive life medicine.

Take note of the 2025 Brimbank Disability, Seniors & Carers Expo. There is something for all of us and people we know, try to attend it and take friends along.

Enjoy a wonderful Easter

Keep well.

*Joan*

 “We learn something from everyone who passes through our lives. Some lessons are painful, some are painless. but all are priceless.”

**Club Supporters**

We gratefully acknowledge the ongoing support of: -

Warwick Borello - Accountant Support

Office of Natalie Hutchins MP – Newsletter Printing

A big shout out and

“**Thank You**” to Graeme Smith

Graeme has taken on the role of golf convener**.** Any personthinking of playing golf, this is a very welcoming group to both new at golf and old hackers. This is a beautiful time of the year to be on

 the golf course. Contact Graeme and join the group.

**Congratulations!** Carmel Kane

Carmel is now a Justice of the Peace (JP). She is a volunteer who is authorized to witness and sign statutory declarations and affidavits and certify copies of original documents.

JPs are independent and objective witnesses to documents used for official or legal purposes.

Well done.

**New Members**

Welcome to Barabara Marsh and Barbara Griggs. Try a new activity, meet lots of new people, and enjoy lots of coffee and cake.

**2025 Brimbank Disability, Seniors & Carers Expo**

**Date: Friday 30th May 2025**

**Time: 10.00am – 2.00pm**

**Place: Keilor Basketball & Netball Stadium**

This event is a valuable opportunity for people with disability, older residents, carers and their family members to connect with service providers. 80 exhibitors will be in attendance representing a range of supports and services.

Please talk this up amongst your friends. It is rare to have service providers together, I don’t think they all know what each other provide.

**Hip Hop** classes are held every Monday at Keilor Life Activities Club, led by the energetic and encouraging instructor, Jenny Kelly. These sessions are designed to enhance flexibility and strength while offering a fun and creative outlet for all members. Jenny welcomes everyone to participate, ensuring that everyone feels included and supported in their dance journey.

**Walking Football** ****Walking football is a fantastic club activity held every Wednesday afternoon at 1 pm at Keilor Basketball Stadium. We warmly welcome new participants to join us! This engaging sport not only enhances your coordination and balance, which are crucial for preventing falls, but also offers a wonderful opportunity to socialize with like-minded individuals. As a low-impact activity, walking football is suitable for all ages and fitness levels, making it an excellent way to stay active while enjoying a fun and relaxed atmosphere. By participating, you'll improve your physical fitness, ost your mental well-being, and be part of a vibrant community.

**Walking Basketball**

Rather tough looking group, I think I would walk quickly around them. This fun group meet at the Keilor basketball stadium on Thursday mornings 11.30 and while they look tough, they are very welcoming. Join them as a competitor or spectator and coffee after.

A reminder of the KLAC Refund Policy. If you at the last minute cannot make an event/function, you can invite someone to attend in your place. Our club policy is, you can attend three activities/events before you will need to become a member.

Keilor Life Activities Club

**REFUND POLICY**

Refunds will not be given if Monies have been paid to the Supplier and payment cannot be returned to KLAC.

(Theatre tickets, Bus Trips, any Pre-Paid event etc.....  the Club will 'help' with trying to find a Buyer but, we take no responsibility ...

All prepaid events have a refund cut off time...

The Old Adage 'BUYER BEWARE'

 **Bus Trip**

Friday 9th May 2025 – Creswick Woollen Mills

 Departs: 8.30 am

Morning Tea: Woollen Mills

 Lunch: Farmers Arms Hotel

Cost: $70

 **Theatre**

Norma has new theatre show lists out. Keep checking activity boards.

BEETLE JUICE MUSICAL - Wednesday 2nd July 2025 1.00pm

 Regent Theatre

 $90 per ticket. Must be confirmed and paid by 28th April

 ANNIE - Wednesday 13th August 2025

 Princess Theatre

 $70 per ticket. Must be confirmed and paid – Monday 2nd June

**Keilor Life Activities Club Inc.**

**Monday 12.30 pm- 3.00pm**

**Activities include coffee/tea/chat**

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

1st Monday of Month Committee Meeting /Chair Aerobics 1.00pm / Bingo 2.00 pm

2nd Monday Month Hip Hop / Members Draw

3rd Monday Month Trading / Books / Raffles /Bingo / Hip Hop

4th Monday Speaker / Hip Hop

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| **OUR CONVENERS** |
| **MONDAY** |
| ***Ukulele*** – 10.00-11.00am – Judy Waterhouse 0438 142 700 |
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| **TUESDAY** |
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| ***Golf*** – 9.30am for 10.00am start Convener: Graeme Smith 0423 154 428 |
|  (Keilor Public Golf Course) |
| **WEDNESDAY** |
| ***Chorus Line*** – 10.00-11.00am – Vivian Scarr 0417 120 069 |
| ***Walking Football*-** (Keilor Basketball Stadium) 1.00- 2.00pm Convener: TBA |
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| **THURSDAY** |
| ***Thursday Tai Chi*** – 10.00 – 11.00 am - Georgina Hall 0418 124 890 |
| ***Bike Riding*** *– 10.00am* - Judy Waterhouse 0438 142 700 |
| ***Walking Basketball –*** (Keilor Basketball Stadium) 11.30 – 12.30 |
| **FRIDAY** |
| ***Nordic Walking/Walking*** (Brimbank Park) 9.30-10.30am Jill Kriechbaum 0431 182 713 |
| ***Social Coffee and Chat*** (Brimbank Park) 10.30 am meet the walkers at the end of their walk, they may inspire you. |
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| **SATURDAY** |
| ***Early Bird Breakfast*** (Café Brimbank Park) 9.00am Kerrie Hallows 0415 133 554 (Last  |
| Saturday of month)  |

**Chair Aerobics** - 1st Monday of the month 1.00 pm.

**Bingo** – 1st Monday and 3rd Monday of the month 2.00pm

**Hip Hop** – Every Monday 12.30 (Except 1st Monday when there is Chair Aerobics)

**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 – 0452 366 380

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

***Debit Details For any Payments:* 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.**