



## PORT PHILLIP LIFE ACTIVITIES CLUB INC.

Registered Association A0052780P

PO Box 717, Port Melbourne VIC 3207

[www.pplac.org.au](http://www.pplac.org.au)

March 2010

### Quarterly Newsletter and Diary

#### Internet Version

If you would like any more information on anything you read in this newsletter, please contact our membership secretary at [membership@pplac.org.au](mailto:membership@pplac.org.au) or ring 9686 4942.

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#### The Club Trivia Challenge

**Friday 28<sup>th</sup> May 2010 at 7.15pm**

**Port Melbourne Bowling Club, 130 Spring St Port Melbourne**



The Club Trivia Challenge now stands at one win for Inner Melbourne LAC and one for Port Phillip Life Activities Club.

And it's on again this year with a fresh batch of questions and "Who am I's". Ring Chris now to book your place, he will arrange for you to be on a table of 6. Or book a table for your Activity Group. Entry is free and drinks are available from the bar. BYO nibbles for your table. Questions start at 7.30pm.

**\*\*Booking Required\*\***

#### Tram Trekkers

**Meet at Mills Street tram stop corner of Richardson Street at 9am, Wednesday 31 March.**

This is a walking activity but non walkers are most welcome to come along for the ride, the coffee and a chat before riding home.



Taking the tram gives us the chance to spread our wings and explore the grunge in Collingwood and Fitzroy. The shops are always arty. The 112 takes us up Brunswick Street to our destination - Johnson Street. We will walk up Johnson to Smith Street to sample one of the quaint coffee shops near Friends of the Earth. Then saunter along Smith and Gertrude Streets, down past St Pat's to Fed Square and home.

We plan to be back at lunch time.

This is a one off but if there is an interest we could take it in turns to tram it to our favourite parts of Marvellous Melbourne and explore it on our walk back. It's all there waiting for us!!!



#### Support

The Port Phillip Life Activities Club wishes to acknowledge the support given by the Councilors and Staff of the City of Port Phillip in the running of our club.



## [The Greatest Seniors' Night out in Melbourne](#)

Tuesday 4<sup>th</sup> May 2010 6.00pm to 8.30pm at Melbourne Town Hall

Hosted by Life Activities Clubs Victoria and National Seniors Australia

“Join us for an extravagant evening of Glitz and Glamour”

Pre show drinks before the comedy, magic, circus skills and music.

Mark the night now. PPLAC's group booking details will be advised by Bulletin, closer to the event.

## [Fourth Tuesday Drinks](#)



*Linda flashed her "Don't Kill Live Music" T shirt when she arrived and we all had a good chuckle, sharing a drink and a good story at the end of the day. The Cricketers Arms is a homely pub in a Port side street. We were all chuffed that we'd managed to walk there - to the pub's courtyard for the first LAC drinks in a while. Free movie tickets were distributed and plans hatched such as Michael's idea for bushwalking up near Mt Howitt.*

*We'd all dressed for the heat so the strong southerly that blew in a cool change eventually sent us in to the dining room. Some of us pushed off then, while the others settled down to dinner amid chirpy goodbyes.*

*It was good to be back!*

Our future dates are 23 March, 27 April, 25 May, 22 June at

**Cricketers Arms Hotel**

69 Cruikshank Street, Port Melbourne

**5.30pm on the Fourth Tuesday of each month**

## [Easter](#)

We have three Activities scheduled during the Easter Break. They are the St Kilda Walk, Saturday Book Group and Monday's Evening Cinema. The conveners for the three activities have advised me that all activities will be held as scheduled over Easter.



## **New Member**

This quarter we welcome Barbara to our club. We look forward to seeing you at our activities.

## [New Activities](#)

A lively crowd turned up at the first Fourth Tuesday drinks at the Cricketers Arms Hotel on a lovely warm evening in February. Next on 23 March.

The Gentle Bike Ride has also formed a group of able riders and if would like to join them, their first ride is on Wednesday 24<sup>th</sup> March.

Don't forget Pat's Tram Trekker jaunt on Wednesday 31<sup>st</sup> March for the cost of a Metcard ticket.

We must thank Katrina and Pat for convening these events and they are looking forward to your support.

## Feeling Hungry, Thirsty and in need of good conversation?

Then we have an answer for you.

### **Dineouts by Murray**

On the second Wednesday of every month Murray arranges a different hotel for us to dine at. He provides us with an affordable evening where you pay as you go – no splitting the bill at the end of the evening.

### **Fourth Tuesday Drinks**

At 5.30pm we meet for drinks at the Cricketers Arms Hotel in Port Melbourne. If you wish to kick on later we move to the dining room for dinner. At the first drinks night (in February) the wine glasses were generously filled and the food got the thumbs up.

### **Rosie's Drop in Coffee**

Rosie meets at the Chapel Bakery Café in Port Melbourne every 2<sup>nd</sup> Sunday of the month. Join her for coffee (or breakfast if you are up late) and a good chin wag.

### **Monday night Drinks with Inner Melbourne LAC (IMLAC)**

This is a combined event with IMLAC. It has been timed to fit in with Rhoda's afternoon cinema. So if you like to see a good film and enjoy a social chat afterwards, join Rhoda on the third Thursday of the month.

Full details of all these activities are listed in the Regular Activities Section of the newsletter.

**New members:** A special note to you if you are a new member or if you are thinking of joining our club. These activities are a very good way to get to know other club members in a relaxed social atmosphere. And from them, you can get first hand information about the many activities we offer. Further, many of our members have soft drinks or coffee at these functions, there is no pressure to drink alcohol. Let the convenor know you are coming and he/she will look out for you and introduce you to the other members.

## It's a joke, Joyce



### **The 84 year old Bride**

The local news station was interviewing an 84 year old lady because she had just married again. The interviewer asked questions about her life, about what it felt like to be marrying for the fourth time, and then about her new husband's occupation. "He's a funeral director" she said.

"Interesting" thought the newsman. Then he asked what the occupations were of her other three husbands. She paused, thought for a while as she answered that she had first married a banker when she was in her early twenties, then a circus ring master in her early forties, later on a preacher in her mid sixties, and now, in her eighties a funeral director. The interviewer was astonished and asked why she had married men with such diverse backgrounds.

"Easy, son," she smiled "I married one for the money... two for the show... three to get ready, and... four to go.



## Preamble

Please note that some activities are restricted in the number of people they can take. This can be because of the size of the home or number of seats in the bus. It is first in first served and the convenor will wait list those who miss out.

Activities where you are required to book are marked accordingly.



## Keeping Fit

<p><b>Port Melbourne Wednesday Walks</b> Every second week</p> <p>Starting from the Port Melbourne Town Hall. Rhoda selects a route of about 1½ hours finishing up with a lovely cup of coffee.</p> <p>Meet at the Port Melbourne Town Hall at 8.30am</p> <p>Wednesday 14 &amp; 28 April Wednesday 12 &amp; 26 May Wednesday 09 &amp; 23 June</p>	<p><b>Bushwalking</b> <b>** Booking required**</b></p> <p>Steve leads a bushwalk every month and travel is by mini bus or private car.</p> <p>Details: BYO lunch, water, small day pack and appropriate clothing and good footwear. Walk will be cancelled if weather forecast is above 28° or a Total Fire Ban day. Be prepared to share the cost of fuel (usually \$5-10). Dates are generally fixed but may be changed subject to weather conditions etc.</p> <p>Meet at Sol Green Community Centre – cnr Montague and Coventry Sts South Melbourne.</p> <p><b>Saturday 17 April 9.00am</b> <b>Upper Yarra Goldfields:</b> Old gold mining area with spectacular views across the Upper Yarra Valley. Moderate-some climbing. 9km.</p> <p><b>Saturday 15 May 8.30am</b> <b>Anakie Gorge:</b> Walk along the deep gorges running through the Brisbane Ranges escarpment. Easy. 10km.</p> <p><b>Saturday 19 Jun 9.00am</b> <b>Barwon River Walk:</b> Along the edge of the Barwon River and its flood plains near Geelong. A fascinating walk that starts in town centre. Easy. 10km</p>
<p><b>St Kilda Walks</b> 1<sup>st</sup> and 3<sup>rd</sup> Saturdays of the month</p> <p>Join us for our walks around St Kilda. Not only does it help you keep fit physically, we have coffee together after the walk.</p> <p>Meet at the corner of Carlisle St and Brighton Road (beside the Town Hall) at 10.00am. There is car parking close by.</p> <p>Saturday 03* &amp; 17 April Saturday 01 &amp; 15 May Saturday 05 &amp; 19 June</p> <p>*Easter Saturday – walk still on.</p>	<p><b><u>New Activity</u></b> <b>Gentle Cycling Group</b> 4th Wednesday of the month.</p> <p>Easy rides along bike paths. No ride if temperature is predicted to be 30°C+. Coffee stop.</p> <p>Meet at Station Pier Port Melbourne at 10.00am.</p> <p>Wednesday 28 April Wednesday 26 May Wednesday 23 June</p>
<p><b>Saturday Sunrise Walk</b> 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of the month</p> <p>Join Pat for her early morning walks around Port Melbourne and environs.</p> <p>Meet at the Port Melbourne Town Hall at 7.30am</p> <p>Saturday 10 &amp; 24 April Saturday 08 &amp; 22 May Saturday 12 &amp; 26 June</p>	



## Book and Writing Groups

<p><b>Elwood PPLAC Book Group</b></p> <p>This group meets on the 3<sup>rd</sup> Saturday of each month at St Kilda-Elwood Learning Centre, 87 Tennyson Street, Elwood from 4.00 to 6.00pm, after which those who wish to, adjourn to a local hotel for dinner and conversation.</p> <p>Should you wish to join our fantastic Book Group, you will be made very welcome.</p> <p>Saturday 17 April Saturday 15 May Saturday 19 June</p>	<p><b>The Writing Group</b></p> <p>4<sup>th</sup> Thursday of the month.</p> <p>If you enjoy writing, why not join the Writing Group by contacting Pat.</p> <p>Thursday 22 April Thursday 27 May Thursday 24 June</p> <p>Meeting Room, South Melbourne Town Hall Community Hub, Fishley St, Sth Melbourne from 7.00pm.</p>
<p><b>Thursday Book Group</b></p> <p>4<sup>th</sup> Thursday of the month</p> <p>Held in members homes at 10.00am</p> <p>Thursday 22 April Thursday 27 May Thursday 24 June</p>	<p><b>Saturday Book Group</b></p> <p>1<sup>st</sup> Saturday of the month</p> <p>Mary Kehoe Centre, 224 Danks St, Albert Park at 3.30pm</p> <p>Saturday 03* April Saturday 01 May Saturday 05 June</p> <p>*Easter Saturday – activity still on.</p>



## The Arts

<p><b>Afternoon Cinema</b></p> <p>3<sup>rd</sup> Monday of the Month</p> <p>Rhoda selects films showing at either the Nova, ACMI or Keno cinemas at an afternoon session. The film and location is selected on the previous Thursday. Ring Rhoda for details.</p> <p>Monday 19 April Monday 17 May Monday 21 June</p>	<p><b>Evening Cinema</b></p> <p>1<sup>st</sup> Monday of the month</p> <p>Classic Elsternwick, 9 Gordon St., Elsternwick</p> <p>Pat's films are screened at Elsternwick's "Classic Theatre" around 6.30 to 7.00pm. The film is selected on the previous Thursday when theatre selections are made available. Ring Pat for details.</p> <p>Monday 05 April (Easter Monday – Activity still on) Monday 03 May Monday 07 June</p>
<p><b>Live Theatre</b></p> <p>We subscribe to Malvern Theatre.</p>	<p>Both Cinema Groups advise interested members of the details of each month's program by email. Contact the convenor if you would like to be included on the email distribution list.</p>



## Foodies

### Dineouts by Murray

2<sup>nd</sup> Wednesday of the month at 7.00pm

**\*\*BOOKINGS ESSENTIAL\*\***

Murray selects a different hotel each month. Enjoy a sociable evening over a meal and a glass or two.

Wednesday    **The Beach Hotel**  
14 April        Cnr Victoria Av and Beaconsfield  
Pde Albert Park

Wednesday    **Elwood RSL**  
12 May         2 Pine Ave, Elwood

Wednesday    **Prince Alfred Hotel**  
09 June        355 Bay St, Port Melbourne

### New Activity

#### Fourth Tuesday Drinks

##### Cricketers Arms Hotel

69 Cruikshank Street, Port Melbourne

**5.30pm on the Fourth Tuesday of each month**

Drinks in relaxed, comfortable surroundings with the option of dinner afterwards.

Tuesday 27 April

Tuesday 25 May

Tuesday 22 June

### Rosie's Drop in Coffee

Chapel Bakery Café 369 Bay St Port Melbourne at 10.30am every 2<sup>nd</sup> Sunday of the month.

Sunday morning coffee, food and conversation.

Sunday 11 April

Sunday 09 May

Sunday 13 June

### Monday night Drinks with Inner Melbourne LAC (IMLAC)

IMLAC have invited us to meet with them for their monthly DRINKS AND CHAT NIGHT at the Jarrah Bar Happy Hour at Southbank from 5.30pm.

Monday 19 April

Monday 17 May

Monday 21 June

This activity can be combined with Rhoda's Afternoon Cinema



## Cards

### Duplicate Bridge

Every Tuesday at 7.30pm.

Sandridge Trugo Club, Tucker Ave, Port Melbourne

We play duplicate at an intermediate level. Keith Kat joins us once a month to give a refresher lesson and he now also runs a quarterly workshop on a special bridge topic.