



## 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)

September  
2009

### 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 9391 2026 before 30/10/09 or 9686 4942 after that date.

#### In this edition

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### Yarra Valley Horse Racing and Picnic Saturday 28 November 2009 at 10.00am

Join us for a day in the country enjoying the bush surrounds as well as the colour and excitement of horse racing at the Yarra Glen Race Course.

Bring a picnic lunch or purchase your lunch on course.

Transport is by members' cars and arrangements will be made to pick up those without cars.

Cost \$10 for entry. Passengers are requested to give their driver \$10 to offset the motor vehicle cost. Limited places.



### Christmas Party Saturday 05 December 2008 at MIDDAY

The Christmas Party this year will be at the Chequers Hotel in Port Melbourne. It will be a leisurely lunch with Barry and Chris cooking up some fun activities in the afternoon.

Details are still being worked on by the new committee and you will be advised later by Bulletin, but please mark the date in your diaries now. We expect to be able to subsidise the meal.



### Fine Dining

The 20<sup>th</sup> November Fine Dining will be at Ricardo's. Details in the Activities Section.

### New Committee

We are pleased to welcome Charlotte, Katrina, Linda, Nancy and Pat onto the committee for 2009/10. They join Chris and Ian from last year's committee.



### New Members

New members joining our club this quarter are Jennifer and Harry. Welcome to you all and we look forward to seeing you at our activities.

## Annual General Meeting

Our Annual General Meeting was held on 9<sup>th</sup> August in the magnificently renovated South Melbourne Town Hall. Our guests were Martin Foley MP, CoPP mayor, Frank O'Connor along with Councillor Janet Bolitho and the President of the LPFA Dawn Dakin. Following our meeting, we witnessed a fascinating illustrated history of Port Melbourne by historians Graham and Margaret Bride.

## LPFA

The Life Planning Foundation of Australia (LPFA) is moving towards setting up a new organisation called Life Activities Clubs Victoria Inc (LACVI) which will take over the LPFA. Now that all LAC clubs have incorporated, the LACVI will have LAC incorporated clubs as members. Currently, the individuals of the LAC clubs are the members of the LPFA.

We will need to change our Port Phillip Life Activities Club constitution to accommodate this change. A special meeting will be held later this year and notice of this meeting will be sent to all members of Port Phillip Life Activities Club in accordance with the current constitution, closer to the event.

## Reading, Writing (but not Arithmetic)

Do you like a good read? Do you like to discuss what you have just read? Or perhaps put a few words down on paper. Well we have 3 book groups and a writing group to cater for all the book worms in our club.

- ❖ The **Elwood PPLAC Book Group** meets on the 3<sup>rd</sup> Saturday of each month from 4.00 to 6.00pm.
- ❖ The **Thursday Book Group** meets on 4<sup>th</sup> Thursday of the month at 10.00am
- ❖ **Rosie's Book Group** meets on the 1<sup>st</sup> Saturday of the month at 3.30pm
- ❖ **The Writing Group** gets together on the 1<sup>st</sup> Tuesday of the month at 7.30pm.

Refer to the Activities Pages for locations and contact details.

## Seniors Week



The Victorian State Seniors week this year runs from Sunday 4 October to Sunday 11 October. On Sunday 4 October there will be the usual grand opening at Federation Square and the LAC clubs will be represented with a marquee at the event. Some of the clubs will be demonstrating their activities. The web site is [www.seniors.vic.gov.au/](http://www.seniors.vic.gov.au/)

The following week is the City of Port Phillip's Seniors Week. The program has not been posted yet to their web site.

Port Phillip Life Activities Club involvement in the two seniors week's is to advertise some of our activities in their programs inviting Seniors to join us. Our club, in essence is not a week of activities but a full year of activities, and this is the point that we are stressing this year.



## Support

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



## Preamble

Please note that some activities are restricted to 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.



## Walking

### Port Melbourne Wednesday Walks

Every second week

Starting from the Port Melbourne Town Hall. Rhoda selects a route of about 1½ hours finishing up with a lovely cup of coffee.

Meet at the Port Melbourne Town Hall at 8.30am

Wednesday 14 & 28 October  
Wednesday 11 & 25 November  
Wednesday 09 & 23 December

### St Kilda Walks

1<sup>st</sup> and 3<sup>rd</sup> Saturdays of the month

Join us for our walks around St Kilda. Not only does it help you keep fit physically, we have coffee together after the walk.

Meet at the corner of Carlisle St and Brighton Road (beside the Town Hall) at 10.00am. There is car parking close by.

Saturday 03 & 17 October  
Saturday 07 & 21 November  
Saturday 05 & 19 December

### Saturday Sunrise Walk

2<sup>nd</sup> and 4<sup>th</sup> Saturdays of the month

Join Pat for her early morning walks around Port Melbourne and environs.

Meet at the Port Melbourne Town Hall at 7.30am  
Saturday 10 & 24 October  
Saturday 14 & 28 November  
Saturday 12 & 26 December

### Bushwalking

**\*\* Booking required\*\***



Steve leads a bushwalk every month and travel is by mini bus or private car.

Details: BYO lunch, water, small day pack and appropriate clothing and 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.

Meet at Sol Green Community Centre – cnr Montague and Coventry Sts South Melbourne.

**Saturday  
24 October  
9.00am**

**Dandenong Ranges**  
Sherbrooke Forest – Sassafras.  
Easy/medium. 12-14km.

**Saturday  
21 November  
9.00am**

**Rescheduled Lerderberg** East walk or tunnel walk following the old mining aqueduct along the river. Medium. 12km.

**Saturday  
12 December  
9.00am**

**Arthurs Seat/ Red Hills** Along the back lanes through forest and vineyards. Easy. 12km.



## 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 October Saturday 21 November Saturday 19 December</p>	<p><b>The Writing Group</b></p> <p>1<sup>st</sup> Tuesday of the month.</p> <p>If you enjoy writing, why not join the Writing Group by contacting Pat.</p> <p>Tuesday 6 October Tuesday 3 November Tuesday 1 December</p> <p>Meeting Room, South Melbourne Town Hall Community Hub, Fishley St, Sth Melbourne from 7.30pm to 9.30pm</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 October Thursday 26 November Thursday 17 December</p>	<p><b>Rosie's 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 3 October Saturday 7 November Saturday 5 December</p>



## Foodies

<p><b>Dineouts by Murray</b></p> <p>2<sup>nd</sup> Wednesday of the month at 7.00pm <b>**BOOKINGS ESSENTIAL**</b></p> <p>Murray selects a different hotel each month. Enjoy a sociable evening over a meal and a glass or two.</p> <p>Wednesday <b>Chequers Inn</b> 14 October Cnr Bay &amp; Bridge St., Port Melbourne</p> <p>Wednesday <b>George Hotel</b> 11 November Cnr Cecil &amp; Coventry St., South Melbourne</p> <p>Wednesday <b>Elsternwick Hotel</b> 09 December Cnr Brighton &amp; Glenhuntly Rd Elwood</p>	<p><b>Drop In Coffee</b></p> <p>2<sup>nd</sup> Sunday of the month at 10.30am</p> <p>Join Rosie for coffee and a muffin and a relaxing Sunday morning.</p> <p><b>**Note change of restaurant**</b></p> <p><b>3</b> Station Pier <b>Station Pier</b> <b>Port Melbourne</b></p> <p>Sunday 11 October Sunday 8 November Sunday 13 December</p>
<p><b>Fine Dining -</b></p> <p><b>** Booking Required**</b></p> <p>Every two months on the Friday that is 9 days after Murray's Dine Out. des.mcguire@bigpond.com</p> <p>Friday <b>Ricardo's</b> 20 November 99 Dundas Pl, Albert Park 7pm 3206 VIC</p>	<p><b>Monday night Drinks with Inner Melbourne LAC (IMLAC)</b></p> <p>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.</p> <p>Monday 12 October Monday 23 November Monday 21 December</p>



## The Arts

<p><b>Day Cinema</b> 3<sup>rd</sup> Monday of the Month</p> <p>Rhoda selects films showing at either the Nova, ACMI or Keno cinemas that start around 10.30 – 11.30am. The film and location is selected on the previous Thursday.</p> <p>Monday 19 October Monday 16 November Monday 21 December</p>	<p><b>Evening Cinema</b> 1<sup>st</sup> Monday of the month 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.</p> <p>Monday 5 October Monday 2 November Monday 7 December</p>
<p><b>Live Theatre</b></p> <p><b>Malvern Theatre</b> Tuesday 10 November "Key for Two"</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>



## Cards

<p><b>Duplicate Bridge</b></p> <p>Every Tuesday at 7.30pm Sandridge Trugo club Tucker Ave, Port Melbourne</p> <p>We play duplicate at an intermediate level. Keith Kat joins us once a month to give a refresher lesson.</p>
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