

Life Activities Club events and activities in October 2016

\$10 discount for people joining in October.
Check www.life.org.au for a list of all affiliated LACs

What	When	Description	Life Activities Club	Contact Details	
Life's Yarra River Bike Ride	Sunday 2 October 10:30am - 12:30pm @ Fed Square	Jump on your bike and join us for a neasy ride upstream along the Yarra taking in part of the beautiful Capital City Trail. Start and finish at the Life Cycling marquee where you can stop for a quick health check.	Presented by Life Activities Clubs Victoria and Cycling Victoria	life@life.org.au	9662 2930
Discover Melbourne's Laneways - Street orienteering	Sunday 2 October 11am - 12:30pm @ Fed Square	Discover Melbourne's laneways with some easy street orienteering. Get a group together of no more than four people. You'll get a map, clues and a chance to win some prizes and have great fun. Preregister online at www.life.org.au to go in a prize draw.	Life Activities Clubs Victoria	life@life.org.au	9662 2930
This is my life	Tuesday 4 October, 1:00 to 3:00pm	A roving microphone will interview members followed by a luscious afternoon tea.	Balwyn Life Activities Club	gaycleland@ozemail.com.au	9882 7508
Table tennis and scrabble	Thursday 6 October, 7:00pm - 9:30pm	Join us for a social evening.	Bentleigh Life Activities Club	lindacharing@hotmail.com	9570 9461
Table tennis	Thursday 6 October, 1:00pm to 3:30pm	Join us for a game of table tennis. Sneakers essential. Bookings essential.	Boroondara Life Activities Club	ebmck@bigpond.com	9836 2200
Table tennis	Wednesday 12 October 1:00pm - 3:00pm and Wednesday 19 October 1:00pm - 3:00pm	Come along and bring a friend for a fun social afternoon of table tennis, together with a "cuppa".	Casey/Cardinia Life Activities Club	casey@life.org.au	8786 7707
Sequence In Line Dancing	Thursday 13 & 20 October 2:00 - 4:00pm	An afternoon of Sequence Dancing to old time music. No partner required. Come along and learn "how to do" the steps. Afternoon tea provided.	Casey/Cardinia Life Activities Club	casey@life.org.au	5941 1278

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Indoor Bowls	Friday 28 October 7:30pm to 10:00pm	This activity is always enjoyed by those in attendance. Why not come along and have a night of fun - you will soon learn how to play. Supper is provided.	Casey/Cardinia Life Activities Club	lorrainewatson@iinet.net.au	9702 2053
Coffee morning chat	Tuesday 4, 11, 18 & 25 October, 10:00am - 12:30pm	Join us for an informal cuppa and chat. Pay for your own beverage.	LAC Croydon	croydon@life.org.au	9725 1578
Slow lunch @ La Camera Restaurant	Tuesday 4 October, 12:15pm - 2:30pm	Lunch with wonderful views of the Yarra. Lunch specials, at own expense, include main course and glass of wine or soft drink.	Inner Melbourne Life Activities Club	imlac@life.org.au	9696 1090
Bush walk	Thursday 6 October, 8:30am - 3:30pm	Bush walk from The Basin to Bayswater. Approx 8km. Bring lunch and your Myki card.	Knox Life Activities Club		9748 3679
Badminton	Thursday 20 October, 2:00pm	Come along and have a go at Badminton. Beginners welcome. Racquets and afternoon tea supplied.	Knox Life Activities Club		0402 069 552
Street Orienteering Walk	Friday 21 October, 10:15am to 12:00pm	Join us for an orienteering walk around local streets and parks finding answers to 20 clues.	Knox Life Activities Club	knox.sow@life.org.au	0419 337 311
Table tennis and morning tea	Friday 7 October, 9:00am - 12:00pm	Fun double table tennis	Mornington Life Activities Club	lmcham@westnet.com.au	5974 8367
Club Night	Monday 3 October, 7:30 - 9:30pm	Come along to our club night; we will have a guest speaker. Meet some of our members and see what we have to offer. Tea and coffee provided.	Moonee Valley Life Activities Club	mooneevalleylifeactivities@hotmail.com	9379 0308

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Tuesday Classic Cinema	Tuesday 4 October, from 6:00pm	Join regulars to take advantage of reduced ticket prices. \$10 Tickets. Pay for own meal and coffe following movie.	Port Phillip Life Activities Club	pplac@life.org.au 0459 333 150
Monthly Dine Out	Wednesday 12 October 7:00pm	Socialbe evening of a meal and a glass or two. Pay for own meal and beverages	Port Phillip Life Activities Club	pplac@life.org.au 0459 333 150
Gentle Bike Ride	Thursday 13 October, 9:30am	Gentle bike ride 6 to 12 kilometers. Free. Pay for own coffee	Port Phillip Life Activities Club	pplac@life.org.au 0459 333 150
Saturday walks St Kilda	Saturday 1 and 15 October, 10am	Join us for a walk around St Kilda and a coffee/chat. Free. Pay for own coffee	Port Phillip Life Activities Club	pplac@life.org.au 0459 333 150
Saturday Book Club	Saturday 1 October, 3:30pm	Join us to discuss our latest book, then dinner Free, pay for own meal and beverage.	Port Phillip Life Activities Club	pplac@life.org.au 0459 333 150
Mah Jong	Saturday 8 and 22 October, 12:30 - 3:30pm	All playing levels, including beginners. Free	Port Phillip Life Activities Club	pplac@life.org.au 0459 333 150
Drop in for Coffee	Sunday 9 October, 11:00am	Coffee, Food and conversation. Pay for own	Port Phillip Life Activities Club	pplac@life.org.au 0459 333 150
Saturday Walks Port	Saturday 11 and 25 October, 8:30am	Walk 1-1 1/2 hours followed by coffee.Free p	Port Phillip Life Activities Club	pplac@life.org.au 0459 333 150

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Morning tea and chat	Friday 7 October, 10:00 - 11:30am	Enjoy a morning tea with others	Sandringham Life Activities Club	sandringham@life.org.au	9598 1392
Torquay Beach Walk	Thursday 27 October 9:00am	Walk for reasonably fit people leaves from Fishermans Beach and takes about 90 minutes. Coffee afterwards - buy your own.	Life Activities Club Surf Coast		0409 162102
Line Dancing	Wednesdays & Fridays in October, 9:30am - 11:30am	This will keep you fit and wanting more.	Life Activities Whitehorse	dwo91878@bigpond.com.au	0409 019 388
Mahjong	Tuesday 11 October 5:30pm - 7:30pm	Come and try Mahjong. Join YLAC members for a game of Mahjong followed by a cuppa and a chat. Gold coin includes coffee/tea.	Yarraville Life Activities Club	yarraville@life.org.au	0411 381068
Mahjong	Friday 7 and 21 October, 1:15 - 4:00pm	New players are welcome	Wodonga Life Activities Club	wodonga@life.org.au	0402 302210
Join in a hand or two of cards	Friday 14 October, 7:00 - 10:00pm	The cards played are a choice of games. Free. Super provided	Wodonga Life Activities Club	wodonga@life.org.au	0402 302210
Casserole night	Wednesday 27 October, 6:30 - 9:00pm	Casserole night with a three course meal provided by some of the members. \$10	Wodonga Life Activities Club	wodonga@life.org.au	0402 302210