

## Activity Groups

Armchair Travel      Badminton  
Bushwalking      Craft  
Cards:  
"500", "Bolivia", "Canasta"  
Social Outings  
Chinwaggers (Luncheon)  
Painting      Theatre  
Social Games      Cinema  
  
Extended Tours  
Friday Walkers  
Garden Visits  
Organ (Keyboards)  
Street Orienteering Walkers  
Sunday Walkers  
Water Aerobics  
Weekend Getaways

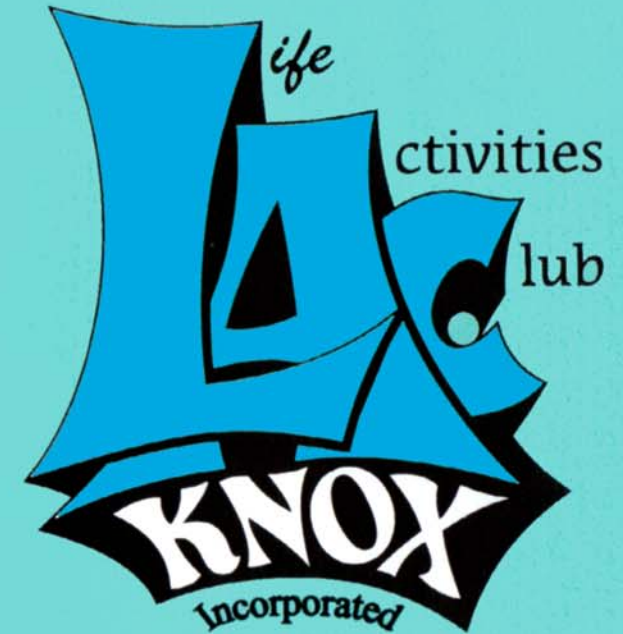
## For more information contact:

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*Life* Activities Club Knox Inc. (Certificate of  
Incorporation Reg. No. A00 52438Z : ABN 85  
104 164 408) is a member of *Life* Activities  
Clubs Victoria Inc.



*Life* Activities  
Club Knox  
Inc.



## ***Life Activities Club Knox Inc.***

*Life Activities Club Knox Inc. (L.A.C.K.)* is a non-profit, non-political, non-religious body formed in 1987 to assist retired people or people nearing retirement to enjoy a happy, active and stimulating life.

L.A.C.K. along with other clubs in metropolitan and country Victoria is a member of Life Activities Clubs Victoria Inc. (L.A.C.V.I.).

Like our sister clubs we provide a wide range of activities to encourage people of both sexes, various nationalities and marital status to socialise, make new friends, learn new skills and banish the loneliness of isolation that can occur after leaving the work force.

**Do you have to become a member before participating?**

No! To allow you a little time to observe our Club we permit you to visit any of our activity groups for a total of three occasions. We then require you to make a decision as to whether you wish to join in order to comply with the terms of our Public Liability Insurance cover.

**How do I make contact with the Activity Group/s I am interested in?**

Any committee or general member will direct you to, or arrange for the Membership Secretary to forward a copy of the Club's quarterly newsletter which contains a list of current activities, (see back of page of this document), together with the contact name and telephone number of the activity group convener. The newsletter also contains information as to the time and day that group meets and, where applicable, the venue.

**How do I join?**

A no obligation application form will be forwarded to you with the Club's newsletter.

**What is the membership fee?**

Membership is currently \$25.00 per person per financial year reduced by 50% if joining after the 31st December.

**What do I get for my membership fee?**

A portion of each membership fee is forwarded to L.A.C.V.I.. L.A.C.V.I. obtains corporate sponsorship, and other benefits for mutual and indirect benefit for members including Public Liability, Office Bearer's Personal Liability, Club Property and Personal Accident Insurance cover as defined.

As a Club member you receive a Club newsletter quarterly and the Club arranges up to three free functions for members each year.

A name lanyard is supplied free of charge.

All other costs associated with activity groups are at the member's expense.

**Do we have Club rooms?**

No! Many of our activities are held outdoors or in private homes. The Club hires larger indoor venues when required.