



WHITSUNDAY LEISURE ACTIVITY CENTRE SOCIAL CIRCLE

OCTOBER 2025

Monthly Newsletter

Hold onto your broomsticks as we fly into October!

September came and went just like that! We were busy as usual and wouldn't have it any other way.

The countdown is on for Christmas ... only 12 more Fridays to go. Bring on the silly season.

We cooked our last Bunnings BBQ for the year, it's becoming too hot for us, so we will take a break and start again next year when it cools down.

We raised \$575 on the day, thanks to everyone who came down to support and shared on social media.



"Where we share the care"

AQUA is on the move, currently on display at the Whitsunday Bakery. Here is Karen setting up Aqua in the window front.



We had our Annual General Meeting on Monday September 15th. Good attendance and positive outcomes.

Our Community Craft banners are coming together nicely, won't be long and we will be able to present them to the Community Centre and Proserpine Library.

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September Highlights

OUTINGS

- PT looked a little different this month with Maggie taking a few well deserved weeks off. We did walks and circuits here at the Centre. The crew are very happy that Maggie is now back and they can work on their fitness goals.
- Jayne took a bus through to Mackay this month for shopping. Next trip will be 3rd December, right before Christmas.
- Monthly tour took us out to Dittman's Bucking Bulls for morning tea, a chat with Dusty and a close up look at some young and upcoming bucking bulls. Then on to Calen Hotel for a counter lunch.
- Held a Dementia Morning Tea during Dementia Action Week, shared some great information and enjoyed a round of Musical Bingo.
- We went to see our friends at the Reef Gateway Hotel for a delish counter lunch.

CLUBHOUSE

- Bunnings BBQ
- ECO Barge
- Mackay
- Picnic in Cannonvale
- SING IT LOUD
- SNAGS Karaoke in Mackay

IN CENTRE

- Arm chair yoga every Friday now as Scott's availability has changed but hoping to be back in November for some more Tai Chi.
- Nik is back in the Centre and Mel is very happy to hand the sticks back over to their rightful owner but always happy to help.
- Our grounds are coming along nicely, we have a young whippersnapper helping with the maintenance.
- Alen and Karen have worked so hard on the veggie patch, we have enjoyed a harvest of strawberries, tomatoes, egg plant and celery.
- We have started painting the fence to keep the place looking sharp.
- Creative cooking provided more delicious soup in August along with the bake it blue items for Jeans 4 Genes Day.

What's coming up in October

WEDNESDAY 1ST

Ólder Person's Day - Cannonvale Library 10am.

FRIDAY 3ND

Monthly BBQ in the Centre.

MONDAY 6TH

KINGS BIRTHDAY PUBLIC HOLIDAY - CENTRE IS CLOSED

TUESDAY 7TH

Line Dancing class 1pm. Monthly Cemetery visit.

FRIDAY 10TH

Annual Kitchen Audit. Mental Health Day.

SUNDAY 12TH -

SATURDAY 18TH

National Carers Week. Celebrating all the different types of carers - paid, volunteers, family and friends. We are a special breed and very much needed in this World!

MONDAY 13TH

A morning of shopping at Whitsunday Plaza.

TUESDAY 14TH

Monthly Mystery Tour to Bowen. Enjoying lunch at Cafe360 up Flagstaff Hill.

THURSDAY 16TH

Morning Melodies at the PEC - Wonders. second last show for the year, let the office know if you would like to attend. It will be a great morning listening to all the great one hit wonders!

FRIDAY 17TH

LOUD SHIRT DAY. Wear your loudest shirt to raise awareness for kids with hearing loss.

TUESDAY 21ST

Line Dancing class 1pm

FRIDAY 24TH

Cultural Day - OKTOBERFEST is coming to WLAC! Dress up and enjoy a day of delish German food, beverages, games and music

TUESDAY 28TH

This months Counter lunch will be hosted by The Hangar Cafe, Dan and the team are looking forward to having us back. Please let the office know if you would like to attend and to book your seat on the bus.

FRIDAY 31ST

Our annual Halloween celebrations. Prizes for best dressed. Scary spooky food, games day and of course TRICK OR TREAT! SING IT LOUD at the Reef Gateway Hotel from 5:30PM.

FRIDAY 3rd

ECO BARGE

TUESDAY 7th

KARAOKE

TUESDAY 14th

DAY TOUR

TUESDAY 21st

KARAOKE

FRIDAY 31st

SING IT LOUD

CLUBHOUSE



OCTOBER Birthdays

WILLEM KAMSTEEG 2ND
CHRIS MELROSE 7TH
RON DAVIES 10TH
SHERA TERRY 12TH
DIANA CROSSLEY 15TH
LOIS READ 23RD
MARY DAYMAN 31ST

Happy Birthday to all
the people celebrating
this month.

Management and staff
wish you all the best
on your special day.



JOKE



THE NEWLY-MARRIED HUSBAND CAME HOME FROM THE
OFFICE TO FIND HIS YOUNG WIFE IN FLOODS OF TEARS.

"DARLING, WHATEVER IS THE MATTER?" HE ASKED.

"SWEETHEART," SHE SOBBED, "THE MOST TERRIBLE
THING HAS HAPPENED! I COOKED MY VERY FIRST BEEF
BOURGUIGNON FOR YOU, AND I GOT IT OUT OF THE OVEN
TO SEASON IT, AND THE PHONE RANG. WHEN I CAME
BACK FROM ANSWERING THE PHONE," SHE SOBBED
AGAIN. "I FOUND THAT THE DOG HAD EATEN IT!"

"DON'T WORRY, DARLING," SAID HER
HUSBAND. "DON'T CRY. WE CAN GET A NEW
DOG TOMORROW."

PEANUT BUTTER SPIDER COOKIES

12 PEANUT BUTTER COOKIES
(STORE-BOUGHT OR HOMEMADE)
12 MINI REESE'S PEANUT BUTTER CUPS
1/4 CUP CHOCOLATE, MELTED
OPTIONAL: 24 MINI CANDY EYEBALLS

**KYLIE'S
CORNER**



BAKE. BAKE FOR 8-10 MINUTES, OR UNTIL VERY LIGHTLY BROWNED ON THE BOTTOMS. REMOVE FROM OVEN AND LET REST ON PAN FOR 2 MINUTES. PLACE PEANUT BUTTER CUPS. PLACE THE PEANUT BUTTER CUPS ON TOP OF THE COOKIES WHILE THEY'RE STILL WARM. THEN ALLOW COOKIES TO COOL ON A COOLING RACK. DECORATE LIKE SPIDERS. ONCE COOKIES HAVE COOLED, MELT THE CHOCOLATE IN A MICROWAVE SAFE BOWL. COOK IN 30 SECOND INCREMENTS, STIRRING IN BETWEEN UNTIL MELTED. THEN PLACE IN A ZIP TOP BAG TO DECORATE. SNIP OFF THE EDGE AND PLACE TWO DOTS ON TOP OF THE REESE'S. THEN ATTACH THE EYES. NEXT DRAW 4 LEGS ON EACH SIDE OF THE REESE'S. ALLOW CHOCOLATE TO HARDEN.

puzzle page



HALLOWEEN

WORD SEARCH

U	W	Y	D	S	W	A	T	A	A	K	I	Z	I	C	Z	B
R	L	J	W	N	A	P	J	C	R	Y	V	E	H	A	Q	C
O	A	Q	Y	R	G	M	Y	S	T	S	O	H	G	N	E	N
N	R	E	T	N	A	L	O	K	C	A	J	X	R	D	F	V
B	V	A	M	P	I	R	E	S	O	Q	W	I	A	Y	F	B
S	S	S	J	U	S	T	Z	I	D	J	Q	O	C	W	S	Q
H	E	B	E	I	L	T	H	B	T	U	N	U	L	R	Y	A
U	O	H	B	M	K	P	L	U	S	G	S	C	A	R	Y	F
Y	K	D	C	C	U	R	U	P	P	Q	V	B	S	L	Z	L
X	C	L	A	T	R	T	I	M	J	I	D	A	Z	O	L	A
V	S	R	B	K	I	D	S	Y	P	O	C	T	O	B	E	R
L	A	L	P	X	E	W	Q	O	I	K	F	Y	C	C	E	T
I	E	S	K	R	N	I	M	D	C	F	I	T	H	A	J	M
C	Q	L	S	V	G	D	V	D	X	C	G	N	N	I	Y	V
M	L	W	Z	B	S	W	Y	R	L	W	N	S	S	C	L	V
D	N	I	E	T	S	N	E	K	N	A	R	F	I	S	L	I
O	A	B	T	A	E	R	T	R	O	K	C	I	R	T	P	C



Scary	Spiders	Frankenstein
Vampires	Witches	October
Trick or Treat	Candy	Costumes
Jack-O-Lantern	Pumpkins	Ghosts



Whats on in the Community



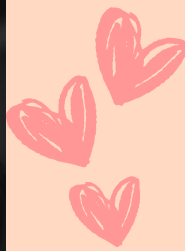
4th October 2025

Proserpine Entertainment Centre

Cost: Adults \$64.90

Concessions \$60.90

Time : 8PM

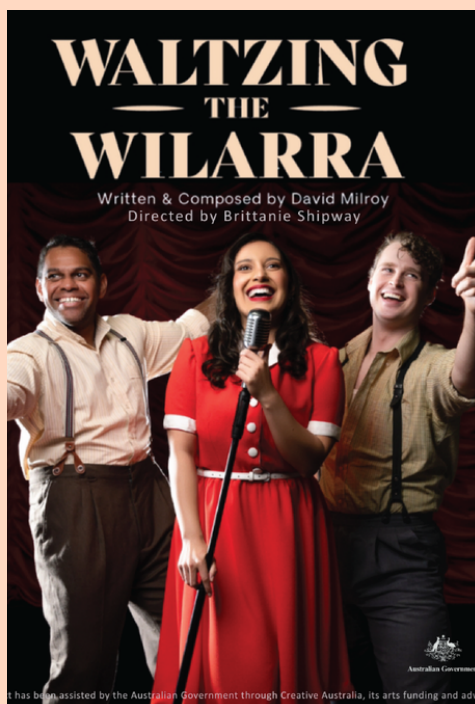


16th October 2025

Proserpine Entertainment Centre

Cost: \$10

Time: 11:00



14th October 2025

Proserpine Entertainment Centre

Cost: Adult \$35 Concessions \$32

Time: 6pm





ART THERAPY



Happy Snaps



DEMENTIA MORNING TEA



CLUBHOUSE



SEPTEMBER BIRTHDAYS





WHITSUNDAY LEISURE ACTIVITY CENTRE

MONTH OF OCTOBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mental Health Week 4th - 10th Career's Week - 12th - 18th Loud T-Shirt Day - Friday 12th Rett Syndrome Awareness Month QLD Seniors Month Breast Cancer Awareness Month ADHD Awareness Month	REMINDEERS Monday 6th - Centre Closed Friday 10th - Oktober Fest Monday 13th - Whitsunday Pl Tuesday 14th - Monthly Toy Tuesday 28th - Counter Lunch Friday 31st - Halloween	1 CANNONVALE LIBRARY VISIT MUSICAL BINGO! GARDENING	2 BINGO! HYDRO TRAINING	3 BBQ YOGA COMMUNITY CRAFT
6 Sorry We're CLOSED King's Birthday Holiday	7 Chris's Birthday CREATIVE COOKING LINE DANCING	8 Ron's Birthday - 10th GARDENING DRUM FUN HYDRO TRAINING	9 Sherar's Birthday - 12th LIBRARY VISIT HYDRO TRAINING	10 CARDS & GAMES COMMUNITY CRAFT YOGA
13 WHITSUNDAY PLAZA	14 MONTHLY TOUR	15 Bowling GARDENING DRUM FUN HYDRO TRAINING	16 MORNING MELODIES	17 LOUD SHIRT DAY COMMUNITY CRAFT YOGA
20 Crafts PT	21 CREATIVE COOKING HOY	22 MUSICAL GARDENING DRUM FUN HYDRO TRAINING	23 Lois R's Birthday LIBRARY VISIT HYDRO TRAINING	24 COMMUNITY CRAFT YOGA
27 Crafts PT	28 COUNTER LUNCH AND BAR THE HANGAR CAFE GAMES	29 GARDENING DRUM FUN HYDRO TRAINING	30 Mary D's Birthday - 31st HYDRO TRAINING	31 Halloween SPOOKY GAMES & CRAFT