



CARE, CONNECTION & COMMUNITY

wlacproserpine.com.au

WHITSUNDAY LEISURE ACTIVITY CENTRE

Social Circle

AUGUST 2026

Monthly Newsletter

Let July be July.
Let August be August.
And let yourself
just be
even in
the uncertainty.
You don't have to fix
everything.
You don't have solve
everything.
And you can still
find peace
and grow
in the wild
of changing things.

MHN

Time flies when you're having fun and that is exactly what has been happening here at WLAC. As we blast into August ... hopefully a little smoother than Eris did at the Bowen Orbital Spaceport last year!

We are planning huge celebrations for October as we celebrate our **50 year Jubilee anniversary**. Our dedicated committee will be sharing all the details in the coming weeks via our website, facebook page, in centre displays and staff members so please keep an eye out and save the date, you will not want to miss this!

We will be doing some external fundraising this month for 2 fantastic organisations. Jeans 4 Genes day on Thursday 6th August with a Blue Bake Sale and Daffodil Day on Thursday 20th August for Cancer Council



WHITSUNDAY
Leisure Activity Centre

"where we share the care"

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FIND US ON FACEBOOK

THE MONTH OF JULY

OUTINGS

In July we enjoyed visiting the Duck Pond for our Monthly Tour, had a bbq, fed the ducks and played some games. Some went shopping at the Plaza.

Had a fundraising event at Bunnings cooking snags, Alen Mel and Lara had a great day talking to the Community about WLAC. Crafty crew had an afternoon at Bunnings doing mosaic coasters with Kara. This was our last session but Kara is looking forward to coming to the centre in the coming months to see our space and book in some more sessions. We went to the Cemetery to visit loved ones that have passed. The monthly counter lunch took us into Airlie Beach and out to the Jubilee Tavern, always great food and the renovations look spot on!!

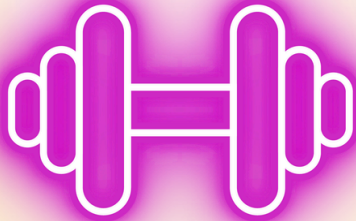
IN CENTRE

In Centre we hosted all of our usual activities, throwing in some extra arts and craft sessions and using the Shak most days. We all embraced NAIDOC week, lots of art and crafts with beads, paints and pens, bush tucker flavours enjoyed all week from our kitchen crew. DrumFun, meditation and breath work on Wednesdays and Fridays with Nik is seeing results, feedback is everyone should give it a go! BINGO on Wednesday afternoon with Karen is so much fun with her unique calling style. Creative cooking made treats for Japanese Day at the end of the month and planning for the Bake it Blue sale next month.

CLUBHOUSE

WHATS ON THIS MONTH

Every Monday



Tuesday 4th

PT with Maggie at Sparklife Studio in Brandy Creek, transport provided, booking essential. Monday 3rd will be held at the Centre and run by Nik, Commonwealth Games Special! Creative cooking, Karaoke and Mens Group.

Friday 7th

Saturday 8th

Sunday 9th

Monday 10th

STONKA Fishing Comp - Eco Resort at Cape Glouster 8am - 10am each morning, transport provided. Please see Mel for details.

Tuesday 11th

Tuesday 18th

Tuesday 25th



Day Trip

Monthly Mystery Tour

Sailability at the Sailing Club starting from 9am, please notify the office if you are interested. Counter lunch.

Dont miss the next



Friday 7th August
leaving for Mackay at 3PM
from our Centre in Stanbury
Street, bookings are essential!



AUGUST

HAPPY BIRTHDAY

Happy Birthday
to all the people
celebrating this month.
Management and staff
wish you all the best on
your special day.

Paula Kviklys	1 st
Bryan Roberts	1 st
Robbie Forse	5 th
Nina Jarvis	27 th
Maria McCarthy	28 th



The August Checkup

JOKE

An older gentleman named Arthur walked into his doctor's office for his yearly checkup on a hot August afternoon. The doctor walked in, smiled, and asked how he was feeling.

"Doc," Arthur said, "I am 82 years old, and I feel like a million bucks! In fact, I just got married to a wonderful 24-year-old woman named Daisy. And guess what? She is pregnant! We are going to have a baby!" The doctor stopped, put down his stethoscope, and looked at Arthur very seriously. "Arthur, let me tell you a little story," the doctor said.

"I know a man who was an avid hunter. He went out into the woods every single day during hunting season. But one day, in a big rush, he grabbed his umbrella instead of his rifle by mistake."

The doctor leaned in closer. "Suddenly, a massive grizzly bear jumped out from behind the trees, roaring and charging right at him! The man didn't panic. He raised his umbrella, aimed it straight at the bear, pulled the handle like a trigger... and BANG!

The bear dropped dead right at his feet."

Arthur gasped. "That's impossible! Someone else must have shot the bear!" The doctor smiled gently and patted Arthur on the shoulder. "Exactly, Arthur. Exactly."

PARTY with your JEANS ON!

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

contour waistband

famous jeans

never quit

low rise

jegging

kicker

fabric innovation

denim party

high rise

rockstar

wideleg

skinny

shape retention

flattering

boyfriend

pop icon

stretch

power

universal fit

tryonathon

mid rise

straight

bootcut

slim

BLUE BLUEBERRY CHIA PUDDING



Ingredients

½ cup chia seeds

2 tsp. blue spirulina powder

2 cups almond milk

¼ cup maple syrup

1 cup vanilla vegan yogurt

½ cup blueberries

Step 1 – In a medium bowl, whisk chia seeds, blue spirulina powder, almond milk and maple syrup together. Allow to sit about 10 minutes.

Step 2 – Stir mixture again, then divide into 4 containers. Refrigerate at least 1-2 hours, or overnight.

Step 3 – Before serving, top each with yogurt and blueberries.

Step 4 – Refrigerate leftovers.



BAKE SALE in CENTRE
Thursday 6th August from 9am
Wear your favourite Jeans
and donate a gold coin.

NRL FOOTY TIPPING

AFTER ROUND 21
HERE ARE OUR
TOP 3

1ST - ROSIE
2ND - MARK
3RD - ROS L





WHITSUNDAY LEISURE ACTIVITY CENTRE IS GOING TO STONKA 2026!!

We have been called on to help the team out at Stonka each morning before the events start to ensure the grounds are ready for the crowds. Each morning on 6-9TH AUGUST Mel will take a crew out at 8am - TBA (roughly 2 hours). Looking for anyone interested to give a helping hand. Please let the office know if you can. We will be receiving a large donation for our efforts.

Pastel Painting - Proserpine Library
We have 10 spots booked Please see the ladies in the office.
Thursday, 27 August 2026 | 01:00 PM - 03:00 PM



Create Your Own Masterpiece!

Discover the beauty of pastel painting in this fun and relaxing hands-on workshop. Learn how to blend vibrant colours, create depth and texture, and bring your artwork to life using soft pastels. This workshop also fosters social connection, encouraging participants to share a creative experience, develop new skills, and enjoy the positive impact of making art together.

**MONTHLY RAFFLE
PRIZE FOR AUGUST
\$2 A TICKET
AVAILABLE IN CENTRE
DRAWN ON FRIDAY 28TH
AUGUST**



WHITSUNDAY LEISURE ACTIVITY CENTRE

Month of August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
3 WHITSUNDAY PLAZA  Bryan's Birthday - 1st  CRAFT - TYRES & SHELLS  10 STONKA  TABLE GAMES DAFFODIL DAY CRAFT  PT	4 CREATIVE COOKING  hoy  MENS GROUP CEMETERY VISIT  11 MOVIE & PICNIC IN THE PARK  18 MONTHLY TOUR GREENMOUNT HOMESTEAD 	5 Robbie's Birthday  TABLE GAMES DRUM FUN FUNGO  12 TABLE GAMES  DRUM FUN FUNGO  13  GENES DAY  6 JEANS FOR GENES DAY  Paula's Birthday - 1st 	7 STONKA  BQ  ARM CHAIR YOGA & MEDITATION  COMMUNITY CRAFT 	20 Cancer Council Daffodil Day  Growing hope for 40 years  21 ARM CHAIR YOGA & MEDITATION  TABLE GAMES  COMMUNITY CRAFT  22  27 Nina's Birthday  28 ARM CHAIR YOGA & MEDITATION  TABLE GAMES  COMMUNITY CRAFT 	31 Maria's Birthday - 28th  TABLE GAMES  CRAFT - 50 YEARS  PT	REMINDERS: Monday 3rd - Whitsunday Plaza Thursday 6th - Jeans for Genes Day Tuesday 11th - Movie & Picnic in the Park Tuesday 18th - Monthly Tour Thursday 20th - Daffodil Day Tuesday 25th - Counter Lunch	WHITSUNDAY Leisure Activity Centre  Jeans for Genes  Cancer Council Daffodil Day Growing hope for 40 years 