



WHITSUNDAY LEISURE ACTIVITY CENTRE

Social Circle

JUNE 2026

A huge thankyou to everyone involved in our Mother's Day luncheon and Biggest Morning Tea fundraiser in May. These days do not come together on their own and we hope everyone had a great time and will be back next year. We were packed to the rafters and wouldn't have it any other way, these days bring a great atmosphere to the Centre.

Special mention to those who donated prizes for the cent sale, purchased tickets, lucky cups and supported the bake sale on the day. We were able to raise \$800 for Cancer Council this year! Great effort from our Centre.

**The Centre will be closed
for Show Whitsunday on
Friday 19th June**

The show is coming to town! Show Whitsunday is on Friday 19th & Saturday 21st of June. This year we will be submitting woodwork, artwork and baking entries.. If you would like to be involved, please speak with Mel in the Centre.



WHITSUNDAY
Leisure Activity Centre

"Where we share the care"

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FIND US ON FACEBOOK



One of our own, Nikolai, walked an incredible 23km's from Cannonvale to Proserpine as part of Counting Steps for Autism Australia supporting Autism Awareness Month. Thanks to to greater Community who supported and donated to this cause and thankyou Nik!

THE MONTH OF MAY (HEM) OUTINGS

We had a variety of outings during May! Monthly Tour was enjoyed at the Big4 Caravan Park in Cannonvale. We set up a few sites, lunch in the camp kitchen, had a private animal feeding, played BINGO, went on the train, accessed the cafe all on our doorstep! Some of our Clubhouse participants then stayed on to camp the night, rode the push carts, cooked a BBQ dinner, enjoyed cards and marshmallows on the fire followed by a wet sleepless night but would do it all over again, already planning the next trip... The PT crew smashing it out with Maggie at Sparklife. Went to the Cemetery to visit loved ones and lay some flowers. Our counter lunch took us out to an old favourite, The Midge Point Tavern

IN CENTRE

May is always one of our busiest month's of the year in the Centre! All the good kids are born in May so they say! We had Mothers Day, Biggest Morning Tea Fundraiser for Cancer Council, Practitioner Open Day, plus all of usual group activities. The meditation and breathwork session with Nik on Friday is growing, so we have decided to put in another session after DrumFun on Wednesdays. Workshop has been restoring the bikes we had donated and Intersport Airlie Beach have been assisting with repairs and parts which has been fantastic. If anyone has any activity suggestions please let Mel know in the Centre.



CLUBHOUSE

WHATS ON THIS MONTH

Every Monday

Tuesday's

Friday 5th

Tuesday 9th

Friday 12th

Monday 22nd

Friday 26th

Tuesday 30th

PT with Maggie at Sparklife Studio in Brandy Creek, transport provided from the Centre

Sailability at the Sailing Club in Airlie Beach on 2nd, 16th and 30th
Creative cooking and Kareoke 2nd and 16th

Eco Barge

Day Trip

Russian Family Day in Centre

Bunnings Craft Session

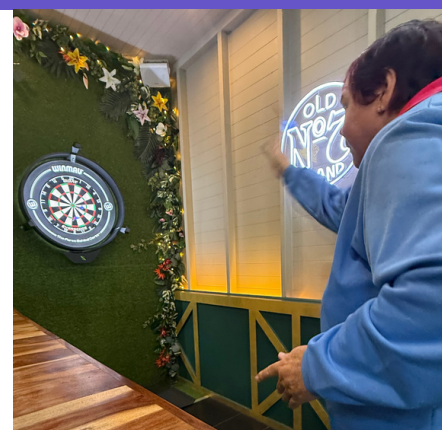
SNAGS Mackay

Lunch Outing

NEXT MACKAY

SNAGS

**FRIDAY 26TH JUNE LEAVING
AT 3PM FROM THE CENTRE**



June Birthdays



Daniel Dawson (Elvis) 4th

Ros Law 10th

Ann Andersen 18th

Barb Clapson 18th

Melody Gamm 20th

Dawn Hodgson 23rd

Marcus Cooke 23rd

Bonnie Dickinson 25th

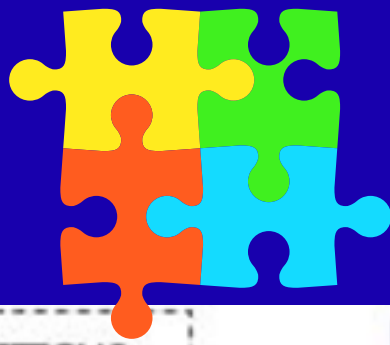
Melinda Shepherd 30th

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



Just Joking!

An old man and a 20 year old are paired together at a golf tournament. They're playing a long par 5 that dog legs around some tall trees. As the 20 year old sets up his tee shot to hit onto the fairway the old man notes "when I was your age we used to hit over the trees - not around to the side." So the 20 year old readjusts and tries to hit over the trees - but can't clear them and loses his ball. He tries again and loses that one too... Then the old man says "of course, when I was your age, the trees were only 6 foot tall."



PAGE

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Fun at the Fair



BLUE RIBBON

BOOTH

BUMPER CAR

CANDY APPLE

CONTESTS

CORN DOG

COTTON CANDY

DISPLAYS

EXHIBIT

FAIRGROUNDS

FARM ANIMALS

FERRIS WHEEL

FLOWERS

FUN HOUSE

HOUSE OF MIRRORS

LEMONADE

MERRY-GO-ROUND

MUSIC

PARADE

POPCORN

ROLLER COASTER

SIDESHOW

SNOW CONE

TICKET



HEALTHY HABITS

60 g (0.75 cups) Oats - (use certified gluten free oats to ensure this recipe is gluten free)

350 ml (1.5 cups) Almond milk

1 Apple - grated

2 tablespoon Maple syrup

0.5 teaspoon Cinnamon

Apple slices and pecans - for serving; optional

Grate **1 apple** using a coarse grater.

Put **60 g oats**, **350 ml almond milk**, grated apple, **2 tablespoon maple syrup** and **0.5 teaspoon cinnamon** into a pan and gently head for 4-5 minutes until thickened.

Serve in bowls with **apple slices and pecans** on top.



Community Noticeboard



AWARENESS MONTH

Men's physical and mental health
Bowel cancer
Dementia support

BIKE

at WLAC

9:45AM 11th JUNE

(before BINGO)

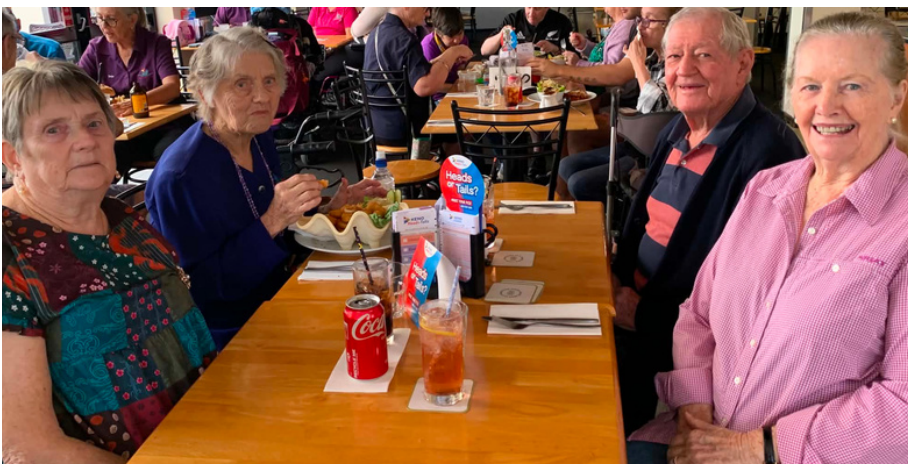
AUCTION



NRL FOOTY TIPPING

AFTER ROUND 12
HERE ARE OUR TOP 3

1ST - MARK
2ND - PAT, HELEN
3RD - HOLLY, JAYNE,
AMANDA, ROSIE



WHITSUNDAY LEISURE ACTIVITY CENTRE

MONTH OF JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Whitsunday Plaza  PT	2 CREATIVE COOKING  MENS CLUB KARAOKE  CEMETERY VISIT	3 Daniel " ELVIS" Birthday - 4th  DRUM FUN & MEDITATION  FUNGO	4  CARDS & GAMES	5 ARM CHAIR YOGA & MEDITATION BBQ  CARDS & GAMES COMMUNITY CRAFT
8 CARD & GAMES  PT	9 MONTHLY TOUR PIONEER VALLEY 	10 DRUM FUN & MEDITATION  FUNGO	11 Ros L's Birthday 10th MORNING MELODIES REFURBISHED BIKE AUCTION  CARDS & GAMES	12 RUSSIAN DAY 
15 CARDS & GAMES  PT	16 CREATIVE COOKING  MENS CLUB KARAOKE 	17 DRUM FUN & MEDITATION  FUNGO	18 Birthdays Ann A's - 18th Barb - 18th  CARDS & GAMES	19 CENTRE CLOSED SHOW FRIDAY 
22 CARDS & GAMES  PT	23 Dawn & Marcus Birthdays Melody - 20th  CREATIVE COOKING MENS CLUB KARAOKE 	24 Bonnie's Birthday -25th  DRUM FUN & MEDITATION  FUNGO	25  CARDS & GAMES	26 ARM CHAIR YOGA & MEDITATION 
29 Melinda's Birthday - 30th BUNNINGS CRAFT Warehouse PT	30  CARDS & GAMES COUNTER LUNCH @ BEACHES	REMINDERS: Monday 1st - Whitsunday Plaza Tuesday 9th - Monthly Tour Pioneer Valley Friday 12th - Russian Day Friday 20th - Closed Show Holiday Friday 26th - Draw Monthly Raffle Tuesday 30th - Counter Lunch Beaches Airie Beach		
CLOSED				