



CARE, CONNECTION & COMMUNITY

Social Circle

WHITSUNDAY LEISURE ACTIVITYCENTRE

SEPTEMBER 2026

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, special newsletter and Facebook page. The celebrations will be spread over the week of

26th - 30th October.

A huge thank you to everyone who participated in and donated to our Jeans for Genes Day and Daffodil Day fundraisers! Your generosity will make a wonderful difference in researching childhood genetic disorders and raising awareness for cancer. It was a fantastic show of community spirit and generosity throughout the day, with **\$219 raised** for these great causes!

Spring is here! 🌸

This year is flying by, and with warmer weather on the way, now is a great time to give your home a good spring clean and make it a safer place to live.

Take the opportunity to declutter, tidy up and check for potential hazards that could cause trips, slips or falls. Clear walkways, secure loose rugs, check lighting, and make sure frequently used items are easy to reach.

A little time spent making your home safer now can help prevent injuries and make your home more comfortable for the months ahead.

Spring clean, stay safe and enjoy the warmer weather!

IN CENTRE

August

Our crafty crew were kept busy making flowers for Daffodil Day and decorating the tree at the centre. It looks absolutely fabulous!

Our Creative Cooking crew were busy in the kitchen for Jeans for Genes Day, baking up a selection of blue-themed treats for a bake sale!

Our garden has had a fresh coat of paint, bringing lots of bright and cheerful colours to the space! It's looking fantastic and has given our garden a wonderful new lease on life.

The workshop crew have been working hard in the workshop!

Sanding, painting and putting in plenty of elbow grease to get our monthly raffle specially ready!

We can't wait to show you the finished product — keep an eye out for the big reveal!

It's been a wonderful month filled with friendship, creativity, good food, community outings and plenty of laughs.

A big thank you to everyone who helped bring a little extra colour and joy to our Centre.

OUTINGS

We enjoyed a fun community outing to see Moana 2, at the PEC, followed by a picnic in the park.

We travelled out to Shute Harbour, where we enjoyed the views and some hot chips.

We also visited the cemetery to pay our respects and spend some time remembering loved ones who have passed.

Our monthly counter lunch at the Palace was a lovely way to catch up, enjoy a relaxed meal, and spend time together.

A huge shout-out to all our amazing volunteers who dedicated their time to volunteer at the Stonka Fishing Challenge. It was a fantastic four days filled with plenty of hard work and thanks to your efforts our Centre received an incredible \$1,000 donation! which will go towards our activity program which we all enjoy so much.

Thank you all for your support!

CLUBHOUSE

COMING UP IN SEPTEMBER

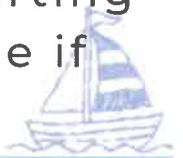
Every Monday



PT with Maggie at Sparklife Studio in Brandy Creek, transport provided, bookings essential. Get a tailored program to increase your strength, improve mobility and overall health.

**Tuesday 8th
& 29th**

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



Friday 4thth September
leaving for Mackay at 3PM
from our Centre 17 Stanbury
Street, bookings are essential!



SAVE THE DATE
OCTOBER 16th Northern Beaches

Women's Health Week smoothie

Ingredients

150-200mls milk of your choice (cow, soy, almond, rice)

1/2 cup yoghurt of your choice (cow, sheep or coconut)

1/2 cup mix of frozen strawberries and raspberries

1 dessertspoon each of unhulled sesame seeds, almonds and linseeds (depending on the blender, the linseeds may need to be pre-ground)

Pinch of nutmeg

Method

1. Combine all ingredients in blender and blend until smooth.
2. Serve in a tall glass.





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

Rosemary Jeffery 1st
Kelly Bell 9th
Lorraine Armstrong 19th
Jean Bass 21st
Mark sanders 22nd
Aileen Eder 23rd



The September Checkup

JOKE

The Three Elderly Brothers

Three elderly brothers, aged 92, 94, and 96, shared a large country house together. One evening, the 96-year-old drew a warm bath, stepped to the edge of the tub, paused with one foot in the air, and called down the hall: "Was I getting into the bath or getting out of it?"

The 94-year-old paused halfway up the stairs, scratched his head, and called back: "I don't know, I'll come up and check on you." He started climbing, but stopped after three steps. A worried look crossed his face, and he yelled out: "Was I heading up the stairs or coming down them?"

The 92-year-old was sitting in the armchair listening to his brothers fuss. He shook his head, knocked furiously on the wooden arm of his chair for good luck, and said, "I sure hope I never get that forgetful!" He stood up, walked to the bottom of the stairs, and yelled, "I'll come up and help both of you as soon as I see who's at the front door!"



Dementia Action Week

A reminder that Dementia Action Week is 21–27 September, with World Alzheimer's Day on 21 September.

To recognise Dementia Action Week, we will be holding a morning tea and information session on Wednesday, 23 September.

Keeping Our Brains Active

Keeping the brain active through activities such as puzzles, reading, learning new skills, listening to music, playing games and social interaction can help support healthy brain function.

Regularly challenging and stimulating the brain may help build cognitive resilience and contribute to overall brain health.

We look forward to coming together for a morning of information, connection and conversation as we raise awareness and support those living with dementia, their families and carers.

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R	R	N	I	N	I	C	V	I	F	C	D
B	N	R	E	S	P	E	C	T	Y	E	P

Find these words: MEMORY | KINDNESS |
SUPPORT | PATIENCE | DIGNITY | COMPASSION |
AWARENESS | COMMUNITY | EMPATHY |
RESPECT



R U OK? Day 2026 –

“Ask R U OK? Any Day.” Life happens every day, and people can experience major changes, challenges or struggles at any time—not just on one particular day.

R U OK? Day encourages us to check in with our friends, family, colleagues and community members throughout the year, especially when we notice someone may be struggling.

A simple, genuine conversation can make a difference. Sometimes, just asking “Are you OK?” can be the first step towards helping someone feel heard, supported and less alone

**AFTER
ROUND 25
HERE ARE
OUR TOP 3**

**1ST - ROSIE LARK
2ND - ROS LAW
3RD - JAYNE MILNE**

**WOODEN SPOON
GOES TO KAREN
CONSERDYNE 😊**

**NRL
FOOTY
TIPPING**

♥ Father's Day Raffle! ♥
With Father's Day coming up on Sunday 6th September, we hope you've had the chance to grab a ticket in our Father's Day raffle! Tickets available at the Centre
\$2 each | \$5 for 3 | \$10 for 7
Raffle drawn Friday 4th September at our monthly BBQ!
A big thank you to everyone who has supported us so far. Your support is greatly appreciated! ♥
Good luck to everyone who enters!

**MONTHLY RAFFLE
\$2 A TICKET
AVAILABLE IN CENTRE
DRAWN ON FRIDAY
25TH SEPTEMBER**



Dementia Action Week

21-27 September 2026

An initiative of
Dementia Australia

Dementia support & information

Dementia Australia – National Dementia Helpline: 1800 100 500

Free and confidential, 24 hours a day, 7 days a week. They provide information about dementia, support for families and carers, and can connect you with local services and programs in the Mackay/Whitsunday region

Dear Participant and/or Carer,

This notice is to advise you of the Annual General Meeting of Proserpine and District Respite Services Inc. to be held at the Centre, 17 Stanbury Street Proserpine at 6.30pm Monday 28th September 2026

This committee is the managing body of the Whitsunday Leisure Activity Centre.

You are invited to attend and meet the Committee, members and staff and listen to what is happening within the Centre and any future plans there may be.

At this time, you would not be able to vote on any business unless you are a financial member, but you are more than welcome to ask questions, participate in the meeting and provide fresh ideas. You or a family member may even wish to join our membership and nominate for the Committee in the future. The more input we have from the beneficiaries of our service the better we can deliver to you.

We hope to see you on the 28th.

Yours faithfully,



Jayne Milne
Chief Executive



WHITSUNDAY
Leisure Activity Centre

Proserpine and District Respite Services Inc.

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Supporting seniors and their families in the Whitsunday region

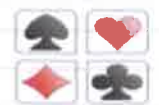
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WHITSUNDAY LEISURE ACTIVITY CENTRE

Month of September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WHIT SUNDAY PLAZA COMMUNITY CRAFT   CARD GAMES	2  CREATIVE COOKING Rosemary Birthday - 1st FLOWER CRAFT  CEMETARY VISIT	3 MACKAY TRIP  CARDS & GAMES DRUM FUN WITH MEL 	4  LIBRARY VISIT 	5  CELEBRATION  CARDS & GAMES TAI CHI
8 COMMUNITY CRAFT  CARD GAMES	9 MONTHLY TOUR CALEN PUB FOR LUNCH 	10 CARDS & GAMES  DRUM FUN WITH MEL 	11 Birthdays Kelly Bs - 9th Ian's - 14th HAPPY BIRTHDAY  	12 CARDS & GAMES  ARM CHAIR YOGA
15 COMMUNITY CRAFT  CARD GAMES 	16 CARDS & GAMES  KARAOKE  CREATIVE COOKING	17 DEMENTIA AWARENESS MORNING TEA  DRUM FUN WITH MEL 	18 Jean B's Birthday - 21st  LIBRARY VISIT 	19 Lorraine A's Birthday  CARDS & GAMES TAI CHI
22  COMMUNITY CRAFT  CARD GAMES	23 Birthdays Aileens Mark - 22nd   CREATIVE COOKING	24 CARDS & GAMES  DRUM FUN WITH MEL 	25  	26 CARDS & GAMES  ARM CHAIR YOGA
29  WORLD HEART DAY 29 SEP  COMMUNITY CRAFT  CARDS GAMES	30 CARDS & GAMES  COUNTER LUNCH @ Reef Gateway Hotel	REMINDERS: Monday 2nd- Whitsunday Plaza Wednesday 3rd - Mackay Trip Tuesday 9th - Monthly Tour Monday 15th - Annual General Meeting @ 6.30pm Wednesday 17th - Dementia Awareness Morning Tea Tuesday 30th - Counter Lunch		Dementia Action Week Monday 15 September to Sunday 21 September "Act Now for a Dementia-Friendly Future." 

AGM
Annual General Meeting

