



WHITSUNDAY LEISURE ACTIVITY CENTRE

Social Circle

JULY 2026

We hope everyone enjoyed the Proserpine Show, well done to everyone who put in art/craft/cooking entries. Congratulations to our very own Jam Drop Master Baker, Nigel, taking home 1st Place!

As the temperature drops the risk of colds/flu increases please read the attached info from Queensland Health to keep yourself safe this winter.



We are learning about different cultures here at the Centre. In June we explored the Russian culture, we made our own head pieces, played games and enjoyed food with a Russian twist. This month we will be acknowledging NAIDOC Week and exploring the Japanese Culture.

"Where we share the care"

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THE MONTH OF JUNE

OUTINGS

In June we enjoyed visiting the Pioneer Valley Region for our Monthly Tour. Stopping in at the Dame Nellie Melba Room in Marian and then onto the Pinnacle Pub for lunch where we devoured their famous pie's! Morning Melodies at the PEC was a memorable morning singing along to all the Frank Sinatra favourites. Mens group visited the Museum to check out the history of Proserpine. Spent an afternoon at Bunnings doing craft with Kara. We went to the Cemetary to visit loved ones that have passed. The monthly counter lunch took us into Airlie Beach Beaches, a new spot for the crew.

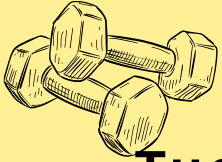
IN CENTRE

In Centre we hosted all of our usual activities, throwing in some extra arts and craft sessions and using the Shac most days. We had a blast on Russian Family Day, exploring the cuisine, dancing and playing games. We hosted our first ever Bike Auction to fundraise for the Centre. The bikes had been donated by the Community, the workshop restored them back to working order and then we sold them to the highest bidder!! Drumfun, meditation and breath work on Wednesdays and Fridays with Nik is seeing some amazing results and great feedback.

CLUBHOUSE

WHATS ON THIS MONTH

Every Monday



Tuesday's



Friday 10th

Tuesday 14th

Friday 24th

Monday 27th

Tuesday 30th

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

Sailability at the Sailing Club in Airlie Beach on 14th & 28th starting from 9am. Creative

cooking and Karaoke 7th and 21st
Eco Barge

Day Trip

Bunnings BBQ fundraiser

Bunnings Craft Session

Counter lunch



NEXT MACKAY

SNAGS

FRIDAY 7TH AUGUST

LEAVING AT 3PM

FROM THE CENTRE

ENDEAVOUR
Cannonvale are
having a Bee
Yourself Social on
Friday July 24^h
5pm – 8pm
\$10



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



JULY

KAYLENE GILES 1ST
JUDY BUCKINGHAM 11TH
MARGARET PERKINS 14TH
GERTRUD KUNZE 19TH

Chicken Noodle Soup



700g bone in , skin on
chicken thigh fillets
Salt and pepper
2 tbsp olive oil
2 tsp dried thyme
2 tsp oregano
1 small onion
2 garlic cloves
2 cups celery
2 cups carrots
3 cups chicken broth
3 cups water
6 200g thick egg pasta
Finely chopped parsley

Season chicken with salt and pepper. Heat 1 tbsp oil in a large pot over medium high heat. Add chicken, skin side down, and cook until brown. Turn and cook the other side for 2 minutes. Transfer to a plate.

Turn the heat down to medium low. Discard all but 1 tbsp fat from the pot. If you don't have any fat, add 1 tbsp olive oil, then add the onion, garlic, thyme and oregano. Cook for 2 minutes, then add the celery and carrots. Cook for 3 minutes. Add a splash of the chicken broth and mix in, scraping the bottom of the pot.

Return the chicken and juices into the pot, add the chicken broth and water. Turn the heat up to medium to bring to a simmer. Place the lid on and cook for 30 minutes.

Remove the chicken into a large bowl. Add the pasta into the pot.

While pasta cooks, shred the chicken with 2 forks. Return the chicken to the pot. Season to taste with salt and pepper. Serve, garnished with parsley if desired.

PUZZLES PAGE

Diabetes

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

hyperglycemia
medications
symptoms
monitor
insulin

risk factors
neuropathy
Type two
Testing
Glucose

hypoglycemia
exercise
diabetes
fasting
cells

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

Community Noticeboard



MARK HUGHES
FOUNDATION

July 24th is
Pajama Day
Wear your
pajamas and
donate to
raise money
for Children in
foster care

PIJAMA
DAY

Wear a beanie
to the Centre
on State of
Origin 3
Wednesday
8th July to
help fundraise
for this great
cause

NRL FOOTY TIPPING

AFTER ROUND 16
HERE ARE OUR
TOP 3
1ST- AMANDA
AND MARK ON 75
2ND - ROSIE 74
3RD - ROS 73

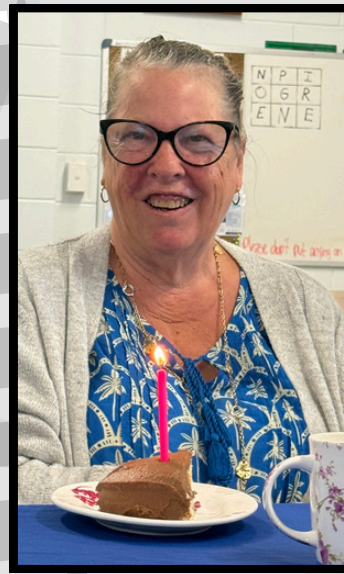
30th year **BOOK
BONANZA**

Saturday 4 July - Friday 10 July
9am - 4pm
Saturday 11 July
9am - Midday

100s OF BOOKS AT LOW PRICES
Books for everyone in the family!
PLANTS, RAFFLE,
TRASH & TREASURE STALL

 PROSERPINE HISTORICAL MUSEUM
188 MAIN STREET
PROSERPINE



WHITSUNDAY LEISURE ACTIVITY CENTRE

Month of July 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDEERS				
MONDAY 6th WHITSUNDAY PLAZA	1 COMMUNITY CRAFT	2 COMMUNITY CRAFT	3 Kaylene's Birthday - 1st ARM CHAIR YOGA & MEDITATION	
TUESDAY 14th MONTHLY TOUR				
TUESDAY 28th COUNTER LUNCH				
FRIDAY 31st JAPANESE DAY	DATE 24th JULY 2026			
NAIDOC WEEK 5th - 12th	AWARENESS FOR CHILDREN			
DIABETES WEEK 13th - 19th	CARDS & GAMES	CARDS & GAMES	CARDS & GAMES	CRAFT CARDS
6 NAIDOC WEEK	7 CREATIVE COOKING CEMETERY	8 NAIDOC CELEBRATION	9 COMMUNITY CRAFT	10 Judy B's Birthday - 11th ARM CHAIR YOGA & MEDITATION
COMMUNITY CRAFT WHITSUNDAY PT PLAZA	CARDS & COMMUNITY GAMES CRAFT	COMMUNITY CRAFT FUNGO CARDS & GAMES	COMMUNITY CRAFT FUNGO CARDS & GAMES	COMMUNITY CRAFT CARDS
CARDS	14 MONTHLY TOUR DINGO BEACH	15 COMMUNITY CRAFT	16 COMMUNITY CRAFT	17 ARM CHAIR YOGA & MEDITATION
13 NATIONAL DIABETES WEEK PT				
Margaret's 80th Birthday - 14th		DRUM FUN & MEDITATION	CARDS & GAMES	CARDS COMMUNITY CRAFT
COMMUNITY CRAFT		COMMUNITY CRAFT FUNGO		
CARDS				
20 Gertrud's Birthday - 19th	21 CREATIVE COOKING	22 COMMUNITY CRAFT	23 COMMUNITY CRAFT	24 ARM CHAIR YOGA & MEDITATION BBQ @ BUNNINGS
COMMUNITY CRAFT	COMMUNITY CRAFT MENS CLUB	CARDS & GAMES FUNGO	CARDS & GAMES	COMMUNITY CRAFT
CARDS & GAMES PT	CARDS & GAMES	29 COMMUNITY CRAFT	30 INTERNATIONAL FRIENDSHIP DAY COMMUNITY CRAFT	31 JAPANESE DAY
27 COMMUNITY CRAFT	28 COUNTER LUNCH @ JUBILEE POCKET	CARDS & GAMES FUNGO		
CARDS & GAMES	CARDS & GAMES SAILABILITY	DRUM FUN & MEDITATION	CARDS & GAMES	