

Gala Fair

★ CELEBRATION ★

50 YEARS

of WLAC

Formally P.A.T.C.H

30th October 2026

Starting 5pm



FREE
BBQ



Market
Stalls



Live
Entertainment



Light
Display



Much
More!

BINGO

7 23 45

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IN CENTRE

A big congratulations to Bryan and Sue on winning our Father's Day raffle! The celebrations continued with a delicious BBQ, lovingly prepared by our awesome kitchen team. Our crafty crew have been busy mosacking and of course, it's never too early to start planning Christmas crafts! We're looking forward to seeing the finished creations!

There has been plenty of action in the workshop, with our workshop crew putting in the hard yards to have our monthly raffle ready.

You may have noticed a little something extra happening alongside our popular Drum Fun sessions. Nik has incorporated breathwork and meditation into our Wednesday afternoon sessions. It's a great way to unwind, relax, have some fun and get involved.

We held an informative Dementia Morning Tea to raise awareness and share information about a condition that affects many individuals and meditation into our Wednesday afternoon opportunity to have open conversations about the challenges it can bring.

Our Annual General Meeting (AGM) was held on the 28th October, and we would like to extend a very big thank you to everyone who accepted the responsibility of taking on a volunteer role with the Management Committee.



OUTINGS

This month we've had some adventurous outings. We picked the perfect day for a drive to Seaforth! With beautiful weather it was the perfect opportunity to get out and enjoy the fresh air and walk along the beach! We enjoyed a delicious BBQ lunch, it was a fantastic day out filled with sunshine, laughter, good food and great company!

We ventured out to the PEC for Morning Melodies to see What's Up Pussycat? It was a great opportunity to enjoy some live entertainment so close to home.

A small group participated in a creative printing activity at Proserpine Library, printing artwork onto canvas bags. It was a hands-on experience that allowed us to explore our creativity while learning a new skill.

For our monthly counter lunch we travelled to Hog's Breath Café Airlie Beach. Sometimes it's the simple things — good food and great company that makes for a wonderful outing!

Our monthly outings continue to be a favorite, giving everyone the chance to get out, explore, and enjoy new experiences, so don't forget to book, as seats are limited!

★ Hip Hip Hooray!
Warmest wishes to
everyone celebrating
their birthday in
October!

Chris Melrose
Shera Terry
Lois Reid
Mary Dayman



We'd love to hear from you!
If you are receiving a Newsletter
but aren't currently engaged with
our services and would like to be,
please contact us to see how we
can assist you. Alternativley,
contact

My aged care on
1800 200 422
or your NDIS Support Coordinator

JOKE

The Taxi Driver

A taxi passenger tapped the driver on the shoulder to ask him a question. The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches from a shop window. For a second, everything was quiet in the cab. Then the driver said, "Look, mate, don't ever do that again. You scared the living daylights out of me!" The passenger apologized and said, "I didn't realize that a little tap would scare you so much." The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver — I've been driving a funeral van for the last 25 years."

AFTER THE NRL SEMI
FINALS HERE ARE OUR
TOP 3
1ST - ROSIE & ROZ
2ND - AMANDA
3RD - KYM

NRL
FOOTY
TIPPING

Let's
Celebrate



MONTHLY RAFFLE
\$2 A TICKET
AVAILABLE IN CENTRE
DRAWN ON FRIDAY
30TH OCTOBER

The Centre will be closed on Monday, 3rd October for the
King's Birthday public holiday.
We hope everyone enjoys the long weekend and we'll see you
back at the Centre Tuesday 6th October.



Halloween Search A Word



Find the Halloween words hidden in the grid. They can be written horizontally, vertically, diagonally, forwards or backwards.

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

Find these words:

- Pumpkin
- Witches
- Spider
- Bats
- Skeletons
- Costumes
- Haunted house
- Monsters
- Treats
- Spooky
- Candles
- Halloween
- Ghosts
- Candy
- Black cat
- Vampire
- Witch
- Web
- Boots
- Scarecrow
- Zombie
- Frankenstein
- Moon
- Cauldron



Have fun and happy Halloween! 🎃



1. Preheat oven to 200°C (180°C fan-forced).
2. Prepare the pastry: Cut the puff pastry into thin strips, about 5-8 mm wide.
3. Wrap the hot dogs: Starting at one end, loosely wrap pastry strips around each frankfurt, leaving a small gap near the top for the face. Cross the strips over each other to make them look like mummy bandages.
4. Add egg wash: Place on a lined baking tray and lightly brush the pastry with beaten egg.
5. Bake for 15-20 minutes, or until the pastry is puffed and golden.
6. Make the faces: Once slightly cooled, add two tiny dots of mustard or tomato sauce for eyes.

October Awareness Days

Loud Shirt Day – Friday, 16 October

We're inviting everyone to wear loudest shirt and join us in raising awareness for the Australian Deaf Children Association.

Breast Cancer Awareness Month

October is also a timely reminder to look after your health and take time for yourself. Early detection can make a difference.

Rett Syndrome Awareness Month

We also recognise Rett Syndrome Awareness Month, helping to increase understanding and the impact it can have on individuals and their families.

Three important causes, one shared message – awareness, support and compassion can make a difference.

Mental Health Week 3rd – 11th October

time to remind ourselves that looking after our mental health is just as important as looking after our physical health. It is a great opportunity to connect with others, and stay active

Carers Week

11th – 17th October

Carers Week is a time to recognise and celebrate the wonderful people who provide care, support and companionship to family members, friends and loved ones



SNAGS
Karaoke
A not-for-profit supporting
people with disabilities
through music, connection & fun

Save the Date



Melbourne Cup
LUNCHEON

SAVE THE DATE

TUESDAY 3rd NOVEMBER 2026 9:30am

\$20 P/P HIGH TEA & DELICIOUS 2 COURSE LUNCHEON
COME ALONG AND HAVE A WAGER
WLAC CUP - FIRST RACE STARTS AT 10:00AM

WLAC CUP BEST BETS \$1 & \$2 SWEEPS
CENT SALE PUNTER OF THE DAY FASHIONS OF THE FIELD

WHITSUNDAY Leisure Activity Centre
RSVP TO OFFICE BY FRIDAY 30th OCTOBER 2026 Ph: 49452189

PT-Mondays
with Maggie @
Sparklife Studio in Brandy Creek

Tuesday 13th
Counter Lunch
Tuesday 20th Mystery Tour



Tuesday 13th & 27th
Sailability
Whitsunday Sailing Club
Starting from 9am



SNAGS Friday 16th October
leaving for Mackay at 3PM
Bookings are essential!



50 Years

ANNIVERSARY

CARE, CONNECTION & COMMUNITY

wlacproserpine.com.au

A WEEK TO REMEMBER, A LEGACY TO
CELEBRATE

26TH - 30TH OCTOBER

MONDAY - FRIDAY 9:30AM - 3:30PM
FRIDAY EVENING 5:00PM - LATE

17 STANBURY STREET
PROSERPINE
QLD 4800

OPEN TO WHITSUNDAY COMMUNITY

RSVP FOR WEEK BY CALLING 49452189

RSVP VIA EMAIL info@wlacproserpine.com.au

RSVP FOR MONDAY/FRIDAY VIA QR CODE



WLAC IS 50 COME HELP US CELEBRATE!!!

ALL DAYS OPEN TO GENERAL PUBLIC

MONDAY -

9:30 - 12:00 - OFFICIAL OPENING WITH CELEBRATORY HIGH TEA AND
MOMMAS AND POPPAS ENTERTAINMENT

1:00 - SPARK FITNESS SHOWCASING OUR THERAPY POOL AND PT MOBILITY AND
BALANCE

1:30 - START OF WEEK LONG CENT SALE WHICH WILL BE DRAWN FRIDAY NIGHT

TUESDAY -

9:30 - 11:30 - ARTS AND CRAFT

SHOWCASING WLAC SHACK

1:00 - 3:00 - SHOWCASING ARUMA PLACE (VIRTUAL TOUR)

1:00 - 3:00 - CARDS AND ACTIVITIES

WEDNESDAY -

WORK SHOP DISPLAY

10:00 - 2:00 - OPEN DAY ALL WELCOME

1:00 - 1:30 - DRUM FUN

1:45 - 3:00 FUNGO WITH KAREN

THURSDAY -

10:00 - 12:00 - WLAC MORNING SESSION BINGO

1:00 - WHO AM I? TRIVIA GAME

FUN ACTIVITIES TO FOLLOW

FRIDAY -

10:00 - 11:00 - FUN ACTIVITIES

11:00 - 12:00 GOLDEN GIRLS 7'S CLUB DEMO AND CHALLENGE

1:00 - 2:00 - TIME CAPSULE ASSEMBLY TO BE OPENED IN 50 YEARS

FRIDAY EVENING FROM 5PM

GALA FAIR WITH MARKET STALLS, GAMES, MUSIC ENTERTAINMENT

FANTASTIC NIGHT LIGHT DISPLAY

FREE BBQ DINNER, RSVP ESSENTIAL

CLOSING OF TIME CAPSULE TO BE OPENED IN 2076

WHITSUNDAY LEISURE ACTIVITY CENTRE

Month of October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday 5th - Whitsunday Plaza Tuesday 13th - Mystery Tour Friday 16th - Loud Shirt Day Tuesday 20th - Counter Lunch Monday 26th - Friday 30th 50th Celebrations		Mental Health Week 3rd - 11th Carer's Week - 11th - 17th Rett Syndrome Awareness Month Breast Cancer Awareness Month 	1  TABLE GAMES 	2 BBQ  TABLE GAMES  CRAFT
5 CENTRE CLOSED 	6 CREATIVE COOKING  CRAFT MENS GROUP CEMETERY VISIT 	7  Chris's Birthday HAPPY BIRTHDAY! DRUM FUN BREATH WORK & MEDITATION FUNGO CRAFT 	8  TABLE GAMES 	9  TABLE GAMES CRAFT
12 WHITSUNDAY PLAZA  TABLE GAMES CRAFT 	13 MONTHLY TOUR PICNIC AT CONWAY BEACH 	14 TABLE GAMES  DRUM FUN BREATH WORK & MEDITATION FUNGO CRAFT 	15 Shera's Birthday - 12th  TABLE GAMES 	16 LOUD SHIRT DAY  TABLE GAMES  CRAFT
19  TABLE GAMES CRAFT 	20   CRAFT COUNTER LUNCH DINGO BEACH HOTEL 	21 TABLE GAMES  DRUM FUN BREATH WORK & MEDITATION FUNGO CRAFT 	22 Lois's Birthday - 23rd  TABLE GAMES 	23  TABLE GAMES CRAFT
26 	27	28	29	30 
50 YEARS WEEK CELEBRATIONS				