



WHITSUNDAY LEISURE ACTIVITY CENTRE SOCIAL CIRCLE

AUGUST 2025

Monthly Newsletter

As we say goodbye to July, lets hope those cool mornings and crisp nights are also done for another year!

As you can see the Newsletter is looking a little different this month, we are using a new program so will be trialing a few different layouts. Please let Mel know if you have any feedback on this.

A special mention to everyone involved in the Community Craft banner's, they look fantastic! We used our large one at the Proserpine Community Centre Open Day on Friday 25th July.

Everyone loved it so much we have been asked to create banner's for other local business's in Proserpine. The open day was a fantastic event where we could showcase our services to the wider community and for other service providers to understand what we offer. We also had some delicious ANZACS and Rocky Road to give away on the day, made by the creative cooking crew . We ran out by lunch time!

"WHERE WE SHARE
THE CARE"

17 Stanbury Street, Proserpine
P:07 4945 2189

e: info@wlacproserpine.com.au

w: www.wlacproserpine.com.au

FIND US ON FACEBOOK



WHITSUNDAY
Leisure Activity Centre

JULY Highlights

OUTINGS

- Proserpine Cemetery
- Monthly tour to Midge Point Stan Camm Park to check out the newly upgraded facilities and enjoy a picnic lunch.
- Proserpine Entertainment Centre to watch The Seekers show
- No power ... no problem, we went to Dingo Beach for the day. Scavenger hunt, games and picnic lunch. A fabulous day had by all, special mention to Lyn, Kelly and Lori for winning a prize during the scavenger hunt!
- Community Centre Open Day, had a stall set up with arts, craft, woodwork, creative cooking giveaways to showcase our services.
- Monthly counterlunch at fishi in Proserpine.

CLUBHOUSE

- Proserpine Dam
- Golf and lunch
- Mulligan's Sports Bar
- Volunteering at Ecobarge

IN CENTRE

- Our monthly BBQ was enjoyed at the Centre, outside in our undercover area with a delicious spread of food prepared by our kitchen staff.
- We celebrated Tanabata Festival on 7th July with a wishing tree, Kaz made dumplings with the participants and staff, we enjoyed a Japanese inspired menu for the day.
- Recognised NAIDOC week with some bush tucker, trivia and art.
- The Community crew made some beaded beauties, finished the banners and prepared flowers for future projects, we also tried candle making and it a great success.
- Creative cooking crew baked up a storm! Veggie Soup, diabetic friendly carrot cake (definitely can improve on this for next year) low sugar chocolate muffins, ANZACS and rocky road.
- Kelly Bullen from the Proserpine Hospital came in during Diabetes week to give our crew some info on Diabetes
- Workshop Crew made a new laundry basket for the Centre and some wooden cutting boards. These are available for purchase.
- Art Therapy participants have been working on their portfolios and a collaborative project.

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Whats coming up in AUGUST

FRIDAY 1ST

Monthly BBQ.

MONDAY 4TH

Whitsunday Plaza visit for shopping.

TUESDAY 5TH

Proserpine Cemetery visit

THURSDAY 7TH



Jeans for Genes Day, wear your Jeans and make a donation if you can. All proceeds go to Children's Medical Research Institute who help find treatments and cures for children's genetic diseases, we will also be having a small blue baked goods stall in Centre.

FRIDAY 8TH & 22ND Tai Chi with Scott.

TUESDAY 12TH



Our Monthly tour is on Tuesday 12th. We will be heading off to enjoy a day at the Proserpine Dam. Enjoy a BBQ lunch, some games and a craft activity whilst taking in the serenity. Pack a hat and water bottle for the tour. For more information and to book a seat contact the Office ASAP.

THURSDAY 14TH



Morning Melodies at the PEC 'For the love of Tony' we have limited seating so please book your ticket with the Office.

**MONDAY 18TH -
FRIDAY 22ND**



SAFETY WEEK - each day we will be practicing our procedures to ensure all participants and staff are aware of what to do in an emergency situation.

THURSDAY 21ST

Daffodil Day - Wear yellow. Community Craft activity.

TUESDAY 26TH



Counter lunch will be at The Prince of Wales Hotel in Proserpine. please book in with the office if you wish to attend.

AUGUST BIRTHDAYS

★HAPPY★
BIRTHDAY!

Amanda Hill	3 rd
Robbie Forse	5 th
Tracey Prince	5 th
Tania Skaife	6 th
Don Morris	13 th
Nola Davies	25 th
Nina Javis	27 th

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

JOKES

The Hospital

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, Norma Findlay, Room 302."

The operator replied, "Let me put you on hold while I check with the nurse's station for that room." After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her Physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good News." The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said,

"No, I'm Norma Findlay in Room 302. No one tells me anything."

KYLIE'S CORNER

Delicious recipes
to try at home

Frozen Greek Yogurt Peanut Butter Bites

Ingredients

- 1 cup Greek yogurt (plain or vanilla)
- 1/3 cup peanut butter
- 2 tablespoons honey or maple syrup
- 1/2 teaspoon vanilla extract
- 1/3 cup mini chocolate chips

→ Optional Add-ins

- 1/4 teaspoon cinnamon
- 1 tablespoon chia seeds or ground flaxseed (for added nutrition)
- 2 tablespoons chopped nuts (almonds, walnuts, or pecans)



Method

- 1 - line a baking tray with parchment paper. peanut butter to room temperature.
- 2 - In a medium mixing bowl, add the Greek yogurt, peanut butter, honey or maple syrup, and vanilla extract. Using a sturdy spoon or spatula, stir the mixture until smooth and well combined.
- 3 -Add the mini chocolate chips to the yogurt-peanut butter mixture. Gently fold the chocolate into the mixture until evenly distributed. If using any optional add-ins like cinnamon, chia seeds, or chopped nuts, fold those in now as well.
- 4 - drop 1 to 1.5 tablespoon portions of the mixture onto the parchment-lined tray. Space them about an inch apart to prevent them from freezing together.
- 5 - Place the tray in the freezer, making sure it's on a flat surface. Freeze the bites for 1-2 hours, or until they're completely firm to the touch.
- 6 transfer them to a freezer-safe container or zip-top bag. If you need to stack them, place a sheet of parchment paper between layers to prevent sticking. Seal the container tightly to prevent freezer burn.

Best-ever homemade sausage rolls recipe

Ingredients

4 sheets ready rolled puff pastry
1 tbsp milk
1 egg
500g veal mince (or beef mince)
500g sausage mince
1 small brown onion, finely chopped
1 small red onion, finely chopped
1 medium carrot, coarsely grated
3 cloves garlic, crushed
1/4 cup finely chopped fresh parsley
1 1/2 tbsp tomato sauce
1/4 cup (60ml) worcestershire sauce



Method

Preheat oven to 220C/200C fan-forced. Line 2 large baking trays with baking paper. Thaw puff pastry.

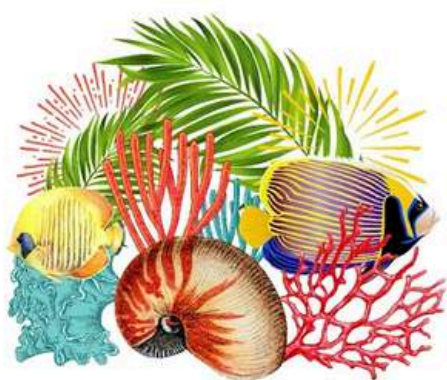
Meanwhile, combine milk and egg in a small jug. Whisk well. Combine veal mince, sausage mince, brown onion, red onion, carrot, garlic, parsley, tomato sauce and Worcestershire sauce in a large bowl. Season with salt and pepper. Divide mixture into 8.

Lay a sheet of pastry on a flat surface. Cut sheet in half horizontally. Spoon 1/8 of the mince mixture down along the long side of one pastry half, shaping mince into a long sausage shape. Brush opposite long edge with a little egg mixture.

Roll up pastry to enclose filling, finishing seam side down. Brush top of log with egg mixture. Cut into 6 short pieces. Place pieces, seam side down on prepared tray, 2cm apart. Repeat with remaining mince mixture, pastry and eggwash.

Bake for 25-30 minutes or until golden and cooked through.

Whats on in the Community



GREAT BARRIER REEF FESTIVAL

1st – 3rd August Airlie Beach Forshore
Time: 10am – 10pm
Cost : FREE



**SING IT LOUD
KAREOKE NIGHT
Friday 29th August
5:30pm – 9pm
Function Room
Cost: \$2.00**



Uniting Church in Australia
PROSERPINE WHITSUNDAY

Flower Show & Fete

Saturday, 30th August 2025

Open from 10 a.m. to 2 p.m.
Cyclone Shelter, Sterry Street,
Proserpine

Entry Fee: \$5.00
(Children under 14 FREE)

Cake Stall ◊ Biscuit Stall ◊ Craft Stall
Mystery Parcel ◊ Elegant White Elephant Stall
Plants Stall ◊ Fabulous Entertainment
Marvellous Floral Art ◊ Raffles
Morning Tea and Lunch

Enter your:
Flowers, Fruit, Vegetables, Orchids & Pot Plants

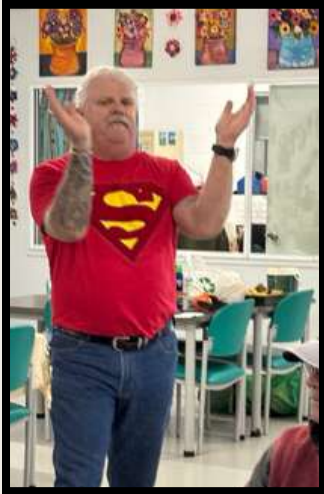




Candle Making



Creative Cooking



July Birthdays



Gardening Crew



Workshop Crew

OUR NEW FITNESS INSTRUCTOR #FLEX



Dingo Beach



Art Therapy



Open Day @ The Community Centre




























Counter Lunch FISHI



Lunch time hang outs

WHITSUNDAY LEISURE ACTIVITY CENTRE

Month of August 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMEMBERS: Monday 4th - Whitsunday Plaza Tuesday 12th - Monthly Tour Thursday 14th - Morning Melodies Tuesday 26th - Counter Lunch SAFETY WEEK 18th - 22nd		TUESDAYS CREATIVE COOKING WEDNESDAYS WORKSHOP THURSDAYS - BINGO FRIDAYS COMMUNITY CRAFT	 WHITSUNDAY Leisure Activity Centre	1  BBQ  TABLE GAMES ARM CHAIR YOGA COMMUNITY CRAFT
4 WHITSUNDAY PLAZA  TABLE GAMES 11 TABLE GAMES CRAFT WITH MEL  Don's Birthday - 13th 18 SAFETY WEEK	5 CREATIVE COOKING  CEMETERY VISIT  12 MONTHLY TOUR PROSERPINE DAM  CRAFT ACTIVITY	6 TABLE GAMES  FUNGO 13 TABLE GAMES  FUNGO 20 TABLE GAMES  FUNGO	7 Jeans 4 Genes Day  14 MORNING MELODIES  21 DAFFODIL DAY  28 TABLE GAMES  RED NOSE DAY	8 Robbie's Birthday - 5th TABLE GAMES TAI CHI COMMUNITY CRAFT 15 ARM CHAIR YOGA  TABLE GAMES COMMUNITY CRAFT 22 TAI CHI TABLE GAMES  COMMUNITY CRAFT 29 ARM CHAIR YOGA TABLE GAMES  COMMUNITY CRAFT
25 TABLE GAMES  CRAFT WITH MEL	19 CREATIVE COOKING  TABLE GAMES  COUNTER LUNCH @ POW	26 TABLE GAMES  CRAFT WITH MEL	27 Nina's Birthday HAPPY BIRTHDAY! TABLE GAMES  NATIONAL MEALS ON WHEELS QUEENSLAND DAY	22 TABLE GAMES  28 TABLE GAMES  RED NOSE DAY