



## JULY NEWSLETTER 2025

### *WLAC SOCIAL CIRCLE*

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'Where we share the care'

Here we are, halfway into 2025. The months are just flying by! The temperature has really dropped off, seeing a few foggy mornings so please stay warm and be safe on the roads. Please also remember if you are feeling unwell do not come into the Centre and risk infecting other participants and staff. There are many different colds and flu's hanging around at this time of the year, don't be complacent and be prepared.

We hope everyone enjoyed the Proserpine Show, we received a Highly Commended Award for the bench seat our Workshop crew entered into the recycled timber category. Unfortunately, we didn't have a WLAC display this year, hoping to reinstate this next year to showcase the amazing pieces we create.

Thank you to everyone involved in the Biggest Morning Tea fundraiser at the end of May. We were able to raise \$800 to donate to the Cancer Council.

Our catering crew raised \$510 at the last Bunning Sausage sizzle on 13<sup>th</sup> June. We saw a lot of familiar faces came to support our Centre so it's a big thankyou from all of us.

We had our **WHO AM I? Photo competition** running in June. Thank you to those that brought in a childhood/baby photo and submitted an entry. It was a tricky competition ... some of those photos were over 60 years old!!!! Congratulations to the following winners, **Bev Gordon – Holly Milne – Mary Matherson.**

We will be holding another photo competition towards the end of the year, Mel is taking photo submissions and hopes to make this one better than ever, have fun looking through those photo albums!

### The adventures we enjoyed in JUNE!

- The shopping crew spent a morning at Whitsunday Plaza.
- We visited the Proserpine Cemetery one afternoon to see our loved ones and plan to do some craft to take up for our next visit.
- We enjoyed a morning of Stage to Screen at Morning Melodies at the PEC.

- Our monthly BBQ was enjoyed outside, as always, a delicious feast was prepared by our kitchen crew.
  - Armchair yoga on Friday mornings is taking off. Very similar to the warmups we have been enjoying with Nik on Monday, Wednesday and Friday mornings before morning tea, we are trying for 30 – 45 minutes a session.
  - We ventured up to blowy Bowen for our mystery tour. Some of us walked the jetty while the others took on K Hub .... and survived! Nikki at Birds and Fish put on another beautiful lunch followed off by a tour of Flagstaff Hill and a sneaky ice cream at the Info Centre on the way back.
  - Workshop Crew have been creating some paper towel holders, chopping boards and washing basket trolleys. Jimmy, Alen, Marcus, Colin, Ron and Mark keep up the solid work!
  - Nik has been working hard with the Drum Fun crew bringing in new routines and a variety of musical beats. Drum Fun runs every Wednesday afternoon. If you have not tried this activity, it is not one to miss! We are now doing these outside in the cooler months as the temperature is just right. Nik invites anyone out in the community to come and give it a go, no matter what you think your limitations might be .... We will find a way, beat to your own drum.
  - PT crew have been working on their fitness goals, focusing on functional exercise and balance. It's great to see the commitment of our participants looking to improve their health and wellbeing. The commitment of this group has been fantastic, keep smashing those sessions.
  - Creative cooking crew delivered a magical pumpkin soup, enjoyed by our Wednesday participants for morning tea. We also baked some shortbread.
- A huge thanks to the staff at Club Whitsunday for our monthly counter lunch, this new venue is high on our hit list! Great food, service and venue facilities.

## **JULY'S AWARENESS MONTH**

**DISABILITY AND FRIENDSHIP MONTH**

**NAIDOC WEEK 6<sup>th</sup> – 13<sup>th</sup>**

**DIABETES WEEK 13<sup>th</sup> – 19<sup>th</sup>**

## **What to look forward to in JULY!**

- ✓ We are trialling a new outing; we will be attending the **Cemetery** on **Tuesday 1<sup>st</sup>** in the afternoon for those participants wanting to visit a loved one.
- ✓ **Creative cooking** on **Tuesday 1<sup>st</sup>, 15<sup>th</sup> and 22<sup>nd</sup>**
- ✓ Monthly BBQ in Centre on **Friday 4<sup>th</sup>**
- ✓ Monthly trip to **Whitsunday Plaza** on **Monday 7<sup>th</sup>**
- ✓ **Monday 7<sup>th</sup>** we are celebrating Tanabata Festival - Japanese based menu and a wishing tree.

- ✓ **Afternoon Melodies** (The Seekers) at the PEC on **Thursday 17<sup>th</sup>** at 1:00pm. We have limited tickets available so please let the office know ASAP if you would like to attend. The cost is \$10
- ✓ Our monthly mystery tour will be **Tuesday 8<sup>th</sup> to Midge Point** for a Picnic Lunch in the newly renovated Camm Park. We will leave here straight after Morning Tea and out for the day. Please bring a hat and water bottle. Please let the office know if you would like to attend so we can book your seat!
- ✓ **NAIDOC WEEK 6<sup>th</sup> – 12<sup>th</sup> July.** We will be running different activities throughout the week, changing up the menu with some indigenous bush tucker! **Wednesday 9<sup>th</sup>** morning session will be for NAIDOC based activities.
- ✓ Monday craft sessions have been very success these past 2 months so we will continue those. A huge thanks so Sonja for volunteering her time to come I in, we really appreciate it and hope to see you soon. **Monday 14<sup>th</sup>** we will continue beaded jewellery and **Tuesday 21<sup>st</sup>** we will be candle making with Mel. If you would like to attend these craft sessions but Monday is not your usual day, please contact the office on 07 4945 2189.
- ✓ **Wednesday 16<sup>th</sup>** at 12:30 – 1:30 we have the wonderful Kelly Bullen coming in to talk about diabetes. If you would like to speak with Kelly and attend this info session, please advise the office.
- ✓ **Clubhouse Crew outings on 2<sup>nd</sup>, 8<sup>th</sup>, 25<sup>th</sup>** Please contact the office or Mel if you would like to attend.
- ✓ **Fishi** will host this month's counter lunch on **Tuesday 29<sup>th</sup>**. Please book in with the office as soon as possible to secure your seat on the bus.



*To all the following people the Management and Staff wish you all the best on your special day.*

### July Birthdays

Kaylene Giles 1<sup>st</sup>

Judy Buckingham 11<sup>th</sup>

Betty Macdougall 9<sup>th</sup>

Gertrud Kunze 19<sup>th</sup>

Eileen Halliday 9<sup>th</sup>

Karen Sadler 22<sup>nd</sup>

## JUNE BIRTHDAYS



## JOKE ALERT

A woman told her friend, “I feel like my body has gotten totally out of shape, so I got my doctor’s permission to join a fitness club and start exercising.”

She said, “So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over.”

A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital and brought along his portable keyboard.

After telling jokes and singing songs at patients’ bedsides, he said “farewell, I hope you get better”. One elderly gentleman replied, “I hope you get better, too.”



## PUZZLE PAGE

Last months find a word answer: THE MARY TYLER MOORE SHOW

### Friendship

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

ACQUAINTANCE  
AFFECTION  
AFFINITY  
ALLY  
AMIGO  
AMITY  
BOYFRIEND  
BUDDY  
CHUM  
CLOSENESS

COMPANION  
COMRADE  
CONFIDE  
EMPATHY  
FAVOR  
FONDNESS  
FRIENDLINESS  
FUN  
GIRLFRIEND  
GOOD TIMES

HONESTY  
KINSHIP  
LEND  
LOYALTY  
PAL  
ROOMMATE  
SHARE  
SUPPORTIVE  
SYMPATHY  
TRUST

## JUNE EVENTS



Airlie Beach Ferris Wheel



Woodworking



Clubhouse - Ecobarge



Counter Lunch at Club Whitsunday



Club Whitsunday



Monthly Tour to Bowen - Ice cream !



Feeding the ducks



## Kylie's Corner

Delicious recipes to try at home

# Pea and ham soup

## Ingredients

- 290g (1 1/3 cups) green split peas
- 2 tbsp olive oil
- 2 carrots, peeled, chopped
- 2 sticks celery, trimmed, chopped
- 1 brown onion, halved, chopped
- 3 garlic cloves, crushed
- 700g [ham](#) or bacon hocks
- 1.5L (6 cups) cold water
- Crusty bread, to serve



## Method

Step 1 – Rinse split peas under cold running water until water runs clear. Drain.

Step 2 – Heat oil in a saucepan over medium heat.

Add carrot, celery, onion and garlic, and cook, stirring, for 5 minutes or until the onion softens.

Step 3 – Add split peas, ham hocks and water. Bring to the boil over high heat. Reduce heat to medium-low and simmer, covered, for 2 - 2 1/2 hours or until ham hocks are tender and the meat is falling away from the bones. Set aside for 5 minutes to cool slightly. Remove ham hocks from pan. Remove the meat from bones. Coarsely chop meat and set aside.

Step 4 – Place one-quarter of the pea mixture in the bowl of a food processor and process until smooth. Return to pan with ham. Repeat with remaining pea mixture. Taste and season. Stir over medium-high heat for 5 minutes or until hot.

Step 5 - Ladle soup into bowls and serve immediately with bread.



# WHITSUNDAY LEISURE ACTIVITY CENTRE

Month of July 2025

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <b>REMINDERS</b><br><b>MONDAY 7th PLAZA</b><br><b>TUESDAY 8th TOUR</b><br><b>MONDAY 14th &amp; 21st CRAFT</b><br><b>TUESDAY 29th FISHI</b><br><b>NAIDOC WEEK 6th - 13th</b><br><b>DIABETES WEEK 13th - 19th</b> | <b>1 Kaylene's Birthday</b><br><b>CREATIVE COOKING</b><br><b>KARAOKE</b><br><br><b>HOY CEMETERY VISIT</b> | <b>2 CARDS &amp; GAMES</b><br><br><b>DRUM FUN</b>                                       | <b>3 CARDS &amp; GAMES</b><br><br><b>CARDS &amp; GAMES</b>                    | <b>4 HEALTHY HABITS</b><br><br><b>BBQ</b><br><b>COMMUNITY CRAFT</b><br><b>CARDS</b>                |
| <b>7 NAIDOC WEEK</b><br><br><b>WHITSUNDAY PLAZA</b><br><b>CARDS</b>  | <b>8 MONTHLY TOUR</b><br><b>MIDGE POINT PICNIC</b><br>  | <b>9 NAIDOC CELEBRATIONS</b><br><br><b>CARDS &amp; GAMES</b><br><b>DRUM FUN</b>         | <b>10 Betty &amp; Eileen's Birthday - 9th</b><br><br><b>CARDS &amp; GAMES</b> | <b>11 Judy B's Birthday</b><br><b>ARM CHAIR YOGA</b><br><br><b>COMMUNITY CRAFT</b><br><b>CARDS</b> |
| <b>14 NATIONAL DIABETES WEEK</b><br><br><b>CRAFT BEADING</b><br><b>GAMES</b>   | <b>15 CREATIVE COOKING</b><br><br><b>CARDS &amp; GAMES</b><br><b>HOY</b>                                  | <b>16 GAMES</b><br><br><b>DRUM FUN</b>  | <b>17 The Speakers</b><br><br><b>CARDS &amp; GAMES</b>                        | <b>18 Gertrud's Birthday - 19th</b><br><br><b>COMMUNITY CRAFT</b><br><b>CARDS</b>                  |
| <b>21 CANDLE MAKING WITH MEL</b><br><br><b>CARDS &amp; GAMES</b>  | <b>22 CREATIVE COOKING</b><br><br><b>CARDS &amp; GAMES</b><br><b>HOY</b>                                 | <b>23 Karen S's Birthday - 22nd</b><br><br><b>CARDS &amp; GAMES</b><br><b>DRUM FUN</b> | <b>24</b><br><br><b>CARDS &amp; GAMES</b>                                    | <b>25 ARM CHAIR YOGA</b><br><b>HEALTHY HABITS</b><br><br><b>COMMUNITY CRAFT</b><br><b>CARDS</b>  |
| <b>28</b><br><br><b>CARDS &amp; GAMES</b>  | <b>29 COUNTER LUNCH @ FISHI</b><br><br><b>KARAOKE</b><br><b>CARDS &amp; GAMES</b>                       | <b>30 INTERNATIONAL FRIENDSHIP DAY</b><br><br><b>DRUM FUN</b>                         | <b>31</b><br><br><b>CARDS &amp; GAMES</b>                                   | <b>TUESDAYS</b><br><b>CREATIVE COOKING</b><br><b>WEDNESDAYS</b><br><b>DRUM FUN / WORKSHOP</b><br><b>THURSDAYS - BINGO</b><br><b>FRIDAYS</b><br><b>COMMUNITY CRAFT</b>                 |