



Older Person's Action Program

December 2018

Over 60s Newsletter

Ph 4639 2755 or 4639 2038

**Welcome All**

We are all happy to be 'home' again at 43 Kitchener Street, it was surprising how we ended up missing our old place.

The planning for the end of the year's celebrations are taking shape see page 2 for more details. I hope that your anticipation of catching up with family and friends puts a smile on your face and a bounce in your step. The first Christmas

Party is on the 6th December for the Stroke Group. On Monday the 10th of December will be the Crochet Group's last day of the year and the Blankets for the Homeless Group's lunch break up. The last walking Group and Cuppa and Cards will be on the 11th December, hope to see you there. ECCC's Christmas Party will be on the 13th December, please see page 2 for information. I enjoyed working with you this year and look forward to another interesting year. I wish you all a Very Merry Christmas and a Festive Season.

Warm regards, Bea.



Free Clip Art , santa Calus

**The following programs will start up again in 2019 on the following dates:**

- 17th January: Stroke Group
- 21st January: Computer lessons
- 21st January: Crochet Group
- 21st January: Blankets for the Homeless Group
- 22nd January: Walking
- 22nd January: Cuppa and Cards
- 30th January: Eating With Friends
- 07th February: Morning Tea At the Movie
- 28th February: Morning Tea With the Star

Please see the flyer for more information.



## Thursday 7th February at The Strand

???????

Time: ? TBA; Screening time: min  
Please book early as ticket numbers are  
limited to 25. Cost \$5.50



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## Every Tuesday 10 am – 12 pm



### Cuppa & Card Game

Come along and join in the fun with our card game mornings. Playing cards is like a 'brain-gym' it keeps you flexible in more ways than one.



## 30th January, Eating with Friends 2019

Places we visit are:

*The new list will be in the  
February Newsletter*



## 13th December 2018

### Centre Christmas Party

11 am — 2 pm

You are welcome to bring a plate with a salad or a sweet to be shared.

The expert group from TOMNET are doing the BBQ again.

RSVP by 11th December greatly appreciated.

Entry \$3.

## 6TH December 2018

### Stroke Group Christmas Party

10 am—12 pm

You are welcome to bring a friend along. Feel free to bring a plate and a drink to share and a Santa present would be greatly appreciated to the value of \$5.

## Thursday February 28th 2019 9:30am

### *Morning With the Stars, Guest: To Be Adviced*

Come along with OPAP and enjoy lunch and a show at the City Golf Club.  
Morning tea at 9:30 am and the show starts at 10:00 am

**Cost: \$11 for Show and Lunch - Tickets are limited to 25.**

**Please see Helen in the foyer for the tickets from 9:00 am onwards.**

East Creek Community Bus is available for those without transport, but seats are limited to 10 people.

## Every Tuesday 8:45 am Starting 21th January

**Departs: 8:45 am from East Creek Community Centre**

**Medium paced walking, pets welcome.**

**Get fit, make new friends and enjoy  
the Spring gardens along the way.**



## Exercise

### **Endurance Strength Balance Flexibility**

Here are some **Balance** exercises you can do without spending money.

**Equipment: chair/ kitchen bench top**

- stand behind a chair or hold onto the kitchen bench and lift your knees alternating left and right knee, 10 times each side
- stand behind the chair: lift your stiff leg side ways, right leg 10 times then the left leg 10 times
- standing behind the chair: lifting the stiff leg back wards, right leg 10 times, left leg 10 times

**Please do as much exercise as you can comfortably perform.**

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**Older Persons Action Program (OPAP) Coordinator: Bea Kraessig  
East Creek Community Centre, 43 Kitchener Street**

**PO Box 4859 Toowoomba East 4350 Phone: 4639 2755 or 4639 2038**

**Email: [olderpersons@eastcreek.com.au](mailto:olderpersons@eastcreek.com.au)**

The bus is available for those who do not have transport, however seating is limited so please book early to avoid any disappointment. Phone: 4639 2755 or 4639 2038



## Gingerbread Trifle

<https://www.taste.com.au/recipes/gingerbread-trifle-2/mtxfo3wd>

**Prep Time: 25 min, Serves: 12 people**

### Ingredients:

- 900 ml thickened cream
- 1 cup (300g) dulce de leche (or other caramel cream)
- 250 g sour cream
- 1.3 cup (40g) icing sugar, sifted
- 800 g gingerbread cake (or other bought cake)
- 90 ml Marsala or Brandy
- 1/2 teaspoon cinnamon
- 200 g gingerbread biscuits (or gingernut) crumbled

### Method:

**Step 1** Divide thickened cream between two bowls. Add the dulce de leche to one bowl and whisk until thickened. In the other bowl, whisk cream, sour cream and icing sugar until thickened.

**Step 2** Cut cake into 2cm-thick slices then layer a third at the bottom of a 3L trifle dish. Drizzle with a third of the marsala, sprinkle over a third of the cinnamon, then a quarter of the gingerbread crumbs.

**Step 3** Top with a third of the dulce de leche mix, then a third of the whipped cream. Repeat twice and finish with remaining biscuit crumbs.

We sell bread for 25 cents a bag and sweet buns for 50 cents and we get a good selection of fruit and vegetables on a Thursday.



*A Service of  
Remembrance and  
hope*

Tuesday 4th December 2018, 4.00pm  
or Thursday 6th December 2018, 7.00pm

TS Burstow Chapel,  
1020 Ruthven St, Toowoomba

For many, this Christmas will bring sadness because of the absence of a loved one. A service will be held to celebrate the lives and memories of lost loved ones. The service is open to everyone and will include offers of prayers, songs of comfort, and a message of hope. A light supper will be served.

**Please RSVP to 1800 803 196  
by Friday 30th November.**

Free copies of the brochure 'How to Cope with Christmas' are available to anyone unable to attend. **Call on 1800 803 196**

# OPAP Flyer December 2018 – February 2019

## Centre reopening on 14.January 2019

**Chat and Do 17.12.2018 - 14.01.2019 with Glenda**

### Activities starting up again on the following dates:

Stroke Group:	17. 01 2029
Blankets for the Homeless	21.01.2019
Computer Classes	21.01.2019
Crochet Group	21.01.2019
Walking Group	22.01.2019
Cuppa and Cards	22.01.2019
CLP	29.01.2019
Eating With Friends	30.01.2019
Art- Ability	30.01.2019
Craft Group	01.02.2019
Harmony Play Group	01.02.1019
Morning Tea At the Movie	07.02.2019
Moring Tea With the Stars	28.02.2019


Warm regards,

Bea.

# East Creek December 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
30	31 Chat and Do <b>School</b>	<b>Holidays</b>	<b>15. December -</b>	<b>29. January 2019</b>		1 
2	3 Crochet Group 10 - 12 Blankets for the Homeless 1:00pm – 3:00pm	4 Walking Group 8:45am Cuppa & card game 10am – 12pm Last Game of the year  <b>Meditation 7-9pm</b>	5  Art-Ability 12-1pm Art Group 1- 3pm	6 Stroke Support Group Xmas Party 10am – 12 pm	7 Harmony Playgroup 10 am -12 pm - -last Craft Group 10am – 12 pm - last	8 
9	10 Crochet Group 10 – 12 – last Blankets for the Homeless 1:00pm – 3:00pm - -last	11 Last Day of Walking Group 2016  <b>Meditation 7-9pm</b>	12  Art-Ability 12-1pm - last Art Group 1- 3pm - last	13 <b>Centre Xmas Party 11-2pm?</b> 	14	15
16	17 Chat and Do starts	18  <b>Meditation 7-9pm</b>	19	20	21 Last Day for 2018	22
23	24 Chat and Do ... ... ends 14. January 2019	25 	26 <b>Centre Closed</b>  <b>We wish you a</b>	27 <b>until Monday 14.</b>  <b>Happy and Relaxing</b>	28 <b>January 2019.</b>  <b>New Year</b>	29

 Produce Swap 9am-11am

 – Dr Who Group 10:00am – 3:00pm

 Thank you to TRC for the printing

Community Literacy Program – by appointment for details call 4639 2755 Bread, some Fruit and Vegetable available – just call in to the Centre  
Fresh free range Eggs \$3.50 per dozen Computer classes – by appointment Monday, Wednesday & Friday 4639 2755