



Older Person's Action Program

February 2019

Over 60s Newsletter

Ph 4639 2755 or **4639 2038**

Welcome back to another interesting year at East Creek.

I hope you enjoyed a nice break over the festive season and are as enthusiastic as we are for 2019. We are settling into our new offices and are getting used to all the changes, everything looks nice and bright. To celebrate the renovations we are planning our grand opening of the centre as well as our 31st Birthday just before Easter on the 17th April. For more details please see page 2. From March onwards the movie day will change please refer to page 2 for more details.



Free Clip Art , summer owls

Attention to all motorists. As part of the renovations our entry and exits rules have been changed to: **Entry off Kitchener Street (from south to north if possible) and Exit via Netterville Street.** We are aware that this might cause some difficulties and we are conducting a survey in that regards. Please fill out the short survey when you sign in at the front counter to help us address this issue with the council.

News just in: Drug Arm is holding an information workshop here at ECCC in regards to dealing with alcohol and other drugs. Date: 31st January from 12:30pm—3:30 pm. Please call 07 3620 8880 to book your place.

Can you help?

Our Blankets for the Homeless Group can use some help with cutting, sewing and assembling the squares into lovely patterns. We have our own sewing machines as well as two overlockers for you to use. For safety reasons we need you to have experience in sewing with a machine but with everything else, the ladies are happy to teach you. Why not come along and give it a go and meet new people, every Monday afternoon from 1 pm— 3:30 pm. Afternoon tea provided.

The gardening group has started up again under the guidance from our enthusiastic ladies Elizabeth and Leanne. We could use some extra hands to help us to re-establish our garden. No knowledge about gardening is needed, just an interest in learning something new by being out-doors and willing to get your hands dirty to cut, saw and weed, mow the lawn providing your health allows it and all in good company.



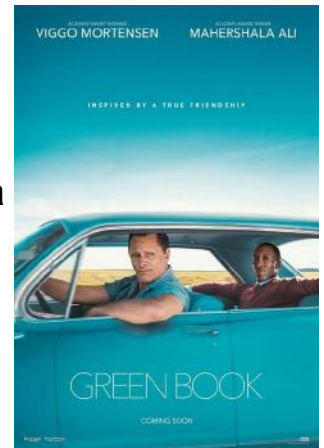
empowering people

Thursday 7th February at The Strand

GREEN BOOK

Road comedy-drama with Viggo Mortensen as an Italian-American bouncer from the Bronx hired to drive a world-class concert pianist (Moonlight's Oscar-winning Mahershala Ali) on a tour across the 1960s American South.

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



Every Tuesday 10 am – 12 pm



Cuppa & Card Game

Come along and join our enthusiastic group of card players. We provide a light lunch to help you celebrate the results. Playing cards is like a 'brain-gym' it keeps you flexible in more ways than one and you meet some new people.



30th January, Eating with Friends 2019

Places we visit are:



30th January: Stock Exchange Hotel

13th February: Royal Hotel



New Movie Day in 2019

Second Thursday of the month.

To balance my event calendar better, I have decided to move the MTAM day to the second Thursday of the month. This will take effect as of March, so the second movie of the year will be on March 14th. I hope this does not interfere with any of your schedules. Thank you for your understanding and co-operation.

Date claimer: 17th April 2019

We are planning the Grand reopening of the renovated ECCC for Wednesday the 17th of April. This will be combined with our 31st Birthday of the centre and therefore a very important event. To celebrate this milestone we are compiling a cook-book and we invite you all to contribute recipes, if possible with a photo of your creation and with your name on it for ownership to make it legal for us to sell the books as an ongoing fundraiser.

Thursday February 28th 2019 9:30am

Morning With the Stars, Guest: Dail Platz

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 **Flexibility** exercises you can do without spending money.

Equipment: Chair

- Hold onto the back of the chair and step back with your left leg and hold it for a view seconds and repeat it with your right leg, x 5 each leg
- Sit on the chair, stretch your arms in front at shoulder height now open your arms wide squeezing your shoulder blades together, drop your arms. X5
- Hold onto the back of the chair, bend your right knee and hold onto your foot with the right hand and hold it for a view seconds. Repeat it with your left foot. X5 each foot. Please perform the exercises to you level of comfort.

Funded by



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

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**

Chargrilled mango cheeks with honey labne

<https://www.sbs.com.au/food/recipes/chargrilled-mango-cheeks-honey-labne>

Prep Time: 15 min, Cooking time: 5 min Serves: 4 people

Ingredients:

- 2 ripe mangoes
- **500 ml** Greek-style yoghurt
- **4 tbsp** demerara sugar
- **2 tbsp** honey
- small pinch of chilli powder, optional
- 1 small piece of ginger, finely minced

Mint, to garnish

Method:

Draining Time: Over night.

1. For the labne, rest a sieve in a large bowl and line with muslin cloth or criss-cross two clean Chux cloths over each other. Pour in the yoghurt, season with salt and gently stir. Bring all the sides of the cloth in and twist together. Tie with kitchen string or a rubber band. Refrigerate overnight. Discard the liquid that has gathered at the bottom of the bowl and then store the labne in an airtight container until ready to use.
2. Heat a chargrill pan. Cut the cheeks off the mangoes and brush with a little honey. Sprinkle with chilli, if using. Grill flesh side down to achieve grill marks. Remove and sprinkle with demerara sugar. At this point you can serve as it, or using a blowtorch, caramelize the top.
3. Serve with a quenelle of labne, remaining honey and mint.



Pioneers Room

A quiet and private space to relax after the ceremony and appreciate the value of reunion.



The Burstow Family
(A fifth generation family firm)

Eating With Friends

January – December 2019



Thank you TRC for the printing

30. Jan	Stock Exchange Hotel	162 Anzac Avenue, Toowoomba 4634 1422
13. Feb	Royal Hotel	189 Ruthven Street, North Toowoomba 4632 3782
27. Feb	Wilsonton Hotel	40 Richmond Drive, Wilsonton 4634 2033
13. Mar	The Garden Restaurant Chinese Cuisine	732 Ruthven Street, Toowoomba 4635 4555
27. Mar	Danish Flower Art Coffee Shop	10347 New England Hwy, Highfields 4630 8211
10. Apr	Two Birds	2 Duggan Street, CBD 4638 0669
24. Apr	Café Valetta	96 Margaret Street, Toowoomba 5432 0332
08. May	Downs Hotel	23 Brisbane Street, Drayton 4630 1238
22. May	Travellers Coffee House	189 Hume Street, Toowoomba 4659 9122
05. June	Blue Mountain Hotel	264 Ruthven Street, Harlaxton 4632 3258
19. June	Hog's Breath Café	Neil Street, CBD 4639 1400
03. July	Café 63	1 Cohoe Street, Eastville 1300 63 63 00
17. July	Great Northern	39 Mort Street, North Toowoomba 4632 3782
31. July	Fitzi's on Church	153 Margaret Street, CBD 4631 3700
14. Aug	Thai Royal	140 South, Toowoomba 4687 6808
28. Aug	Highfields Tavern	Crm O'Brian & Highfields Road, Highfields 4699 6000
11. Sep	The Federal Hotel	111 James Street, Toowoomba 4632 3262
25. Sep	Gowrie Road Hotel	208 Bridge Street, Newtown 4632 5580
09. Oct	City Golf Club	254 South Street, 4636 9000
23. Oct	New Brew Cafe	102 Taylor Street 0498 010 814
06. Nov	Toowoomba Sports Club	360 Ruthven Street, CBD 4632 088
20. Nov	<i>Meringandan Pub Christmas Lunch</i>	30 Main Street, Meringandan 4696 7146

East Creek Calendar February 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	2 
3	4  Crochet Group 10 – 12pm  Blankets for the Homeless 1:00pm – 3:00pm	5 Walking Group 8:45am  Cuppa & card game 10am – 12pm LGBTI 1:30pm- -2:30 pm  Meditation 7-9pm	6  Art-Ability 12-1pm Art Group 1- 3pm	7 Stroke Support Group 9.30-11.30am Morning Tea @ The Movie	8 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	9 
10	11  Crochet Group 10 – 12pm  Blankets for the Homeless 1:00pm – 3:00pm	12 Walking Group 8:45am  Cuppa & card game 10am – 12pm LGBTI 1:30pm- -2:30 pm  Meditation 7-9pm	13  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm Royal Hotel	14 Stroke Support Group 9.30-11.30am	15 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	16
17	18  Crochet Group 10 – 12pm  Blankets for the Homeless 1:00pm – 3:00pm	19 Walking Group 8:45am  Cuppa & card game 10am – 12pm LGBTI 1:30pm- -2:30 pm  Meditation 7-9pm	20  Art-Ability 12-1pm Art Group 1- 3pm	21 Stroke Support Group 9.30-11.30am Committee Meeting 2.00pm-3.00pm	22 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	23
24	25  Crochet Group 10 – 12pm  Blankets for the Homeless 1:00pm – 3:00pm	26 Walking Group 8:45am  Cuppa & card game 10am – 12pm LGBTI 1:30pm- -2:30 pm  Meditation 7-9pm	27  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm Wilsonton Hotel	28 Stroke Support Group 9.30-11.30am Morning with the Stars City Golf Club Morning Tea 9:30am Show Starts 10:00am		



Produce Swap 9am-11am



– Dr Who Group 10:00am – 3:00pm



Meditation



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