

OPAP

Older Person's Action Program

March 2019

Over 60s Newsletter

Ph. 4639 2755 or **4639 2038**

Welcome to another month with OPAP

The planning for our Grand Opening on the 17th April is gaining momentum including the collating of the recipes for the cook book, which we will be selling as a fundraiser. Alison is doing a great job and making it look very attractive and stimulating to try out a new recipe.

On Thursday 28th March is the Toowoomba Royal Show Holiday and ECCC will be closed and therefore we are **not attending** this month's Morning With The Stars. The show is still on at the City Golf Club and you are welcome to make your own way to the show. Kathy Drummond is always very entertaining.

In April the Morning With The Stars falls on ANZAC day and there will be no show as well. This must be the first time that we are missing out on two consecutive shows. Hope to see you all for the show on the 30th May.

Just a reminder for The Morning Tea At the Movie, it is for the first time on the second Thursday of the month, the 14th March. I thank you all for your flexibility. The price, unfortunately, has gone up by 50c to \$6.

The International Women's Day celebration is on 6th March from 10 am –12pm, let's create a 'Balance for Better'. Please join us for this event, morning tea provided as well as a guest speaker to enlighten us.



Free clip art adorable birds

On behalf of ECCC I take this opportunity to pass on a special Thank You to the anonymous person who donated two hours of gardening from 'Garden Maintenance' David & Jenny. The work David & Jenny did on the 4th of February has made a huge difference. With gratitude to all who have been involved.

This year's Harmony Day is on Friday 15th March with the theme: **EVERYONE BELONGS**. It starts at 11am and finishes at 2pm, located at the Civic Square, near the Toowoomba Library and the Toowoomba City Hall. The program is packed with cultural performances and lots of interesting and delicious food. The embracing of Multiculturalism is vital for celebrating our own customs and rituals as well as learning to include other cultures' ceremonies.

Entry is free, and there is plenty of parking at the nearby Grand Central. We would love to meet you there.



Thursday 14th March at The Strand

King Of Thieves

Two-time Oscar winner Michael Caine leads a crew of retired crooks that pulls off a major heist in London's jewellery district. Based on the true story of the 2015 London diamond heist, which made international news when it was found to have been committed by a misfit gang of retirees and pensioners.

Time: ? TBA; Screening time: 108 min; Price \$6
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.



March Eating with Friends 2019

Places we visit are:



*13th March: The Garden City
 Chinese Restaurant*



27th March: Danish Flower Arty Coffee shop

New Movie Ticket Pricing

Price rise

We have started a new year and Birch Carroll and Coyle have taken this opportunity to raised the tickets price. This is unfortunate as I have to raise the price by 50c, from \$5.50 to new **\$6** and hope this does not dampen your enthusiasm of coming to the movies. The discount is still very attractive and the morning tea stays as per usual, Tea/Coffee, dips & crackers and biscuits.

Date claimers: March & April 2019

International Women's Day, 6th of March from 10am—12pm.

Harmony Day: 15th March from 11am—2pm

Grand Opening 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.

Please call and book 2 days prior to event for catering purpose.

Thursday 28th March 9:30am

Morning With the Stars, Guest: Kathy Drummond

Toowoomba Show Holiday ECCC is not going

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 Start

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 info

Strength training: How, why and where? Part 1

<https://cotavic.org.au/programs-events/strength-training/>

Ask yourself the following questions.

- Would you like to enjoy a more independent and active lifestyle, now and into the future?
- Do you want to improve your golf, tennis or bowls game, walk or cycle faster or further?
- Would you like to meet other people your own age in a supportive, friendly environment?

If you answered 'yes' to any of the above questions, you should consider strength training.

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

Open-Faced Prosciutto and Plum Sandwiches

<https://www.cookinglight.com/food/quick-healthy/quick-easy-summer-recipes#open-faced-prosciutto-plum-sandwiches-recipe>

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

Ingredients:

- 1/4 cup fig preserves
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon grated peeled fresh ginger
- 1/3 cup (3 ounces) soft goat cheese
- 4 (2-ounce) slices country wheat bread, toasted
- 1 cup loosely packed arugula
- 2 ripe plums, cut into thin wedges
- 3 ounces very thin slices prosciutto



file:///C:/Users/TechFast%20Australia/Desktop/open-faced-prosciutto-and-plum-sandwich%201.html

Method:

1. Combine first 3 ingredients, stirring with a whisk, set aside.
2. Spread 3/4 ounce cheese evenly over each slice, divide arugula, plum wedges and prosciutto evenly over sandwich with about 1 tablespoon fig preserves mixture.

Chefs note:

Sweet fig preserves balance the tartness of the plums. Choose red or purple plums with bright, unblemished skin that are firm and plump to the touch.

A big Thank You to Burstows for the continuation of the newsletter -printing.



The Pavilion

A relaxed outdoor funeral service venue or simply an area for loved ones to gather and reflect.



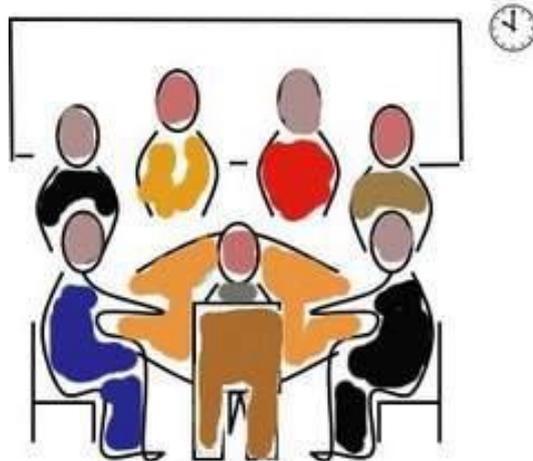
Here is some information in regards to Dementia. Everyone who is looking after someone with Dementia, family members, friends and cares could benefit from some detailed information to help them to support the person who is suffering from Dementia. Another important part is to looking after yourself, which is a vital part of caring for others and often over looked. 8888

The following details were passed on from our local Dementia expert Debbie.

Dementia Australia provides free community education programs for people living with dementia and their carers across the region. The next series of free courses are running soon.

- **The Family Carers Course** designed to help carers with practical strategies for managing day-to-day and to better understand your own needs and the needs of those for whom care. The Family Carers course will be held **in Gatton on Wednesday 27 February and the Toowoomba course will be held on Tuesday 26 March from 9.30 am to 2.30pm.**
- **Living with Change**, runs over two days and is designed to support feelings experienced by carers, family members and friends of people with dementia. This free course will be held in Toowoomba on **Monday 11 March and Tuesday 12 March from 10 am – 2 pm.**

For further information and to book your place, phone Dementia Australia on 1800 100 500 or email qld.services@dementia.org.au



East Creek Calendar March 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
31					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 	6  Art-Ability 12-1pm Art Group 1- 3pm	7 Stroke Support Group 9.30-11.30am	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 	13  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm The Garden Restaurant Chinese Cuisine	14 Stroke Support Group 9.30-11.30am Morning Tea @ The Movie	15 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon Harmony Day Civic Square 11am-2pm	16
8888 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 	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 	27  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm Danish Flower Art Coffee Shop	28 Toowoomba Show Holiday	29 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	30 



Produce Swap 9am-11am



– Dr Who Group 10:00am – 3:00pm



Nelly's singing group, 1-3pm



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