

**Welcome to another month with OPAP**  
**Let's Celebrate our 30+ Open Day on the 17th April starting at 10 am and finishing about 2pm.**

**We would love to have a big crowd to help us with this merriment. To help us with the catering would you please call the Centre to let us know your attendance. More details on the flyer. See you on the 17th April.**



There is some really good information available on the use of the newly designed "Seniors Guide to Qld Help App". Please take a look at the following link.

<https://adaaustralia.com.au/resources/seniors-guide-to-qld-help-app/>

Hope you find it useful.

### ADA AUSTRALIA'S Seniors Guide to Qld Help App

The **Seniors Guide to Qld Help** was created to support older people to find help for a wide range of topics. This guide is a collection of helpful tips for common issues that seniors sometimes face.

The **Seniors Guide to Qld Help** is designed to assist people seeking information for themselves or for those who are caring for an ageing loved one. It is also especially helpful for those working in the aged care and community care industry in Queensland to find quick referrals for clients.

The app can provide users with easy to access information on

- navigating new sectors (eg: finding aged care for your parents or partner)
- finding, help and support for specific life issues
- understand rights, and
- knowing where and how to lodge complaints and seek resolutions.

The app has three main sections:

- **Search for Help** – Main help section for finding information and help for a range of topics (see below)
- **Contacts** – A directory of organisations that can provide support
- **About this App** – An overview of the app

(There is a printed list of all the topics at ECCC reception desk.)



## Thursday 11th April at The Strand

### *Happy Prince*

Rupert Everett's directorial debut chronicles an ailing Oscar Wilde's last days while exiled in France. As Oscar lies on his death bed, the past comes flooding back to him, transporting him to other times and places. Everett stars alongside Colin Firth and Emily Watson.



Time: ? TBA; Screening time: 105 min;  
Please book early as ticket numbers are limited to 25.  
**Price \$6**

## 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:

*10th April: Two Birds*

*24th April: Café Valetta*



## What's on in May

### *Biggest Morning Tea*

Proposed date at this stage is the 15th May.  
I will confirm this date in the next newsletter  
20th – 26th May is **National Volunteer's Week**

## Date claimers: April & May 2019

**30+ Open Day Wednesday the 17th of April.**

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

**25th April ANZAC Day**

**19th April Good Friday**

**22nd April Easter Monday**

**6th May Labour Day Holiday**

## Thursday 30th May 9:30am

### *Morning With the Stars, Guest:*

**25th April ANZAC Day ECCC is closed**

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 2*

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

#### About strength training

- Improve body composition (more muscle, less fat)
  - Rise self-esteem and self-confidence
  - Reduce lower back pain
- Muscle strength can be regained and maintained no matter what the age and physical condition of the participant.
- Supervised strength training is not a high risk activity for over-50s. Fitness facilities are not just suitable for 'young people'.

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 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

## Anzac slice - this is an old favourite

<https://www.kidspot.com.au/kitchen/recipes/anzac-slice-246>

**Prep Time: 15 min, Baking time: 25 min, Makes: 24 to 30 slices**

### Ingredients:

- 1 cup (90g) rolled oats
- 1 cup (220g) brown sugar
- 3/4 cup (65g) coconut
- 1/2 cup (110g) plain flour
- 1/2 cup (110g) self-raising flour
- 125g butter
- 2 tblsp golden syrup
- 1/4 cup (15g) shredded coconut



### Method:

1. Preheat oven to 180°C. Lightly grease an 18cm x 28cm slice pan. In a large bowl, combine oats, sugar, coconut and sifted flours.
2. Heat butter and golden syrup in a small saucepan on low heat for 1-2 minutes, until butter has melted and mixture is well combined.
3. Make a well in centre of dry ingredients. Add butter mixture and combine well.
4. Press firmly into prepared pan using base of a glass. Sprinkle with coconut.
5. Bake for 20-25 minutes, until golden. Sprinkle with coconut.  
Cool completely in pan. Cut into squares to serve.

**A big Thank You to Burstows for the printing of our newsletter .**



*Webstreaming*  
Webstreaming and service recording for those unable to attend the ceremony.



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# Wednesday April 17

# **CELEBRATING 30+ YEARS**

## **Open Day**

We're 30 + and we have had a face lift so we are going to have an open day to show off our new look and reminisce about how far we have come.

There will be lots to look at, memorabilia, the activities we are doing now and guest speakers from the past as well as a few people from days gone by.

Everyone is welcome, and please bring along any memories you have of East Creek Community Centre. There will also be lots of yummy food and we will have raffles galore! Some come one, come all and if you like dress like they did 30 + years ago – prizes for best outfit!

**30+ Years Open Day**

**Wednesday 17th April**

**10 am till 2 pm**

**To RSVP phone  
46392755**

**Email:  
info@eastcreek.com.au**

**EAST CREEK COMMUNITY  
CENTRE**

43 Kitchener St

Toowoomba East  
0746392755

<http://new.eastcreek.com.au/>

Open Monday to Friday  
9 am to 4 pm

# East Creek Calendar April 2019

| Sun | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Sat   |
|-----|---|--|---|---|--|---|
|     | 1<br> Crochet Group 10 – 12pm<br> Blankets for the Homeless<br>1:00pm – 3:00pm      | 2<br>Walking Group 8:45am<br> Cuppa & card game<br>10am – 12pm    | 3<br> Art-Ability 12-1pm<br>Art Group 1- 3pm   | 4<br>Stroke Support Group<br>9.30-11.30am                                     | 5<br>Harmony Playgroup<br>10 am -12 pm<br> Craft Group 10am – 12noon  | 6<br>  |
| 7   | 8<br> Crochet Group 10 – 12pm<br> Blankets for the Homeless<br>1:00pm – 3:00pm      | 9<br>Walking Group 8:45am<br> Cuppa & card game<br>10am – 12pm    | 10<br> Art-Ability 12-1pm<br>Art Group 1- 3pm<br> Eating with Friends 12pm<br>Highfields Tavern | 11<br>Stroke Support Group<br>9.30-11.30am<br>Morning Tea @ The Movie         | 12<br>Harmony Playgroup<br>10 am -12 pm<br> Craft Group 10am – 12noon | 13<br> |
| 14  | 15<br> Crochet Group 10 – 12pm<br> Blankets for the Homeless<br>1:00pm – 3:00pm     | 16<br>Walking Group 8:45am<br> Cuppa & card game<br>10am – 12pm   | 17<br><b>30+ Opening Day</b><br><b>10am – 2pm</b>   | 18<br>Stroke Support Group<br>9.30-11.30am<br>Committee Meeting 2.00pm-3.00pm | 19<br><b>Good Friday</b>   | 20  |
| 21  | 22<br><b>Easter Monday</b>  | 23<br>Walking Group 8:45am<br> Cuppa & card game<br>10am – 12pm   | 24<br> Art-Ability 12-1pm<br>Art Group 1- 3pm<br> Eating with Friends 12pm<br>Café Valetta      | 25<br><b>ANZAC Day</b>  | 26<br>Harmony Playgroup<br>10 am -12 pm<br> Craft Group 10am – 12noon | 27<br> |
| 28  | 29<br> Crochet Group 10 – 12pm<br> Blankets for the Homeless<br>1:00pm – 3:00pm | 30<br>Walking Group 8:45am<br> Cuppa & card game<br>10am – 12pm |   |   |  |   |



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