

Welcome to another month with OPAP

Here are a view photos from our great 30+ Celebration from the 17th April 2019 .



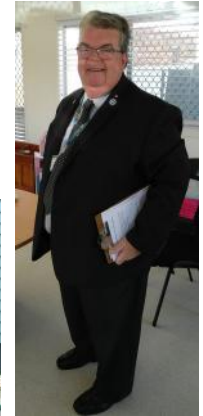
David Janetzki Singing with Nelly



Jenny Whinall



TOMNET BBQ crew



Derek Tuffield

6th May Labour Day Holiday

A very **big thank you to all the volunteers who helped** us make our special day truly special. The gardening crew, under the guidance of Elizabeth, have transformed the overgrown and sad looking garden into an interesting and 'cultivated' garden. I would like to thank Carol and Steve for their enthusiasm and all the heavy work in shifting a lot of rocks. On Saturday 13th April we had a gardening working bee and with the additional help from Donna & John, Alison, Judy and Bill the garden was spruced up even more. Alison donated a lot of flowering plants to make the flower beds instantly more colourful. Thank you very much for spending a couple of hours at the centre on your weekend.

The '**Blankets for the Homeless Group**' has welcomed a new group leader -Val - who is a dedicated and passionate quilter. There is very little Val does not know about sewing. A huge thank you to the passed leader -Mona- who gave much of her time and expertise to the Blanket Group by creating many beautifully designed blankets. We wish you all the best for the future.

To celebrate our **30+ Birthday** we have created a cook book and our volunteer Alison spend many weeks in collecting, cooking many recipes her self and putting them together in to groups. A huge thank you. The cook book is in A4 size, has 80+ pages and is filled with delectable recipes from around the world, cost \$12.50 and you can order a copy by dropping onto the centre or calling the centre.



Thursday 9th May at The Strand

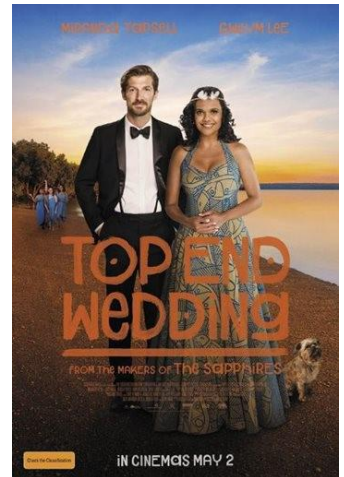
Top End Wedding

Lauren and Ned are engaged, they are in love, and they have just ten days to find Lauren's mother who has gone AWOL somewhere in the remote far north of Australia, reunite her parents and pull off their dream wedding.

Cast: Gwilym Lee, Kerry Fox, Miranda Tapsell
Time: ? TBA; **Screening time:** 102 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.



May Eating with Friends 2019

Places we visit are:



08th May: Downs Hotel
22nd May: Travelers Coffee House



What's on in May

Biggest Morning Tea

15th May. 10:30 am—12 pm

Please join us in helping to raise funds for the Cancer Foundation

20th –26th May is **National Volunteer's Week**

Something different



Rolls– Royce Owner's Club of Australia is holding a display on Sunday the 5th May at the Frogs Hollow in Queens Park.
Time: from 10 am—3 pm.
RR's are beautiful cars, old and new and always a pleasure to look at.



Thursday 30th May 9:30am

Morning With the Stars, Guest: Roland Storm

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.

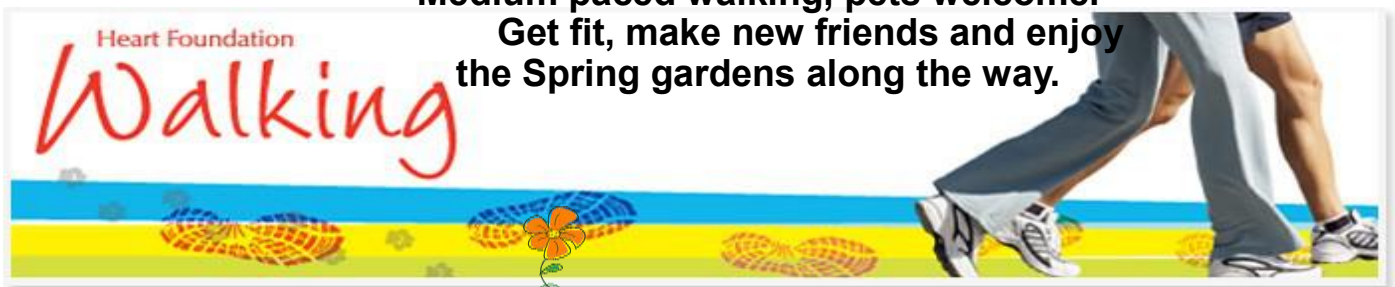
Please see Helen in the foyer for the tickets from 9:00 am onwards.

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

Strengthening exercise using a balancing wand.

What you need is a chair to sit on and a wand, you can use a cane, umbrella, broom handle or anything else suitable.

Method:

Sit nice and straight on a sturdy chair with your feet flat on the ground, if possible. Balance the wand on the palm of your dominant hand and stretch out your arm. Balance as long as possible and then swap your hand to balance the wand in your other hand.

This exercise can strengthen your overall balance and coordination. Having a bit of fun doing your exercise can act as a 'mood lifter' as well.

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
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

ZUCCHINI PIZZA BITES

<http://www.thecomfortofcooking.com/2013/09/zucchini-pizza-bites.html>

Prep Time: 10 min, Baking time: 5-7 min, Makes: 20-25 bites
(Recipe amended by Bea)

Ingredients:

2 large zucchini, cut into 1/4-inch thick rounds
Nonstick cooking spray
Salt and freshly cracked pepper
1/4 cup marinara sauce
1/2 cup shredded mozzarella
1/4 cup mini pepperoni pieces, *optional*
Italian seasoning, for sprinkling



Method:

Spray both sides of zucchini rounds lightly with non-stick cooking spray. Sprinkle with salt and pepper.

Broil or grill the zucchini rounds (I used a grill pan set to medium-high) for 2 minutes on each side.

Place cooked zucchini rounds on a large lined baking sheet. Top with small amounts of sauce, cheese and pepperoni pieces, if desired. Grill /bake for an additional 1-3 minutes, or until cheese is melted, careful not to burn. Sprinkle with Italian seasoning and serve warm.

Enjoy!

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



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)



Come along to our Biggest Morning Tea.

**Help us raise much needed funds for
cancer research**

**as well as patient support and enjoy the company of
everyone here at East Creek Community Centre.**

Feel free to bring a plate of your favourite goodies to share.

**Wednesday 15th May 2019
10:30am—12:00pm
43 Kitchener Street Toowoomba**


We appreciate your RSVP by the 13th of May .



East Creek Calendar May 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1  Art-Ability 12-1pm Art Group 1- 3pm	2 Stroke Support Group 9.30-11.30am	3 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	4 
5	6 Labour Day	7 Walking Group 8:45am  Cuppa & card game 10am – 12pm	8  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm Downs Hotel	9 Stroke Support Group 9.30-11.30am Morning Tea @ The Movie	10 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	11
12	13  Crochet Group 10 - 12  Blankets for the Homeless 1:00pm – 3:00pm	14 Walking Group 8:45am  Cuppa & card game 10am – 12pm	15  Art-Ability 12-1pm Art Group 1- 3pm Australia's Biggest Morning Tea 10:30-12pm	16 Stroke Support Group 9.30-11.30am Biggest Morning Tea? Committee Meeting 2.00pm-3.00pm	17 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	18
19	20  Crochet Group 10 - 12  Blankets for the Homeless 1:00pm – 3:00pm	21 Walking Group 8:45am  Cuppa & card game 10am – 12pm	22  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm Traveler's Coffee House National Volunteer's	23 Stroke Support Group 9.30-11.30am Week	24 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	25 
26	27  Crochet Group 10 - 12  Blankets for the Homeless 1:00pm – 3:00pm	28 Walking Group 8:45am  Cuppa & card game 10am – 12pm	29  Art-Ability 12-1pm Art Group 1- 3pm	30 Stroke Support Group 9.30-11.30am Morning with the Stars City Golf Club Morning Tea 9:30am Show Starts 10:00am	31 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	

 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