

## Welcome to another month with OPAP

The Biggest Morning Tea event raised a total of \$ 90.20.  
Thank you all for your generosity in aid of cancer research.

Sally is enjoying a holiday in Europe and we wish her a wonderful time and we are looking forward to her travelling comments and admiring the snap shots.

To celebrate ECCC's large group of Volunteers we are keen to show our appreciation by inviting you to a movie followed by a light lunch. Please see flyer for more info.

A big thank you to our Crochet Group who has made a number of teddies for the Toowoomba Hospital Foundation's Teddy Bear's Picnic. See page 2 for more details.

I have entered ECCC in the 70th Carnival of Flowers Garden Competition as well as in the Hanging Basket competition at the Cobb & Co. The purpose is to be part of this annual event and enjoy the result of a wonderful garden.



*Here are some interesting facts about languages and how widespread the issue is of potentially losing an incredible number of 'tongues', 'dialects' or 'lingos'. There are various articles on the website below showcasing the struggles Indigenous cultures around the world encounter.*

*This is an extract from the following website: <https://en.iyil2019.org/>*

### Languages play an important role in the daily lives of all people.

7 thousand Languages spoken worldwide  
370 million Indigenous people in the world  
90 countries with indigenous communities  
5 thousand different indigenous cultures  
2680 languages in danger

It is through language that we communicate with the world, define our identity, express our history and culture, learn, defend our human rights and participate in all aspects of society, to name but a few. Through language, people preserve their community's history, customs and traditions, memory, unique modes of thinking, meaning and expression. They also use it to construct their future.

Language is pivotal in the areas of human rights protection, good governance, peace building, reconciliation, and sustainable development.



## Thursday 13th at The Strand

### *Red Joan*

Based on a true story, Oscar winner Dame Judi Dench is a British physicist who led a double life as the longest-serving British spy for the KGB. Inspired by the life of Melita Norwood, Dench plays Joan Stanley, who looks back on a lifetime of espionage & intrigue that spanned half a century - from the Second World War to the year 2000.

Time: ? TBA; Screening time: 110 min;

Please book early as ticket numbers are limited to 25.



## 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.



## June Eating with Friends 2019

Places we visit are:



*05th June: Blue Mountain Hotel*

*9th June: Hog's Breath Cafe*



## A Thank you to our Volunteers: 12th June

To celebrate all our Volunteer's time, dedication and effort we invite you to join us for a movie:

The Greatest Showman, followed by a 'bite to eat'.

**12th June: Volunteer's Week Celebration and Light Lunch 10am—1:30 pm**

## Something different: 1st June

The Toowoomba Hospital Foundation is having a

### **Teddy Bear's Picnic**

Location: & Time: Queens Park from 10 am—1pm

Pack your Teddy, children and a picnic and enjoy a day at the park in aid of a good cause.

## Thursday 27th June 9:30am

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

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.**

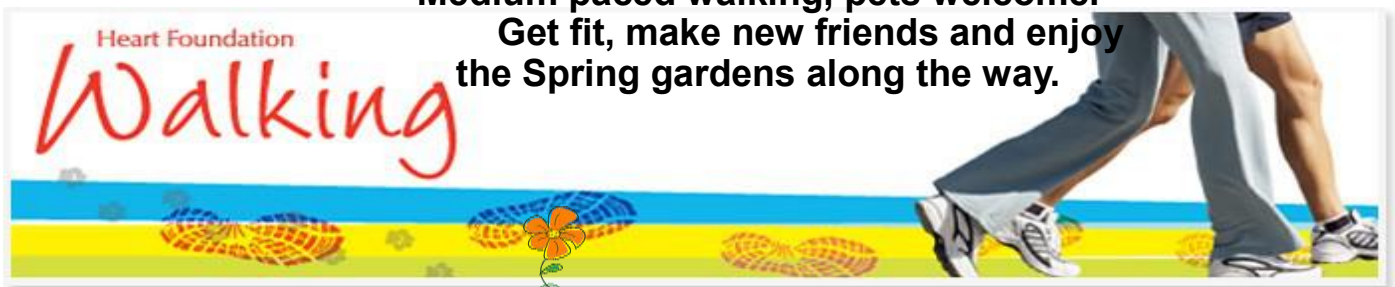
**Please see Helen in the foyer for the tickets from 9:00 am onwards.**

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

### *Signs and symptoms of poor circulation*

<https://www.medicalnewstoday.com/articles/320793.php>

The following symptoms mainly occur in the arms or legs. They include:  
 Throbbing, stinging, numbness, tingling, cramps, pain, warmth or coolness,  
 swelling.

What you can do to help improve your circulation:

**Exercise:** Simple Yoga, Walking, light jogging

**Eating a healthy diet like a wide range of:** fruit, vegetables, nuts and seeds,  
 and oily fish

Please see your doctors if symptoms prolong, an early intervention, prevention  
 can reduce the overall impact.

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](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



## Pear, Date and Walnut loaf

[https://www.newideafood.com.au/pear-date-and-walnut-loaf?category=autumn\\_fruit\\_recipes](https://www.newideafood.com.au/pear-date-and-walnut-loaf?category=autumn_fruit_recipes)

**Baking time: 65 min, Makes: 8-10 slices, Vegan, Vegetarian, Egg-free, Dairy-free**

### Ingredients

- 1 cup dried pitted dates, chopped
- 1/3 cup rice malt syrup
- 1/2 cup water
- 410 g can pear slices in juice, drained
- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 1 tsp mixed spice



### Method

1. Grease a 12cm x 22cm medium loaf pan. Line base and sides of pan with baking paper, extending paper 3cm above edges.
2. Combine dates, syrup and water in a small saucepan. Bring to boil. Boil for 1 minute. Remove from heat.
3. Process pears until smooth. Stir into date mixture.
4. Sift flours and spice into a large bowl. Return husks from wholemeal flour to bowl. Add date mixture and oil. Stir with a wooden spoon until well combined. Fold in half the nuts.
5. Spoon mixture into prepared pan. Sprinkle with remaining nuts.
6. Cook in moderate oven (180C) for about 55 minutes, or until a skewer inserted into centre comes out clean. Stand in pan for 10 minutes. Invert onto a wire rack.
7. Serve loaf warm or cold, cut into thick slices.

**A big thank you to Burstows for the printing of this newsletter.**



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



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# VOLUNTEER



**12<sup>th</sup> June 2019**

**In recognition of our esteemed**

## **Volunteers**

**We invite you to join us for a  
Movie ‘The Greatest Showman’  
followed by Lunch**

**Time: 9:45am – 1:30 pm**

**RSVP by 10<sup>th</sup> June please**



# East Creek Calendar June 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
30						1 
2	3	4 Walking Group 8:45am <b>Cuppa &amp; card game</b> 10am – 12pm 	5  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm Blue Mountain Hotel	6 Stroke Support Group 9.30-11.30am	7 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	8 
9	10  Crochet Group 10 - 12 <b>Blankets for the Homeless</b> 1:00pm – 3:00pm 	11 Walking Group 8:45am <b>Cuppa &amp; card game</b> 10am – 12pm 	12  Art-Ability 12-1pm Art Group 1- 3pm  Volunteer's Movie & Lunch 9:45 am – 1:30 pm	13 Stroke Support Group 9.30-11.30am Morning Tea @ The Movie	14 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	15
16	17  Crochet Group 10 - 12 <b>Blankets for the Homeless</b> 1:00pm – 3:00pm 	18 Walking Group 8:45am <b>Cuppa &amp; card game</b> 10am – 12pm 	19  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm Hogs Breath Cafe	20 Stroke Support Group 9.30-11.30am Committee Meeting 2.00pm-3.00pm	21 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	22
23	24  Crochet Group 10 - 12 <b>Blankets for the Homeless</b> 1:00pm – 3:00pm 	25 Walking Group 8:45am <b>Cuppa &amp; card game</b> 10am – 12pm 	26  Art-Ability 12-1pm Art Group 1- 3pm	27 Stroke Support Group 9.30-11.30am Morning with the Stars City Golf Club Morning Tea 9:30am Show Starts 10:00am	28 Harmony Playgroup 10 am -12 pm  Craft Group 10am – 12noon	29 



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