

## Welcome to another month with OPAP

Due to the ongoing phone issues we have decided to get a mobile phone as well, **0468 792 755** and hope that this will make it easier for everybody. We thank all of you for your patience, it has been rather frustrating for everyone.

On the 5th August we are supporting the Homeless Week Expo at the Library Precinct by having a stall and it starts at 11 am and ends at 1 pm. Please consider attending this important event, more details on page 2.

The Senior's Expo this year is at a new venue, the Berghofer Recreation Centre in Baker Street on the 22nd August. ECCC is attending, & we would love to see you there. Please see page two for more details.

During the Carnival of Flowers week we are driving through Queens Park and Laurel Bank Park again. I have made a booking for the 10th September and there will be more information about this park drive-through in the next newsletter.



Recycling is a trendy word at the moment but also a very important one. Here is part of an article in regards to re-using an existing product.

<https://tpmbuilders.com.au/recycled-plastic-roads-bricks-waste-eco-building-design/>

### Recycled plastic roads, bricks & more – yes or no? (benefits vs. risks)

*Plastic bottles, bags and jars.*

*Imagine walking on a footpath that's made out of the litter in your yellow bin?*

*This eco dream is happening right now in Queensland, thanks to engineering firm Fibercon and James Cook University scientists.*

*They've reinforced concrete with plastic waste, instead of steel mesh. **Fibercon** says its plastic fibers are 100% recycled, which is a new development in this area.*

*Their technology is building footpaths that normally feature steel.*

*The results?*

*Cheaper, faster and safer concrete.*

*They say their durable product saves time and money for construction companies, since it's easier to work with. This makes it more cost effective than conventional materials, like steel.*

### Why embrace eco-building design? Plastic waste devastates:

*More than 8 billion tons of plastic has been produced, since its creation a century ago.*

*Alarmingly:*

*Nearly all of it still exists today in **some form**, since plastic was made to last forever:*

*9 per cent gets recycled*

*12 per cent is incinerated*

*79 per cent ends up in landfills or natural habitats*

**Millions of small contributions add up to a mountain of difference.**



plastic pollution impact on planet mini-1

## Thursday 8th August at The Strand

### *The Public*

A sit-in by patrons at a public library escalates into a police standoff in this David versus Goliath drama directed by, and starring, Emilio Estevez.

Starring Alec Baldwin

Time: ? TBA; Screening time: 122 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.



## Eating with Friends 2019 in August

Places we visit are:

*14th August: Thai Royal*

*28th August: Highfields Tavern*



## 5th August Homeless Week Expo

This event is to raise awareness of the many people who are without safe accommodation in Toowoomba.

The Homeless Week **Expo at the Library Precinct** provides many opportunities to access services like allied health, get a haircut, get a massage, talk to an optometrist to name a few.

Time: 11 am—1 pm

## Seniors Expo 22nd August

New Host: **Garden City Branch of National Seniors Australia** is hosting another exciting

*Seniors Expo*

We would love to see you on our stall.

Time: 8:30 am—3 pm

Location: Berghofer Recreation Centre, Baker Street



## Thursday 29th August 9:30am

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

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 for August

### *Staying safe when exercising*

<https://www.helpguide.org/articles/healthy-living/chair-exercises-and-limited-mobility-fitness.htm>

Stop exercising if you experience pain, discomfort, nausea, dizziness, lightheadedness, chest pain, irregular heartbeat, shortness of breath, or clammy hands. **Listening to your body is the best way to avoid injury.** If you continually experience pain after 15 minutes of exercise, for example, limit your workouts to 5 or 10 minutes and instead exercise more frequently.

Avoid activity involving an injured body part. If you have an upper body injury, exercise your lower body while the injury heals, and vice versa. When exercising after an injury has healed, start back slowly, using lighter weights and less resistance.

**Make exercise part of your daily life.** Plan to exercise at the same time every day and combine a variety of exercises to keep you from getting bored.

**Expect ups and downs.** Don't be discouraged if you skip a few days or even a few weeks. It happens. Just get started again and slowly build up to your old momentum.

**Older Persons Action Program (OPAP) Coordinator: Bea Kraessig**  
**East Creek Community Centre, 43 Kitchener Street**  
**PO Box 4859 Toowoomba East 4350 Phone: 4639 2755/0468 79 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 2755/0468 79 2755

## Red lentil & carrot soup

<https://www.bbcgoodfood.com/recipes/red-lentil-carrot-soup>

**Prep and Cooking time: about 30 min, Makes: 3-4 portions**

### Ingredients:

- 1 white onion, finely sliced
- 2 tsp. olive oil
- 3 garlic cloves, sliced
- 2 carrots, scrubbed and diced
- 85g red lentils
- 1 vegetable stock cube, crumbled
- generous sprigs parsley, chopped (about 2 tbsp.)  
plus a few extra leaves



### Method:

1. Put the kettle on to boil while you finely slice the onion. Heat the oil in a medium pan, add the onion and fry for 2 mins while you slice the garlic and dice the carrots. Add them to the pan, and cook briefly over the heat.
2. Pour in 1 litre of the boiling water from the kettle, stir in the lentils and stock cube, then cover the pan and cook over a medium heat for 15 mins until the lentils are tender. Take off the heat and stir in the parsley. Ladle into bowls, and scatter with extra parsley leaves, if you like.

We have some bread and bags of buns available for 25 cents, sweet buns 50 cent and fresh free range eggs for \$3.50 per dozen eggs.

On Thursday we get a delivery of vegetables, fruits + other food from **OZHARVEST**, all to be given away. This is a great way to help to reduce the massive pile of food that is wasted every day due to the consumers request for a perfect product.

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

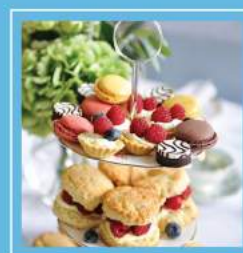
# Burstows Seniors

## Celebration

Join us to honour senior members  
in our community.

10:30am, Monday 19<sup>th</sup> August 2019  
TS Burstow Chapel, 1020 Ruthven St

Complimentary Morning Tea • Guest Speakers  
Local Musicians • Photo Presentation

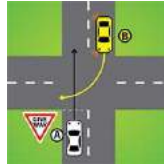


RSVP:  
Phone 4636 9600  
by Friday 9<sup>th</sup> August

**BURSTOWS**  
Since 1900

**Here are some road rules to refresh our memory.** <https://www.qld.gov.au/transport/safety/rules/road/give-way>

### Giving way at intersections with 1 stop or give way sign



#### *Giving way at a give way sign to an oncoming vehicle that is not at a stop sign or give way sign*

You need to give way if you face a give way sign or a stop sign or if there are stop or give way lines on the road, even if the other driver, who is not facing a stop or give way sign, is turning right across your path. In this example, 2 vehicles are opposite each other at an intersection. Vehicle B (in yellow) is turning right across the path of vehicle A (in white) who has a give way sign.

**Vehicle A (white) must give way to vehicle B (yellow) because vehicle A has a give way sign.**

### Giving way at uncontrolled crossroads



#### *Giving way when turning at crossroads with no lights or signs*

You must give way to vehicles on your right at an uncontrolled crossroad—this is a crossroad without any traffic lights, lines or signs.

**In this example, Vehicle A (white) must give way to Vehicle B (yellow).**

### Giving way at a T-intersection

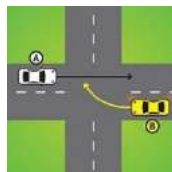


#### *Giving way at a T-intersection*

If you're driving on a road that ends at a T-intersection, you must give way to all vehicles—except those doing a U-turn—travelling on the road continuing through the intersection.

**In this example, Vehicle A (white) must give way to Vehicle B (yellow).**

### Giving way when turning right



*Giving way when turning right across the path of another car driving straight ahead*



*Giving way when turning right across the path of another car turning left*

**In both examples, Vehicle B (yellow) must give way to Vehicle A (white).**

# East Creek Calendar August 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Stroke Support Group 9.30-11.30am	2  Craft Group 10am – 12pm	3 
4	5  Crochet Group 10 - 12  Blankets for the Homeless 1:00pm – 3:30pm Homeless week Expo Library Precinct, 11am-1pm	6 Walking Group 8:45am  Cuppa & card game 10am – 12pm	7  Art-Ability 12-1pm Art Group 1- 3pm  Homeless Awareness	8 Stroke Support Group 9.30-11.30am Morning Tea @ The Movie  Week	9  Craft Group 10am -12pm	10 
11 Cultural festival	12  Crochet Group 10 - 12  Blankets for the Homeless 1:00pm – 3:30pm	13 Walking Group 8:45am  Cuppa & card game 10am – 12pm	14 Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm Thai Royal	15 Stroke Support Group 9.30-11.30am Committee Meeting 2.00pm-3.00pm	16  Craft Group 10am – 12pm	17
18	19  Crochet Group 10 - 12  Blankets for the Homeless 1:00pm – 3:30pm	20 Walking Group 8:45am  Cuppa & card game 10am – 12pm	21  Art-Ability 12-1pm Art Group 1- 3pm  Senior's Week	22 Stroke Support Group 9.30-11.30am Senior's Expo Clive Berghofer 8:30 am – 3 pm	23  Craft Group 10am – 12pm	24
25	26  Crochet Group 10 - 12  Blankets for the Homeless 1:00pm – 3:30pm	27 Walking Group 8:45am  Cuppa & card game 10am – 12pm	28  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm Highfield's Tavern	29 Stroke Support Group 9.30-11.30am UP Morning with the Stars City Golf Club Morning Tea 9:30am Show Starts 10:00am	30  Craft Group 10am -12pm  Singing Group 11am-1pm	31



Produce Swap 9am-11am



– Dr Who Group 10 am – 3 pm



Nelly's Singing Group 11am – 1 pm



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