



September 2021

A Word from Sally




Hello Everyone,

Exiting news for the centre, we were fortunate enough to receive a grant from the Department of Housing, Communities and Digital Economies to purchase a new fridge and freezer for our kitchen. This will help us store and distribute food we receive from Ozharvest each week. Pictured below are the new fridge and freezer. Feel free to come in and have a look!



We have started a Mahjong group at the centre, it runs every Wednesday and is open to all ages. If you would like to come along, it is held every Wednesday from 10 am until 12 pm. Further details later in the newsletter.

WHAT'S ON * * May change due to Covid restrictions

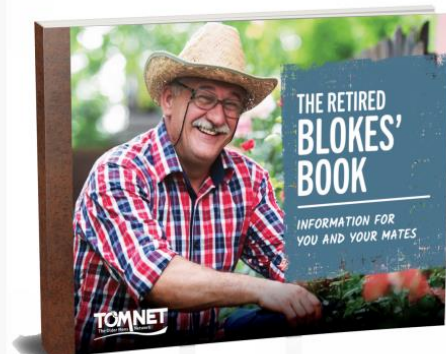
Activity	
Computer/Technology Lessons	By appointment
Community Literacy	By appointment
Crochet Group	Monday 10-12 pm
Blankets for Homeless	Monday 1-3 pm
Walking Group	Tuesday 9-10 am
OPAP Cuppa & Card, Canasta & Rummikub	Tuesday 9.30 -12 noon
Mah-jong	Wednesday 10.00 am – 12 pm
Disability Art Group	Wednesday 1-2 pm
Tax Help	Wednesday and Thursday by appointment
	1st September- Federal Hotel, 111 James St 15th September - Thai Royale 140 South St 20th September Wilsonton Hotel 40 Richmond Drive
Stroke Support Group	Thursday 9.30-11.30 am
Craft Group	Friday 10-12 pm
JP Service	By appointment

Mah-jong

Mah-jong or mah-jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is commonly played by four players. We are holding games every Wednesday at the centre, from 10 am until 12 pm



Come along and join in with our Mah-jong Group
 Every Wednesday from 10 am until 12 pm
 Learners welcome!
 Cost \$3.00



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 YOU
 WANT IN
 RETIREMENT**

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WWW.TOMNET.ORG.AU

TOMNET
 The Older Mens Network



Toowoomba Home Produce Swap

Are you a keen gardener who doesn't know what to do with your excess produce?

Join our group and swap and share your produce, seeds and knowledge.

Meetings are held on the first Saturday of each month at

East Creek Community Centre, 43 Kitchener St

from 9 am until 11 am.

For more information contact the centre on 46392755



****NEWSFLASH******Darling Heights School**

Is now **taking enrolments** for
Prep in 2022.

If your child born was between
1st July 2016 and 30th June 2017 then
they are due to commence
Prep in 2022.

Please contact us on 46368333 or
Officestaff@darlingheightssss.eq.edu.au

To request an enrolment package.
Don't forget that you can join us for **Pre-
Prep Play Group** every **Wednesday** from
9.15 – 11.15am

Pre-Prep Playgroup is a great way for
your children to make **friends** and get to
know their **teachers.**

**FREE
Prizes**

Non Smoking/
Alcohol Free Event

Come enjoy...

- Free sausage sizzle
- Skills and Drills with Newtown Lions
- Touch football
- Traditional Indigenous games
- and many other sporting activities!

**Fun for the
whole family!**

PCYC Indigenous, Restart & Safer Communities Programs

Community Sports & Recreation Outreach Day

Wednesday, 22 September 2021

9am - 1pm

Gleeson Cres Park, Harlaxton

This event is in collaboration with:

- SWIN
- Queensland Police Service
CBCAC
- Harlaxton Neighbourhood
Centre
- Youturn
- Multicultural Australia
- Carbal Medical Services
- Civic Assist
- Rosie's
- Youth Justice
- Wilsonton Early Years Network



- Subject to weather conditions
- COVID guidelines apply
- Contact for enquiries
0428725172

**INDIGENOUS
PROGRAMS**

pcyc.org.au

Zucchini and Corn Fritters

Ingredients

- 1 medium zucchini, grated
- 2 small red capsicums, diced (put 1/3 aside for salsa)
- 400g can no-added-salt corn kernels, drained
- 2 spring onions, (including green tops), chopped
- ½ cup chopped basil
- 1 cup grated reduced-fat cheddar cheese (80g)
- freshly ground black pepper, to taste
- ¾ cup self-raising flour
- 3 eggs
- ½ cup low-fat milk
- olive or canola oil spray



Salsa

- 2 avocados, diced
- 1 large tomato, diced
- juice of 1 lime
- ¼ cup chopped basil

Method

1. Squeeze zucchini of excess liquid and place in a large bowl with 2/3 of the capsicum and the corn, spring onions, basil and cheese. Season with pepper.
2. Sift flour over vegetables then mix to combine.
3. Pour milk into a jug, add eggs, and whisk together with a fork. Add to vegetables and stir well.
4. Heat a large non-stick frypan over medium heat and spray liberally with oil. Drop heaped tablespoons of mixture evenly spread around the pan and spread using the back of a spoon to 8cm diameter. Cook for 2 minutes or until firm and golden. Flip and brown on reverse side for 2 minutes.
5. Transfer to a plate, keep warm and repeat cooking process with remaining mixture.
6. To make salsa, combine remaining capsicum with avocado, tomato, basil and lime in a medium-sized bowl.
7. Divide salsa between plates and serve with a stack of 3 fritters each.

Hint Salsa can be made in advance, although avocado is best added just before serving.

<https://www.healthier.qld.gov.au/food/recipes/zucchini-and-corn-fritters/>



We have free bread and other food items from Oz Harvest when available.

These arrive Wednesday afternoon 3 pm and Friday at 11.30 am.



Please note this can change at any time without notice.

Did you know that you can now claim a tax deduction on amounts of \$20 or more donated to East Creek Community Centre? This is done through the Australian Neighbourhood Houses & Centres Association (ANHCA) Public fund for Deductible Gift Recipients (DGR). We are currently trying to raise funds to update our sign and for general improvement to group activities. If you would like to know more talk to centre staff.

East Creek Community Centre is a community based, non-profit organisation providing community services for Toowoomba residents. We work with community groups and individuals throughout Toowoomba.

East Creek is friendly, accessible, and inclusive.

Our programs are for everyone —

Children, adolescents, young adults, seniors, disabled people, multicultural groups, and those who are socially isolated.



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