

October 2023 The Over 60s Newsletter

A word from Lee,

Happy October Everyone. I am very happy to say that I am back at East Creek, although it is in a limited capacity for a few more weeks, then it will be full steam ahead.

All activities have been well patronised over the last month with many of our regular visitors and members enjoying the activities and each other's company. Eating with Friends is as popular as ever, as well as the card group, Mahjong, and other games.

Our entry in the Itty-Bitty Garden competition for Carnival of Flowers didn't win any prizes, though the effort from the Crochet group was unique with the spirit of the festival. The theme this year was creating a buzz, and our entry was comprised of handmade flowers, bees, butterflies, and the most spectacular Beehive made in a light-yellow cotton. Well done ladies, and thank you for your time, effort, and skills in producing this amazing piece.

I look forward to seeing you soon. Cheers, Lee.



What is El Niño and how is it different to La Niña?

The cycle of La Niña and El Niño – known as ENSO, or the El Niño-Southern Oscillation index – works a bit like a pendulum.

La Niña occurs when water in the eastern tropical region of the Pacific Ocean is cooler than average as the "trade winds" – the planet's prevailing east-to-west winds – strengthen, creating warmer-than-normal water around Indonesia and Australia's east coast.

This leads to increased rainfall and brings the risk of heavy flooding in Australia.

However, when those conditions are reversed – trade winds are weaker, and water is warmer than average in the eastern tropical Pacific but cooler close to Australia – an El Niño is declared, and our continent will experience hot, dry conditions, and come under the threat of drought.

When the "pendulum" sits in the middle and ocean temperatures are closer to average, it is referred to as "neutral" ENSO conditions - and it is more likely to bring less extreme weather conditions.

And, if you're wondering what the two terms mean, "La Niña" is Spanish for "the girl" or "little girl", while "El Niño" translates to "the boy" or "little boy".

In the last week or so El Niño has been declared for this season. For us in Australia, it means that after our previous wet years, the grasses and shrubs have been growing very well and are now causing a major fire threat as they dry out with the warmer, drier weather. Although it is unlikely to be an issue in town, it is still a good idea to have an evacuation plan in place for emergencies to ensure the safety of your family and important documents you may need if something does happen out of the ordinary.

During the next couple of months, we will have some speakers come to East Creek to show us how to prepare for natural disasters, which will include things like, when to get out, where you may have to evacuate to, where to get help and how to rebuild your lives in a safe and timely manner. Details of when the speakers will be at East Creek will be shared on the website in a timely manner for you to book your seat.

Older Persons Action Program (OPAP) Coordinator: Lee Snep
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Phone (General): 4639 2755 / 0468 792 755 (Coordinator): 0480 261 901

Email: olderpersons@eastcreek.com.au or Website: new.eastcreek.com.au

Weekly Events



Monday - Crochet Group 9:30 am - 12 pm

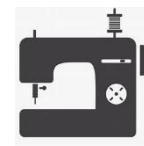
Join our friendly and chatty group for crocheting, knitting, stitching or just chatting, if that is what you need on that day.

Monday - Blanket Group 1 pm - 3:30 pm

We support the homeless and people in need of a 'helping hand'.

We use donated materials like bed linen, curtains, tablecloths and suitable clothing.

We have our own sewing machines and overlockers.



Tuesday - Walking Group 9:00 am – 10:00 am

In connection with the TRC Change project and the Heart Foundation

Departure time about 9:00 am from ECCC

for a lovely walk of medium pace.



Tuesday - Cuppa and Cards, Canasta and Rummikub 9:30 am – 12 pm

Occasionally there is a group that plays 500, depending on who is here on the day.



Wednesday - Mah-jong and Board Games 10 am - 12 pm

Come along and try out this challenging tile-based game.

We have three sets of Mah-jong tiles, mats, and enough racks for 12 players.

Games have been played for centuries and continue to be popular today.

You can choose from Chess, Checkers, Backgammon, Mancala, Tic-Tac-Toe, Scrabble and more.

Meet new people, have a yarn over a cuppa and go home feeling relaxed and refreshed.



Thursday - Social Cuppa and Chat 1:30 pm – 3 pm

Join others for a quiet conversation to discuss local events, common problems or issues and meet some like minded people over a friendly cuppa.



Friday - Craft Group 9:30 – 12 pm

Craft group is a fantastic way to join others in conversation whilst making items of varying kinds, from needlework, diamond art, drawing, painting, glass and rock decorating, and many other forms of artwork. Bring your own work and enjoy a light morning tea, relax, and enjoy the atmosphere.



Wednesday Fortnightly - Eating with Friends 12 pm (Venue Start Time)

4th October, 2nd Shot, 488A Ruthven Street, Toowoomba CBD

18th October, Club Glenvale, 564 Boundary Street, Glenvale

Please call the centre to book, to ensure we have enough seats for all.

The bus is available for pick up and drop off.



Monthly Events



Morning At the Movies

12th October 2023 at The Strand or Grand Central
OPPENHEIMER

Director: Christopher Nolan

Cast: Michael Angarano, Dylan Arnold, Emily Blunt, Kenneth Branagh, Jason Clarke, Matt Damon, David Dastmalchian, Dane DeHaan, Robert Downey Jr., Alden Ehrenreich, Tony Goldwyn, Josh Hartnett, David Krumholtz, Rami Malek, Matthew Modine, Cillian Murphy, Florence Pugh, Jack Quaid, Benny Safdie, Matthias Schweighöfer, Olivia Thirlby, Alex Wolff

Time: TBA **Running time:** 180 minutes.

The bus is available for pick up and drop off.



Morning with the Stars

Come and enjoy wonderful entertainment with Cathy Drummond and
Special Guest **Tracy Vaughan**

26th October, 10am start at the City Golf Club

Please let us know if you need the bus to pick you up.



Events in October

6th October, Regional Disability Expo, 9am start, Clive Berghofer Recreation Centre, Darling Heights, Toowoomba

7th October, National Tree Day, 8am – 10am, Cory Street Park, Oakey,

Highfields Sport and Recreation Park, Highfields.

BYO Hat, Trowel, long pants/sleeves, sunscreen, and water.

14th October, Boodua Hall Comedy night, 8:30am – 1pm, 1473 Kingsthorpe Haden Road, Boodua.

14th October, Pittsworth Craft and Fine Food Spectacular, Pittsworth.

26th October, Seniors Expo, 9am – 3pm, Toowoomba Showgrounds.

28th October, International Street Fiesta, 3pm – 8pm, Queens Park, Toowoomba

Thanks to our dedicated Volunteer

Thank you, Bev, for all your years of dedication and service to East Creek. We are happy that you will continue to come for the activities and still see your smiling face.



Recipe of the Month

Herby Spring Chicken Pot Pie

Cooking Time: 30 minutes

Prep Time: 30 minutes

Easy

Serves: 4 people

Ingredients:

2 tbsp olive oil, plus a little extra for brushing over pastry.
Bunch of spring onions cut into 3cm pieces.
250g frozen spinach.
6 chicken thighs (Boned). *
350mls chicken stock.
½ tbsp wholegrain mustard.
200g frozen peas.
200mls sour cream.
¼ cup of fresh parsley.**
¼ cup of fresh tarragon or other herbs of your choice.
270g pack filo pastry.



Directions:

Heat oven to 200C/180C fan forced.
Heat the oil in a large, frypan on a medium heat.
Dice the chicken and place into the frypan and cook for 15 minutes, turning to cook each side.
Add the spring onions and fry for 3 mins, then stir through the frozen spinach and cook for 2 mins or until it's starting to wilt.
Stir through the stock and mustard. Bring to a simmer and cook, uncovered, for 5-10 mins.
Place into a shallow baking dish.
Add the peas, sour cream and other herbs and stir through.
Scrunch the filo pastry sheets over the mixture and brush with a little oil.
Bake for 15 to 20 minutes or until golden brown.
Serve hot.
*You can use pre-cooked chicken in this recipe by putting the chicken in at the same time as the peas, sour cream, and other herbs.
**If using dried herbs, only quarter of the amount is needed.

Quote of the month

“No name-calling truly bites deep unless, in some dark part of us, we believe it. If we are confident enough, then it is just noise.”
– *Laurell K. Hamilton*

OzHarvest



We have two delivery days per week:

Wednesday and Friday

Please look at our Facebook page to ensure the delivery is here before you arrive.

Did you know?

Australia produces around 64 million tonnes of rubbish each year. This equates to 1724kgs for every person in Australia each year.

Bunnings North now have a large container for all unused pots to be redistributed to anyone who needs them. This prevents the waste of plastic pots going into landfill and makes things a bit cheaper for those who cannot afford to buy a new one to re-pot their plants. Old, unused mobile phones have many components that can be harmful to the environment if not disposed of properly. Many places like the post office, phone companies, Officeworks and many more places recycle old phones. All you need to do is transfer all your personal data to the new phone remove all your details off the old phone, take them into a participating service and drop them in the box. If you don't know how to transfer or erase your information, ask your friendly phone company to assist, or make a booking with Andras to help you.

On average, each man woman and child in Australia throw out 23kgs of clothing each year. Most of this goes to landfill and is becoming one of Australia's largest contributors of waste problems.

The Great Pacific Garbage Patch (GPGP) is a collection of garbage from all around the world that collects in the Pacific Ocean due to the water currents in the area. The patch is deemed to be over 1,600,000 square kilometres and is estimated to be over 45,000 metric tons.

Plastic waste breaks down into microplastics which is being consumed by all manner of sea creatures and is causing the death of seabirds, turtles and even whales, due to the amount of plastic found in their gut which is preventing them from digesting food.

Recycling one aluminium can save enough energy to power a TV for 3 hours.

East Creek Calendar October 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30  Crochet Group 9:30-12pm  Blankets for the Homeless 1:00pm – 3:30pm	31  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm  Men's Wellbeing 6.30pm – 10.15pm				
1	2  Crochet Group 9:30-12pm  Blankets for the Homeless 1:00pm – 3:30pm	3  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm  Men's Wellbeing 6.30pm – 10.15pm	4  Mahjong 10am-12pm  Board Games 10am-12pm  Eating with Friends  Artability 1pm – 3pm	5  Stroke Support Group 9.30-11.30am Social Cuppa and Chat 1pm - 3pm	6  Craft Group 10am – 12noon	7  Produce Swap 9am – 11am  Women in Harmony 2pm – 4pm Vedic Prayer Group 18:00
8 Toowoomba Speedcubers 11:00 – 2pm	9  Crochet Group 9:30-12pm  Blankets for the Homeless 1:00pm – 3:30pm	10  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm  Men's Wellbeing 6.30pm – 10.15pm	11 Committee Meeting 9am  Mahjong 10am-12pm  Board Games 10am-12pm  Artability 1pm – 3pm	12  Stroke Support Group 9.30-11.30am Morning @ The Movies Social Cuppa and Chat 1pm - 3pm	13  Craft Group 10am – 12noon	14  Women in Harmony 2pm – 4pm
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Community Literacy Program – by appointment for details call 4639 2755

OZ Harvest, Wednesday, and Friday. Check the ECCC Facebook page for arrival.

Computer classes and JP Services – by appointment Monday, Wednesday to Friday 4639 2755 or 0468 792 755