

November 2023 The Over 60s Newsletter

A word from Lee,

Hi Everyone.

Another month gone and the holiday break is only a matter of weeks to come. We have had an eventful October with all our usual activities, and a couple of extra ones.

Eating with Friends was, as always, very popular and the venues meeting the expectations of groups with fine food, good service, and timely meals. We have three outings this month, finishing off at the Federal Hotel for our final meal for the year. A new list will be available for all to start our outings again in the New Year.

We are still in need of some helpers on Monday afternoons for the blanket making group. If you could spare an hour or so to assist, we would be very thankful. The blankets are produced to give away to those in need and even though it is getting warmer, blankets are still in great need.

East Creek went to the Seniors Expo out at the show grounds on Thursday the 26th of October and the day was fantastic, full of interesting information from many local organisations who are supporting the older population of Toowoomba and surrounding areas. We held a free raffle for a beautifully blanket, made by one of our talented crochet group members. Thanks to the volunteers who helped supply their time effort and hand made goods to show how truly remarkable our participants are at making usable items for our community.

All activities will stop for the year in December, so please talk to your group members to figure out when.

I hope you all have a fantastic month ahead.

Cheers, Lee

To the left, our blanket winner, underneath, our table at the Seniors Expo.



PLEASE NOTE: EATING WITH FRIENDS CHANGE OF VENUE

A slight change of venues for the Eating with Friends group for November. Many of you have asked for the Federal Hotel be the venue for the Christmas lunch this year. As Two Birds is open again, we thought we would go there on the 15th of November, and the Federal on the 29th for the end of year luncheon. Wednesday the 1st of November is still at Fitzy's in Margaret Street.

Older Persons Action Program (OPAP) Coordinator: Lee Snep
East Creek Community Centre, 43 Kitchener Street
PO Box 4859 East Toowoomba 4350

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)

1st November, Fitzy's on Church, 153 Margaret Street, Toowoomba CBD

15th November, Two Birds, 2 Duggan Street, Toowoomba

29th November, Federal Hotel, 111 James Street East, Toowoomba

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

9th November 2023 at The Strand or Grand Central

Three Chords and the Truth

Director: Claire Pasvolsky

Cast: Timothy Blundekk, Matthews Heys, Leigh Ivin, Jackie Marshall, Maisie Owens

Time: TBA **Running time:** 83 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 **Glen Shields**

30th November, 10am start at the City Golf Club

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



What on Earth????

We have a new item in the newsletter which is a very close-up shot/photo of something and am asking you to tell me what it is. This month is not an easy one, so I hope you have fun trying to guess what it is.



Please text, email or call me if you know what it is and we will let you all know next month, and who guessed correctly. A chocolate frog or something similar will be given to the first correct response, if Andras does not eat the prize first.

olderpersons@eastcreek.com.au, 0480 261 901

Events for November

November will be a busy month with many of our groups holding their own end of year morning teas at East Creek, and lunches in the community on various days, so get in touch with your group leaders to find out when these events are on, and the groups last activities for the year. Dates will be posted in Decembers issue.

7th November - Melbourne Cup is on the 7th of November, and we will be having a Best Hat competition at the centre, so wear your best head gear to be in the competition. Come and watch the horses run, with sweeps for the race itself and remember that the race time will be 10'clock, Queensland time.

11th November - Remembrance Day

16th November - The East Creek Community Centre (ECCC) Annual General Meeting (AGM) will be held at 2pm on the 16th of November, so if you wish to contribute your time or ideas, please come along. Tea and coffee will be provided.

Recipe of the Month

Melting Moments

Cooking Time: 15 minutes

Prep Time: 30 minutes

Easy

Serves: 8-10 people

Ingredients:

Biscuit base

250g softened butter

80g icing sugar

250g plain flour

80g custard powder

Icing

120g softened butter

150g icing sugar

Directions:

Biscuits

Preheat oven to 160degrees Celsius. Line two baking trays with baking paper.

Sift flour and custard powder together and set aside.

Beat the softened butter with the icing sugar until fully combined.

Add the flour mixture slowly until all combined. It should be quite a dry mixture and forms a clump if pressed together. Roll the mixture into small balls and place on a baking tray about 5cm apart. Gently press the tops of the balls with a fork until they are slightly flattened.

Bake for 15 minutes, ensuring they do not overcook or get browned. Leave to cool for 10 minutes before transferring them to a wire rack to cool completely.

Icing

Beat the butter and icing sugar together.

Ensure the biscuits are fully cooled before using the icing mixture and join two biscuits together with 1tsp of icing.

Extra notes:

-You can use gluten-free flour for the biscuits.

-You can add choc chips to the mix before baking. *

-You can put a nut, such as macadamia/almond etc in the ball before pressing with a fork and baking. *

*You don't need to use the icing mix for the last two options.

Quote of the month

Don't take yourself too seriously. Know when to laugh at yourself and find a way to laugh at obstacles that inevitably present themselves."

Halle Bailey

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.

Staying safe in Summer

Summer is nearly upon us and as it is an El Nino weather pattern, we will have hotter and drier days. It will be important to keep ourselves well hydrated, out of the sun, and cool to maintain our health. We also need to ensure we are wearing appropriate clothing for the day ahead. Light, loose fitting, and covering most of your body will help to stay cool and free of sun damage.

















































Sun glasses and hats will protect our heads, faces and eyes, and appropriate foot wear will limit exposure to the wind and sun. Use of sunscreen is a must if outside for any length of time, and planning outdoor activities for earlier in the day, or early evening will help reduce severe damage from the elements. Summer is also a time when we often have our windows and doors open at night to help cool down the home. Screen doors and windows will keep out flies, mosquitoes and other pests, and lockable security grills on doors and windows will help keep the home safe from any intruders.

If you need any help in keeping your home safe during summer, contact your landlord, or Home Assist Secure through the Department of Housing Queensland, to check your eligibility for assistance.

Remember to drink plenty of water and seek medical help if feeling unwell in the heat.

East Creek Calendar November 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  Mahjong 10am-12pm  Board Games 10am-12pm  Eating with Friends  Artability 1pm – 3pm	2  Stroke Support Group 9.30-11. Social Cuppa and Chat 1pm - 3pm	3  Craft Group 10am – 12noon	4  Produce Swap 9am – 11am  Women in Harmony 2pm – 4pm
5 Toowoomba Speedcubers 11:00 – 2pm	6  Crochet Group 9:30 12pm  Blankets for the Homeless 1:00pm – 3:30pm	7  Walking Group 8:45am  Melbourne Cup 12:30pm Emergency Planning with Dale Swanson	8  Mahjong 10am-12pm  Board Games 10am-12pm  Artability 1pm – 3pm	9  Stroke Support Group 9.30-11.30am Social Cuppa and Chat 1pm - 3pm	10  Craft Group 10am – 12noon Emergency Planning with Dale Swanson	11 Remembrance Day  Women in Harmony 2pm – 4pm Vedic Prayer Group 18:00
12	13  Crochet Group 9:30 12pm  Blankets for the Homeless 1:00pm – 3:30pm	14  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	15  Mahjong 10am-12pm  Board Games 10am-12pm  Artability 1pm – 3pm  Eating with Friends	16  Stroke Support Group 9.30-11.30am Morning Tea @ The Movie ECCC AGM – 2pm	17  Craft Group 10am – 12noon	18  Women in Harmony 2pm – 4pm
19	20  Crochet Group 9:30 12pm  Blankets for the Homeless 1:00pm – 3:30pm	21  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	22  Mahjong 10am-12pm  Board Games 10am-12pm  Artability 1pm – 3pm	23  Stroke Support Group 9.30-11.30am Social Cuppa and Chat 1pm - 3pm	24  Craft Group 10am – 12noon Movie at East Creek 1pm	25  Women in Harmony 2pm – 4pm Vedic Prayer Group 18:00 *DAW
26 Toowoomba Speedcubers 11:00 – 2pm	27  Crochet Group 9:30 12pm  Blankets for the Homeless 1:00pm – 3:30pm	28  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	29  Mahjong 10am-12pm  Board Games 10am-12pm  Artability 1pm – 3pm  Eating with Friends	30  Stroke Support Group 9.30-11.30am Morning with the Stars Social Cuppa and Chat 1pm - 3pm International Day of Person's with a disability		

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