

December 2023 The Over 60s Newsletter

A word from Lee,

Hi Everyone

Another calendar year is nearly over. The Festive Season is here in abundance, and many people will get together to reunite and celebrate over the coming weeks. It is also a time for thinking of others who may not have anyone to be with, and I am sure most of us can think of someone who may be in that situation. If you can, and feel it is safe to do so, please reach out to your neighbour, friend or family member and let them know they are not alone.

We held the East Creek Annual General Meeting this month and have re-elected most of the committee members as they were last year with one exception. We must find a new committee secretary who will take over the duties from the current temporary secretary, who is unable to continue the role for the entire year. Other than that, the meeting went well with over 20 attendees, including the new Toowoomba Mayor, Cr Geoff McDonald, and Cr Kerry Shine.

Our last Eating with Friends for the year was on the 29th of November at the Federal Hotel (picture below). The Mahjong group joined us which made for a larger group than normal, with familiar, friendly faces, good conversations and the meals were very tasty.



The next newsletter will be in January, though not many physical copies will be printed as most people will not be here at the centre until the third week. I will make sure that it goes out via email early in the month. I wish everyone a safe holiday season and prosperous New Year and look forward to seeing you all in 2024. Cheers, Lee

THANK YOU, THANK YOU, THANK YOU

Burstows, for the continuing support, printing our newsletters for us each month

Bakers Delight, at the Hooper Centre for the weekly supply of fresh bread

Galaxy Donuts, for the weekly supply of yummy donuts

Oz Harvest for the twice weekly supply of food, drinks, and other items for those in need.

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



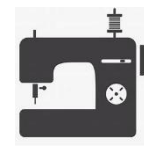
Monday - Crochet Group 9:30 am - 12 pm

Join our friendly and chatty group for crocheting, knitting, stitching.

Christmas Lunch 4th December at The Royal Hotel

Monday - Blanket Group 1 pm - 3:30 pm

Starting up again on Monday, 22nd January 2024



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.

Starting up again on Tuesday, 23rd January 2024



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.

Group Christmas Morning Tea at Cobb & Co on the 12th December

Starting up again on Tuesday 23rd January 2024



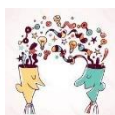
Wednesday - Mah-jong and Board Games 10 am - 12 pm

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.

Starting up again on Wednesday 24th January 2024



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.

Starting up again on Thursday 25th January 2024



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.

and last day on 15th December

Starting up again on Friday 2nd February 2024



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

24th January, Stock Hotel, 162 Anzac Avenue, 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.

Eating with Friends will start up again on Wednesday 24th January 2024.

Monthly Events

Morning at the Movies



We will start again on the 8th of February

A lovely older couple,
dancing to most of the songs
for the lady's birthday.



He was such a gentleman, and
the love they have for each
other was beautiful to watch.
(Morning with the stars)

Morning with the Stars

Come and enjoy wonderful entertainment with Cathy Drummond
and a guest entertainer to be announced.

Thursday 25th January

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

Starting up again in February, 2024



What on Earth????

CONGRATULATIONS to Michelle B

Last month's mystery item was a **SPUDGER** or **Prying Tool** for opening the back of mobile phone/tablet repairs. This month we have a weird looking shape that happens in nature. Have a close look and guess what it might be.



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 December

2nd December to Christmas Eve– Toowoomba Christmas Wonderland, 7pm – 10pm,
43 Lindsay Street, Toowoomba.

5th December – International day of the Volunteer

7th December – Mayoral over 80's Christmas Party, The Shed, 10am. **Bookings are essential.**

Bus seats are available from East Creek. Call early to reserve a seat on the bus

19th December – East Creek Community Christmas Party 10am – 2pm. TOMNET will be cooking the BBQ and other food will be available.

Bookings are essential for catering purposes.

Bus seats are available from East Creek. **Call early to reserve a seat on the bus.**

22nd December – East Creek will be closed from 11am until the New Year.

Great Grandma Hatch's Devils Food (Chocolate) Cake

Cooking Time: 45 minutes

Prep Time: 30 minutes

Easy

Serves: 10-12 people.

Ingredients:

Cake

1 cup Evaporated Milk
1 tbsp vinegar
1 $\frac{1}{2}$ cups Brown sugar
1 $\frac{1}{2}$ Cups of Plain flour
1 $\frac{1}{2}$ tsp Bi Carb soda
1 $\frac{1}{2}$ Cup of Cocoa
115g cooled melted Butter
2 room temperature Eggs



Icing

250g room temperature cubed Butter
400g Icing Sugar
2 tbs Cocoa

Directions:

Cake

Preheat the oven to 180°C
Melt the butter and set aside to cool.
Mix the milk with the vinegar and set aside.
Sift the cocoa and bi-carb into the flour and mix well.
Make a well in the flour and pour in the milk and butter. Mix well.
Add the eggs one at a time and beat until fluffy.
The mixture should be quite thick.
Pour into a well-greased pan, or muffin trays, and bake in the oven for 45 minutes on a low shelf.

Icing

Cream the butter and icing sugar together.
Sift the cocoa into the mix and mix until fully combined.
Wait until the cake is totally cold before icing it.

Extra notes:

Evaporated milk can be made with milk powder by using three times the volume of powder with the normal amount of water.
This can be made with a gluten-free flour, but the mix needs to have one more egg.

Quote of the month

Happiness is a choice, not a result. Nothing will make you happy until you choose to be happy.

Ralph Marston

OzHarvest



The last delivery for this year will be on **Wednesday the 20th of December** and will not resume until the **Wednesday the 3rd of January 2024**.

Did You Know?

Many people enjoy Christmas while others dread the thought of it. There are higher incidents of domestic violence and physical fights with family members during the holiday season.




There are many reasons people have anxiety around Christmas, such as:

- **Financial stress** due to having to spend money on gifts, purchasing food for guests, receiving less pay due to mandatory time off during public holidays, travelling to family functions, the current economic issues of Australia, etc.
- **Relationships** that have been difficult in the past and can flare up during functions.
- **Overindulging** with the type or amount of food, and alcohol related incidents, accidents, or aggression, etc.
- **Isolation** for those who have no close relatives or friends the holiday season can feel lonelier and more depressed.

We can change things a little to help alleviate the stress by forward planning. For example:

- **Sticking to a budget** for gifts or having Secret Santa so only one gift needs to be purchased and asking each guest to bring a plate for the feast.
 - **Setting rules** for visitors in your home and letting them know before they arrive, such as: Treat everyone with dignity and respect, be assertive, not aggressive, let people know that if they cannot say anything nice, don't say anything at all, and do not bring up any old issues whilst in the home. One more important thing for the host, it is ok to say no to outrageous requests.
- Good luck and take care during the holidays.

East Creek Calendar December 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Closed for Holidays					1  Craft Group 10am – 12noon Disability Action Week - (Last Day)	2  Produce Swap 9am – 11am  Women in Harmony 2pm – 4pm
3	4  Crochet Group 9:30 12pm	5  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	6  Mahjong 10am-12pm  Board Games 10am-12pm	7  Stroke Support Group 9.30-11.30am	8  Craft Group 10am – 12noon	9  Women in Harmony 2pm – 4pm
10 Toowoomba Speedcubers 11:00 – 2pm	11  Crochet Group 9:30 12pm	12  Walking Group 8:45am  Card Group 10:00  Cobb & Co Last day for Cards in 2023	13  Mahjong 10am-12pm  Board Games 10am-12pm	14  Stroke Support Group 9.30-11.30am Morning Tea @ The Movie	15  Craft Group 10am – 12noon Last day for Craft in 2023	16  Women in Harmony 2pm – 4pm
17	18  Crochet Group 9:30 12pm Last day for Crochet in 2023	19  Walking Group 8:45am East Creek Christmas Party 11am – 2pm Bookings are Essential.	20 Staff clean-up, catch-up days.	21 Staff clean-up, catch-up days.	22 Staff Christmas Lunch	23  Women in Harmony 2pm – 4pm Closed for Holidays
24	25 Happy Holidays to All Closed for Holidays	26 Closed for Holidays	27 Closed for Holidays	28 Closed for Holidays	29 Closed for Holidays	30 Closed for Holidays

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