

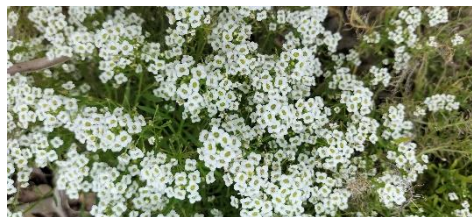
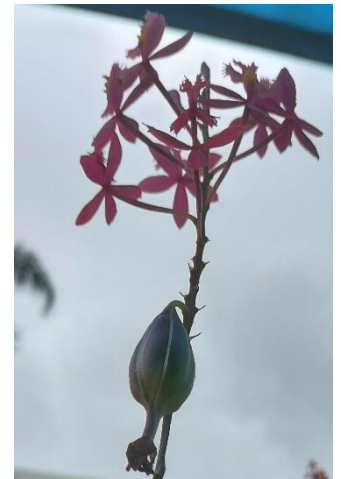
# February 2024      The Over 60s Newsletter

## A word from Lee,

Hello everyone and Happy New Year. I hope you all had a good break over the holidays. East Creek is now back in full swing, with all our usual activities being well attended by our regulars, and some new members enjoying what we have to offer.

We have had our first Eating with Friends (EWF) for the year at the Stock Hotel in Anzac Avenue. A cool climate, warm atmosphere, and tasty food, and of course catching up with friends over a good meal. Our next outing will be to the Downs Hotel in Drayton on the 7<sup>th</sup> of February, then the Park-house Café on the 21<sup>st</sup>. All EWF events start at 12:00 at the venue. You are welcome to join us but please call Lee, on 0480 261 901, or call the centre on 4639 2755, a couple of days before to ensure a seat at our table.

Over the break, we had our gardeners come in to do some work, (see picture below) though the rain has made the job a bit more difficult as the weeds are running riot. If anyone would like to give us a hand to remove some of the weeds, we would be most grateful. Morning tea will be provided.



The Toowoomba Art Society is holding an exhibition for a local man Mark Stevenson, who dabbles in drawing, paintings, and photography. The grand opening is on the 30<sup>th</sup> of January and will run until the 25<sup>th</sup> of February. Culliford House at the Eastern end of Godsall Street, Toowoomba is at the Northern side of Queens Park. Local parking is close and free entry to the exhibition makes it a good place to take the family.

I look forward to seeing you all again soon and wish everyone a safe fun and fantastic month ahead.

Cheers, Lee

# Weekly Events



## Monday - Crochet Group 9:30 am – 12:00 pm

Join our friendly and chatty group for crocheting, knitting, stitching, and other activities. Come along and join the fun.

## Monday - Blanket Group 1:00 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 so there is no need to bring yours along.



## 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. A friendly game with like minded players, a cuppa and a chat.



## 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 – Art/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)

7<sup>th</sup> February, The Downs Hotel, 23 Brisbane Street, Drayton

21<sup>st</sup> February The Parkhouse Café, 92 Margaret Street, 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**  
8<sup>th</sup> February 2024 at The Strand or Grand Central

## The Holdovers

**Director:** Alexander Payne  
**Cast:** Paul Giamatti, Da'Vine Joy Randolph, Dominic Sessa  
**Time:** TBA **Running time:** 133 minutes.



## Morning with the Stars

Come and enjoy wonderful entertainment with Cathy Drummond and  
Special Guest **Jodie Joy**

29<sup>th</sup> February, 10am start at the City Golf Club

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



## What on Earth????

This is a very close-up shot/photo of something and am asking you to tell me what it is. This month is not too hard, 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. December's mystery was a blueberry.

## Heads up

Are you aware that the Queensland government is giving out grants of up to \$10,000 for eligible seniors to upgrade their home security? The criteria are that you must have a current Pensioner Concession Card, be over 60 years of age and be homeowners living in the dwelling to have the security improvements made. You need to call Home Assist Secure on the number below to apply for the grant.

[13QGOV \(13 74 68\)](tel:13QGOV)

## Events for February

1<sup>st</sup> – 4<sup>th</sup> February, Crows Nest Gallery – Ornamental/Elemental exhibition: 10:30am – 3:30pm

1<sup>st</sup> – 4<sup>th</sup> February, Rosalie Art Gallery - Pittsworth Perspectives exhibition: 10:30am – 3:30pm

3<sup>rd</sup> – 4<sup>th</sup> February, Toowoomba 50<sup>th</sup> Swap Meet – Toowoomba Showgrounds 9:00am – 4:00pm

4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, & 25<sup>th</sup> February, PCYC Markets – 219a James Street, Toowoomba: 7:00am – 12:00pm

11<sup>th</sup> February, Aberfeldy Barn - Valentines Twilight Markets + Music + Munchies 1:00pm – 5:00pm.

124 Macaulay Road, Westbrook

17<sup>th</sup> February, Social Me – Ladies Afternoon Tea Garden Party- Kingfishers Café. Ph: 0400 838 608 to book.

25<sup>th</sup> February, Cabarlah Country Market - Cabarlah Sports Ground: 7:30am – 12:30pm

Ongoing Exhibitions at: Cobb & Co Museum – Tea Towels Queensland. Ending March 3<sup>rd</sup>.

# Recipe of the Month

## Savory Empanadas

(Pastry wrapped baked/fried food)

Cooking Time: 15 minutes

Prep Time: 30 minutes

Easy

Serves: 4-6 people

### Ingredients:

2 tsp oil  
1 onion diced  
350g beef mince  
1 packet Taco seasoning base\*  
½ cup water  
¼ cup sliced green olives\*\*  
¼ cup chopped parsley  
5 sheets shortcrust pastry\*\*\*  
1 beaten egg  
Tomato salsa (to serve) \*\*\*\*



### Directions:

Heat oil in a large frying pan and add the brown onion and mince.

Add the water and Taco\* seasoning base and bring to the boil. Simmer for 10 minutes then allow to cool. and then add parsley and olives\*\*.

Preheat the oven to 200C (180C fan-forced)

Cut circles out of each sheet of pastry, (or cut the pastry into four squares). Place one tablespoon of the meat mixture on the pastry and fold to seal, creating a parcel.

Place on oven trays lined with baking paper, brush with the beaten egg and cook for 15 minutes until golden brown.

Serve with the tomato salsa. \*\*\*\*

### Extra notes:

\*Taco seasoning mix is found at the supermarket. You can use a chilli based seasoning mix if preferred.

\*\*Olives are not needed to make this recipe taste great so leave them out if you don't like them.

\*\*\*You can buy frozen sheets of shortcrust pastry from the supermarket.

\*\*\*\*You can make your own salsa by chopping up ripe tomatoes and stewing them in a saucepan for 20 minutes, adding flavour as you require. Serve this cold with the hot empanadas.

### Quote of the month

Happiness is not something ready made. It comes from your own actions.

**Dalai Lama XIV**

### 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.

### New Year Resolutions

What is a New Year Resolution? According to the Cambridge English Dictionary it is **“A promise to yourself to start doing something good or stop doing something bad on the first day of the year:”**

How many of us have made these promises to ourselves and stopped doing them within a month, week, day or not even started them on the 1<sup>st</sup> of January? Probably all or most of us. I stopped doing them years ago because I never got past the first week. It was usually around eating more healthily.

The most difficult thing is to set clear achievable goals and have a process that you can act on. Here is a process called the **SMART** model for goal setting. Using my weight loss as an example we can see how things may look using the **SMART** model.

**S-Specific:** The goal must be clear and well defined, such as, *“I will eat two more serves of fruit and vegetables every day”*.

**M-Measurable:** The goal must be able to be measured so you can track your progress, such as, *“I will keep a food diary of what I eat each day”*.

**A-Achievable:** The goal must be realistic and attainable. *“I will gradually add more vegetables and fruit to my daily diet”*.

**R-Relevant:** The goal must be true to your values and priorities, for example: *“By eating healthier food I can maintain my weight more easily and reduce my risk of chronic diseases”*

**T-Time-bound:** Your goal needs a deadline, such as *“I will eat regular healthy meals every day within three months”*.

If you would like assistance to set up a **SMART** goal, please call or text me and we can have a chat about how to do it. Cheers, and good luck. Lee



# East Creek Calendar February 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  Stroke Support Group 9.30-11.30am <b>Social Cuppa and Chat</b> 1pm - 3pm	2  Craft Group 10am – 12noon	3  Produce Swap  Women in Harmony 2pm – 4pm
4	5  Crochet Group 9:30 12pm  Blankets for the Homeless 1:00pm – 3:30pm	6  Walking Group 8:45am  <b>Cuppa &amp; Card game</b> 9:30am – 12pm	7  Mahjong 10am-12pm  Board Games 10am-12pm  Artability 1pm – 3pm  Eating with Friends	8  Stroke Support Group 9.30-11.30am <b>Morning @ The Movie</b> <b>Social Cuppa and Chat</b> 1pm - 3pm	9  Craft Group 10am – 12noon	10  Women in Harmony 2pm – 4pm
11	12  Crochet Group 9:30 12pm  Blankets for the Homeless 1:00pm – 3:30pm	13  Walking Group 8:45am  <b>Cuppa &amp; Card game</b> 9:30am – 12pm	14  Mahjong 10am-12pm  Board Games 10am-12pm  Artability 1pm – 3pm	15  Stroke Support Group 9.30-11.30am <b>Social Cuppa and Chat</b> 1pm - 3pm	16  Craft Group 10am – 12noon <b>Movie at East Creek</b> 1pm – 3pm	17  Women in Harmony 2pm – 4pm
18 Toowoomba Speedcubers 11:00 – 2pm	19  Crochet Group 9:30 12pm  Blankets for the Homeless 1:00pm – 3:30pm	20  Walking Group 8:45am  <b>Cuppa &amp; Card game</b> 9:30am – 12pm	21  Mahjong 10am-12pm  Board Games 10am-12pm  Artability 1pm – 3pm  Eating with Friends	22  Stroke Support Group 9.30-11.30am <b>Social Cuppa and Chat</b> 1pm - 3pm	23  Craft Group 10am – 12noon	24  Women in Harmony 2pm – 4pm
25	26  Crochet Group 9:30 12pm  Blankets for the Homeless 1:00pm – 3:30pm	27  Walking Group 8:45am  <b>Cuppa &amp; Card game</b> 9:30am – 12pm	28  Mahjong 10am-12pm  Board Games 10am-12pm  Artability 1pm – 3pm	29  Stroke Support Group 9.30-11.30am <b>Morning with the Stars</b> <b>Social Cuppa and Chat</b> 1pm - 3pm		

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 Only. Monday, Wednesday to Friday 4639 2755