

April 2024

The Over 60s Newsletter

A word from Lee

Hi everyone. I hope you have had a fun and interesting month like we had here at the centre. Barefoot Bowls at the City Bowls club was a hit with 13 participants hitting the green in our bare feet, with 11 of us never having played before. We had loads of fun with five groups bowling for over an hour before retiring in to the clubhouse for morning tea and birthday wishes for one of our members. (See the pics below). As you can see, each of us has our own bowling style, and the birthday cake was a real hit.



International Women's Day was celebrated on Friday the 8th of March with the craft group enjoying Margaret's yummy goodies, and I experimented making a fruit tart which went down well with the crowd. East Creek was at the Harmony Day celebrations at Picnic Point last month, which was a fantastic day of cultural diversity and friendly faces.



The rain held off until the last minute and over 400 BBQ sausages were handed out to the crowd with the TOMNET crew who worked cooking and serving like a well-oiled machine, whilst Wendy and I walked amongst the crowd enjoying the different cultural food, songs, dances, and music of the day.

I hope to see you all soon and have a fantastic April. Cheers, Lee.

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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,

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)

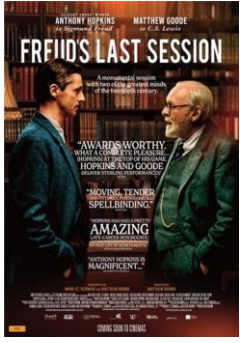
3rd April, The Fork (Gold Park), 341 Hume Street, South Toowoomba

17th April, The Revised Café, Wyalla Plaza, Shop 9/238a Taylor Street, Newtown

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

11th April 2024 at The Strand or Grand Central

Director: Matt Brown

Cast: Jodi Balfour, Stephen Moore, Padraic Delaney, Liv Lisa Fries,
Matthew Goode, Anthony Hopkins

Time: TBA Running time: 109 minutes.

The bus is available for pick up and drop off.

A BIG thank you to some of our sponsors, Burstows, TOMNET, and Bakers Delight in the Hooper Centre.



THE OLDER MENS NETWORK
223 Hume St, Toowoomba

Come along to join in:

- **Weekly Meetings**
Monday, Tuesday, and Thursday mornings from 9.30 a.m.
- **Monthly Meeting**
2nd Wednesday of each month from 10.00 a.m.
- **Volunteering**
Plenty of programs for you to get involved with.
- **Information**
We can help you find the service you need - just call.

SCAN to download our latest newsletter or tomnet.org.au/janFeb2024
Or the radio: tomnet.org.au/events

Call Anthony
07 4638 9080



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 should not be 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. Last month was a Rubber thimble (Finger Cone, Thimblette) for handling paper or money.

Events for April

1st April, Easter Monday – Public Holiday

1st – 9th April, Ramadan Continues, often ending in a feast, gift giving and family gatherings.

4th April, Art in the Park – Clewley Park, 86 Water Street South, Toowoomba. 4:00pm – 5:30pm

11th April, Morning with the Stars - City Golf Club, 254 South Street, Toowoomba. 10am – 12:pm

18th – 20th April, Heritage Bank Toowoomba Royal Show – Toowoomba Showgrounds, 9:00am to 6:00pm

20th April, Warwick Departing Toowoomba Station - Train travel to Warwick for a two-course lunch, via Clifton for morning tea. Contact Eventbrite on-line to book. 8:00am – 16:00pm

25th April, Anzac Day – Dawn Service at the Mothers Memorial, East Creek Park, Margaret Street Toowoomba 5:30am – 6:30am

We Will Remember Them

Recipe

Sheppard's Pie Potato Skins

Cooking Time: 30 Minutes

Preparation Time 30 Minutes

Easy

Serves 4

Ingredients:

4 large potatoes scrubbed
2 tbsp neutral oil
500g lean ground beef*
Salt & pepper to taste
½ medium onion, finely chopped
1 ½ cups of frozen vegetables
2 cloves garlic, finely chopped
1 tsp mixed herbs
2 tbsp tomato paste
¼ cup dry red wine, such as Cabernet Sauvignon**
½ cup low-sodium beef broth***
2 tbsp Worcestershire sauce
2 tbsp all-purpose flour
½ cup of cream
4 tbsp butter
¼ cup shredded Parmesan to serve****



Directions:

Prick 6 holes in all the potatoes with a fork
Drizzle half the oil over them and place them in the microwave for 8 minutes on high. Turn them over and heat them for another 8 minutes until they are nearly cooked through. When they are cool enough to touch, cut the top third off and remove the flesh of the potato from the skin, leaving about a third of the flesh intact. Mash the flesh with the butter and cream and set aside with the parmesan cheese.

Fry the onion in a tsp of oil, add the mince and break it up as it cooks. Add all the other ingredients and cook until the moisture reduces and thickens. Add salt and pepper to taste.

Pack the meat mixture into the potatoes, top with reheated mashed potatoes and sprinkle the parmesan on top. ***

Place under the grill until the cheese has browned slightly.

*Mince can be substituted for vegetarian protein

**You can use any alcohol free substitute.

**Chicken or vegetable stock will also work.

***Other cheese of your choice can be used here

Quote of the month

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

Mother Teresa.

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.

The Importance of Gallipoli

In the First world war, over 30 nations declared war between 1914 and 1918. The majority joined on the side of the Allies, including Serbia, Russia, France, Britain, Italy, and the United States. They were opposed by Germany, Austria-Hungary, Bulgaria, and the Ottoman Empire, who together formed the Central Powers.

The ongoing deadlock on the Western Front led the Allies to formulate plans to attack Turkey, an ally of the Central Powers. If the Turkish capital of Constantinople (now Istanbul) was attacked via the Dardanelles Straits, it might relieve the pressure on Britain's ally Russia. It could also open a supply route to Russia through the Black Sea and at best knock Turkey out of the war altogether.














































As we now know, the Gallipoli campaign did not go according to plan. At V Beach, one of five designated landings places at Cape Helles, out of the first wave of 200 men, only 21 made it ashore. After 8 months of fighting, 130,000 had died, 265,000 had been wounded and countless others were affected with Post Traumatic Stress Disorder (PTSD) and other mental health disorders. These men gave their lives so we might live in peace.

Lest we Forget



<https://www.nam.ac.uk/explore/gallipoli>

East Creek Calendar April 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <div style="background-color: yellow; text-align: center; padding: 10px;"> Closed for Easter Monday Holiday </div>	2  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	3  Mahjong 10am-12pm  Board Games 10am-12pm  Artability 1pm – 3pm  Eating with Friends	4  Stroke Support Group 9.30-11.30am Social Cuppa and Chat 1pm - 3pm	5  Craft Group 10am – 12noon	6  Produce Swap 9am – 1pm  Women in Harmony 2pm – 4pm
7	8  Crochet Group 9:30 12pm  Blankets for the Homeless 1:00pm – 3:30pm	9  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	10  Mahjong 10am-12pm  Board Games 10am- 12pm  Artability 1pm – 3pm	11  Stroke Support Group 9.30-11.30am Morning @ The Movie Social Cuppa and Chat 1pm - 3pm	12  Craft Group 10am – 12noon	13  Women in Harmony 2pm – 4pm
14 Toowoomba Speedcubers 11:00 – 2pm	15  Crochet Group 9:30 12pm  Blankets for the Homeless 1:00pm – 3:30pm	16  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	17  Mahjong 10am-12pm  Board Games 10am- 12pm  Artability 1pm – 3pm  Eating with Friends	18  Stroke Support Group 9.30-11.30am Social Cuppa and Chat 1pm - 3pm	<div style="background-color: yellow; text-align: center; padding: 10px;"> Closed for Toowoomba Show Holiday </div>	20  Women in Harmony 2pm – 4pm
21	22  Crochet Group 9:30 12pm  Blankets for the Homeless 1:00pm – 3:30pm	23  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	24  Mahjong 10am-12pm  Board Games 10am- 12pm  Artability 1pm – 3pm	<div style="background-color: yellow; text-align: center; padding: 10px;"> Closed for Anzac Day Holiday </div>	26  Craft Group 10am – 12noon	27  Women in Harmony 2pm – 4pm
28	29  Crochet Group 9:30 12pm  Blankets for the Homeless 1:00pm – 3:30pm	30  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm				

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