

March 2024 The Over 60s Newsletter

A word from Lee,

Hello everyone. Another month is gone, and Easter is just around the corner. We have been busy at East Creek with all our usual activities both inside and around the community. Oz Harvest is back in full swing with lots of food delivered twice a week for those in need, and lots of clothing has been donated for people to take for themselves or others.

Mondays are buzzing with the Craft Group and Blankets for the Homeless, again this year, and Tuesdays' Walking Group is building friendships and stamina with their weekly outings. Some of our card players took a morning off to go to an information consultation about the new Aged Care Reforms being introduced into Australia's Aged Care systems. The reforms seem like they will be a step in the right direction for all.

Eating with Friends went to two places again this month meeting up with our friends and enjoying each other's company. We had 17 at the Parkhouse Café on the 21st, and this month we go to Fitzy's and Café 63. Please come along and enjoy a meal with us at the various venues around Toowoomba.

This month, East Creek will be at the Harmony Day community event at Picnic Point on Saturday the 23rd of March, from 11am to 2pm. Come and enjoy the Cultural Music, Dance, and Inspirational cultural speakers. We will be providing BBQ sausages, with bread, onions, and sauces supplied on the day, whilst other stalls will have traditional food tastings and drinks, all free of charge. I hope to see you there. Cheers, Lee

Why do we have different seasons?

Summer is now officially over, and the cooler weather is on the way. The 20th of March is the Autumnal equinox, a day of equal length of day and night. After this date the direct rays of the sun will start to cross the Earth's equator into the Northern Hemisphere. This means that the warmth of the sun is not focussed on the Southern Hemisphere for another 6 months.

The Earth leans a bit to the side on a 23.4-degree tilt, rotating during its 24-hour cycle. Just think of a spinning top, leaning to one side as it spins, the Earth is doing the same thing. When the Earth is moving around the Sun over its yearly cycle, different hemispheres of the Earth are exposed to its rays causing the seasons to change back and forth. This is also why the Southern Hemisphere has Summer when the Northern Hemisphere is in Winter. On September 22nd, we will have the Spring Equinox in the Southern Hemisphere to start the cycle of seasons again.



Weekly Events



Monday - Crochet Group 9:30 am - 12 pm

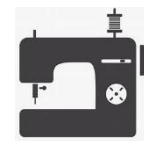
Join our friendly and chatty group for crocheting, knitting, stitching or just chatting.

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 for you to use.



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)

6th March, Fitzy's on Church, 153 Margaret Street CBD

20th March, Café 63, East Ville, 11 Herries 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

14th March 2024 at The Strand or Grand Central

One Life

Director: James Hawke

Cast: Helena Bonham Carter, Johnny Flynn, Romola Garai, Anthony Hopkins, Marthe Keller, Lena Olin, Jonathan Pryce

Time: TBA **Running time:** 110 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 **George Harvey**

28th March, 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 (hopefully) 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 Caramello Koala or something similar will be given to the first correct response, if Andras does not eat the prize first. Last month was a nail file (Sorry, I thought it was an easy one).

Events for March

2nd & 3rd March – Swim Out of the Darkness. TJ's Swim, 377 South Street, Toowoomba.

8th March - Meatstock Toowoomba. The Music, Barbecue and Camping Festival, Toowoomba Showgrounds, 2:00pm to 6:00pm. Book through Ticketmaster.

8th & 9th March – Pittsworth Show, Showgrounds Steele Street, Pittsworth.

9th March – Red Hot Summer Tour 2024, Queens Park, 12:30pm – 4:30pm. Book through Ticketmaster.

10th March – Ramadan begins and will end around April 9th

17th March – St Patricks Day

23rd March – Harmony Day at Picnic Point, 10am to 3pm. Free admission

26th March – Neighbour Day

29th to 31st March – Warwick Rock Swap & Antique Bottle and Collectables Fair, 9:00am to 6:00pm

29th March – Good Friday

31st March – Easter Sunday

Apple and Cinnamon Galettes

Cooking Time: 15 minutes

Prep Time: 30 minutes

Easy

Serves: 8 - 10 people

Ingredients:

1 sheet of puff pastry
¼ cup of apricot jam
2 apples of your choice, cored and sliced into thin wedges
30g melted butter
2 tsp extra of warmed apricot jam
Cinnamon sugar to serve*
Ice cream to serve



Directions:

Preheat oven to 220°C. Line a baking tray with baking paper.

Cut pastry into four squares.**

Spread the jam onto the pastry.

Top with the apple and brush with butter.

Bake for 12 to 15 minutes or until pastry is puffed and golden.

Glaze the top with the extra jam.

Serve warm with ice-cream on top and sprinkle with cinnamon sugar.

*Cinnamon sugar is easy to make with ¼ cup of granulated sugar to 1 ½ tsp of ground cinnamon. You can put more cinnamon in if preferred.

**You can cut the pastry into rounds and leave the Galettes open, but this will waste some of the pastry.



Quote of the month

When the heart is full of kindness which seeks no injury to another, either in act or thought or wish, this full love creates an atmosphere of harmony, whose benign power touches with healing all who come within its influence. Peace in the heart radiates peace to other hearts, even more surely than contention breeds contention.

Patanjali

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.

Parking in Toowoomba

When you must park within the regulated areas of Toowoomba, there are ways to make things easier if you have a mobility issue or a disability. To get a disability permit for parking, your doctor must fill out a form stating that you have mobility issues and require the permit. This is sent to the motor registry office and with time a permit will be sent out to your home. This enables you to park for free in a designated disability park, or in any other metered space or off street car park free of charge.

Eligibility

You must be a Queensland resident and at least 1 of the following applies to you:

Mobility impairment

Unable to walk and always require the use of a wheelchair, or your ability to walk is severely restricted by a permanent or temporary medical condition or disability that you will have for 6 months or more as certified by your doctor.











































Vision impairment

You have been diagnosed as 'legally blind'. An intellectual, psychiatric, cognitive, or sensory impairment alone does not meet the eligibility criteria unless you have an eligible mobility or vision impairment.

The cost is \$19.75 for up to 5 years for new or expired permits.

If you do not qualify for a permit, some places have seniors parking bays to ease the distance you may need to walk, e.g. Grand Central, and Clifford Gardens. You need to prove your age at Centre Management, and they will give you a pass that sits on your dashboard, so you won't be booked.

East Creek Calendar March 2024

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

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