

# June 2024

## The Over 60s Newsletter

### A word from Lee,

Hello everybody. I hope you are well and had a fantastic May as I did, with all our usual activities at the centre, in the community and a couple of new ones such as Morning Tea at the Danish Floral Art Café in Highfields, and the fundraiser for cancer research.

The Pink Bun Party raising money for Breast Cancer ([bcna.org.au](http://bcna.org.au)) combined with The Biggest Morning Tea for other forms of Cancer ([cancer.org.au](http://cancer.org.au)) was a smash hit. Over 30 guests enjoyed a cuppa, fantastic food, raffles, and our throw the Pink Bun on the plate competition, which was very silly, but great fun. The winning throw was from Gwen, who won a 1kg tub of honey. We raised \$108.00 each for research at the Cancer Council of Australia, and Breast Cancer Network Australia and would like to thank all those who donated money, food, time, and goods for the raffles and prizes.



Our crocheted pink bun



The winning throw



Our Volunteers are so valuable to East Creek that we could not run efficiently without them. They are tireless in their work, coming in regularly to perform necessary duties that make the centre warm and welcoming for all others. Our reception staff greet our guests with a warm smile and friendly banter, whilst others organise the daily activities, tend to the beautiful gardens, or sit and chat with you whilst you are here. Food preparation is done with love and dedication, the centre often smelling of freshly baked goods for all to enjoy. We would like to thank every one of our Volunteers because you certainly make this place a comfortable and caring atmosphere to work and play in.

The Crochet Group is enjoying another Monday morning creating beautiful pieces of work and learning from each other. The group has been meeting on Monday mornings for over 10 years now, with new faces and regulars enjoying each other's company, and savouring Margarets wonderful cooking for morning tea.

We have our Blankets for the Homeless group on Monday afternoon, to help make blankets for those who cannot afford them. All levels of experience and skills are welcome.

Take care everyone and I look forward to seeing you in June. Cheers, Lee



### Thursday Monthly Bus trip

Our first bus trip on the last Thursday of May went very well. We went to the Danish Floral Art Café and shop for morning tea, and all walked through the shop, with quite a few purchases made. There was a brief stop at the Chocolate Cottage for a few treats on the way home. Everyone enjoyed the outing and are looking forward to this month's outing to the **Clifton Jam Factory & Café**. Please book early as seats on the bus are limited.

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# Weekly Events

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

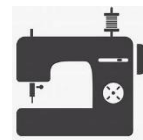
Join our friendly and chatty group for crocheting, knitting, stitching or just chatting. We welcome all newcomers.

## 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

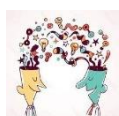
Come along and try out this challenging tile-based game.

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)

**12<sup>th</sup> June, Thai Royal – 140 South Street, South Toowoomba**

**26<sup>th</sup> June, The Royal Hotel, 189 Ruthven Street, North 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

13<sup>th</sup> June 2024 at The Strand or Grand Central

### Unsung Hero

**Director:** Richard Ramsey, Joel Smallbone

**Cast:** Kirrilee Berger, Daisy Betts, Lucas Black, Paul Luke Bonenfant, Candace Cameron Bure, Johathon Jackson, Terry O'Quinn, Joel Smallbone.

**Time:** TBA    **Running time:** 114minutes.



## Thursday June 27<sup>th</sup> Bus Trip

Clifton Jam Factory & Cafe

Bus leaving the centre at 9:30am – 12:30pm return

Seats are limited, so please book early



## What on Earth????

This is a very close-up shot/photo of something and am asking you to tell me what it is. Last month stumped everyone, and this month may be just as difficult, 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 the flat end of a AAA battery.

## Events for June

4<sup>th</sup> – 6<sup>th</sup> June – Elders Farmfest Kingsthorpe Park, 11465 Warrego Hwy, Kingsthorpe

5<sup>th</sup> June – World Environment Day

8<sup>th</sup> – 9<sup>th</sup> June – Pittsworth Agricultural Show. Pittsworth Showgrounds, Toowoomba Road, Pittsworth

10<sup>th</sup> – 16<sup>th</sup> June – Crows Nest Country Music Festival. Crows Nest Showgrounds, 7301 New England Hwy

14<sup>th</sup> June – World Blood Doner Day. Book with the local Blood Bank to donate Blood, Plasma or Platelets to help others needing Blood products to stay healthy and alive.

16<sup>th</sup> June – Oakey Agricultural Show. Oakey Showgrounds, Showgrounds Road, Oakey

20<sup>th</sup> June – World Refugee Day

29<sup>th</sup> – 30<sup>th</sup> June – Heavy Horse Weekend. Jondaryan Woolshed. 264 Jondaryan/Evanslea Roads, Jondaryan

## Mushroom & Bacon Carbonara

**Cooking Time:** 25 minutes

**Prep Time:** 30 minutes

**Easy**

**Serves:** 2 People

### Ingredients:

2 cups sliced mushrooms\*  
4 rashers of diced streaky bacon \*  
4 sliced spring onions\*  
2 cloves crushed garlic\*  
1 small, chopped chilli\*\*  
2 tbsp oil\*\*\*  
4 tbsp butter  
1 cup of cream\*  
1 cup flat noodles\*(or any pasta you like)  
Salt & pepper to taste



### Directions:

Boil water in a pot with a little salt and add the pasta and 1 tbsp of oil  
While the pasta is cooking, melt the butter and 1 tbsp of oil in a pan and fry the mushrooms until they are browned  
Add the the onions, garlic & chilli and fry until soft  
Remove this mixture and set aside.  
Add the bacon to the hot pan and cook until crispy  
Put the first mixture back into the pan and mix together, then add the cream  
Heat until the cream is simmering, then add salt and pepper to taste  
Drain the pasta when cooked and dish up into a large bowl  
Pour the bacon/cream mixture over the top of the pasta and serve whilst hot  
\*The recipe can be doubled or tripled to make enough for more people  
\*\*The chilli can be left out if you don't like them, but more pepper and salt may be required.  
\*\*\* 1tbsp for ther pasta and 1tbsp added to the butter in the pan.  
(This is one of my favourites)

### Quote of the month

**The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.**

**Helen Keller**

### 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.**

### When a Sneeze can be Devastating

One sunny Thursday, I was driving to work, and I had a triple sneezing session and continued to work. An hour or so later I noticed that my right eye seemed a bit foggy. I also had a black floating shape in my right eye. I called my optometrist and told her the symptoms. She had me come into the clinic and tested my eyes. She told me she is not an expert that she couldn't see anything unusual. Her advice was to call her if the symptoms get worse. Friday morning at 9am, I called her back and told her the symptoms were getting worse. By 10:40, I was at St Andrews hospital at the ophthalmologist for an appointment. Saturday, at 2pm, I had laser surgery for a torn retina. I could have lost my eyesight within 24 to 48 hours in my right eye!!!! Because I am very short sighted, my eye is not round like a basketball, but more like an oval football, so my eyes are more prone to having retinal tears or detachments.

My eyesight has improved very quickly. No more foggy vision and the black floating shape in my right eye is blood from the torn retina, which is getting smaller and smaller every day, so I was very happy with the outcome. I went back after 4 weeks for a checkup and had more laser treatment for two more small tears in my retina. I didn't know about the dangers from a simple sneeze, but I would like you all to let your family and friends know to call your optometrist immediately, if anything unusual happens with your eyesight as permanent damage, such as losing your sight can occur within 24 to 48 hours of a retinal tear.

# East Creek Calendar June 2024

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