

September 2024

The Over 60s Newsletter

A word from Lee,

Hello everyone and welcome to Spring and the September Newsletter.

Last month East Creek went to the Homelessness Expo held at the Civic Centre near the library. It was a wonderful turnout with over 30 community groups coming together to offer goods and services, to those who are without suitable accommodation, or at risk of being homeless. Some groups help by providing food, mental and physical health, banking, Services Australia (Centrelink), clothing, blankets, vet assistance for those with animals, just to name a few. It is a fantastic way to network, to get to know which organisation does what so we can refer our own clients to the right people.

Another winter over and the Carnival of Flowers is now blooming around Toowoomba, after all the efforts of local gardeners and Council workers. Hundreds of hours of work, with thousands of plants ready to burst their buds open throughout September, with gardens to inspect, food and wine festival, Sideshow alley, cinema under the stars and many other activities to enjoy. Food vans will cater for many, and all the local restaurants and eateries will be providing excellent feasts during the days and nights to come. Bookings will be vital to ensure you don't miss out.

In August, our bus trip took us to Wakely Park for a basic morning tea, though Charlie did make a scrumptious marshmallow slice which brightened up the food on offer. After that, we went to the Darling Downs Steam & Rail Museum in Drayton. As well as the well restored carriages, engines and station, the gardens were looking fabulous for the Carnival Garden competition entry, which often brings in a prize or at least a special mention. The Dreaming Carriage was particularly spectacular. A special thanks to John, our tour guide, who had all the information regarding the restoration of all the exhibits.



I hope you all have a fantastic September and remember to keep well hydrated and sun safe during these wonderfully warm days.

I look forward to seeing you all soon. Cheers, Lee

Thanks to our anonymous Donor

Just recently we received a large bundle of colourful crochet squares for the crochet group. The squares were quickly put to good use, made into these beautiful blankets and given to those in need. We would love to know the name of the person(s) who made them so we can thank them properly. Please let us know if you know the name of the maker(s) the squares.



Older Persons Action Program (OPAP) Coordinator: Lee Snep
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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 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.



Friday - 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. We sometimes show a movie on the big screen downstairs.



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 enjoy a light morning tea, relax, and benefit from the atmosphere.



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

4th September – Blue Mountain Hotel, 264 Ruthven Street, Harlaxton

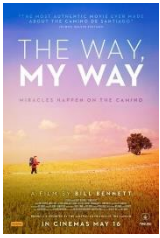
18th September – Thai on High, Cnr High & Meibusch Street, Rangeville*

Please call the centre to book, to ensure we have enough seats for all.

The bus is available for pick-up and drop off

***Please Note: 2nd Shot is too small for our group. Venue changed to Thai on High**

Monthly Events



Morning At the Movies

12th September 2024 at The Strand or Grand Central
The Way, My Way

Director: Bill Bennett

Cast: Chris Haywood, Jennifer Cluff, Pia Thunderbolt, Laura Lakshami

Time: TBA **Running time:** 100minutes.

The bus is available for pick up and drop off.



Thursday September 26th Bus Trip Carnival of Flowers Driving Garden Tour 9:30am – Leave East Creek

10:30am – Morning tea at Newtown Park Rose Gardens

Please call the centre if you wish to join us, to ensure we book enough seats for all.

The bus is available for pick up and drop off, but please book early.



What on Earth????

This month we have a common shape you would find in most places of business. 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. CONGRATULATIONS to Me. No-one guessed that last month's picture was grains of pollen.

Events for September

1st September – **HAPPY FATHERS DAY**

1st September – Crows Nest Koala Fest. Centenary Park, 37 Toowoomba Road, Crows Nest

6th September – Theatre of Magic. Empire Theatre, 54-56 Neil Street, Toowoomba. 5:00pm – 6:30:pm

8th September – Walk to Defeat MND (Motor Neurone Disease). Queens Park 9:00am

13th September – Toowoomba's Finest Craft Show. Toowoomba Showgrounds, Glenvale Road.

9:00am – 3:00pm. Gold coin donation for entry.

13th September – Festival of Food and Wine, Queens Park. 4:00pm – 10:00pm

13th September-7th October - Carnival of Flowers

14th – 22nd September- Spring Bluff Shuttle. Train ride from Toowoomba Station to Spring Bluff. Two trips per day. 9:00am – 11:35, 1:00pm – 3:35pm. Adults \$20, under 14yo \$10. Bookings essential. 1800 872 467

21st September - Grand Central Floral Parade. Starts from Herries & Hume St, (R) into Ruthven, then (R) into Margaret St, (L) into Hume, finishing at Godsall Street oval. 10:00am – 12:00pm

28th September - National Tree Day. 8:00am – 10:00am

Recipe of the Month

BBQ Sheet-Pan Chicken

Cooking Time: 45 minutes

Prep Time: 15 minutes

Easy

Serves: 6 people.

Ingredients:

2 medium sweet potatoes, cut into 1" chunks
2tbsp plus 1 1/2 tsp. extra-virgin olive oil
1tsp salt
1/4tsp ground black pepper, plus more
2tsp chili powder
1/2tsp garlic powder
1/2cup BBQ sauce
6 bone-in, skin-on chicken thighs
1 head broccoli, cut into florets
1tbsp Dijon mustard
1tbsp honey
Lime wedges, for serving (optional)



Directions:

Place a rack in centre of oven; preheat to 425°. On a baking sheet, toss potatoes with 1 tablespoon oil: season with salt and pepper.
Combine chili powder, garlic powder, 3 tablespoons BBQ sauce, 1 1/2 teaspoons oil, 1 teaspoon salt, and 1/4 teaspoon pepper. Add chicken and toss to coat. Arrange chicken skin side down alongside potatoes. Roast chicken and potatoes until chicken skin and potatoes are starting to brown, about 25 minutes. Toss broccoli with remaining 1 tablespoon oil: season with salt and pepper. In a small bowl, combine mustard, honey, and remaining 5 tablespoons BBQ sauce.
Brush mustard mixture over both sides of the chicken. Add broccoli to baking sheet and stir with potatoes to combine.
Bake chicken and vegetables until vegetables are tender and chicken is cooked through, about 20 minutes more. Serve with lime wedges alongside (if using).

Quote of the month

"SPRING:

A LOVELY REMINDER OF HOW BEAUTIFUL CHANGE CAN TRULY BE "

Anonymous



OzHarvest



We have two delivery days per week:




















































Tuesday and Friday

Please look at our Facebook page to ensure the delivery is here before you arrive

Making Sense of our Human Senses

As we age, all our senses lose some ability to function as well as they used to. We looked at Eyesight and Hearing last month, so this month speech, touch and smell will be our topics. Speech relies on many factors including muscular control, physical features of the mouth, jaw and throat, dryness of the mouth, and not least our brain. Changes in any of these areas may inhibit our ability to talk with clarity. By keeping well hydrated the brain can work at its best and moistening our mouth, tongue and larynx assists in maintaining our ability to communicate well. The sense of touch is our primary means of physical interaction with the world. It allows us to feel textures, temperatures, and pain, providing essential feedback for our safety and comfort. As we age, our skin becomes thinner and less elastic, and the number of nerve endings decrease. This can lead to a reduced sensitivity to touch, making it harder to detect changes in temperature or pressure. By keeping your skin moisturised, keeping it from harm such as using sunscreen or covering up in adverse weather, and maintaining regular exercise, we can reduce the effects of time on our skin. Our sense of smell is closely linked to our sense of taste. It plays a crucial role in detecting hazards, such as smoke or spoiled food. As we age, the number of olfactory receptors in our nose decreases, and the pathways to the brain become less efficient leading to a diminished ability to detect and identify odours. By avoiding irritants and keeping well hydrated we can reduce the loss of our sense of smell.

East Creek Calendar September 2024

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

Community Literacy Program – by appointment for details call 4639 2755

OZ Harvest, Tuesday, 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