

October 2024 The Over 60s Newsletter

A word from Lee,

Hello everyone, I hope you have had a wonderful September.

October is Senior's month and a combined Disability and Seniors Expo being held at the USQ Clive Berghofer Centre in Baker Street on the 4th of October from 9:00am until 3:00pm. Admission is free. East Creek will be having a BBQ on Thursday the 24th to celebrate Grandparents Day. Please let us know if you will be attending and if you have any particular dietary requirements.

Carnival of Flowers was a smash hit again this year with some of our groups getting out into the gardens and an occasional tour in the bus. Laural Bank Park was spectacular with its sensory garden, topiary bushes and the amazing annual and perennial gardens in a vivid display of colour. One of our regular Thursday morning groups had a tour of the park and followed up with morning tea in the rotunda.



Our Friday Craft group entered in the Carnival of Flowers pot competition, picture on the left, and the theme this year is "PARTY", as the Carnival is in its 75th Year. One of our regular Craft group participants suggested to do some Macrame and bought along some yarn, beads and much inspiration. Some of hers and a student of macrame handy-work is shown on the right. Thanks Coral, and well-done Wendy.

I hope you all have a wonderful October and I look forward to seeing you all soon.

Cheers, Lee



East Creek Art-Ability group entered the Carnival of Flowers pot competition. The group were very pleased to see their artwork hanging in Cobb & Co with all the other entrants.



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



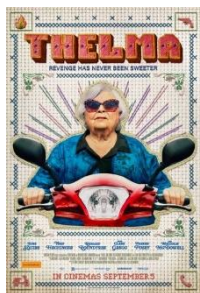
Wednesday Fortnightly - Eating with Friends 12 pm (Venue Start Time)

2nd October – Danish Floral Art Café, 10347 New England Hwy, Highfields
16th October – Urth Café, 195 Hume Street, East Toowoomba
30th October – Club Glenvale, 564 Boundary Street, Glenvale
Please call the centre to book, to ensure we have enough seats for all.

Monthly Events

Morning At the Movies

10th October 2024 at The Strand or Grand Central
Thelma



Director: Josh Margolin

Cast: Clark Gregg, Fred Hechinger, Parker Posey, Richard Roundtree, June Squibb

Time: TBA **Running time:** 98minutes.

The bus is available for pick up and drop off.

Thursday October 31st Bus Trip

(Simple morning tea provided)

Spring Bluff for Morning Tea

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

The Bus leaves East Creek at 9:30am



What on Earth????

This month we have a close up of something you would find in a typical bathroom. 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 Roberta who guessed that last month's picture was a row of staples.

Events for October

October – Seniors Month

4th October – Disability & Seniors Expo. USQ Clive Berghofer Centre in Baker Street, 9:00am until 3:00pm. Free entry.

19th October – Octoberfest. Concordia College. 154 Stephen Street, Toowoomba. 4.00pm - 8.00pm. Adults \$15. Children \$10. Family (2 adults and 3+ children) \$50, under 5 free.

24th October – Grandparents Day BBQ. East Creek Community Centre, 43 Kitchener Street, East Toowoomba. 11:00am – 1:00pm.

27th October – National Grandparents Day

31st October - Halloween

Apple and Honey Muffins

Cooking Time: 45 minutes

Prep Time: 15 minutes

Easy

Serves: 6 people.

Ingredients:

1/2 cup butter
1/2 cup honey
1 cup apple, grated
2 eggs
1 dash vanilla essence
1 cup plain yoghurt
2 cups self-raising flour*
1 tsp ground cinnamon
1 apple thinly sliced
*Gluten-free flour can be used



Directions:

Preheat oven to 200C.
Grease muffin tins and place muffin liners in
Mix the butter and honey.
Beat in the eggs, vanilla, yoghurt and grated apple.
Gently fold in the sifted flour and cinnamon.
Pour into lined muffin tins
Place on or two slices of apple on each muffin
Bake for 20 minutes.
Cool slightly before moving them onto a rack for cooling.
The muffins can be frozen for up to three months, just take them from the freezer and let defrost for ½ hour or place them in the microwave on half power for 10 second bursts until defrosted.

Thanks for listening

For those who have listened to my “Bee Talk” in the last couple of weeks, I thank you for listening and hope you enjoyed the honey tasting. Rudy and I put bees into the new Flow-Hive on the weekend and checked out our four brood boxes (where the queen lays her eggs) and they are healthy and happy bees, no disease or pests, and the honey is golden, runny and yummy.

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:

Tuesday and Friday

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













































What do Honey Bees do when they Swarm?

There are a few reasons why honey bees’ swarm. If the queen is failing to lay enough eggs, or if she dies, the worker bees will start feeding 4 to 10 larvae exclusively with Royal Jelly which will turn a female larva into a queen. The first queen to hatch will kill all the other queens in the hive then fly out to be mated with the drones before returning to the hive. If the bee colony gets too big for the home they are in, the worker bees know they must split the hive to survive. They will starve the queen, so she is light enough to fly. When she is ready, all the mature bees will drink up as much honey as they can, flying to follow her until she rests in a suitable spot, then all the other bees surround her to keep her safe. The scout bees fly around to find a suitable home then come back to the swarm to let them know the distance and direction doing the bee wobble dance. Because the bees are full of honey, they tend to be quite docile



and easy to handle. A beekeeper will put a bee box under the swarm, shake the branch which dislodges them, and they fall into the box. The lid is put on and if the queen is in the box, all the other bees will go in to be with the queen as night falls. The beekeeper will close the entrance to the box and take the swarm away.

East Creek Calendar October 2024

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

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