

# November 2024 The Over 60s Newsletter

## A word from Lee

Hi everyone. It is getting close to the holiday season and many of you will be preparing for the influx of family and friends visiting and celebrating with you all. We will be having some of our last activities for the year this month and preparing for the activities to begin again in the new year.

Eating with Friends has two functions this month with the first being at the Southern Hotel on the 13<sup>th</sup> and the end of year dining at the Federal Hotel on the 27<sup>th</sup>. Please come and join us anytime. Below is a picture of our group at Urth Café in Hume Street



The last morning tea Bus trip will be on the 28<sup>th</sup> at 2nd Shot in Ruthven Street at 10:00am. Feel free to meet us there or book a seat on the bus and be at East Creek for a 9:45am departure.



Tuesday the 5<sup>th</sup> is Melbourne Cup race day and we will be watching the race on the big TV. Dress in your finest race outfit and a competition for the Best Hat will win you a prize. Race time is at 2:00pm and a gold coin donation will pay for a light afternoon tea. Come and join the fun and I look forward to seeing you there.

I attended the Produce Swap here at East Creek on Saturday morning and was interested to find they have a type of *seed bank* where members can contribute seeds from their favourite plants to share with others. They have over 50 types of seeds ranging from annuals, perennials, vegetables, flowers, herbs and spices and the variety changes from season to season, but it is a fantastic idea. I will be contributing seeds from my Mexican Marigold, which flowers for 6 months of the year and the leaves act like a bug repellent if you brush past the plant, or you can take off a few leaves and rub them on your arms and legs to keep mozzies at bay.



I hope you have a fantastic November and remember to keep well hydrated during those hot days ahead. I look forward to seeing you all soon. Cheers. Lee

## EAST CREEK AGM

East Creek will be holding its Annual General Meeting on the 14<sup>th</sup> of November from 2pm. All are welcome to attend and vote for our new or renewing committee members, to listen to how the centre is running and any updates for future activities or fixtures. A light afternoon tea will be provided. Attendance is voluntary but we would like you to register for catering and seating purposes. Please call reception on 46392755 to book your place.

Older Persons Action Program (OPAP) Coordinator: Lee Snep  
East Creek Community Centre, 43 Kitchener Street  
PO Box 4859 East Toowoomba 4350

Phone (General): 4639 2755 / 0468 792 755 (Coordinator): 0480 261 901

Email: [olderpersons@eastcreek.com.au](mailto:olderpersons@eastcreek.com.au) or Website: [new.eastcreek.com.au](http://new.eastcreek.com.au)

# Weekly Events



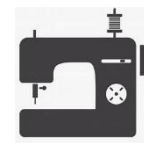
## Monday - Crochet Group 9:30 am - 12 pm

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)

13<sup>th</sup> November: The Southern Hotel, 839 Ruthven Street Kearney Springs  
27<sup>th</sup> November: The Federal Hotel, 111 James 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

14<sup>th</sup> November 2024 at The Strand or Grand Central

LEE



**Director:** Ellen Kuras

**Cast:** Marrion Cotillard, Noemie Merlant, Josh O'Connor, Andrea Riseborough, Andy Samberg, Alexander Skarsgard, Kate Winslet

**Time:** TBA **Running time:** 117 minutes.

The bus is available for pick up and drop off.

(Movie choice is subject to Availability of viewing timetable)



## Tai-Chi Classes

Thursday 7<sup>th</sup> and 21<sup>st</sup> November, 1:30pm at East Creek  
\$3.00/session. If you have a mat, please bring it with you.

Please book as spaces are limited



## Thursday November 28<sup>th</sup> Bus Trip



### Morning Tea at

### 2nd Shot, 488a Ruthven St

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 an item commonly found in the home. 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 Caramello Koala will be given to the first correct response, if Andras does not eat the prize first. CONGRATULATIONS to Me as no one guessed that last month's picture which was the nozzle of a spray bottle.

## Events for November

02 November 2024 Jacaranda Day Location: Mocatta Street Goombungee 8am – 2pm

2<sup>nd</sup> November International Street Fiesta 2024, Queens Park Toowoomba 3pm – 8pm

03 November 2024 Centenary Park – Charlotte Street Crows Nest Day 7am – 3pm

5<sup>th</sup> November, Melbourne Cup Best Hat Competition, 9am – 2pm.

5<sup>th</sup> November 2024 Melbourne Cup luncheon Burke & Wills Hotel, bookings essential 0417 641 871

5<sup>th</sup> November Aberfeldy Farm Melbourne Cup Long Lunch, 124 Macaulay Rd, Westbrook QLD 4350

15<sup>th</sup> – 17<sup>th</sup> November, Country Heart Christmas Market, Toowoomba Showgrounds, Glenvale Road,

17<sup>th</sup> November, Lions Market Day, Oakey Railway Station car park, 8am – 12pm

17 NOV 2024 KILLARNEY COUNTRY MARKETS Canning Street killarney QLD 4373.

23<sup>rd</sup> – 24<sup>th</sup> November, Harvest Time, Jondaryan Woolshed 264 Jondaryan/Evenslea Rd, Jondaryan



## Two Ingredient Fudge

**Cooking Time:** 10 minutes

**Prep Time:** 10 minutes

**Easy**

**Serves:** 16 pieces.

### Ingredients:

1 Can sweetened condensed milk

1 cup of dark chocolate chips\*

\*Use semi-sweet chocolate, as the sweetened condensed milk has plenty of sweetness and dark chocolate is a little less sweet tasting than the other types. It is also better for you with plenty of beneficial minerals.



### Directions:

Spray or butter a square 8-inch pan and line it with baking paper then set it aside.

Combine chocolate chips and milk in a medium, microwave-safe mixing bowl and microwave the mix in 30-second spurts, mixing well in between, until the chocolate chips melt and turn smooth when stirred.

If using the stove, place the bowl over a saucepan with simmering water that doesn't touch the bottom of the bowl. Stir with a spatula until it melts.

Stir well to integrate both ingredients fully.

Pour the mixture into the prepared pan and spread even, tapping the pan on the counter to flatten.

Place in the refrigerator until set (up to 2 hours).

Using a sharp kitchen knife, slice the fudge into 1-inch pieces, and enjoy.

### Artability Halloween Disco

The Wednesday artability group had a fancy dress party here for Halloween. All the guests had a wonderful time, dancing singing and the costumes were fabulous.



### Quote of the month

"It's your outlook on life that counts. If you take yourself lightly and don't take yourself too seriously, pretty soon you can find the humor in our everyday lives. And sometimes it can be a lifesaver."

Betty White

### 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**

### Remembrance Day

Why do we wear rosemary sprigs for the day? Rosemary is a symbol of commemoration and remembrance because it grows wild in the Gallipoli peninsula in Turkiye, where many Australian soldiers served in World War 1.

What does the red poppy signify? In soldiers' folklore, the vivid red poppy came from the blood of their comrades soaking the ground. Australians wear a red poppy on Remembrance Day for three reasons: in memory of the sacred dead who rest in Flanders' Fields, to keep alive the memories of the sacred cause for which they laid down their lives, the poppies were the first flowers to come back to bloom when the damaged ground recovered after the fighting finished.

How is Armistice Day related to Remembrance Day?

The Armistice, an agreement to end the fighting of the First World War as a prelude to peace negotiations, began at 11am on 11 November 1918. Armistice is Latin for to stand (still) arms.

Why do we pause for 1 minutes' silence? At 11am on the 11th day of the 11th month, on Remembrance Day, we pause for 1 minute of silence. That minute is a special time to remember those Australians who died in wars, conflicts and peace operations.



# East Creek Calendar November 2024

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

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