

December 2024 The Over 60s Newsletter

A word from Lee

Hi everyone. As we head into the last month of the year, we will be saying goodbye and safe travels to Bea. She is moving to New Zealand in early December to be closer to her family. I will miss her greatly as I am sure others will as well. Thanks for all the years of service and friendship you have given to us all Bea. Enjoy your new life and please send an email or two (with photos of course) to share with everyone here at East Creek.



Did you know that you can recycle your medication blister packs? At the Chemist Warehouse in Margaret Street there is a big blue box at the back of the store in which you can dispose of the blister packs where they will be responsibly recycled. Do your bit for the environment and help reduce landfill at your local tip.



I wish all of you and your families a wonderful safe and happy festive season and look forward to seeing you all in the New Year. Cheers, Lee

EAST CREEK AGM

Last month East Creek had our AGM where we elected our new committee members for 2025. Sandra Jessop, who has been our President for many years has retired from this duty and we appointed Anthony Furlong to this role. Please thank Sandra for all her hard work and dedication over the years, and welcome Anthony to his new role. We also welcome Margaret Anderson as a new committee member and thank all others who have been reappointed to their previous roles, John Williams the treasurer, Rudy Snep our secretary, Roberta Edwards and Judy Rafferty.



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 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.

Monday - Blanket Group 1 pm - 3:30 pm

Starting back on 3rd February

We support the homeless and people in need of a 'helping hand'.



Tuesday - Walking Group 9:00 am – 10:00 am

In connection with the TRC Change project and the Heart Foundation

Starting back on the 21st of January

Departure time about 9:00 am from ECCC for a lovely walk of medium pace.



Tuesday - Cuppa and Cards, 9:30 am – 12 pm

Starting back on the 21st of January

Canasta, 500, Bolivia, etc.



Wednesday - Mah-jong and Board Games 10 am - 12 pm

Starting back on the 22nd of January

Come along and try out this challenging tile-based game or a variety of other board games we have on hand.

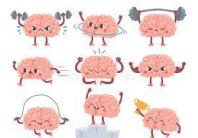


Thursday - Stroke and Acquired Brain Injury Support Group

9:30 – 12:00

Starting Back on the 23rd of January

Come together with people who have had similar life changing challenges, participate in brain stimulating exercises, discuss and share issues of the world and learn personal coping strategies from experienced others in the group.



Friday - Craft Group 9:30 – 12 pm

Starting back on the 31st of January

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.



Friday - Social Cuppa and Chat 1:30 pm – 3 pm

Starting back on the 31st of January

Join others for a quiet conversation to discuss local events, common problems or issues and meet some like minded people over a friendly cuppa.



Monthly Events

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

Starts back on the 5th of February



5th February - Danish Flower Art Café, 10347 New England Hwy, Highfields

19th February – The Downs Hotel, 23 Brisbane Street, Drayton

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

The bus is available for pick-up and drop off



Morning At the Movies

9th February 2025 at The Strand

The movie will be decided in the New Year

Director:

Cast:

Time: 10:00

Running time:

The bus is available for pick up and drop off.

(Movie choice is subject to Availability of viewing timetable)



Thursday Bus Trip

Mystery Venue for Morning Tea

Will start back on the 30th of January

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.



Tai-Chi Classes

Will start back on January 23rd

Thursday afternoons, 1:30pm at East Creek \$4.00/session.

Please book as spaces are limited



What on Earth????

Will return in February's edition of the OPAP Newsletter

CONGRATULATIONS to Roberta, guessing that last month's picture which was a close-up of denim material.

Events for December

6th December – Seniors Expo, Clifford Park Racecourse, Hursley Rd, Newtown. 9:00am – 12:00pm.

7th December – Queens Park Markets Handmade Under the Stars, Frogs Hollow, Queens Park. 4:00pm - 8:00pm

7th to 24th December – Christmas Wonderland, Botanic Gardens, Queens Park. 7:00pm start. **Gold coin donation.**

8th December – MMM Mayoral Carols by Candlelight, Frogs Hollow, Queens Park. 6:00pm start.

24th December – Christmas Eve Festival & Carols, 3:30pm – 6:00pm. Ruthven Street, Toowoomba City

25th December – Toowoomba Hospital Foundation Neighbourhood Christmas Lunch, St Joseph's College Hall, Coronet St, Rangeville. 11:00am – 2:00pm. **Bookings Essential**

31st December – New Years Eve Fireworks, Godsall St Oval, Queens Park. 8:00pm – 8:15pm

Gingerbread Men

Cooking Time: 12 minutes

Prep Time: 25 minutes + 3 hours chill time

Medium

Serves: up to 20 pieces.

Ingredients:

3 and 1/2 cups (440g) all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1 Tablespoon ground ginger
1 Tablespoon ground cinnamon
1/2 teaspoon ground allspice
1/2 teaspoon ground cloves
142g softened butter,
3/4 cup (150g) packed light or dark brown sugar
2/3 cup (160ml; about 200g) or dark molasses
1 large egg, at room temperature
1 teaspoon pure vanilla extract
Optional: royal icing or cookie icing & sugar pearls



Directions:

Whisk together the flour, baking soda, salt, ginger, cinnamon, allspice, and cloves. Set aside.
Beat the butter for 1 minute on medium speed until completely smooth and creamy. Add brown sugar and molasses, beat on medium high speed until creamy.
Beat in egg and vanilla on high speed for 2 full minutes.
Add all ingredients together and beat on low speed until combined. The dough will be slightly thick and sticky. Divide in half and wrap each up tightly, patting down to create a disc shape. It must be Chilled for at least 3 hours.
Preheat oven to 350°F (177°C). Line 2-3 large baking sheets with cooking paper and set aside.
Generously flour a work surface, as well as your hands and the rolling pin. Roll out discs until 1/4-inch thick. The first few rolls are always the hardest since the dough is so stiff, but re-rolling the scraps is much easier. Cut into shapes. Place shapes 1 inch apart on prepared baking sheets. Re-roll dough scraps until all the dough is shaped.
Bake cookies for about 9-10 minutes. If your cookie cutters are larger than 4 inches, bake for about 11 minutes. For soft gingerbread cookies, follow the suggested baking times.
Allow to cool for 5 minutes on the tray before transferring to rack to cool completely. Once completely cool, decorate as desired using icing and edible sugar pearls.

OzHarvest



Please note: Friday the 20th of December is the last delivery for the year, and will re-start on Tuesday the 14th of January

Rising Cost of Insurance Premiums

Are you paying too much for your insurance?

Many insurance companies offer discount rates for new customers whilst charging their existing customers a higher price.

Have you compared your insurance to other companies?

We won't name names here in the newsletter, but we would like you to think about the savings you could have just by making a few phone calls and shopping around.

How easy is it to talk to your insurer?

It should be a simple phone call with a call back feature, so you don't have to wait on a phone for any length of time.

How do you do this?

The main things you need to do is to have your existing premium in front of you, a note pad and pen and have a list of other insurance company names and numbers.

When you call each insurer, make sure you get the equivalent cover or better for a lower price, taking notes about each one, including how long it took to get to talk to a person. Then call your current insurer and give them a chance to match the price. Don't be surprised if they refuse to do that as they are always under directions to get new customers each year, even if it means losing some of their older customers.

Rudy and I recently saved over \$800 for a year of home and contents insurance, with a much higher coverage, added extras like motor burnout for electrical appliances under ten years old, such as: air conditioners, pool pumps, fridges, etc. *and* the same excess. We always do a comparison for our insurance when it comes due. Good Luck!

East Creek Calendar December 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  Crochet Group 9:3am – 12:00pm	3  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	4  Mahjong 10am-12pm  Artability 1:00pm – 3:00pm	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 Bring a plate party 9:00am – 12:00pm Women in Harmony 2:00pm – 4:00pm
8	9  Crochet Group 9:30am – 12:00pm The Federal Hotel 12:00pm – 2:00pm	10  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm Bring a plate Party	11  Mahjong 10am-12pm  Artability 1:00pm – 3:00pm	12  Stroke Support Group 9.30:00-11.30am	13  Craft Group 10:00am – 12:00noon	14  Women in Harmony 2:00pm – 4:00pm
15 Toowoomba Speedcubers 11:00 – 2pm	16  Crochet Group 9:30am – 12:00pm Bring a Plate Party	17  Walking Group 8:45am Morning Tea at Picnic Point	19  Artability Party in the Park 11:00am – 2:00pm	19 East Creek Community Christmas Party 11:00am – 2:00pm	20 Staff & Volunteers Break-up Federal Hotel 1:00pm – 3:00pm	21  Women in Harmony 2:00pm – 4:00pm
22	23	24 Christmas Eve	25	26 Boxing Day	27	28
29	30	31 New Year's Eve				

Computer classes – By appointment Monday to Friday 4639 2755 OZ Harvest, Tuesday, and Friday. Check the ECC Facebook page for arrival.
 Computer classes and JP Services – by appointment Monday, Wednesday to Friday 4639 2755 or 0468 792 755

Closed for the Holidays

East Creek Calendar January 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4  Produce Swap  Women in Harmony 2pm – 4pm
5	6	7	8	9	10	11  Women in Harmony 2pm – 4pm
12	13 Centre Reopens Today Blankets for the Homeless Starts 3 rd February	14 Cards starts 21 st January	15 Mahjong starts 22 nd January Artability Starts 29 th January Eating with Friends Starts 5 th February at Danish Flower Art	16 Stroke Support Group Starts 23 rd January Tai Chi Starts 23 rd January	17 Craft Group Starts 31 st January	18  Women in Harmony 2pm – 4pm  Produce Swap 10-year Anniversary Party 6:00pm – 8:00pm
19	20	21  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	22  Mahjong 10am-12pm	23  Stroke Support Group 9.30:00-11.30am  Tai Chi 1:30pm – 2:30pm	24	25  Women in Harmony 2pm – 4pm
26	27 Australia Day Holiday	28  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	29  Mahjong 10am-12pm  Artability 1:00pm – 3:00pm	30  Stroke Support Group 9.30:00-11.30am	31  Craft Group 10am – 12noon Social Cuppa and Chat 1:00pm – 3:00pm	

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