



**April 2025**

## **A Word from Sally**

Hello Everyone,

April, and Easter is happening this month, so it looks like it will be a busy and fund filled month. As part of this busy month, we will be involved in a Harmony Day event again, usually it has been held at Picnic Point, but this year we are trying something different, and it will be held at Grand Central. This is happening on Saturday the 5<sup>th</sup> of April from 10 am until 2 pm. There will be guest speakers, fashion show and dancing as well as sausage sizzle if you would like to come along. For more information go to page six.



Harmony Day is a day to celebrate our cultural diversity, from the oldest continuous culture of our first Australians to the cultures of our newest arrivals from around the world. The actual Harmony Day was Friday the 21<sup>st</sup> of March. We had our own little celebration of this day at the centre with our Friday craft group. They all enjoyed some homemade Harmony Day cake on the day. Pictured above are some of the craft group, who look like they are having a great time.

## What's On

<b>Activity</b>	
<i>Computer/Technology Lessons</i>	<i>By appointment</i>
<i>JP Service</i>	<i>By appointment</i>
<i>Ozharvest</i>	<i>Tuesday &amp; Fridays</i>
<i>Crochet Group</i>	<i>Monday 10 - 12 pm</i>
<i>Blankets for Homeless</i>	<i>Monday 1 - 3 pm</i>
<i>Walking Group</i>	<i>Tuesday 9 - 10 am</i>
<i>OPAP Cuppa &amp; Card, Canasta &amp; Rummikub</i>	<i>Tuesday 9:30 - 12 pm</i>
<i>Mah-jong</i>	<i>Wednesday 10 - 12 pm</i>
<i>Disability Art Group</i>	<i>Wednesday 1 - 2 pm</i>
<i>Stroke Support Group</i>	<i>Thursday 9:30 – 11:30 am</i>
<i>Tai Chi</i>	<i>Thursday 3<sup>rd</sup> &amp; 17<sup>th</sup> April 1.00 pm</i>
<i>Craft Group</i>	<i>Friday 10 - 12 pm</i>
<i>Toowoomba Home Produce Swap</i>	<i>Saturday 5<sup>th</sup> April</i> <i>9-12 pm</i>
<i>Hearing Check</i>	<i>Wednesday 9<sup>th</sup> April</i> <i>9.30 am – 2 pm</i>

## Healthy Eating when you are Older

As we get older, we often need fewer kilojoules because we are less active than when we were younger. However, we still need a similar amount of nutrients, sometimes more. For example, as we age our requirement for calcium increases and we need extra serves of low-fat milk, yogurt and cheese. [Follow this link to find out how many serves](#) you need to eat per day.

This means our choices must be nutrient dense but not energy dense and we should be careful to choose [discretionary foods](#) only occasionally as these are higher in kilojoules.

### Dietary guideline 1:

**To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs**

- **Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.**

Achieving and maintaining a [healthy weight](#) can help older people keep more active, manage their health problems better and live life more. The best way to do this is to try to follow the recommended number of serves from the five food groups and avoid extra serves and discretionary foods and drinks.

However, we also know that people who are over 65 years often have better health if they carry a little extra weight and have a slightly higher body mass index. Sometimes too, people with chronic health problems can put themselves at risk of malnutrition by restricting what they eat. If you are unsure about the benefits of losing extra weight, talk to your health professional.

## Dietary guideline 2:

### **Enjoy a wide variety of nutritious foods from these five groups every day**

Circumstances, health problems, budgets and eating issues can mean that our range of foods gets smaller as we get older. However, it remains important to eat widely from all the food groups to make sure we get the nutrients we need. Trouble shooting and a few tips can keep a wide variety of foods in our meals and snacks. If your [budget](#) is more limited, plan well, use what's available and buy only what you need. If you're cooking for one, collect some healthy, but [quick and easy ideas](#) and try to organise to eat regularly with friends or family. If nuts, grains and hard fruits and vegetables are a problem for your teeth, go for milled wholegrains, soft, cooked and canned fruits and vegetables and nut pastes.

Be careful to follow food safety guidelines, because food borne illnesses can hit older people particularly hard.

## Dietary guideline 3:

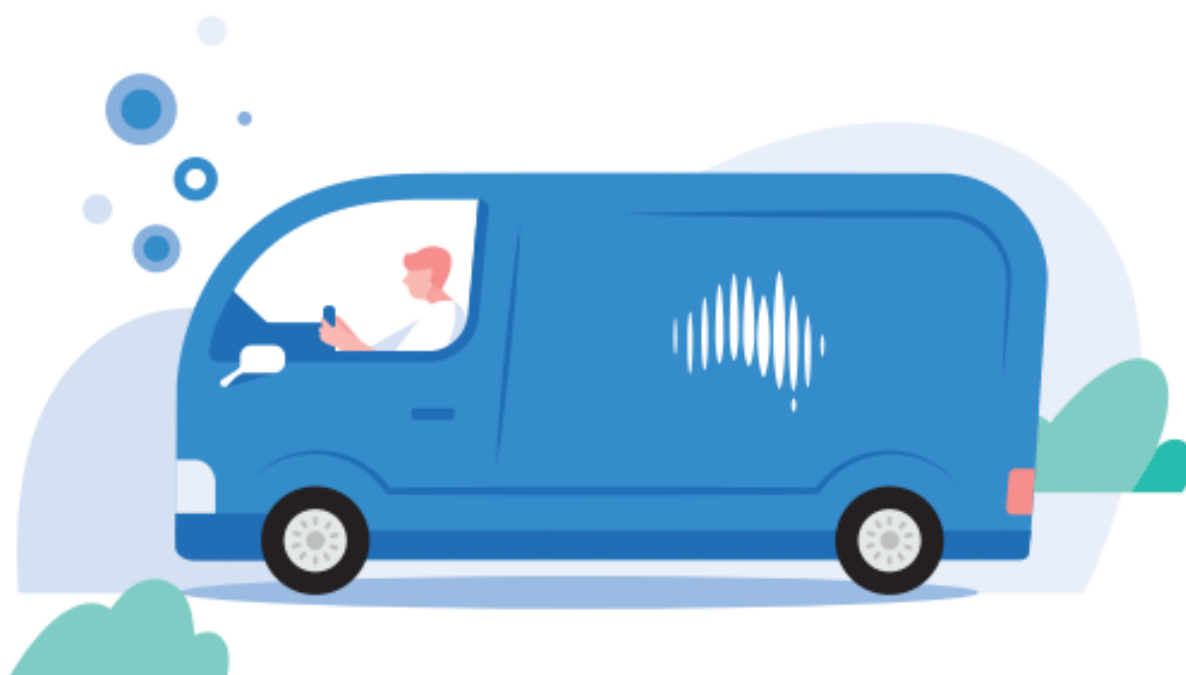
### **Limit intake of foods and drinks containing fat, added salt, added sugars and alcohol**

It's always good to limit saturated fats, added salt, added sugars, alcohol and low fibre choices for good health. However older people are also more likely to be living with a chronic disease and part of their self-management might involve careful attention to choosing foods. Sometimes though, limiting fats, added salt and added sugars can mean a person who is at risk of malnutrition, actually eats too few nutrients and kilojoules and can put themselves at risk. For some people it's not straight forward and they need to talk to their health professional about the benefits and risks.

Older people can also find that they need to eat more high fibre foods and to drink more water to avoid constipation as bowels tend to slow down with age.

<https://www.eatforhealth.gov.au/eating-well/healthy-eating-throughout-all-life/healthy-eating-when-you're-older>

# Hearing Australia is coming to you



Hop aboard for a free\* hearing check

## East Creek Community Centre

**Date** 9/04/2025, **Time** 9:30am - 2:00pm

43 Kitchener Street

Toowoomba QLD 4350

07 3437 2501



\*Only 15 minute hearing checks are free. Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program.

A hearing check is a screening that helps identify people that may have hearing loss.

## What's on in April in Toowoomba

**BBQ  
Tea &  
Coffee**

**HARMONY DAY  
Picnic  
at Grand Central**

**FREE  
ENTRY**

**At  
Grand Central  
Staircase  
(at Front)  
Next to Vapiano  
Restaurant**

**Saturday  
5th April 2025  
10AM to 2PM**

*Cultural Music, Cultural Fashion Show, Dance  
& Inspirational Speakers*

*An event by the Toowoomba International Multicultural Society (TIMS)  
Lead by Local Community members/ Healing Hearts  
Supported by Bunya Park Scout Group, East Creek Community Centre, TOMNET,  
Pureland Learning College, Rosies - Friends On The Street, Study Toowoomba, Vegomate, Youth Connect, Mercy  
Community, Word Fest, Multicultural Australia and many Toowoomba Community Groups.  
Sponsored by Toowoomba Regional Council (TRC) and Grand Central.*

*For more information, contact Eakraj 0404 446 907 or Maud 0451 501 868*

 Toowoomba  
International  
Multicultural  
Society

**GRAND CENTRAL**

 **TOOWOOMBA  
REGION**

TOOWOOMBA

# BRICK EVENT

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**BRICK**  
  
*Events*  
Pty Ltd



<https://brickevents.iwannaticket.com.au/event/toowoomba-brick-event-2025-MzI2MTE>

Entry charges - Adult \$16 - Child \$11

# EASTER AT THE WOOLSHED

**ADMISSION:** Adult \$11, Pensioner/Concession \$9,  
Child \$6 (5 - 13 yrs), Family \$28 (2A + 3C)

★ **APRIL 19 & 20, 2025 : 9 am - 3 pm** ★

## RIDES

- \$5 horse-drawn wagon
- \$2 mini steam train

## FREE GAMES

- kite making
- water slide
- face painting
- animal nursery

## DEMOS

- working dogs
- whip cracking
- shearing
- blacksmithing
- machinery display

## FOOD

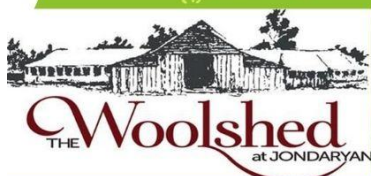
- Damper Hut
- BBQ Hut
- other food & craft stalls

**Camping at the  
Woolshed Caravan Park  
Call 0461 468 251 to book**

264 Jondaryan-Evanslea Road

[www.jondaryanwoolshed.com.au](http://www.jondaryanwoolshed.com.au)

**No ATM on site**





# Easy Beef Hotpot

15 minutes preparation + 2 hours cooking. 18 serves of vegies in this recipe

## Ingredients

- 1kg chuck or blade steak, cubed
- 2 tablespoons flour
- 2 teaspoons paprika
- 425g can crushed tomatoes
- 2 medium onions, sliced
- 1 clove garlic, crushed
- 2 sticks celery, sliced
- 2 large carrots, thickly sliced
- 1 turnip, cut into large chunks
- 3 medium potatoes, cut into large chunks
- 1 cup red wine or stock



## • Method

- Preheat oven to 180°C. Toss meat, flour and paprika in a plastic bag, tip into a heavy casserole dish. Add all remaining ingredients and stir to combine. Press a piece of baking paper over the ingredients and cover closely with a lid. Cook for 2 hours without lifting the lid. Check for seasoning and tenderness, returning to oven if more cooking time is required.

Serves 6.

## Serving suggestion

Serve with mashed potatoes and steamed green vegetables

<https://www.eatforhealth.gov.au/eating-well/healthy-recipes/easy-beef-hotpot>



Online Crisis Support Chat

Call  
**13 11 14**  
(24/7)

lifeline.org.au

**Lifeline** Saving Lives  
Crisis Support. Suicide Prevention.

You are a VERY Special person.



Just wanted to make sure you  
**ALWAYS** remember that.



**OzHarvest arrives Tuesday and Friday.**

*Notification is put on the East Creek Community Centre Facebook page when it arrives.*

**Did you know that you can now claim a tax deduction on amounts of \$20 or more donated to East Creek Community Centre? This is done through the Australian Neighbourhood Houses &**

**Centres Association (ANHCA) Public fund for Deductible Gift Recipients (DGR).**

**If you would like to know more talk to centre staff. Donations can be made online through**

**<https://www.anhca.org/donate>**

East Creek Community Centre is a community based, non-profit organisation providing community services for Toowoomba residents. We work with community groups and individuals throughout Toowoomba.

East Creek is friendly, accessible, and inclusive.

Our programs are for everyone —

Children, adolescents, young adults, seniors, disabled people, multicultural groups, and those who are socially isolated.



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