

March 2025 The Over 60s Newsletter

A word from Lee,

Hi everyone.

Although Summer is now officially over, I'm sure we still have some warm weather ahead for another few weeks yet. Keeping ourselves well hydrated and out of the sun during the hottest part of the afternoons is still important to prevent heatstroke, sunburn and dehydration.

February was full of fun at East Creek with all our usual activities in full swing, with older friendships renewed and new friendships made. Sadly, we have had to say goodbye to one of our members as she has moved to Victoria to be closer to family. Jill is a very well-liked participant of East Creek, and it was sad to see her go, but we wish her all the best wishes for her new adventure living in Melbourne.



Our movie morning was disappointing as the two choices for the timeslot was *Captain America*, or *Mufasa, the Lion King*. None of the group were very interested in either movie, so we will try again this month to see something that we can all enjoy.

Eating with Friends has been getting more popular with a few new faces, and many of the regulars. We hope you can join us and enjoy our company, friendly people, great conversation and a good meal.

Our morning tea bus outing will be a week earlier this month, on the 20th. We may have to visit an OP shop or two before having morning tea in the Japanese Gardens.

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

DISAPPOINTING NEWS

Sometime during the third week of February whilst the centre was unattended, somebody went into our Garden shed and took some items away. Unfortunately, we don't know who did this, but we are now out of a battery powered hedge trimmer and leaf blower, and a petrol-powered leaf blower. Although the police have been notified, it is unlikely that the items will be returned. This is a reminder that we should all be very careful about keeping our items under lock and key and that security cameras are invaluable when we are not around. Whoever took these items will be disappointed to know that the batteries and chargers needed to operate the hedge trimmer and leaf blower that were taken are worth around \$200 to replace, and they are useless without them. Luckily, ours were being recharged elsewhere.

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.
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 – 12:00 am

Occasionally there is a group that plays 500, depending on who is here on the day.



Wednesday - Mah-jong and Board Games 10:00 am – 12:00 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)

5th March, Garden Chinese Restaurant, 732 Ruthven Street, Toowoomba

19th March, Gowrie Road Hotel, 208 Bridge Street, Newtown.

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 13th March 2025 at The Strand Black Bag

Director: Steven Soderbergh

Cast: Marisa Abela, Cate Blanchett, Pierce Brosnan, Michael Fassbender, Naomie Harris, Rege-Jean Page

Time: TBA **Running time:** 100 mins

The bus is available for pick up and drop off.

(Movie choice is subject to Availability of viewing timetable)



Tai-Chi Classes

Thursday, March 6th & 20th 1:00pm at East Creek
\$4.00/session.

Please book as spaces are limited



Thursday, 20th March Bus Trip

OP Shop Hop then Morning Tea at the Japanese Gardens

Please note the earlier date for this month

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, Seats are available but please book early.



Lee's Alphabet quiz. All answers start with Z

- | | |
|---|---|
| 1.Striped African animal | 11.Last letter in the English alphabet |
| 2.The twelve astrological signs | 12.Jerusalem, or a U.S. national park |
| 3.Undead person | 13.Ice resurfacing machine |
| 4.Country ruled by Robert Mugabe | 14.Tube-like variety of pasta |
| 5.South African ethnic group | 15.Columbian dance fitness program |
| 6.Masked swashbuckling swordsman | 16.In cubic form, it looks like a diamond |
| 7.Louisiana music genre using washboards as instruments | 17.Former name of the DR Congo |
| 8.School of Buddhism | 18.Last name of Facebook's founder |
| 9.King of the Greek Gods | 19.Biggest City in Switzerland |
| 10.Element with the symbol Zn | 20.Popular brand of lighter |

Events for March

2nd March. Lifeline Darling Downs Bookfest, Toowoomba Showgrounds (Founders Pavillion)

3rd – 10th March. Parks Week, Williams Park, Cecil Crescent, Highfields

9th March. Glennie Fair & Open Day, 246a Herries St, Newtown

27th – 29th March. Toowoomba Royal Show, Toowoomba Showgrounds

Please Note: East Creek will be closed on Friday the 28th of March

30th March. Toowoomba Wedding Expo, The Goods Shed, 3 Victoria Street, Toowoomba

Bread & Butter Pudding

Cooking Time: 25 minutes

Prep Time: 10 minutes

Easy

Serves: 6

Ingredients:

50g unsalted melted butter
300g sliced bread*
100g raisins
50g soft light sugar
15ml Double cream
500ml milk, semi skimmed or full fat
4 medium eggs
2tsp Ground cinnamon
2tsp Vanilla essence



Directions:

Preheat the oven to 200° (180°C) and grease the oven dish.

Cut the sliced bread into triangles** and layer them in your dish alternating them with the raisins and brown sugar sprinkled evenly between the layers.

Mix the cream milk eggs vanilla and cinnamon together and whisk together. Add the cooled melted butter. Pour the liquid evenly over the bread mix. Leave for 20 minutes before baking in the oven for 25 minutes, ensuring the top is golden brown when done.

It can be served hot or cold.

* Stale bread or lightly toasted fresh is better to use

** Some people cut the crusts off.

Last month's Quiz answers

- | | |
|---------------|-----------------------|
| 1. Abroad | 11. Anaphylaxis |
| 2. Accident | 12. Attempt |
| 3. Apples | 13. Agree |
| 4. Address | 14. Aide or assistant |
| 5. Allowed | 15. Abstain |
| 6. Archway | 16. Alphabet |
| 7. Autumn | 17. Actor |
| 8. Asleep | 18. Apethetic |
| 9. Appologise | 19. Aeging |
| 10. Audible | 20. April |

Nobody sent any answers in so I get the prize

Quote of the month

"Volunteers do not necessity have the time; they just have the heart."

Elizabeth Andrew

Thank you to all our volunteers at East Creek. Without you it would not be as warm and welcoming to all who come here to work and play.

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

Why do we say

"Beware the Ides of March"?

The Ides were holy days, sacred to Jupiter, the chief deity of the Roman state and the rough equivalent of the Greek god Zeus. So, the Ides of March was an important day to the Romans, even before the bloody events of March 15, 44 BCE — the day of Julius Caesar's murder.



















































A cyclone destroyed six warships – three US and three German ships – and killed more than 200 sailors in the waters of Apia, Samoa, on March 15, 1889, according to the Naval History and Heritage Command.

Adolf Hitler ignored the Munich Pact – an agreement between Germany, Great Britain and France that gave Germany the Sudetenland, in western Czechoslovakia – and invaded other parts of Czechoslovakia on March 15, 1939. That marked the end of appeasement and further escalated tension leading toward World War II.

Without warning, the most severe blizzard in modern history ripped through North Dakota and Minnesota, killing 71 people on March 15, 1941. More recently, the Syrian Civil War began on March 15, 2011, when protesters took to the streets of Daraa after a group of teens and children were arrested for writing political graffiti. This leads to an estimated 400,000 Syrians being killed and more than 6.1 million internally displaced.



East Creek Calendar March 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1  Produce Swap  Women in Harmony 2pm – 4pm
2 Speedcubers 	3  Crochet Group 9:30am – 12:00pm  Blankets for the Homeless 1:00pm – 3:00pm	4  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	5  Mahjong 10am-12pm  Artability 1:00pm – 3:00pm  Eating with Friends 12:00pm – 2:00pm	6  Stroke Support Group 9.30:00-11.30am  Tai Chi 1:00pm – 2:00pm	7  Craft Group 10am – 12noon Social Cuppa and Chat 1:00pm – 3:00pm  GameFace 4:00pm – 6:00pm	8  Women in Harmony 2pm – 4pm
9	10  Crochet Group 9:30am – 12:00pm  Blankets for the Homeless 1:00pm – 3:00pm	11  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	12  Mahjong 10am-12pm  Artability 1:00pm – 3:00pm	13  Stroke Support Group 9.30:00-11.30am  Morning at the Movies 10:00am – 1:00pm	14  Craft Group 10am – 12noon Social Cuppa and Chat 1:00pm – 3:00pm	15  Women in Harmony 2pm – 4pm
16 Speedcubers 	17  Crochet Group 9:30am – 12:00pm  Blankets for the Homeless 1:00pm – 3:00pm	18  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm	19  Mahjong 10am-12pm  Artability 1:00pm – 3:00pm  Eating with Friends 12:00pm – 2:00pm	20  Stroke Support Group 9.30:00-11.30am  Tai Chi 1:00pm – 2:00pm  Bus outing 9:30am – 11:30am	21  Craft Group 10am – 12noon Social Cuppa and Chat 1:00pm – 3:00pm	22  Women in Harmony 2pm – 4pm
23	24  Crochet Group 9:30am – 12:00pm  Blankets for the Homeless 1:00pm – 3:00pm	25  Walking Group 8:45am  Cuppa & Card game 9:30am – 12pm Woman's Health Information Session 10:00am – 11:00am	26  Mahjong 10am-12pm  Artability 1:00pm – 3:00pm	27  Stroke Support Group 9.30:00-11.30am	28  Craft Group 10am – 12noon Social Cuppa and Chat 1:00pm – 3:00pm	29  Women in Harmony 2pm – 4pm
30 Speedcubers 	31  Crochet Group 9:30am – 12:00pm  Blankets for the Homeless 1:00pm – 3:00pm					

OZ Harvest, Tuesday, and Friday. Check the ECCC Facebook page for arrival.

JP Services – by appointment Monday, Wednesday to Friday or Phone/Computer Lessons Monday to Friday, 4639 2755. **Bookings Essential**