



May 2025

A Word from Sally

Hello Everyone,

It's May already, this year seems to be zooming past in record time. If you would like to learn something that can calm you down and improve your balance, you could consider trying our Tai Chi classes. Tai Chi is held every second Thursday at 1 pm, everyone is welcome, suits all fitness levels and cost is only \$4 per lesson. So, if you think you would like to try this, lessons are being held at 1 pm on Thursday the 1st, 15th and 29th of May. Hope to see you there!



Our esteemed Older Person's Action Program Coordinator recently celebrated her birthday. Best wishes to Lee for her recent 60th birthday, we hope you enjoyed your big day. We had a small celebration for Lee's birthday here at East Creek, Margaret one of our wonderful volunteers baked a beautiful cake and we all sang "Happy Birthday" to Lee. Pictured above is Lee with her cake.

What's On

Activity	
<i>Computer/Technology Lessons</i>	<i>By appointment</i>
<i>JP Service</i>	<i>By appointment</i>
<i>Ozharvest</i>	<i>Tuesday & 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 & Card, Canasta & 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>Board Games Group</i>	<i>Wednesday 1 - 3 pm</i>
<i>Stroke Support Group</i>	<i>Thursday 9:30 – 11:30 am</i>
<i>Tai Chi</i>	<i>Thursday 1st, 15th & 29th May 1.00 pm</i>
<i>Craft Group</i>	<i>Friday 10 - 12 pm</i>
<i>Toowoomba Home Produce Swap</i>	<i>Saturday 3rd May 9-12 pm</i>
<i>Biggest Morning Tea</i>	<i>Thursday 15th May 10 am to 12 pm</i>

What's on in May in Toowoomba



Thursday 15th May

10 am

East Creek Community Centre

43 Kitchener Street, Toowoomba

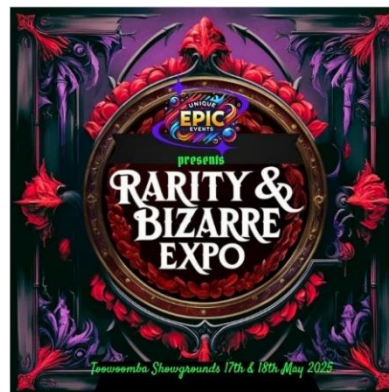
Phone 46392755

Email: info@eastcreek.com.au



The Rarity & Bizarre Expo

17 & 18th of May



Dare to embrace the strange, the curious, and the extraordinary? On the **17th and 18h of May**, the **Rarity & Bizarre Expo** opens at the Toowoomba Showgrounds, inviting adventurers from all walks of life to step into a world where the unusual reigns supreme.

Prepare for a journey into the shadows of curiosity, where gothic elegance collides with mythical wonders, and the bizarre feels right at home. This is no ordinary event – it's a celebration of the peculiar, the enchanting, and the spellbinding.

<https://events.humanitix.com/rarity-and-bizarre-expo-toowoomba/tickets>

Admission Details:

 Tickets are **\$10 ONLINE** or **\$15 DOOR PRICE**

HAVE FUN & RUN TOOWOOMBA

There is a race for everyone
this May at the Toowoomba
Wellcamp Airport Marathon



**TOOWOOMBA
WELLCAMP
AIRPORT
MARATHON**
3 - 4 MAY 2025

10K 5K 3K 1.5K 500M 200M 100M 50M



Saturday 3 May 2025		 Toowoomba Wellcamp Airport
Grand Central 5km	1:00pm	
Runway Mile Races	2:30pm	
Sunday 4 May 2025		 Toowoomba Sports Ground
Toowoomba Wellcamp Airport Marathon	6:15am	
ASICS Half Marathon	6:15am	
Visit Toowoomba Region 10km	6:30am	

<https://toowoombamarathon.com.au/>



The 2025 Hampton Festival is a full weekend event celebrating Food, Wine, and Arts in the picturesque high country of Hampton, Queensland.

Taking place on Saturday 17th May and Sunday 18th May, at Chapman Park Hampton, this vibrant festival offers something for everyone.

Join us for an “Art Immersion” experience on the **Saturday**, where you can get creative and explore interactive workshops. And on **Sunday**, connect with local producers during the inspiring “Learn & Grow” day.

Come a little earlier and kick off **Friday Night** with “Farm 2 Fork | Bites & Delights Dinner”.

Ticket prices

Farm to Fork- \$85.00

Two day pass- \$40.53

Single day pass- \$25.76

Family pass-\$63.74

Tickets available online at <https://www.hamptonfestival.com/tickets/>



International Shorts from 5.30pm

Australian Shorts from 8.00pm

Times

Saturday 17 May - 5:30pm & 8:00pm at the Empire Theatre

Prices

Empire Cardholder - \$15.00

Adult - \$27.00

*a fee of \$5 applies per transaction for online bookings.

Flickerfest, Australia's only Academy Award® and BAFTA qualifying short film festival, and the country's largest Australian & International short film competition, screens the best of shorts from Australia and the world, selected from **3,500** entries; ensuring the presentation of A-list short film programmes recognised amongst the best in the world.

Flickerfest screens for 10 days under the summer stars at Bondi Beach in January, with selected highlights of the most entertaining and innovative short films from Australia & around the world touring the country on a 45 venue national tour from Feb - Oct 2025. Flickerfest returns with this annual one-off chance to see the Best of Australian Shorts & the Best of International Shorts programmes officially selected for Flickerfest National Tour, before these films continue their journey around the world.

<https://tickets.empiretheatre.com.au/event/flickerfest-2025-u4btir>



To All our Volunteers

Here at **East Creek Community Centre**, we really value our volunteers and everything they do for us. Without volunteers we would cease to exist, so I would like to give all of you a big thankyou and invite you to a barbeque to help in some small way repay all the work that you put into ECCC and connect our community.

We will be holding this event on **Thursday May 22nd at 1 pm**, hope to see you there!

Below is some information about volunteer week.

National Volunteer Week is Australia's largest annual celebration of volunteering and will be next held on 19-25 May 2025. This special event provides an opportunity to highlight the important role of volunteers in our community and invites people not currently volunteering to give it a go.

We are pleased to announce National Volunteer Week 2025 will celebrate the power of volunteering to bring people together with the theme '**Connecting Communities**'.

Volunteering creates lasting relationships that enrich lives and strengthen communities. Join us as we explore how giving to others fosters community engagement, connection and belonging.

Let's acknowledge the spirit of connection and the incredible impact volunteers have in building inclusive and flourishing communities.



HOME ENERGY SAVING TIPS

USE A POWER STRIP

'Phantom loads' come from appliances that still use power even when turned off. Avoid these by plugging electronics like TVs, computers, and game consoles into a power strip that you can turn off with one switch.



TURN OFF THE LIGHTS

Turn off the lights when they are not in use, and do the same with any electronics.



FILL THE DISHWASHER

Only run the dishwasher with a full load. When washing by hand, turn off the water, except when rinsing.



WASH WITH COLD WATER

80% of the energy used for washing clothes and dishes goes towards heating the water.



SHORTEN IT

Try setting a timer and challenge yourself to keep your shower to under 6 minutes.

Turn the water off while brushing your teeth.



DRYING CLOTHES

If you can't use a clothesline or drying rack, make sure you run your dryer with a full load, on a low-heat setting.

Remove any lint build up – it may cause your dryer to run longer and cost more!



The Charge Up! project receives grant funding from the Queensland Government as part of the Enable Grants Program.



Zucchini Muffins

Preparation time

10 minutes

Cooking time

30 minutes

Makes 12

INGREDIENTS



- 2 zucchinis, grated & liquid squeezed out
- 1 carrot, grated
- 125g tin corn kernels, drained
- 1 small red onion, finely diced
- 1 cup baby spinach leaves, chopped
- 1 cup wholemeal self-raising flour
- 6 eggs, beaten
- 1 cup reduced-fat tasty cheese, grated

METHOD

Preheat oven to 180°C. Line a 12-hole muffin tin with muffin liners.

Heat a non-stick frypan over medium heat and cook the onion until translucent. Allow to cool.

Place all ingredients into a large mixing bowl and mix until well combined.

Divide the mixture between the 12 muffin liners. Bake for 25 to 30 minutes or until muffins are golden and a skewer comes out clean.

Tip

Great served hot or cold!

<https://www.biggestmorningtea.com.au/tools/recipes/zucchini-muffins>

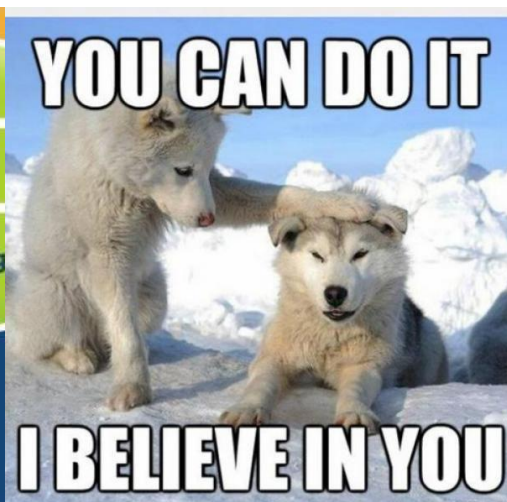


Online Crisis Support Chat

Call
13 11 14
(24/7)

lifeline.org

Lifeline Saving Lives
Crisis Support. Suicide Prevention.



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.



Phone: (07) 4639 2755
Email: info@eastcreek.com.au
<https://new.eastcreek.com.au>
43 Kitchener Street
PO Box 4859
Toowoomba East Qld 4350