

# August 2025

# The Over 60s Newsletter

## A word from Lee,

Hi everyone. We are in the last month of winter and I'm sure most of us are looking forward to Goldilocks weather, not too hot, not too cold, but *just* right, though we are expecting some bitterly cold days in the first few days of August. I hope you stay warm and dry during the next few weeks.

The Stroke Support group went to the Toowoomba Art Society Gallery at Culliford House last month to see Vivienne Boland's art exhibition, the wife of Frank one of group members. Unfortunately, neither of them could attend on the day, so we took a group photo with Vivienne's art work behind us. The paintings are quite amazing.



East Creek is looking for some volunteers to help in the garden as we come out of winter into spring, as we are hoping to have some topsoil and mulch to go over the whole garden. Just 1 hour a week would be amazingly helpful, if you have some time to spare.

It's hard to believe that we are in the 8<sup>th</sup> month, and Christmas is only 147 days away (sorry about that), and spring is on its way. I love to see the buds on the deciduous trees swelling and forming, bursting into leaf and flower. Fruit trees, such as the tropical peach have a few flowers on them already, and the mango trees have already started to grow their new leaves. Although winter seems to be harsh each year, we would not appreciate spring as much if it weren't. The garden here at the centre has several blue wrens who have already started to collect spider webs to line their nests. I hope you enjoy nature as much as I do and look forward to seeing you in the near future. Cheers, Lee

## National Stroke Support Week

National Stroke Week is to raise awareness of what a stroke is, the risk factors involved, the importance of recognising the signs of stroke, and how to respond to anyone having a stroke. The Acronym, **F.A.S.T.** helps us look for signs of a stroke by looking at the person's **F**ace, is it drooping on one side. Can the person raise both of their **A**rms? Or only one. Is the person's **S**peech slurred or confused? And the **T** is for time to call triple zero

for an ambulance. We will have a guest speaker here on Thursday the 7<sup>th</sup> of August to talk about lived experiences of having a stroke. Stroke support week is from the 4<sup>th</sup> of August to the 10<sup>th</sup>. Please join us on the

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## Weekly Events

### Monday - Crochet Group 9:30am – 12:00pm

Join our friendly and chatty group for crocheting, knitting, stitching or just chatting.  
We welcome all newcomers.



### Monday - Blanket Group 1:00pm - 3:30pm

**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 9:00am – 10:00am

**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 9:30am – 12:00pm

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



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

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.



### Thursday – Stroke Support Group 10:00am – 12:00pm

If you have experienced a stroke or other Acquired Brain Injury (ABI) come along to our support group to chat with others, play brain stimulating games, hand eye coordination games and enjoy a fantastic morning tea.



### Friday - Craft Group 9:30am – 12:00pm

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.

Please book for the 15<sup>th</sup> and 29<sup>th</sup> Flower making sessions



### Friday - Social Cuppa and Chat 1:30pm – 3:00pm

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.



# Monthly Events



## Wednesday Fortnightly - Eating with Friends 12:00 pm (Venue Start Time)

6<sup>th</sup> August, Blue Mountain Hotel, 264 Ruthven Street, Harlaxton

20<sup>th</sup> August, Club Glenvale, 564 Boundary Road, Glenvale

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

### The Friend

14<sup>th</sup> August 2025 at The Strand

Director: Scott McGehee, David Siegel

Cast: Ann Dowd, Noma Dumezweni, Bill Murray, Sarah Pidgeon, Naomi Watts, Constance Wu

Time: TBA Running time: 119 minutes

The bus is available for pick up and drop off.



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

### Morning Tea at The Burrow Cnr Bridge and Stewart Streets

Please call the centre if you wish to join us, to ensure we book enough seats for all.

The bus will be leaving the centre at 9:30am



## Alphabet Quiz with all answers starting with W

1 Capital of Afghanistan	11 Former capital of Japan
2 National bird of New Zealand	12 Home of Russia's government
3 Notoriously flat U.S. state	13 Peninsula of Pyongyang and Seoul
4 Country invaded by Iraq in 1990	14 Genghis's grandson
5 Region disputed between India and Pakistan	15 Language of the Ethnic group of Turkey and Iraq
6 First name of rapper West	16 First name of UN leader Annan
7 On this scale, water freezes at 273	17 Country that broke away from Serbia
8 Japanese suicide pilot	18 Organ that filters blood
9 Japanese city, famous for beef	19 A Japanese motorcycle brand
10 Oven which can be used to "fire" clay pots	20 Capital of Uganda

First in with all the correct answers get a Caramello Koala. Good luck everyone.

## Special Craft group Friday the 15<sup>th</sup> & 29<sup>th</sup> August

On these two Friday mornings, our craft group will be making flowers for the carnival event for next month. We will have all the materials here to be used and tuition for the group. Bookings will be essential to ensure we have enough materials for all who attend. Please RSVP by the 8<sup>th</sup> of August for each special day.

# Recipe of the Month

**Cooking Time:** 55 minutes

**Prep Time:** 15 minutes

**Easy**

**Serves:** 4

## Ingredients:

225 grams pork  
4 tablespoons milk  
1 medium egg  
225 grams streaky bacon (16 rashers)  
1 medium white onion peeled and grated  
1 medium apple peeled and grated  
3 slices white bread crusts removed  
salt and black pepper to taste



## Directions:

Preheat the oven to 200°C / 400°F  
Combine the grated apple and onion and squeeze out any excess liquid.  
Soak the bread in the milk until the milk has been absorbed and then squeeze out any excess milk.  
Place all the ingredients (except the bacon) into a mixing bowl and mix very thoroughly to combine. Squeeze the mixture through your fingers to make sure the vegetables and spices are evenly distributed. You should end up with a thick paste-like texture  
Divide the mixture into 16 evenly-sized pieces then roll each piece into a sausage shape and wrap the bacon around each sausage and place each roll on a baking tray lined with baking parchment.  
Bake for about 25 minutes until the bacon is crispy and the sausage meat is cooked through.  
Serve hot.  
These pigs in blankets also taste delicious served cold as part of a next-day buffet.



## 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**

## Quiz Answers for the Letter W

1. Washington	11. Wookie
2. Walmart	12. Whooping
3. Waikiki	13. Wolverine
4. Warsaw	14. Wonderwall
5. Windsor	15. Werewolf
6. Whey	16. Whopper
7. Walt	17. Wright
8. Wales	18. Wham
9. Winston	19. Winnipeg
10. Wikipedia	20. Wasabi

**Congratulations to Roberta who was last month's winner**

## Remember When???




















































You could go to the corner shop for a bag full of lollies with a few coins of loose change.  
You could play cricket on the street out the front of your home without getting run-over.  
Kids would be respectful of adults whether they knew them or not.  
When drinking water came out of the tap, not a bottle.  
When the birds would peck the top of the milk bottles and drink the cream.  
When drive-in movies were on every weekend.  
When Black & White television came to Australia in 1956.

## Quote of the month

"In spite of illness, in spite even of the archenemy sorrow, one can remain alive long past the usual date of disintegration if one is unafraid of change, insatiable in intellectual curiosity, interested in big things, and happy in small ways."  
~Edith Wharton



# East Creek Calendar July 2025

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

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**