



September 2025

A Word from Sally

Hello Everyone,

Welcome to Spring everyone, I am sure like myself we are all looking forward to some warmer weather. We recently had a visit from the UniSQ Japanese exchange students, who joined in with our Mahjong group. Everyone had a good time and managed to agree on the same set of rules. Picture below is from the day.



Our Blanket for homeless group is currently looking for more volunteers. If you can sew, or can help cutting out squares, and are free and willing on a Monday afternoon from 1 pm to 3 pm, they would love you to join them. The group has been running for over 10 years, make blankets from recycled fabric which are then donated to those in need. Lots of blankets have been donated to "The Base" to help those in the community who need a warm blanket as well as families in need.

Some of the Crochet group who meet Monday mornings from 10 am to 12 pm also make items that are donated to people in need. Lots of these items go to the Toowoomba Hospital, and they make items such as premmie baby clothing and beanies to keep people warm. If you like crocheting or knitting you are welcome to join and help making these items as well.

What's On

Activity	
Computer/Technology Lessons	By appointment
JP Service	By appointment
OzHarvest	Tuesday & Fridays
Crochet Group	Monday 10 - 12 pm
Blankets for Homeless	Monday 1 - 3 pm
Walking Group	Tuesday 9 - 10 am
OPAP Cuppa & Card, Canasta & Rummikub	Tuesday 9:30 - 12 pm
Mah-jong	Wednesday 10 - 12 pm
Disability Art Group	Wednesday 1 - 2 pm
Board Games Afternoon	Wednesday 1-3 pm
Stroke Support Group	Thursday 9:30 – 11:30 am
Craft Group	Friday 10 - 12 pm
Toowoomba Home Produce Swap	Saturday 6th September 9-12 pm
Speedcubers	Sunday 28th September 11 am – 3 pm
Eating with Friends If you would like to come along call the centre on 46392755 to book	Wednesday September 3rd Danish Flower Art September 17th Bull & Barley Inn



The East Creek Community Centre

Blankets for Homeless Group

need volunteers.

Can you help?

We are looking for people who can help with,

- Sorting and preparing materials
- Cutting squares of fabric ready for the sewing team
- Sewing - people with experience using sewing machines to sew all the pieces of the blanket together.

Where: East Creek Community Centre

When: Monday afternoons 1:00pm - 3:00pm

Come along, enjoy afternoon tea, and be part of a group working together making blankets for the homeless.

For more information, call or pop into the centre and chat to Sally.



What's on in September in Toowoomba



Carnival of Flowers returns for its 76th year. Four breathtaking weekends of flowers, flavours and sounds, Toowoomba Carnival of Flowers takes over the Queensland Country city of Toowoomba in the most beautiful of ways each spring with a program of unique events and experiences including award-winning parks, stunning private gardens, a street parade bursting with floral colour, mouthwatering foodie moments and a multitude of cultural and natural adventures.

To find out about all the events please go to the link below

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

There are many floral themed activities available during the carnival of flowers, one unusual one with the “Change Project” is listed below.

Dancing with Life

Feel the freedom to let your spirit bloom through music and movement amongst the roses, increase your vitality, reduce stress levels, and feel rejuvenated while having fun in a group environment. With regular practice, improve your sleep, cope better with life's demands, connect more deeply with yourself and others and see your relationships improve. No steps to copy or perfect, no expectations. Do it at your own pace. All sessions are different and expanding in their own way, and everyone is welcome. Wear something comfortable and let the roses inspire your dance!

Where: Picnic Point Parklands (grass area), 162-202 Tourist Road, Rangeville

When: Sunday 14 September and Saturday 4 October 9am - 10am

Cost: Free

Contact: Gabriela 0421 594 390 |

email biodanzatoowoomba@gmail.com | FB: [Biodanza Toowoomba](https://www.facebook.com/BiodanzaToowoomba)

 **Hearing Australia**

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Join us to discuss your hearing needs with a
FREE* 15-minute hearing check on:

East Creek Community
Centre 43 Kitchener St
East Toowoomba
Phone 46392755

Date: **22nd September 25**

Time: **9 - 12pm**

 134 432  hearing.com.au

*Other services may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply.

Hearing Australia



**STARTING
SEP 17TH**
TUESDAYS 11-1PM

6 WEEK PROGRAM

- MENTAL HEALTH
- CULTURAL RECONNECTION
- RESILIENCE BUILDING



Week 1 Finding Strength together
Week 2 Knowing your roots
Week 3 Mind Matters
Week 4 Walking Strong
Week 5 Brothers supporting brothers
Week 6 Carrying the fire forward

CONTACT US
www.jamf.com.au 0408 275 648 admin@jamf.com.au

 **TOOWOOMBA
REGION**

**Korean Film Festival
in Australia**

Touring Program - Toowoomba

14 Sept 2025 - 10am to 9pm
The Strand Cinema



10.00am - Festival Inauguration (30 minutes)
 10.30 - About Family (107 minutes)
 13.00 - The Noisy Mansion (97 minutes)
 16.00 - Hear Me Our Summer (108 minutes)
 19.00 - Forbidden Fairytale (109 minutes, U18+)



Scan the
QR to
get your
tickets!



Jigsaw

Adoptee Support Group - Toowoomba



Saturday 6 September 2025
and
Saturday 15 November 2025

Support Connect Inform Advocate

www.jigsawqueensland.com

We're thrilled to announce that we'll be hosting in-person Adoptee Support Groups in Toowoomba in September and November.

First one is on Saturday 6 September from 1.30pm to 3.30pm.

Second one is on Saturday 15 November from 1.30pm to 3.30pm.

The venue is Toowoomba City Library - 155 Herries St, Toowoomba City QLD 4350 - level 3 meeting rooms.

You can arrive any time from 1.00pm but be sure to arrive before 1.30pm because we lock the doors once everyone's settled, to ensure the safety and privacy of participants.

It's important for each of us to check in together at the start and see how everyone's travelling so we can support each other as needed on that day.

Any questions? Call 1800 21 03 13

Margaret's Pumpkin Soup



INGREDIENTS:

- **1/4 medium pumpkin**
- **Small orange sweet potato peeled**
- **1 finely diced medium onion**
- **1 garlic clove (optional)**
- **Nutmeg & salt to taste**
- **1 tablespoon Vegeta powder stock**

METHOD:

- Cut pumpkin and sweet potato into thin slices (leave skin on pumpkin)
- Bake in hot oven until cooked with a bit of colour.
- Place in large saucepan with dices onion and cover with water. Add sprinkle of nutmeg and Vegeta stock to the pot and boil for 10 minutes.
- Blend until smooth and serve.



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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