

October 2025 The Over 60s Newsletter

A word from Lee,

Hi everyone.

I hope your first month of Spring has put a spring in your step and a smile on your face. The Carnival of Flowers is almost over, but the legacy of the event will last for months with the flowers continuing to bloom and warmer weather allows for some spectacular walks in the Toowoomba parks. Even though it rained on the day of the Parade, many people were out and about watching from the sidelines. The first picture below is of one of our ladies Bronwyn, with her sister Sandy waiting for the parade. (Photo courtesy of ABC TV)



Sandy McCoy and Bronwyn Gotz. (ABC Southern Qld. Don McCrory)



Last month staff, volunteers and clients were invited to TAFE for Diversi-Tea. An initiative of TAFE to bring together local community members with young people, some of whom were Culturally and Linguistically Diverse (CALD). Students of the Restaurant group supplied High Tea foods and beverages, serving us at our tables, whilst other students chatted with us about their culture and what sort of careers they might enjoy. The students sang for us and invited us to a traditional Yezidis dance, which many of us joined. It was a lovely morning for all. The middle picture is of us dancing and the last picture is of two of our clients, Geraldine and Marline, with student Nice with whom they spent the morning.

I have heard from Bea that she has moved into her new townhouse and is settling in well. I hope to get some pictures to show you next month. We all miss you Bea and hope you and your family are well. Have a wonderful month everyone and I hope to see you soon.

Cheers, Lee

Flowers currently blooming at East Creek



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



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)

1st October, Rink 46 (Drayton Bowls Club), 46 Gipps Street, Drayton

15th October, Thai Royal, 140 South Street, South Toowoomba

29th October, The Downs Hotel, 23 Brisbane Street Drayton

Please call the centre to book, to ensure we have enough seats. Please book the bus for pick-up and drop off.



Morning At the Movies

Freakier Friday

9th October 2025 at The Strand

Director: Nisha Ganatra

Cast: Rosalind Chao, Jamie Lee Curtis, Mark Harmon, Haley Hudson, Lindsay Lohan, Chad Michael Murray, Lucille Soong, Stephen Tobolowsky, Christina Vidal Mitchell

Time: TBA **Running time:** 111 minutes

The bus is available for pick up and drop off.
(Movie choice is subject to Availability of viewing timetable)

Thursday 30th October Bus Trip

Morning Tea at Kingfisher Café, Kearney's Spring

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 P

1. Capital of France	11. Italian high fashion brand
2. Former name of Iran	12. Leader of the Catholic church
3. Ancient Roman city buried in ash	13. Native American who rescued John Smith
4. Person who sues a defendant	14. Picasso's first name
5. Zodiac sign whose symbol is two fish	15. Pikachu or Bulbasaur, for example
6. Winged horse of Greek mythology	16. Former country ruled by Frederick the Great
7. Low value chess piece	17. Primary ethnic group of Afghanistan
8. Country on the Iberian Peninsula	18. Region of southern Argentina and Chile
9. British word for gasoline	19. Musical opposite of forte
10. Light green nut	20. Canal that connects the Atlantic and Pacific

First in (after Roberta) with all the correct answers gets a Caramello Koala. Good luck everyone.

Carnival of Flowers Hanging Pot exhibition

Our Wednesday Artability group put in an entry for the Carnival Hanging Pot competition. The finished model is still on display at Cobb & Co Museum just outside the main shop cash registers. They didn't win any prize at the exhibition, but they certainly win a prize for all their hard efforts and team-work. Well done. Artability members.



Recipe of the Month

Savoury Cheese and Paprika Biscuits

Cooking Time: 25 minutes

Prep Time: 10 minutes

Rest Time: 1 Hour

Serves: 20

Ingredients:

150g strong cheddar cheese
100g plain flour
50g butter
½ teaspoon paprika
1 egg yolk



Directions:

Grate the cheese using the finest cheese grater setting.

Put the flour and butter into a food processor and blend just until it has formed a breadcrumb consistency. Then add in the cheese, egg yolk and paprika. Alternatively use your fingers to rub the butter into the flour and then stir in the cheese, egg and paprika.

Knead a little with your hands to form an even dough and then wrap in cling film and refrigerate to rest for an hour.

Preheat the oven to 180C

Sprinkle flour on the work surface and roll out the dough until it is about 2mm thick. Cut out circles with a pastry cutter and place them on a baking tray lined with baking parchment.

Bake them in the oven at for 10 minutes. They will puff up a bit. Turn them over and press them down then continue to bake for another 5 minutes.

Cool them on a wire rack and enjoy sharing them around.

Quiz Answers for the Letter I (i)

1.Ivory	11.Iolanth
2.Isambard	12. Islamabad
3.Ifield	13.Christopher Isherwood
4.river Itchen	14.Iron
5.Innocents	15.Eric Idle
6.Irrigation	16.Ion
7.Irritation	17.Ignorance
8.Inter	18.Burl Icle Ivanhoe Ives
9.-ism	19.Interflora
10.Ivan	20.Isinglass



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

Safety tips for hot weather

Spring weather is warmer than expected and the likelihood of being affected by the heat is high. Normally we move from cold to cool then warm temperatures, but this season has hit us like a ton of bricks. The long-term weather forecast is showing a hotter than normal Spring, with temperatures over 30 for most of October with very little rain. We will have to see how good the forecast is as they are not always correct. In the hotter weather, we need to keep hydrated, up to 2 litres of water a day (unless you have fluid restrictions from your doctor), and stay out of the sun during mid-morning, to mid-afternoon. Hats are important to keep harmful sun rays off your face and head, to prevent skin cancers and heat stroke. We all would like to think we are immune to any negative consequences, though unfortunately this is not the case. Most sun damage to your skin has been when we were children, playing outside for hours and not ever thinking about the harm to our bodies. It is wise to keep a check on any age spots ('wisdom' spots as my kind skin specialist calls them) and have an annual skin check to ensure any potential cancers can be treated swiftly and efficiently.

Children these days are almost at risk of having a vitamin D deficiency due to staying out of the sun most of the time. They are often playing indoors on their phones and tablets and not doing much outside at all, so don't stress too much about the grandkids at this stage. Cheers, Lee

Quote of the month

"It's better to keep your mouth closed and let people think you are a fool that to open it and remove all doubt."

Mark Twain

East Creek Calendar October 2025

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

Public Holiday