

November 2025 The Over 60s Newsletter

A word from Lee,

Hi everyone.

I hope you all had a great time in October and didn't have any damage from the wild weather we have had. November is looking to be quite warm with more weather events causing postponements of some community activities and events such as the International Street Fiesta and the Luminous Lantern Parade which will happen on the 14th of February, St Valentines Day.



It was wonderful to have Cindy back at Eating with Friends as she has been away for some time. We hope to see her back at the Stroke Support Group in the new year. We also welcome back Dawn who was away for a few lunches. We are glad to have you back Dawn.

We received a couple of grants last month to help spruce up the gardens here at East Creek. We have one spot under our new digital sign with trellising and beautiful climbers to brighten up the area, and rocks to border part of the garden. We also have some topsoil and bark-chip coming to freshen the soil and make it more water efficient. A herb and vegie patch will also be made near the entrance to assist our wonderful volunteers who make yummy morning tea for our guests, clients and staff.

On Thursday the 6th, we will be hosting the South Western Area Neighbourhoods (SWAN) meeting with around 25 members from as far as Goondiwindi, Cunnamulla and Charleville attending either in person or on video links. We get together each year to discuss changes to our communities' needs and how we can provide the best service to individuals in our communities. It is a fantastic day of networking, giving and gathering information from experiences within each area and nurturing partnerships for the future. Welcome all to Toowoomba and East Creek Community Centre.

Cheers, Lee

East Creek AGM

As you may already know, East Creek Community Centre is a not-for-profit organisation which is funded by government departments. We work under a volunteer Committee which meets every month and each year we hold an annual general meeting to dissolve the committee and vote in new or previous members. We often have council management attend the meeting and all others are welcome to come. This will be held on the **13th of November** from **2:00pm to 3:30pm** and we hope to see you there.

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 9:30am – 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)

12th November, The Federal Hotel, 111 James Street, East Toowoomba

Last Event for the Year

26th November, Meringandan Hotel, 30 Main Street, Meringandan

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

Kangaroo

13th November 2025 at The Strand

Director: Kate Woods

Cast: Roy Billing, Wayne Blair, Ryan Clark, Ryan Corr, Grant Denyer, Ernie Dingo, Rick Donald, Rarriwuy Hick, Rachel House, Deborah Mailman, Trisha Morton-Thomas, Clarence Ryan, Brooke Satchwell, Emily Taheny, Lily Whiteley

Time: TBA **Running time:** 107 minutes

The bus is available for pick up and drop off.

(Movie choice is subject to Availability of viewing timetable)



Thursday 27th November Bus Trip

Morning Tea at Starbucks (The new Officeworks centre)

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 C

1. French word for coffee	11. Lover of Caesar and Antony
2. Famous Wookiee	12. London accent with rhyming slang
3. General Motors luxury brand	13. Where an airplane pilot sits
4. Former name of Kolkata	14. 1972 Liza Minnelli film
5. City whose annual rodeo is called a "Stampede"	15. One of the two biggest cities in Africa
6. England's second-oldest University	16. Disease of the liver
7. Coal mine warning bird	17. River that carved the Grand Canyon
8. Army rank one above lieutenant	18. Manager of a museum collection
9. Capital of Wales	19. "The Friendly Ghost"
10. Soldiers on horseback Light green nut	20. Mao's job title

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



Margarita's first margarita

One of our wonderful members of Eating with Friends, Margarita, decided at her last birthday she would try the drink. I'm sure you can tell by the photos what she thought of her namesake cocktail.

And yes, she did give permission to show these photos.



Chicken Triangles

Cooking Time: 30 minutes

Prep Time: 10 minutes

Serves: 8

Ingredients:

Two cups of cooked shredded chicken
Two shallots finely sliced
½ tsp mixed herbs
Salt & pepper to taste
Four sheets of puff pastry, defrosted
1 Egg with 4 tbsp milk beaten together (egg-wash)
Sesame or poppy seeds if desired.

Directions:

Pre-heat the oven to 210°C.
Mix the chicken, shallots, herbs, salt and pepper in a mixing bowl.
Lay the pastry out on the bench and cut the pastry into quarters (squares).
Put a tablespoon of the chicken mixture into the middle of each pastry square.
Put a ring of egg-wash around the edges of the pastry and fold into a triangle.
Gently press on the edges of the triangles ensuring none of the chicken mixture comes out.
Press the edges with a fork to seal the pastry together.
Place onto a baking tray lined with non-stick cooking paper.
Coat the top of each triangle with egg-wash and sprinkle with seeds if desired.
Place in the oven for 20 minutes at 210°C, then lower the temperature to 180 for another 10 minutes.
Serve hot.

Quiz Answers for the Letter P

1.Paris	11.Prada
2.Persia	12.Pope
3.Pompeii	13.Pocohantas
4.Plaintiff	14.Pablo
5.Pisces	15.Pokemon
6.Pegasus	16.Prussia
7.Pawn	17.Pashtun
8.Portugal	18.Patagonia
9.Petrol	19.Piano
10.Pistachio	20.Panama



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

Calling all Gardeners

Here at east Creek, we are in need of some gardeners to offer an hour or two of assistance each week to keep our beautiful garden blooming and thriving all year round. We will also need to have a bit of assistance to move all the topsoil and bark-chip arriving soon from the Council grant we won. When it arrives, we will put out a call on Facebook to let you know how and when you may be able to assist. We hope you can help

Cheers, Lee

One of the reasons honey is so expensive

When Recreational beekeepers like Rudy and I don't take the proper precautions when working with the hive the effects are like a dozen botox injections with no map of what will swell. Two bee stings to my face and I don't recommend bee venom straight from the bee.



Quote of the month

"There is a theory which states that if ever anyone discovers exactly what the Universe is for and why it is here, it will instantly disappear and be replaced by something even more bizarre and inexplicable. There is another theory, which states that this has already happened."

Douglas Adams

East Creek Calendar November 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1  Produce Swap  Women in Harmony 2pm – 4pm
2	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  Melbourne Cup Race screening 2:00pm	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	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  Speedcubers	10  Crochet Group 9:30am – 12:00pm  Blankets for the Homeless 1:00pm – 3:00pm	11  Remembrance Day  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 East Creek AGM 2:00pm – 3:30pm	14  Craft Group 10am – 12noon Social Cuppa and Chat 1:00pm – 3:00pm	15  Women in Harmony 2pm – 4pm
16	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	21  Craft Group 10am – 12noon Social Cuppa and Chat 1:00pm – 3:00pm	22  Women in Harmony 2pm – 4pm
23  Speedcubers	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	26  Mahjong 10am-12pm  Artability 1:00pm – 3:00pm	27  Stroke Support Group 9.30:00-11.30am Bus outing 9:30am – 11:30am	28  Craft Group 10am – 12noon Social Cuppa and Chat 1:00pm – 3:00pm	29  Women in Harmony 2pm – 4pm
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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**