

# December 2025      The Over 60s Newsletter

## A word from Lee,

Hi everyone.

I trust you are all well after the onslaught of the hot Spring days and stormy weather. There has been a lot of damage to trees and buildings in many areas though we all hope you haven't experienced any at your home or garden.

We had our last Eating with Friends at the Meringandan Hotel on the 27<sup>th</sup> of November where we indulged on delicious, generous meals and most of us had to get a doggy bag to take home. The prices were very reasonable and we will certainly be back again next year. The bonus was an Opportunity shop directly across the road in which many of us purchased goods to take home. The lady running the shop was delighted with all the purchases we made.



We are still looking for some gardeners to help with basic weeding, trimming wayward branches and dead-heading the bushes. No major physical work is required, so if you can assist us in any way, the garden, the critters, creatures and wildlife would appreciate the help, not to mention the few of us humans that tend the garden now.

All of us at East Creek hope you have a wonderful festive season with family and friends, enjoying their company, eating and drinking in moderation. Please stay safe. We look forward to seeing you all in the New Year. Take care.

Cheers, Lee

## East Creek Community Break-up Party

On the **17<sup>th</sup> of December**, East Creek will be having their annual Community Christmas party, and you are all invited to attend. It will be held from **11am until 2pm** on the Wednesday before Christmas. We do need to have an **RSVP** please, before **Wednesday the 10<sup>th</sup>** to ensure we have enough food for all. A **gold coin donation** would be welcome **to go towards TOMNET** who will be doing the BBQ. The bus will be able to pick you up if you don't have transport. Please call **4639 2755** to book a place for the party and a seat on the bus. We look forward to seeing you all on the day.

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](mailto:olderpersons@eastcreek.com.au) or Website: [new.eastcreek.com.au](http://new.eastcreek.com.au)

## Weekly Events



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

Last Session for the year is the 15<sup>th</sup> of December.

Bring a plate and enjoy the party.

**Chat and Do starts on the 22<sup>nd</sup> December**

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

Last Session for the year is the 15<sup>th</sup> of December

Bring a plate and enjoy the party.



### **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

Last Session for the year is the 16<sup>th</sup> of December



### **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.

Last Session for the year is the 9<sup>th</sup> of December



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

Come along and try out this challenging tile-based game.

We have four sets of Mah-jong tiles, mats, and enough racks for 16 players.

Last Session for the year is the 10<sup>th</sup> of December



### **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.

Last Session for the year is the 11<sup>th</sup> of December



### **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

Last Session for the year is the 12<sup>th</sup> of December



### **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.

Last Session for the year is the 12<sup>th</sup> of December



# Monthly Events



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

**First Event for the Year 2026**

**4<sup>th</sup> February, Downs Hotel, 23 Brisbane Street Drayton**

**18<sup>th</sup> February, Club Glenvale, 564 Boundary Road, Glenvale**

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

### After the Hunt

**Last Session for the year, 4<sup>th</sup> December 2025 at The Strand**

**Director:** Luca Guadagnino

**Cast:** Ayo Edebiri, Andrew Garfield, Julia Roberts, Chloe Sevigny, Michael Stuhlbarg

**Time:** TBA **Running time:** 138 Minutes

The bus is available for pick up and drop off.

(Movie choice is subject to Availability of viewing timetable)

## Next Bus Trip January 29<sup>th</sup> 2026

### Cobb & Co Museum



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 X

|                                                                       |                                                        |
|-----------------------------------------------------------------------|--------------------------------------------------------|
| 1.Musical instrument                                                  | 11.Drug used to treat anxiety disorder                 |
| 2.Another name for Christmas                                          | 12.Kublai Khan's capital or Citizen Kane's Estate      |
| 3. Microsoft game console                                             | 13.Professor X's last name                             |
| 4. Galactic overlord who killed Thetans according to Scientology lore | 14.A genus of birds found in Central and South America |
| 5.Great king of Persia                                                | 15.T.V's warrior princess                              |
| 6.The water-conducting tissue in vascular plants                      | 16.Long-time FC Barcelona Star                         |
| 7.Copy machine company                                                | 17.The name of a colour between green and orange       |
| 8.Element and noble gas                                               | 18.Ancient Chinese capital, formerly called Chang'an   |
| 9.Fear of foreigners                                                  | 19.The name of type of fruit with a woody outer layer  |
| 10.Gum used as a thickening agent                                     | 20.A building that housed Roman Wrestlers              |

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



## Closure of East Creek over the Holidays

I'm sure you all know that East Creek will be closed over the holidays for three weeks from the 19<sup>th</sup> of December to the 12<sup>th</sup> of January. Many of the activities we have will stop during December and start up again in late January. Please look at the list for all activities in the calendar for stopping and starting dates.

# Grandma Hatch's Plum Pudding

**Cooking Time:** 4 Hours/90 minutes

**Prep Time:** 30 minutes

**Serves:** 20

### Ingredients:

Plain flour  
Bi-carb Soda  
¼ tsp Nutmeg  
1 rounded tsp All Spice  
1 rounded tsp Cinnamon  
½ tsp Salt  
200g cold Butter  
½ cup Sugar  
½ cup Raisins  
1 cup Sultanas  
1 cup Currents  
Milk



### Directions:

Blend the spices, sugar and flour together then rub the butter into the mix until it looks like breadcrumbs.

Add the milk to form a wet, but not sloppy mixture. Put into a well-greased and paper lined pudding bowl, or into a calico cloth and tie up well.

#### Stove top Cooking

In a large saucepan, place a rack on the bottom to keep the pudding basin off the bottom to prevent it burning.

Put the pudding on the rack.

Fill the pot with water to half-way up the basin's side and bring to the simmer.

Periodically check the water levels to ensure it doesn't run dry. Top up with boiling water from the kettle and simmer for 4 hours.

#### Pressure cooker Cooking

Put a rack on the bottom of the pressure cooker to keep the pudding basin off the bottom to prevent it burning.

Put the pudding on the rack.

Fill the pot with water to half-way up the basin's side, or to the maximum liquid level for the pressure cooker.

Program to cook for 90 minutes.

Serve cold or warm with custard, cream and ice-cream.



### 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 C

|             |               |
|-------------|---------------|
| 1.Cafe      | 11.Cleopatra  |
| 2.Chewbacca | 12.Cockney    |
| 3.Cadillac  | 13.Cockpit    |
| 4.Calcutta  | 14.Caberat    |
| 5.Calgary   | 15.Cairo      |
| 6.Cambridge | 16.Cihrrrosis |
| 7.Canary    | 17. Colorado  |
| 8.Capitain  | 18.Curate     |
| 9.Cardiff   | 19.Casper     |
| 10.Cavalry  | 20.Chairman   |

### Quote of the month

**"Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending."**

**Carl Bard**

### Holiday Blues























It is not uncommon for some people to feel lonely during the holiday season, even when they are with family and friends. It can be a very stressful time being outside your comfort zone and out of your normal routine. There are people to call if you feel you are getting too anxious or out of control of your life during this and any other time, places like Lifeline 13 11 14, 13Yarn 13 92 76, Beyond Blue 1300 224 636, Dementia Support Australia, 1800 699 799 Medicare Mental Health 1800 595 212, to name a few. I hope you have a joyful and happy time over the holiday season, and look forward to seeing you all in the new year.

#### Ways you might feel during the holidays





# East Creek Calendar December 2025

| Sun                                                                                                         | Monday                                                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                 | Friday                                                                                                                                                                                                  | Saturday                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                             | <b>1</b><br> Crochet Group<br>9:30 12pm<br><br> Blankets for the Homeless<br>1:00pm – 3:30pm                         | <b>2</b><br> Walking Group 8:45am<br><br> Cuppa & Card game<br>9:30am – 12pm                             | <b>3</b><br> Mahjong<br>10am-12pm<br> Board Games<br>10am-12pm<br> Artability 1pm – 3pm                              | <b>4</b><br> Stroke Support Group<br>9.30-11.30am<br>Morning @ the Movies<br><b>Last for the year</b> | <b>5</b><br> Craft Group 10am – 12noon<br><br><b>Social Cuppa and Chat</b><br>1pm - 3pm                              | <b>6</b><br> Produce Swap<br><br> Women in Harmony<br>2pm – 4pm |
| <b>7</b><br>Speedcubers<br> | <b>8</b><br> Crochet Group<br>9:30 12pm<br> Blankets for the Homeless<br>1:00pm – 3:30pm<br><b>Last for the year</b> | <b>9</b><br> Walking Group 8:45am<br><br> Cuppa & Card game<br>9:30am – 12pm<br><b>Last for the year</b> | <b>10</b><br> Mahjong<br>10am-12pm<br> Board Games<br>10am-12pm<br> Artability 1pm – 3pm<br><b>Last for the year</b> | <b>11</b><br> Stroke Support Group<br>9.30-11.30am<br><br><b>Last for the year</b>                    | <b>12</b><br> Craft Group 10am – 12noon<br><br><b>Social Cuppa and Chat</b><br>1pm - 3pm<br><b>Last for the year</b> | <b>13</b><br> Women in Harmony<br>2pm – 4pm                                                                                                        |
| <b>14</b>                                                                                                   | <b>15</b>                                                                                                                                                                                                                                                                              | <b>16</b><br> Walking Group 8:45am                                                                                                                                                        | <b>17</b><br><b>East Creek Community Break-up Party</b><br>11:00am – 2:00pm<br>Gold coin donation to TOMNET                                                                                                                                                                                                                                                             | <b>18</b><br>Staff & Volunteer lunch at the Federal Hotel                                                                                                                                | <b>19</b>                                                                                                                                                                                               | <b>20</b><br> Women in Harmony<br>2pm – 4pm                                                                                                        |
| <b>21</b>                                                                                                   | <b>22</b>                                                                                                                                                                                                                                                                              | <b>23</b>                                                                                                                                                                                                                                                                  | <b>24</b>                                                                                                                                                                                                                                                                                                                                                               | <b>25</b>                                                                                                                                                                                | <b>26</b>                                                                                                                                                                                               | <b>27</b><br> Women in Harmony<br>2pm – 4pm                                                                                                      |
| <b>28</b>                                                                                                   | <b>29</b>                                                                                                                                                                                                                                                                              | <b>30</b>                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                          |                                                                                                                                                                                                         |                                                                                                                                                                                                                                       |

Computer classes by appointment Only. Monday to Friday 4639 2755. **OZ Harvest, Tuesday, and Friday. Check the ECCC Facebook page for arrival.**

JP Services – by appointment Only. Monday, Wednesday to Friday 4639 2755



Closed for the Holidays