



Older Person's Action Program

October 2018

Over 60s Newsletter

Ph 4639 2755 or **4639 2038**

Welcome All

Last month's Carnival of Flowers was another success for our colourful city, bringing the beginning of our end of year celebrations into full swing. Before that, we are celebrating our Stroke Awareness morning tea on Thursday the 4th October, and we would like to extend an invitation to all to help us demonstrate our support.

A stroke can happen to any age group including infants and children, and our passionate group leader Nancy is doing her best at her Thursday group, to help with the recovery. Please see page 2 for more details.

On the 10th and 11th October, a QCROSS expo will be held at the City Golf Club. We will be having a market stall between 4pm and 6pm on Wednesday 10th October. This is a good opportunity to learn what is available and to grab some dinner afterwards.

A note about the prolonged renovations on the Kitchener Street premises. It looks like we are not moving during October! We are definitely ready to go back to our nice old place at 43 Kitchener Street, but it will be a little while longer.

Have you read about the 'My Health for Life Right For You' program in the September edition? It's worth having a look at. You can call the phone number 13 74 75 to register and find out more. This is a great opportunity to access a free and holistic program.



Free Clip Art , Spring owls

Excerpt from the TOMNET Telegraph, September Newsletter

223 Hume St Toowoomba QLD 4350 (07) 4638 9080 email: admin@tomnet.org.au or www.tomnet.org.au

Car Boot Sale

20th October 2018 223 Hume Street Sites Available Sausage Sizzle 8am - noon.

There are many items available for sale: general household items, bric-a-brac, tools, collectables, etc. Grab a sausage in bread from our TOMNET BBQ Team and throw your support behind the Older Men. For information please call Trevor on 4638 9080.

On a separate note:

Are you planning to do some cleaning out? Think of 'Trash and Treasure' and the help that is available for removing bigger items as well.

A reminder that Lifeline can pick up goods that are too big for you to drop off

If you are in the Darling Downs area and wish to donate goods or furnishings that need collecting, please call the pick up service on **1300 991 443**. Items can also be dropped off at 192A Stephen St (The Lifeline Distribution Centre) or 256 Herries St, Toowoomba (Lifeline SuperStore), Monday to Friday between 8:30am and 3:00pm.

If you have large items you would like us to pick up you can fill out our furniture collection form and we will call you to confirm your collection.



empowering people

Thursday 4th October at The Strand

Johnny English Strikes Again

After a cyber-attack reveals the identity of all of the active undercover agents in Britain, Johnny English is forced to come out of retirement to find the mastermind hacker.

Time: 10:30 am TBC Screening time: 89 min
Please book early as ticket numbers are limited to 25. Cost \$5.50



Every Tuesday 10 am – 12 pm



Cuppa & Card Game

Come along and join in the fun with our card game mornings. Playing cards is like a 'brain-gym' it keeps you flexible in more ways than one.



Wednesday Eating with Friends in October

Places we visit are:

3rd October: Wilsonton Hotel

17th October: Café Valetta

31st October: Hog's Breath Cafe



QCOSS Expo 10th & 11th October

Changing Lives, Changing Communities
 Come along and be involved in the future of our community.

10th October: 9am—4pm Marketplace 4pm-6pm

11th October: 9am—4 pm

Stroke Week - 4th October

Please join us to celebrate **Stroke Awareness Morning Tea** 10 am—12 pm
 The Stroke group is well known for their hospitality. RSVP by 2nd October please.

15th November - Date claimer

AGM 1pm All welcome
Followed by Afternoon tea, RSVP by 13th November appreciated

Thursday 25th October 9:30am

Morning With the Stars, Guest: Rodney Vincent

Come along with OPAP and enjoy lunch and a show at the City Golf Club.
Morning tea at 9:30 am and the show starts at 10:00 am

Cost: \$11 for Show and Lunch - Tickets are limited to 25.

Please see Helen in the foyer for the tickets from 9:00 am onwards.

East Creek Community Bus is available for those without transport, but seats are limited to 10 people.

Every Tuesday 8:45 am

Departs: 8:45 am from East Creek Community Centre

Medium paced walking, pets welcome.

Get fit, make new friends and enjoy the spring gardens along the way.



Exercise

There are four types of exercise to help you to maintain and or improve your health, these are:

Endurance

Strength

Balance

Flexibility

Some exercise cover all four.



"Refusing to go to the gym is not the same thing as resistance training."

Older Persons Action Program (OPAP) Coordinator: Bea Kraessig

East Creek Community Centre, 87a Perth St,

PO Box 4859 Toowoomba East 4350 Phone: 4639 2755 or 4639 2038

Email: olderpersons@eastcreek.com.au

Funded by



The bus is available for those who do not have transport, however seating is limited so please book early to avoid any disappointment.

Phone: 4639 2755 or 4639 2038

Chia and Oat breakfast bowl

<https://www.sbs.com.au/food/recipes/chia-and-oat->

Prep and Cooking time: 15 min; Serves: 4 people

Ingredients:

- 1½ cups almond milk
- 1 tsp cinnamon
- 1 tbsp honey (or to taste)
- ⅓ cup chia seeds
- ¼ cup rolled oats
- ¼ cup Greek-style yoghurt
- ¼ cup flax seeds
- slivered almonds
- coconut flakes, toasted
- tropical fruit, to garnish



Method:

Pour a small amount of the almond milk into a bowl and whisk in the cinnamon and honey until dissolved. Add the remaining almond milk, chia seeds and oats and stir until combined. Cover with cling film and place in the fridge for at least 3 hours or overnight. You could also do this in a glass jar with a lid.

Once set, divide the softened chia mixture between four bowls. Add a dollop of yoghurt, and garnish with the fruit, nuts, coconut and seeds. Drizzle over extra honey, if desired.

We sell bread for 25 cents a bag and sweet buns for 50 cents and we get a good selection of fruit and vegetables on a Thursday.



The Pavilion


A relaxed outdoor funeral service venue or simply an area for loved ones to gather and reflect.



East Creek October 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Queen's Birthday	2 Walking Group 8:45am Cuppa & card game 10am – 12pm   Meditation 7-9pm	3  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm Wilsonston Hotel	4 Stroke Support Group Stroke Awareness Week Lunch 10 am – 12 pm Morning Tea @ The Movies	5 Harmony Playgroup 10 am-12 pm Craft Group 10am – 12noon	6 
7	8 Crochet Group 10 - 12 Blankets for the Homeless 1:00pm – 3:00pm	9 Walking Group 8:45am Cuppa & card game 10am – 12pm TASC talk   Meditation 7-9pm	10  Art-Ability 12-1pm Art Group 1- 3pm	11 Stroke Support Group 9.30-11.30am	12 Harmony Playgroup 10 am-12 pm Craft Group 10am – 12noon	13 
14	15 Crochet Group 10 - 12 Blankets for the Homeless 1:00pm – 3:00pm	16 Walking Group 8:45am Cuppa & card game 10am – 12pm   Meditation 7-9pm	17  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm Café Valetta	18 Stroke Support Group, 9.30-11.30am	19 Harmony Playgroup 10 am -12 pm Craft Group 10am – 12noon Committee Meeting 2.00pm-3.00pm	20
21	22 Crochet Group 10 - 12 Blankets for the Homeless 1:00pm – 3:00pm	23 Walking Group 8:45am Cuppa & card game 10am – 12pm   Meditation 7-9pm	24 Harmony Playgroup 10:00 -11:30am  Art-Ability 12-1pm Art Group 1- 3pm	25 Stroke Support Group 9.30-11.30am Morning with the Stars Morning Tea 9:30am Show 10:00am	26 Harmony Playgroup 10 am -12 pm Craft Group 10am – 12noon	27
28	29 Crochet Group 10 - 12 Blankets for the Homeless 1:00pm – 3:00pm	30 Walking Group 8:45am Cuppa & card   Meditation 7-9pm	31  Art-Ability 12-1pm Art Group 1- 3pm  Eating with Friends 12pm Hog's Breath Cafe			

 Produce Swap 9am-11am

 – Dr Who Group 10:00am – 3:00pm

 Meditation

 Thank you to TRC for the printing

Community Literacy Program – by appointment (see Carole for details 4639 2755) Bread, some Fruit and Vegetable available – just call in to the Centre
Fresh free range Eggs \$3.50 per dozen Broadband for Seniors – by appointment (Monday, Wednesday & Friday 4639 2755)

Extended hours and our fabulous new location!

We are passionate about farmers' markets and supporting our local farmers. Since 2015 our mid-week farmers' markets at the Empire Theatre have been held though rain, wind and probably a couple of mini-cyclonic weather episodes.

Thank you to all our valued customers that have shown up each week regardless of the weather to support our wonderful farmers and food artisans.

WE HAVE NOW MOVED AND EXTENDED OUR HOURS! The new location is the Blank Space at The Mills which is on the corner of Campbell and Ruthven Streets opposite The Spotted Cow. The venue is all-weather.

The venue also offers some significant free parking for our customers which we welcome.

The move was initiated by the need for Council to rejuvenate the Empire Theatre lawns which would have meant that we couldn't be on the grass for two months. Rather than stop the markets for an extended period (especially since our farmers already have produce growing to sell), we decided a move to a new location was necessary and we thank Phil Coorey and his team at The Blank Space and Spotted Cow for making this possible.

We have also listened and know many of you struggles to get to the markets after work, so we now have extended hours until 7pm and quite honestly our farmers are that keen to sell, so if you gather a bevy of a hundred or so friends, they will stay there as long as you do.

Grab dinner, a glass of wine and all your fresh food shopping and remember each week you will be supporting a local farmer, a local family, a local business and you become one of our friends in our farmers' market community.

Help us spread the word by heading to our Facebook page and liking and sharing our posts each week and hey, have a go at writing a review for us please!

Thank you to Kerry Saul and the team at the Empire Theatre for their support and friendship over the last two-and-a-half years.

Cannot wait to see you today and every Wednesday at the My Local Feast Farmers' Market @ The Mills. Any questions call Josie on 0475 703 643.

All our farmers' market family love,

The My Local Feast Farmers' Market Team & Community

Every Wednesday

2:00 PM - 7:00 PM

The Mills Precinct

My Local Feast Farmers' Markets @ The Mills Cnr Campbell & Ruthven Sts, Toowoomba 2pm - 7pm

Support local farmer's support your local Farmer's Market

