



EAST BRISBANE COMMUNITY CENTRE INC.  
538 VULTURE STREET EAST, EAST BRISBANE QLD 4169

## EAST BRISBANE COMMUNITY CENTRE 2023 SPRING NEWSLETTER

### FRIENDS OF EBCC

East Brisbane Community Centre has had such a refreshing and amazing year! This will be our last newsletter for 2023 and we would like to thank each and every person who has utilised our services. The EBCC team is very grateful to have connected with many different individuals and we hope to nurture these friendships in the future. Our goal with these programs is to make a positive impact to the lives of the people within our community!

Love, Jonnie Timmermans & Fran Chicas



ALL PROGRAMS AND EVENTS LISTED ARE  
FREE OF CHARGE.

FOR BOOKING AND ENQUIRIES PLEASE CONTACT US ON  
[COMMUNITYSERVICES@EBCC.COM.AU](mailto:COMMUNITYSERVICES@EBCC.COM.AU) OR 0487 172 164.

### WEEKLY PROGRAM

#### EAST BRISBANE COMMUNITY CENTRE WALKING PALS

Our walking group is growing!

If you're up for slow-paced walks and talks, join our weekly adventures from 9am on Tuesdays.

We grab a coffee/tea from local cafes and catch up with one another.



ALL  
BODIES  
WELCOME!

### FORTNIGHTLY PROGRAMS

#### GREEN THUMBS CLUB

EVERY 2ND THURSDAY: 9:30AM - 11:30AM

Come spend your Thursday mornings gardening and socialising with us! Morning tea is provided.

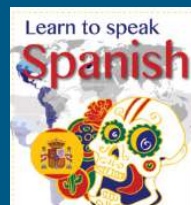


#### SPANISH LESSONS FOR BEGINNERS WITH LIZA

Join us for regular Spanish lessons with Liza!

OCT  
OCTOBER DATES:  
• THURSDAY 5TH 6PM-7:30PM  
• THURSDAY 19TH 6PM-7:30PM

NOV  
NOVEMBER DATES:  
• THURSDAY 2ND 6PM-7:30PM  
• THURSDAY 16TH 6PM-7:30PM



### NEW REGULAR PROGRAM

WISE OWLS SOCIAL GROUP  
WEDNESDAY 8TH NOVEMBER: 9AM-11AM



We will be starting our very own seniors group this November called the 'Wise Owls Social Group'!

If you would like to get to know other seniors and participate in monthly social activities & excursions, please contact us to express your interest.

### UPCOMING WORKSHOPS

SEP  
SEPTEMBER HIGHLIGHT:  
VEGAN CHEESE  
WORKSHOP & LUNCH  
WITH NAT

SATURDAY 23RD SEPTEMBER:  
11AM - 1:30PM



Learn how to make a variety of cheeses with a vegan twist!

Nat will be teaching us how to make plant-based mozzarella and a creamy cashew sauce; after which we will enjoy a shared lunch together.

Note: recipes are nut, seed and soy-based.  
Gluten-free bread will be available.

OCT  
OCTOBER HIGHLIGHT:  
HAND STITCHING  
FOR BEGINNERS WORKSHOP  
WITH LINDA  
THURSDAY 12TH OCTOBER: 6PM - 8PM

Don't have a sewing machine? No problem!

Join us and learn how to hand stitch for practical purposes, such as creating a hem and sewing back on a button.

Supper will be provided to attendees.



NOV  
NOVEMBER HIGHLIGHT:  
OBSERVATIONAL  
SKETCHING WORKSHOP  
WITH MURRY

SATURDAY 4TH NOVEMBER:  
10AM - 12PM



Observational sketching is an easy and convenient way to practice sketching anytime, anywhere.

Join us and learn how to capture the essence of a subject with only a pencil and paper!

This workshop is beginner friendly!

### MONTHLY PROGRAMS

#### PLAY SESSIONS

SEP  
SEPTEMBER DATE:  
• WEDNESDAY 27TH  
9:30AM-11:30AM

OCT  
OCTOBER DATE:  
• WEDNESDAY 25TH  
9:30AM-11:30AM

NOV  
NOVEMBER DATE:  
• WEDNESDAY 29TH  
9:30AM-11:30AM



#### YIN YOGA MEDITATION & MORNING TEA WITH NIKKI REED



OCT  
OCTOBER DATE:  
• SATURDAY 28TH  
9AM-11AM

NOV  
NOVEMBER DATE:  
• SATURDAY 25TH  
9AM-11AM

### SPECIAL COMMUNITY INITIATIVE!

#### CHRISTMAS HAMPERS FOR COMMUNITY MEMBERS IN NEED



For Christmas this year, Team EBCC is going to assemble hampers for community members in need. These hampers will include items that may help individuals enjoy their Christmas that bit more.

If you know someone who is financially disadvantaged and/or socially isolated, who may benefit from a Christmas Hamper please contact us with their details.

Team EBCC will be hand-delivering these hampers to celebrate this special occasion.

The last day to submit referrals will be on  
**Monday 11th December.**