

Disability & Mental Health Team PROSPECT NEWS

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Country MUSIC time



To stay up to date with WHATS ON in Charters Towers, you can visit the Council's WEBSITE - www.visitchartertowers.com.au/whats-on/events

KARAOKE PARTY - Friday 22nd April (RSL)
ANZAC DAY - Monday 25th April
COUNTRY MUSIC STREET PARADE - Friday 29 April
COUNTRY MUSIC FESTIVAL - Saturday 30th April & Sunday 1st May



FAREWELL NEV



STAFF UPDATES

WELCOME to our newest members of the DMH Support Team.

Michelle & Jane



HELEN

Our Disability & Mental Health Support Worker. We are so excited to have Helen onboard coordinating and running some of our daily activities including - Gardening (Community Garden), Arts & Crafts (PCYC), Health & Wellbeing & more!!



EASTER CRAFT



Message From Basil



Winter is Coming...

As we bid farewell to the heat of summer and welcome the cool of winter, we usher in the coming of a new season on two fronts:

- We wish Neville (Nev) all the best from the entire Prospect family and indeed the Charters Towers community as he embarks on a new season of personal growth and development.
- We are pleased to share with the Prospect community that Helen Adams will be providing social activities that will foster socialisation, learning and wellness. Activities will include gardening, painting, arts & crafts, health and wellbeing - so make sure you join in the **FUN!**

In preparation for the Country Music Festival (CMF), we will be hosting a karaoke party on the 22nd of April 2022, at the RSL. Enjoy a fun family night out and whilst cheering on your favourite country crooners as they prep for the Festival.

Lastly, as winter is coming, flu vaccines have begun being rolled out. You can enquire from your local doctor or pharmacy about making an appointment.

AND REMEMBER - Covid is still in our community, so please remember to sanitise and protect yourself where you can with masks and social distancing.

Basil Mabuza

Basil Mabuza
Disability & Mental Health Services Manager

EASY RECIPES

One pot Curry Pasta

Ingredients

- 250 g penne pasta
- 1 tablespoon olive oil
- 1 onion diced
- 1 carrot peeled and diced
- 3 garlic cloves crushed
- 200 ml vegetable stock
- 2 tablespoon tomato puree
- 2 teaspoon curry powder
- ½ teaspoon salt
- 150 g frozen peas



Instructions

- Place the pasta in a saucepan of boiling, salted water and cook as per the packet instructions, then drain. While the pasta is cooking continue with the rest of the recipe.
- Heat the olive oil in a medium sized saucepan, add the onion, carrot and garlic and sauté for 2 minutes.
- Add the vegetable stock, tomato puree, curry powder and salt. Bring to the boil, and simmer for 10 minutes. Stir in the frozen peas 2 mins from the end then turn off the heat and stir in the drained pasta. Mix well and serve

Apple Crisp for one

Ingredients

- 1 Large **Granny Smith Apple**
- 2 tablespoons **Brown Sugar** (divided)
- 2 tablespoons **Quick Oats** (divided)
- 1 ½ tablespoons **All-Purpose Flour** (divided)
- ¼ teaspoon **Cinnamon** (divided)
- 1 teaspoon **Lemon Juice**
- 1 tablespoon **Butter**



Instructions

- Peel and thinly slice apple. Toss apple slices with 1 Tbsp brown sugar, ½ Tbsp quick oats, ½ Tbsp flour, ¼ tsp cinnamon and 1 tsp lemon juice. Place in a microwaveable dish (ramekin, bowl, etc.)
- Using a fork, combine the remaining ingredients with butter for the crumb topping. (1 Tbsp brown sugar, 1½ Tbsp quick oats, 1 Tbsp flour, ¼ tsp cinnamon, and 1 Tbsp of butter.) Sprinkle over apples.
- Microwave for 60 to 90 seconds until apples are tender. Serve plain or with a small scoop of vanilla bean ice cream.



FRIDAY
22nd APRIL 2022
6:30pm till 8:30pm
Charters Towers RSL
Gold Coin Donation

KARAOKE Party

prospect
 community services

Buffet Dinner
 (Including Dessert)
 Adults \$20
 Kids \$10
ALL WELCOME



Community GARDEN Catch Ups





WINTER WORD SEARCH

M C H X B Z P Q I Y E M M A M
J X O S N O W F L A K E C S Q
O I S M O R E J O P Z D Z Q Z
B G N F H T R C A N U C L Y R
E L D S Z J O D X C W P X F I
S O V B E C M B R Q K Q Y D D
H O U I T P S P L P T E B C F
O U V O T N N N T I A D T E R
V S H S F F O A O C Z I C Y O
E R W G R S W I P W F Z F D S
L X S D O Q M R C R B M A U T
M U E Z Z L A F A I A A Y R Y
L L I C E G N C L U C M L A D
S E L X N A S O D F D L Y L X
M I T T E N S B Z N D L E O B

BLIZZARD

FROSTY

FROZEN

HOT COCOA

ICICLE

ICY

IGLOO

JACKET

MITTENS

SCARF

SHOVEL

SLED

SNOWBALL

SNOWFLAKE

SNOWMAN





Charters Towers
**COUNTRY
MUSIC
STREET PARADE**

FRIDAY 29 April 2022 | 5:30 pm

Theme

**CHARTERS TOWERS
150 YEARS**

ENTRY CATEGORIES

Prince & Princess | Best School Float | Best Decorated Float
Best Musical Float | Judges Choice Participant (not judged)

REGISTER TODAY via info@prospect.org.au

Registrations CLOSE - Friday 22 April 2022

