

BURNIE BRAE

Happenings



FREE

.....
Please take one

Burnie Brae is a Not-for-Profit organisation offering social, health, educational and recreational activities. See our wide range of services in this booklet!

January - June 2020

With the turn of a new decade we are incredibly excited to bring you our latest edition of Burnie Brae 'Happenings'. We encourage you to flick through and learn about the many ways you can get involved at the Burnie Brae Centre.

In October 2019 we launched Healthy Connections PLUS Enoggera as an expansion of our existing clinic at Corrie Street. The Enoggera studio offers small group reformer Pilates classes as well as the services of Allied Health professionals. Members of the studio enjoy the variety of classes available as well as the high level of supervision given by our highly qualified instructors. We are very excited to bring you a range of great classes across the two sites in 2020.



Member Activities



Healthy Connections PLUS - Enoggera



Africa Safari

We hosted our first fully escorted "Africa Safari" in September 2019. Kristie Hale, our Burnie Brae Travel Connections Manager joined a group of fourteen travellers on their journey through Kruger National Park, Cape Town, Zimbabwe and Hwanage National Park. Highlights included daily game drives, the stunning Victoria Falls and the iconic Table Mountain. This year we are offering group departures to a number of exciting locations including the NSW Floriade Festival, the Abel Tasman Track in New Zealand's South Island and Great Southern Rail's iconic Heritage Highlights Journey travelling Adelaide to Brisbane.

Our Burnie Brae Retirement Living project has experienced some delays due to changes to the Retirement Villages Act by the QLD State Government. Whilst this has been a little frustrating it has allowed us to alter plans to ensure they comply with new planning requirements. We are excited to deliver you more news on this project in the coming months.



Kevin & the Burnie Brae Team
New members and guests are always welcome!

AROUND THE CENTRE



HAIR SALON

Treat yourself to a cut or try out a new style! Our experienced hair stylists cater to all requests, whether this be a perm, colour, cut or mens trim.

To book, phone (07) 3624 2150



LIBRARY

Browse our vast selection of books from romances to cookbooks and everything in between. Members are encouraged to borrow books, with no borrowing fees.



NURSERY

Open Monday - Friday from 8.30am - 1pm

Pop by and pick up some of our affordable plants to brighten up your home. Plants are donated to the nursery and profits go back into the Burnie Brae Centre.

FINANCIAL ADVICE WORKSHOP

Learn how to manage your finances with Max Weldemarin from Uniting Care Australia. The free workshops are offered at Burnie Brae every second Tuesday.

To book, phone (07) 3624 2121



Burnie Brae is an Australian Government funded Aged Care Service and registered NDIS provider.

ALLIED HEALTH SERVICES

Burnie Brae Centre offers a range of Allied Health services including Exercise Physiology, Remedial Massage, Occupational Therapy, Physiotherapy, Podiatry, Audiology, Speech Therapy and Community Health Nurse.

Available by appointment at the Burnie Brae Centre or in the privacy of your home.

p. (07) 3624 1212
e. enquiries@burniebrae.org.au
burniebrae.org.au

BURNIE BRAE TRAVEL CONNECTIONS

Providing travel consultancy services to Burnie Brae members and the wider community. As the Helloworld Chermide associate, Burnie Brae Travel Connections offer exclusive deals on flights, group tours, accommodations and all other travel needs.

Find out more on page 32

60 Kuran Street, Chermide
p. (07) 3624 2191
e. travel@travelconnections.org.au



HEALTHY CONNECTIONS

Specialised exercise clinic offering an in-house gym staffed by Exercise Physiologists. The clinic offers a range of individualised programs to assist with the treatment of a variety of conditions.

Massage services available at the clinic include remedial massage, therapeutic massage and reflexology.

Find out more on page 13

60 Kuran Street, Chermide
p. (07) 3624 2185
e. gym@healthyconnections.org.au



HEALTHY CONNECTIONS PLUS

The clinic is staffed by experienced Accredited Exercise Physiologists offering Allied Health services, Physiotherapy, Occupational Therapy, Remedial Massage and specialised programs.

Find out more on page 14

22 Corrie Street, Chermide
p. (07) 3624 2187
e. hcplusadmin@healthyconnections.org.au

72 Pickering Street, Enoggera
p. 61 + 4 0576 0158

e. enoggera@healthyconnectionsplus.com.au



CAFÉ CONNECT

Burnie Brae's on-site café offers great coffee and a variety of freshly prepared morning tea and lunch options. Catering and high teas also available to suit any occasion.

Find out more on page 12

60 Kuran Street, Chermide
p. (07) 3624 2199
e. cafeconnect@burniebrae.org.au

DAY RESPITE SERVICES

Burnie Brae provides respite services and social support programs for older members of the community and people with a disability in our purpose-built centre.

Find out more on page 28

60 Kuran Street, Chermide
p. (07) 3624 2121
e. enquiries@burniebrae.org.au

HOME CARE PACKAGES

Burnie Brae Home Care Packages provide Government funded services to help older Australians remain at home for as long as possible. The packages offers choice and flexibility in the way that care and support is delivered.

Find out more on page 31

p. (07) 3624 2121
e. enquiries@burniebrae.org.au

PROJECT PANTRY

page 29

TRANSPORT SERVICES

Burnie Brae offers affordable transport to selected medical, retail and social destinations. Book a bus/car to transport you to and from Burnie Brae Centre, medical appointments (doctor, dental, hospital) and local services or shops.

Available through My Aged Care
p. (07) 3624 2121
e. enquiries@burniebrae.org.au

NDIS

Burnie Brae NDIS provides a number of service supports under the National Disability Insurance Scheme (NDIS) to suit individual needs. NDIS services are support coordination, including specialist support coordination; social group activities; and Allied Health. Support Coordination and Allied Health can be provided in home as well as at our office/clinic.

Find out more on page 30

p. (07) 3624 2121
e. ndis@burniebrae.org.au



BURNIE BRAE RETIREMENT VILLAGE

The Burnie Brae Retirement Village will offer two and three bedroom apartments as well as security, social connection, support and proximity to the Burnie Brae Centre.

Find out more on page 34

p. (07) 3624 2130
e. retirementliving@burniebrae.org.au
burniebrae.org.au/retirementvillage



p. (07) 3624 2121 e. enquiries@burniebrae.org.au w. burniebrae.org.au





DANCE CLASSES • FITNESS • CARD & BOARD GAMES • SPORTS • LEISURE

FITZGIBBON COMMUNITY CENTRE

ACTIVITY TIMETABLE

BURNIE BRAE ACTIVITIES

MONDAY

Zumba	7.45am
Matwork Pilates	9.00am
Art Class	9.45am
Aqua Aerobics	11.10am
Mahjong	12.30pm
Billiards	1.00pm
Scrabble	1.00pm
LINE DANCING	
Beginner	1.30pm
Early Intermediate	2.30pm
Pilates	4.30pm
CLOGGING	
Beginner	6.00pm
Intermediate/Adv	7.30pm
Book Club	
2nd Monday each month	10.30am

TUESDAY

Walk in the Park - 1hr	7.00am
Fitness	8.15am
Cards (500)	8.30am
Scrabble	9.30am
New to Tap	9.30am
Tap Class	10.45am
Dance & Movement	12.00pm
LINE DANCING	
Intermediate	1.15pm
Advanced	2.45pm

WEDNESDAY

Zumba	8.00am
Mahjong	9.00am
Aqua Aerobics	11.10am
Indoor Bowls	1.00pm
Billiards	1.00pm
DANCE MOVES	
Beginner	7.30pm
Improvers	8.30pm

THURSDAY

Walk in the Park - 30min	7.00am
Stretch in the Park	7.30am
Fit Ball Fitness	7.45am
Cards (Bolivia)	8.30am
Functional Fitness	9.00am
Canasta	9.00am
Darts	10.30am
Carron	10.30am
Table Tennis	1.00pm
Drama Group	2.00pm
Yoga	4.00pm

WALKING GROUP

7th Brigade Park Walking Group

Monday - Thursday
Arrive at 3.20pm - outside Cafe
Kedron-Wavell Services Club

Prices range from free - \$15
View pricing on our website
Location - Burnie Brae Hall
Bookings not required
Everyone is welcome

FRIDAY

Matwork Pilates	7.30am
Indoor Bowls	9.30am
Aqua Aerobics	11.10am
Ukulele	12.15pm
Cards (500)	1.00pm
Qigong (Tai Chi)	2.00pm
Friday Night Dance	7.00pm -
2nd & 4th Friday	10.00pm
each month	

SATURDAY

Gypsy Rumba	9.00am
Line Dancing Social	1.00pm
4th Saturday each month	- 5.30pm

SUNDAY

Old Time	2.00pm
New Vogue Dance	- 5.00pm
3rd Sunday each month	

COMPUTER CLASS

Wednesday & Friday Book time

FITZGIBBON COMMUNITY CENTRE

545 Roghan Road, Fitzgibbon 4018

MATWORK PILATES

Monday & Wednesday | 11am - 12pm

Improve posture, core strength and flexibility
with standing and lying down exercises.

QIGONG / TAI CHI

Tuesday

Intermediate: 8.30am - 9.20am

Seated & supported: 9.30am - 10.20am

Movement meditation, a gentle practice of
breathing, focusing your mind, and doing
simply body movements.

Starting 4 February, 2020

FUNCTIONAL FITNESS

Monday & Wednesday | 9am - 10am

Cardiovascular fitness, strength, balance and
flexibility to improve or maintain a person's
function as they age.

BALANCE CIRCUIT

Monday | 10am - 11am

Educational classes to improve balance and
reduce the risk of falls. Exercises are modified to
suit your ability level.

BOXING

Wednesday | 10am - 11am

Beginners class that teaches boxing techniques
whilst improving fitness, coordination and
balance.

BURNIE BRAE MEMBER

\$8.00 per class

NON-MEMBER

\$10.00 per class



Bookings not required. Enquiries phone (07) 3624 2121

FREE INFORMATION SESSIONS

Burnie Brae Hall, 60 Kuran Street, Chermside.
Self-serve tea, coffee and light snacks provided.

PLAN YOUR SAFE FUTURE

Wednesday 12th February 10.00am - 11.30am

Learn about a number of topics including wills, enduring power of attorney, estate planning and advanced health directives. Presenter, Juliet Smith from *Smith & Stanton Lawyers* holds dual degrees in Law and Psychology.

SECURITY & CYBER SAFETY

Monday 20th April 10.30am - 12.30pm

Join us for this informative session on Security and Cyber Safety and gain the skills to ensure you have a safer and more positive experience online. Presented by a member of the Queensland Police Crime Prevention Unit.

LET'S TALK PRESENTATIONS

Presented by the Allied Health Team from Healthy Connections Clinic.

BRAIN HEALTH

Monday 3rd February 10.00am - 11.30am

This session will examine brain health over the human lifespan, discussing the role of exercise in preventing and managing cognitive decline associated with ageing. We will delve into the impact on the carer and available support services.

HIP & KNEE HEALTH

Monday 4th May 10.00am - 11.30am

Exploring the anatomy and common conditions that occur in the hip and knee joints, this presentation will discuss the role of exercise in optimizing joint function and minimizing pain.

HEALTHY BONES

Monday 3rd August 10.00am - 11.30am

Discussing the risk factors of osteoporosis and providing exercise recommendations for treating/managing osteoporosis, this session will explore how to minimize the risk of falls and fractures.

WOMEN'S HEALTH

Monday 2nd November 10.00am - 11.30am

This topic looks at women's health holistically, including physical and psycho-social challenges faced throughout different life stages. We will offer recommendations on the role of exercise in optimizing wellbeing.

WORKSHOPS

MARGIE BAUER - PSYCHOTHERAPIST & COUNSELLOR

\$25.00 / session | Incl. morning tea

Margie Bauer is a Psychotherapist and Counsellor, starting her own successful business in Brisbane as a trauma therapist, specialising in grief and loss, mental health and addictions. Margie became a qualified therapist at 65, after 25 years as CEO of her own international publishing business.

The Third Act
REALISING OUR DREAMS AT ANY AGE

Wednesday 18th March 9.30am - 12.00pm

Loneliness
EMOTIONAL FIRST AID

Wednesday 17th June 9.30am - 12.00pm

ART WORKSHOPS WITH PETRA

\$55

Burnie Brae Centre - back of the hall
Suitable for beginners to advanced art students.
Qualified Burnie Brae art teacher, Petra.

PRINTMAKING

Saturday 1st February 8.30am - 12.30pm

Participants can create very detailed prints and are encouraged to bring along a photo or picture of what they would like to print. We will use two types of printmaking: a basic Lino cut and we will learn the basis of drypoint, which is an Intaglio printmaking technique.

FLORAL MASTERPIECE

Saturday 14th March 8.30am - 12.30pm

Together we will paint a gorgeous floral masterpiece using pallet knives, brushes and impasto mediums. We will paint a fabulous dimensional piece of art together, receiving individual attention and learning methods that can be applied to different subjects.

NECKLACE AND EARRINGS

Saturday 18th April 9.30am - 12.30pm

Learn how to make beautiful polymer clay necklaces, earrings and rings. In this class you'll develop the technical skills for working with polymer clay so you can make stylish pieces, leaving with several items of your choice whether it's earrings, necklaces or brooches.

p. (07) 3624 2121 e. enquiries@burniebrae.org.au w. burniebrae.org.au



MOTHER'S DAY MORNING TEA

Wednesday 6th May 10.00am - 12.00pm

Enjoy a beautiful morning tea and listen to an inspirational story of love and hope. Former President and Co-Founder of Be Uplifted, Wendy Paterson tells her story about how life threw her a curve ball - breast cancer resulting in a double mastectomy. Her world stopped whilst everyone else's went on. How do I fit cancer into my life and not allow it to become my life? Hear how she came through this difficult journey, changed for the better and stronger as a result.

\$30.00 | Incl. morning tea Burnie Brae Centre





GOLD PROGRAM

GROWING OLDER & LIVING DANGEROUSLY

\$5.00
WORKSHOPS

Burnie Brae Hall
60 Kuran Street, Chermiside

A Brisbane City Council active and healthy lifestyle program providing activities for residents 50 years and over.

Simple activities and lots of fun! All materials supplied. Workshops conducted by a qualified craft teacher.

FOLD & POP CARDS

Create pop-up cards and decorations to use as greeting cards or display in your home.

RAG RUG MAKING

Use old clothing to create hardwearing and colourful rugs or placemats using no tools.

YOU ON A PLATE

Design your own unique plate with ceramic paint. Plates and food safe paints supplied.

2020

TUESDAY

28 January
1pm - 4pm

7 April
1pm - 4pm

11 February
1pm - 4pm

24 March
1pm - 4pm

3 March
2pm - 4pm



Free

Give it a Go!

AT THE BURNIE BRAE CENTRE

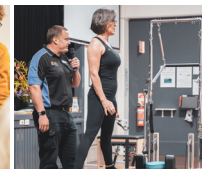
Start the new year on the right foot and join us at our free "Give it a Go" event. Come along and try out a new activity and meet new people. Get active and involved at Burnie Brae!

WEDNESDAY, 29TH JANUARY

ACTIVITY	START	END
Boxing	9.00am	9.20am
Ukulele	9.20am	9.45am
Tap Dancing	10.00am	10.20am
Clogging	10.20am	10.40am
Gypsy Rumba	10.40am	11.00am
Fitness with Jo	11.00am	11.20am
Reformer Pilates	11.20am	11.40am

BACK OF HALL

Art, Mahjong & GOLD program from 9.00am



Payment required at time of booking
p. (07) 3624 2121 | visit Burnie Brae Reception

WEDNESDAY
29 JANUARY, 2020

9am - 12pm

BURNIE BRAE HALL
Incl. self serve light refreshments

BOOKINGS ESSENTIAL

RSVP: (07) 3624 2121 or visit Burnie Brae Reception



Plan your next catch up with friends and family at Café Connect. We have great menus for breakfast, lunch or something in between.

LIGHT, NUTRITIOUS MEALS

COLD DRINKS

SPECIALTY COFFEE

SWEET & SAVOURY TREATS

GLUTEN FREE OPTIONS

EARLY BIRD SPECIAL

CUP \$2.50

MUG \$3.50

Order valid before 9.30am



Catering

We offer an affordable range of catering menus to suit any occasion.

High Tea

Indulge in a decadent sweet and savoury high tea for your next family occasion or catch-up with friends.

WHY HEALTHY CONNECTIONS

Manage your health condition/s in a safe, friendly and socially connected environment, regardless of age or disability.

- Accredited Exercise Physiologists
- Exercise clinic
- Change rooms & showers
- Modern equipment
- 8 & 10 week specialised programs
- Small group sessions available
- Pre and post-screening testing

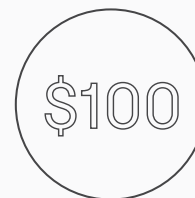
PRICING

30 min Re-assessment *	\$45
Casual Visit	\$12

PASSES *

10 Sessions	\$110
3 Month	\$260
6 Month	\$480

* Discounts may apply. Private Health rebates may apply.



BURNIE BRAE MEMBERPLUS STARTERS PACK

Initial assessment and 1:1 Session with Exercise Physiologist

MONDAY - FRIDAY | 8am - 2.30pm | OPEN TO THE PUBLIC

60 KURAN STREET, CHERMSIDE

p. 3624 2185 e. gym@healthyconnections.org.au





Healthy Connections PLUS is staffed with experienced Accredited Exercise Physiologists to ensure a high quality of supervision and service. We offer a diverse range of classes and allied health services to create optimal movement, lasting results and promote vitality and overall wellbeing.

ALLIED HEALTH


- Exercise Physiology
- Occupational Therapy
- Physiotherapy
- Remedial Massage

PROGRAMS

- Injury rehabilitation
- Chronic Osteoarthritis
- Joint replacements preparation & management
- Lower Back Pain
- Exercising and Cancer
- Chronic Disease Management

PRIVATE HEALTH REBATES
May apply, check with your provider.

DVA HEALTH CARDS
Gold & white accepted as payment upon GP referral.



STARTERS PACK

Initial assessment - 45 minutes

Customised program

1:1 session - 45 minutes

CHRONIC DISEASE MANAGEMENT
Medicare Team Arrangements Care

NDIS APPROVED
Visit website for details.



Reformer Pilates

BOUTIQUE STUDIO

Diploma Qualified Pilates Instructors
Accredited Exercise Physiologists



REMEDIAL
MASSAGE
therapy



BURNIE BRAE

Out & About

EVENTS & BUS TRIPS

TREATMENTS

Remedial Massage

Assists with the mobility of your joints & repairing damaged tissues.

Relaxation/Therapeutic Massage

Helps prevent and alleviate the discomforts of stress, headaches, migraines, muscle spasms & cramps.

Reflexology

Restoring balance, treating pain and boosting sluggish circulation.

Lymphatic Drainage

Gentle, rhythmic motion which moves lymph fluid towards lymph nodes to be filtered and refreshed. Detoxification & supporting the body's immune system.

Seated Massage

Massage techniques are applied to the neck and shoulders. Treatment of migraines.

Treatments by appointment.

Contact Us

60 KURAN STREET, CHERMSIDE
(07) 3624 2185
gym@healthyconnections.org.au

22 CORRIE STREET, CHERMSIDE
(07) 3624 2187
hcplusadmin@healthyconnections.org.au



Find us on Facebook!

Due to high demand of our tours, we can't guarantee your spot until full payment is received. Payment can be made by credit card over the phone, or in person at Burnie Brae Reception. Non-members are welcome for an additional \$15 (per person) or join as an Associate Member for free.

Tour attendees must arrive at Kedron-Wavell Services Club (KWSC) 15 minutes prior to bus departure time. Return times are approximate only. If you drive to KWSC, please park in their carpark.

Please note, tours require a minimum number of attendees to proceed.

To assist members with choosing a trip that is suitable for them, each is graded with icons indicating the fitness level required. Please read the following descriptions when considering your suitability for a trip.

Support staff will not be present on these trips. Supported trips are available through Burnie Brae Respite.



Baseline level of fitness required.



Intermediate level of fitness required. There may be some steps and uneven ground.



Trip requires considerable fitness involving steps and uneven ground.

ENQUIRIES | BOOKINGS | PAYMENTS

Visit Burnie Brae Reception | p. (07) 3624 2121 e. reception@burniebrae.org.au

JANUARY

MUSEUM OF BRISBANE HIGH ROTATION EXHIBITION



Tuesday 21st January 9.15am - 1.00pm

Featuring highlights over the past 30 years, High Rotation will reveal a snapshot of how popular music in Brisbane exploded from the local scene onto national and international stages. Showcasing some of Brisbane's most memorable musicians, High Rotation is set to take music lovers down memory lane, while introducing a new generation to this iconic musical era. Includes morning tea at Shingle Inn City Hall.

\$46.90 | Incl. transport & morning tea

Depart & return to Kedron-Wavell Services Club

STATE LIBRARY MEET ME AT THE PARAGON CURATOR'S TOUR



Wednesday 22nd January 9.15am - 1.15pm

'Meet me at the Paragon' uncovers the stories of Greek migrants who established cafes and milk bars in the early 20th century, carving out a new life for their families in Queensland. Imagine the tastes, experience the atmosphere and retrace the history of Queensland's Greek cafes by learning the past and present true stories of the families that ran them in this fascinating exhibition. Includes morning tea at The Library Cafe.

\$35.00 | Incl. transport & morning tea

Depart and return to Kedron-Wavell Services Club

RIVER CITY CRUISES CRUISE TO LUNCH



Thursday 30th January 9.30am - 2.30pm

While on the Cruise to Lunch, you will see and hear all about Brisbane from the decks of the MV Neptune on a 1½ hour tour of the Brisbane River while enjoying a delicious morning tea. You will be entertained by the informative commentary while taking advantage of the fantastic photo opportunities as we cruise past some of Brisbane's most iconic sights. Then hop off and take a short stroll down to The Breakfast Creek Hotel and enjoy a delicious lunch from a set menu before returning once again on our boat back to South Bank.

\$70.00 | Incl. transport, morning tea & lunch

Depart & return to Kedron-Wavell Services Club



Cruise to Lunch - River City Cruises



FEBRUARY

GALLERY OF MODERN ART WATER EXHIBITION



Tuesday 4th February 10.00am - 12.30pm

When 'Water' opens this summer at GOMA, visitors are invited to explore this vital element which sustains all forms of life on Earth. From major immersive experiences to smaller-scale treasures by Australian and international artists, the exhibition will highlight this precious resource and aims to spark conversations about the environmental and social challenges we face today. The exhibition tour follows morning tea at the Queensland Art Gallery Cafe.

\$48.00 | Incl. transport & morning tea

Depart & return to Kedron-Wavell Services Club



Summer Land Camels - Tour

TOUR SUMMER LAND CAMELS



Thursday 6th February 8.00am - 3.30pm

Located in the beautiful heritage listed Scenic Rim region, Summer Land Camels in Harrisville is Australia's largest camel dairy. Join the Summer Land cameleers on a tour of the farm, dairy and production facilities. Learn about camels, the incredible history of camels in Australia, and why camel milk is so beneficial to human health. You'll enjoy a delicious morning tea of camel milk scones and a two course lunch.

Optional: 15min camel ride - additional \$20.

\$98.00 | Incl. transport, morning tea & lunch

Depart & return to Kedron-Wavell Services Club

REDCLIFFE ENTERTAINMENT CENTRE DUSTY AND THE DIVAS



Tuesday 11th February 9.15am - 2.30pm

The classic hits of the late Dusty Springfield are being brought back to life with this tribute show. Re-live such songs as 'I Only Want to Be With You', 'Shout', 'Downtown', 'Mr. Postman', '9 to 5', 'Jolene', 'Son of a Preacher Man', and many more classics. The show is more than a tribute, it's awesome songs, great laughs and a visual treat all rolled into one. Duration: approx 2.5 hours including interval. Morning tea/lunch available at the Entertainment Centre cafe.

\$45.00 | Incl. transport

Depart & return to Kedron-Wavell Services Club

FEBRUARY

TOUR QUEENSLAND AIR MUSEUM



Wednesday 19th February 8.00am - 3.30pm

The Queensland Air Museum, located in Caloundra, is a must-see attraction featuring more than 75 historic aircraft and many aviation related displays. QAM will provide an accomplished tour guide to enhance the experience, explain the displays and tell the stories behind the exhibits. Enjoy a delicious 2-course lunch at the Caloundra Powerboat Club, situated on beautiful Pumicestone Passage at Golden Beach, Caloundra.

\$70.00 | Incl. transport, morning tea & lunch
Depart & return to Kedron-Wavell Services Club

REDCLIFFE ENTERTAINMENT CENTRE BROADWAY TO PAVAROTTI



Wednesday 26th February 9.15am - 1.30pm

Broadway to Pavarotti takes you on a musical journey from the best of Broadway to some of Pavarotti's classic Opera favourites. From La Boheme, La Traviata and Rigoletto to West Side Story, Les Miserables and Phantom of the Opera. Add to that the light-hearted farce of the two tenors competing for the attention of the beautiful soprano and you have plenty of laughs and musical excellence. Duration: Approx 2.5 hours including interval. Morning tea/lunch available at the Entertainment Centre cafe.

\$45.00 | Incl. transport
Depart & return to Kedron-Wavell Services Club



HERSTORY WALKING HISTORY TOUR



Thursday 20th February 9.15am - 1.30pm

Learn some of Brisbane's best stories and embark on an incredible journey with Brisbane's Time Traveller Tours. Immersive tour experiences leave you feeling like you have uniquely travelled to another time and place! Get to know your famous guide, Rosa, a woman well ahead of her time, as, dressed in character, she will entertain you with her quick wit and social commentary. The trip includes morning tea at the lovely Gardens Cafe at the City Botanic Gardens.

\$79.00 | Incl. transport & morning tea
Depart & return to Kedron-Wavell Services Club

MARY VALLEY RATTLER STEAM TRAIN TRIP



Wednesday 11th March 7.00am - 4.00pm

Enjoy an historic rail experience onboard the Mary Valley Rattler with The Classic Rattler Run. Start your journey with a delicious morning tea at the historic Gympie Station, Platform No.1 Cafe. Leave Gympie station and travel to Amamoor where you can spend 1 hour relaxing in the park before returning to Gympie for lunch on the station. Join in this unique and memorable outing as you step back in time and board one of these lovingly restored carriages!

\$130.00 | Incl. transport, morning tea & lunch
Depart & return to Kedron-Wavell Services Club

MARCH

TOUR HAUNTED BRISBANE



Tuesday 17th March 8:15am - 12.30pm

Spines will be shivering when you come face to face with a ghost, sinister presence or perhaps just a cool breeze – either way these ghost tours are intended to spook even the bravest of souls. Ghost Tours combines the unique experience of visiting some of the nations most historic Haunted Sites with the ancient art of storytelling.

\$65.00 | Incl. transport & morning tea
Depart & return to Kedron-Wavell Services Club

A SENTIMENTAL JOURNEY CELEBRATING DORIS DAY



Tuesday 24th March 9.15am - 1.30pm

Featuring a swinging three piece band and lively stories told through song and images... 'Sentimental Journey, Celebrating Doris Day' will have you tapping your toes and singing your heart out! Join Melly Melody as she sings Doris Day's most popular and cherished songs from stage, screen, studio and bandstand! Duration: Approx 1.5 hours with no interval. Morning tea/lunch available at the Entertainment Centre cafe.

\$45.00 | Incl. transport
Depart & return to Kedron-Wavell Services Club

SURFERS PARADISE RIVER CRUISE



Thursday 19th March 8.45am - 3.30pm

Hop on board our scenic cruise and enjoy the waterways as we pass million dollar homes and take you through beautiful Gold Coast waterways, canals and broadwater. See Marina Mirage, Palazzo Versace and Sea World, as well as wildlife spotting. A relaxing 1.5hrs to enjoy a little piece of Gold Coast! Followed by a delicious lunch of battered fish, chicken schnitzel or roast of the day at the Surfers Paradise RSL.

\$85.00 | Incl. transport, morning tea & lunch
Depart & return to Kedron-Wavell Services Club



Surfers Paradise - River Cruise

Mary Valley Rattler - Steam Train Trip

MARCH

TOUR BRISBANE SUPREME COURT



Tuesday 31st March 8.30am - 2.00pm

After a morning tea at the Coffee Club, you will enjoy an Exhibition tour, QEII Courts of Law Tour, and view cases from the public gallery. As the state's only dedicated legal history museum, the Sir Harry Gibbs Legal Heritage Centre offers a unique resource for visitors to the courts to explore Queensland's legal past. Themed exhibitions of significant events and milestones in Queensland's legal history – featuring little-known details, fascinating stories, and some of the library's most treasured memorabilia.

\$35.00 | Incl. transport & morning tea
Depart & return to Kedron-Wavell Services Club



Port of Brisbane Tour

APRIL

RAAF AVIATION HERITAGE CENTRE



Thursday 23rd April 9.00am - 3.00pm

The RAAF Amberley Aviation Heritage Centre is a must-see attraction for those visiting south-east Queensland, especially if interested in military aviation history. The Heritage Centre has a range of displays, including a World War II Boston Bomber, a Vietnam-era Canberra bomber, Caribou Airlifter, Sabre and Mirage fighter jets, and F-111s. A two-course lunch will follow at the Dinmore Cottage Tea House.

\$78.00 | Incl. transport, morning tea & lunch
Depart & return to Kedron-Wavell Services Club

ART & DESIGN WALKING TOUR



Wednesday 29th April 8.30am - 1.15pm

Get an up close introduction to Brisbane's excellent open air, art scene. Discover the works of over 30 artists in the CBD including the best contemporary commissions, historical sculptures, rogue street art and building facades. Hear the story behind each piece and pick up some tips on eating, drinking and art galleries to visit. We'll finish at the internationally renowned Queensland Art Gallery | Gallery of Modern Art.

\$78.00 | Incl. transport & morning tea
Depart & return to Kedron-Wavell Services Club

MAY

APRIL

TOUR PORT OF BRISBANE



Thursday 2nd April 9.15am - 12.30pm

The tour begins at the Port Office with a visit to the Observation Deck on the rooftop level to enjoy the spectacular view of the Port and surrounding Moreton Bay Islands. Observe the daily activities of the port and learn how an efficient and sustainable port operates, as well as how the environmental values of the area are protected. Morning tea at the Port Central Cafe is included.

\$45.00 | Incl. transport & morning tea
Depart & return to Kedron-Wavell Services Club

QIMR BERGHOFFER MEDICAL RESEARCH INSTITUTE



Thursday 16th April 9.15am - 12.30pm

Learn about QIMR Berghofer's latest medical research when you take a tour of the facility at Herston. During the tour you will see the inner workings of one of Australia's largest research institutes. This tour includes a presentation, a guided laboratory visit and the opportunity to hear from some of the world's leading medical researchers. Please note, walking sticks are not allowed in the lab.

\$25.00 | Incl. transport & morning tea
Depart & return to Kedron-Wavell Services Club

TOUR BOGGO ROAD



Wednesday 13th May 9.15am - 1.15pm

Boggo Road Jail was Australia's most notorious prison. Over 119 years of operation, thousands of men and women served time behind its red-brick walls. Visit Boggo Road Gaol on a guided tour through Number 2 Division. This remaining section of Boggo Road is as it was when it closed.

\$50.00 | Incl. transport & morning tea
Depart & return to Kedron-Wavell Services Club

TOUR RACQ LIFEFLIGHT HANGAR

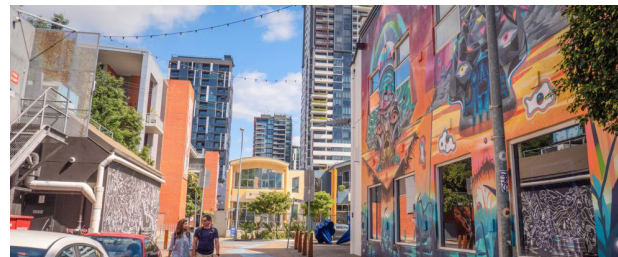


Tuesday 19th May 8.30am - 3.30pm

If you've ever wondered how the RACQ LifeFlight Rescue helicopter is tasked to perform a rescue mission; what happens before, during and after a rescue; or if you are simply interested in aviation, this LifeFlight hangar tour at Maroocha is for you! Following the tour, you will have lunch at the Maroocha Surf Club.

\$86.00 | Incl. transport, morning tea & lunch
Depart & return to Kedron-Wavell Services Club

Art & Design - Walking Tour



RAAF Aviation Heritage Centre



MAY

TOUR PARLIAMENT HOUSE



Wednesday 20th May 8.30am - 12.30pm

Parliament House is located at the corner of George and Alice Streets in the Brisbane central business district and is surrounded by the City Botanic Gardens, the Queensland University of Technology Gardens Point campus and the Brisbane River. You will be guided by one of the Parliamentary attendants as you tour Parliament House. This tour includes morning tea at the Pantry Café at QUT Gardens Point, followed by time to wander through Old Parliament House.

\$35.00 | Incl. transport & morning tea

Depart & return to Kedron-Wavell Services Club



Kooroomba Lavendar Farm



JUNE

THE MYSTERY GIRL TOUR ROY ORBISON TRIBUTE



Tuesday 23rd June 9.15am - 1.30pm

The unmistakable voice of Roy Orbison will be heard again during this amazing show. Eddie Daniels is without doubt one of the finest tribute artists in Australia today. Eddie is able to move his audience through the music of Roy Orbison, giving them that unmistakable "goose bump and shiver down the spine feeling" that you get from experiencing something very, very special. Duration: Approx 1.5 hours with no interval. Morning tea/lunch available at the Entertainment Centre cafe.

\$45.00 | Incl. transport

Depart & return to Kedron-Wavell Services Club

KOOROOMBA LAVENDAR FARM



Wednesday 24th June 8.30am - 4.30pm

Kooroomba Vineyard and Lavendar Farm near Boonah, overlooks a six hectare vineyard and breathtaking lavender fields, with magnificent views of the Scenic Rim mountains. You will experience a Lavendar Talk, Wine Tasting, a morning tea of Lavender Scones and a two-course roast lunch with pavlova for dessert. This is a day trip not to be missed!

\$79.00 | Incl. transport, morning tea, lunch & tasting

Depart & return to Kedron-Wavell Services Club

IT'S SHOWTIME!

Burnie Brae's Theatre Trips are incredibly popular. See what's on offer during the next six months!

See event details on page 17 for travel and booking information.

THE BOOK OF MORMON

Saturday 1st February 1.00pm - 4.45pm

This outrageous musical comedy follows the story of two mismatched missionaries sent from Salt Lake City to preach in a remote Ugandan village. Expect plenty of laughs in this satirical musical hit.

\$140.00 | Incl. transport

SENIOR MOMENTS 2

Wednesday 4th March 12.00pm - 3.30pm

Senior Moments 2: "Remember Remember" is another seriously silly comedy revue, a brilliantly funny collection of comic sketches and songs performed by a cast who are old enough to know better.

\$75.00 | Incl. transport

CHARLIE & THE CHOCOLATE FACTORY

Tuesday 14th April 12.00pm - 5.00pm

Step inside a world of pure imagination. Experience the wonders of Wonka at Roald Dahl's spectacular new musical. It's a delectable treat featuring songs from the original film alongside a brand new, toe-tapping score.

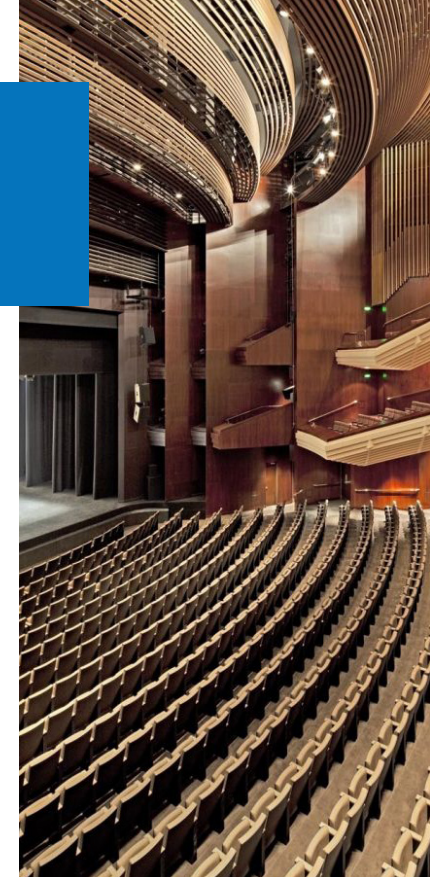
\$90.00 | Incl. transport

SHREK THE MUSICAL

Wednesday 27th May 12.00pm - 4.45pm

Shrek The Musical brings the hilarious story of everyone's favourite ogre to life on the stage. Featuring a terrific score, big laughs, great dancing and breathtaking scenery, it's no wonder The New York Times called it 'True Happiness'.

\$92.00 | Incl. transport





VOLUNTEER

Our volunteers play a vital role in shaping the face of Burnie Brae. Without the valued support of our group of volunteers, we would not be able to operate as effectively. You will find our volunteers working in various areas of the organisation including: transport, Respite, Café Connect, the community garden and nursery, activity leaders, Project Pantry, maintenance and concierge role at main reception.



ACTIVE AT HOME

Active at Home is an exercise program designed for older people receiving in home care who want to improve their strength and mobility.

What can the program do for you?

- > Improve mobility, balance & strength through simple, self-paced strength training.
- > Support your independence and ability to remain living at home.

p: 07 3624 2135 w: activeathome.org.au
e: info@activeathome.org.au

INTERESTED IN VOLUNTEERING?

'Volunteer Expressions of Interest' forms can be submitted to Burnie Brae Reception or via the website.





Project Pantry is Burnie Brae's food relief program for pensioners.

BURNIE BRAE DAY RESPITE

The Burnie Brae Day Respite Centre provides a program of centre based activities and outings to aid our clients in remaining socially active within the community as well as providing relief to carers.

Our monthly program of activities and outings has been developed and continuously reviewed to support the individual needs and goals of our clients and maintain a focus on health, wellness, social interaction and functional independence.

Our Centre caters for clients who require low level support during the time they are in our care. This support is provided by highly qualified, passionate and dedicated staff and volunteers. Our activities and outings are designed to be enjoyed by everyone, with support available when required.

Our Day Respite Centre allows carers to take a break from their role with peace of mind, knowing that their loved one is in safe, quality care.

PROGRAM INCLUDES:

- > Musical entertainment
- > Word games & trivia
- > Bingo
- > Craft activities
- > Tai-Chi
- > Men's & Ladies groups
- > Movie Club
- > Saturday Club

GET INVOLVED

p: (07) 3624 2121
e: daycare@burniebrae.org.au

PROJECT PANTRY HAMPER COLLECTION

Project Pantry hamper collection changes took place on July 1, 2019 and have allowed for greater flexibility in collection times and days. Hampers are available Mondays, Wednesdays and Fridays between the hours of 10:00am and 1:00pm by appointment only.



HOW TO BOOK

Please call our Customer Contact Centre on 3624 2121 to book your hamper. You will be provided with a regular collection day each month. One hamper per month still applies. Bookings are essential.



ELIGIBILITY

Hampers are available to seniors on an Aged Pension and individuals receiving a Disability Support Pension who reside in our catchment area. If you are unsure whether you reside in the catchment area please call us.



PAYMENT

Hamper payment is made at the Burnie Brae Reception desk in the main centre prior to collection at the Project Pantry Building. Receipts for payment will be issued, along with a voucher for a free coffee/tea at Café Connect. The cost of the hamper remains unchanged at \$10.00.



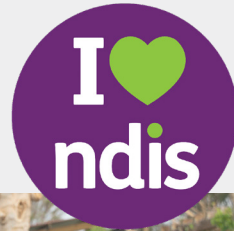
NDIS

BURNIE BRAE

Burnie Brae NDIS provides people living with a disability better choice and control over how they live their lives and the services they receive. We are a registered provider of the NDIS and our experienced staff give clients the support they need to achieve individual goals.

The Burnie Brae NDIS can help you with:

- Support Coordination
- Specialist Support Coordination
- Allied Health Services



SUPPORT COORDINATION AT BURNIE BRAE

Burnie Brae Support Coordination is one of the most valuable services provided under the NDIS at Burnie Brae. Our Support Coordinators assist clients to 'optimise' the NDIS plan, ensuring that clients receive the most from their funded supports. Your Support Coordinator will assist you to negotiate with providers about what they will offer you and how much it will cost. Our experienced Support Coordinators will work with you to interpret your plan and build your understanding of the NDIS to ensure you can exercise choice and control over the services and supports you want and need. This approach allows you to access your local community and improve wellbeing.

p. 3624 2121 e. ndis@burniebrae.org.au 

HOME CARE PACKAGES

Burnie Brae's Home Care Package program forms a key link in enabling clients to remain living independently in their own homes for as long as possible.

A Burnie Brae Home Care Package provides Government funded services that will help you remain at home for as long as possible, providing choice and flexibility in the way that care and support is provided. Funding can be spent on a wide variety of nursing services, care services, social support, wellbeing services, home modifications and much more. Because each person's individual needs differ, funds are distributed in a way that supports each person's individual goals.

Why choose Burnie Brae?

- Our case managers are skilled in identifying your unique needs and goals and can ensure you get the most from your funding.
- Burnie Brae can provide a large number of services internally, this ensures a quality service and helps to keep prices down.
- Burnie Brae allows case management fees to be paid from your funding so that no direct payment is required out of pocket.

Getting started






In order to receive a funded Home Care Package the first step is to make contact with My Aged Care on 1800 200 422 and arrange to be assessed by ACAT. You will then need to be income tested by Centrelink in order for your own contribution to be

determined. Once you are deemed eligible you can contact Burnie Brae directly on 07 3624 2121 to choose us as your provider. Our Home Care Package team will meet with you and your family to create an individual care plan with you.



Let us help you discover the world!

WHY BOOK WITH BURNIE BRAE TRAVEL CONNECTIONS?

-  **Extra Value:** As a Helloworld associate member Travel Connections has access to exclusive deals and discounts.
-  **Peace of Mind:** As an ATAS accredited agency you can be sure you're in safe hands, before, during and after you travel.
-  **Like Minded Travellers:** Meet and connect to others through the common interest of Travel.
-  **A Personal Touch:** Our team is committed to creating a holiday that is right for you, we can cater to a wide variety of travel needs.
-  **Benefits:** Burnie Brae rewards points, discounted travel protection, group travel, Australia owned and operated, supporting your community centre.

JOIN US TO EXPLORE & DISCOVER

2020

Feb	Botanica Group Tours
Feb	Let's Discover: Hawaii
March	Let's Discover: Cruising Expo
April	Bon Voyage Travellers' Party
May	Let's Discover: Canada & Alaska
June	Let's Discover: Culinary Touring

60 Kuran Street, Chermide
P: (07) 3624 2191 | E: travel@travelconnections.org.au | W: travelconnections.org.au



Join our 22 September 2020 special group departure

New South Wales Floriade, Tulips & Private Gardens

8 days – Sydney return

Take in the delights of the Southern Highlands gardens, the Bowral Tulip Festival and Canberra's sights on this 8 day small group tour with a Botanical Guide. Enjoy the splendour of Floriade, as well as private gardens of the Monaro and the majesty of the Blue Mountains.

Your holiday price includes:

- Stay in centrally located 4-star hotels
- Services of a Botanical Guide and experienced Coach Captain
- All sightseeing as mentioned
- 15 meals – 7 breakfasts, 2 lunches and 6 dinners
- Airport transfers on first and last day of tour

*Flights are not included in tour pricing and are subject to costing at the time of booking

22 – 29 September 2020
\$4,995 per person, twin share
\$6,495 solo traveller



Join us to learn about our upcoming Botanica Group Departures - 11 February 2020 at Burnie Brae



Located opposite Burnie Brae Centre which offers a wide range of social, health, educational and recreational activities.

Nearby shopping centre, cafes and restaurants

Apartment car parks and visitor parking

Accessibility to Brisbane City Council bus services and Burnie Brae activities

Common areas - landscaped courtyard, swimming pool, lounge area, kitchen and communal room



Sign up to our newsletter to find out more.
burniebrae.org.au/retirementvillage

p. (07) 3624 2135
 e. retirementliving@burniebrae.org.au

Burnie Brae MEMBERPLUS VOUCHERS

\$22
PER YEAR

BURNIE BRAE

FREE FITNESS CLASSES



Zumba & Boxing
 Pickering Place, Enoggera

✳ 1x Voucher

Matwork Pilates, Boxing,
 Functional Fitness
 Fitzgibbon Community Centre

1x Voucher

Tap Dancing
 Burnie Brae Centre

2x Vouchers

CAFÉ CONNECT

\$6 BIRTHDAY VOUCHER

valid 31 days from birthday



FREE BISCUIT

with a coffee or tea purchase

value \$2.50 per voucher 4x Vouchers

TRAVEL CONNECTIONS

\$20 OFF YOUR NEXT BOOKING

when you spend \$1,000



HAIR SALON

\$5.00 OFF FIRST HAIR CUT

1x Voucher



CARE SERVICES



✳ DISCOUNT SPRING CLEAN

\$90 - 3 hour service

✳ FREE HOME MAINTENANCE CHECK

Value \$110
 must be eligible for Home Assist Secure/
 Commonwealth Home Support Program

FREE ELECTRICAL TEST & TAG

2x Vouchers One item per voucher

EXERCISE CLINICS



\$100 STARTER PACK

Assessment & 1:1 session
 with Exercise Physiologist

Available at both clinics

MASSAGE SERVICES

2x Vouchers \$5 off - 45 minute massage

2x Vouchers \$10 off - 1 hour massage

HEALTHY CONNECTIONS PLUS



2x Vouchers

\$10 off - Physiotherapy

2x Vouchers

\$10 off - Occupational Therapy

✳ Physical voucher required. Phone (07) 3624 2121 to redeem.

Vouchers loaded onto Member's card.
 Valid until 31st December, 2020.
 Not to be used in conjunction with any other offer.
 Single use only.

Terms & conditions apply
 Visit burniebrae.org.au/memberplus
 Vouchers may change without notice.

CONTACT

GENERAL ENQUIRIES

Burnie Brae Reception
Volunteer Program

PHONE

(07) 3624 2121
(07) 3624 2121

EMAIL

reception@burniebrae.org.au
volunteering@burniebrae.org.au

SERVICES

Café Connect
Burnie Brae Hairdresser
Burnie Brae Travel Connections

(07) 3624 2199
(07) 3624 2150
(07) 3624 2191

cafeconnect@burniebrae.org.au
reception@burniebrae.org.au
travel@travelconnections.org.au

ALLIED HEALTH SERVICES

Healthy Connections
Healthy Connections PLUS
Podiatry
Audiology

(07) 3624 2185
(07) 3624 2187
(07) 3624 2151
(07) 3878 8303

gym@healthyconnections.org.au
hcplusadmin@healthyconnections.org.au

COMMUNITY SUPPORT & WELFARE

Home Care, Respite & Transport
NDIS at Burnie Brae

(07) 3624 2121
(07) 3624 2121

enquiries@burniebrae.org.au
ndis@burniebrae.org.au

TRADING HOURS

BURNIE BRAE CENTRE

MONDAY - FRIDAY 8am - 4pm

HAIRDRESSER

MONDAY - FRIDAY 7.30am - 3.30pm
Saturday by appointment

CAFÉ CONNECT

MONDAY - FRIDAY 8am - 2.30pm

HEALTHY CONNECTIONS

MONDAY - SATURDAY from 6am

HEALTHY CONNECTIONS PLUS

MONDAY - FRIDAY from 7am

TRAVEL CONNECTIONS

MONDAY - FRIDAY 8.30am - 4.30am
Saturday by appointment

BURNIE BRAE NURSERY

MONDAY - FRIDAY 8am - 1pm

PUBLIC HOLIDAYS 2020

Burnie Brae is closed on Public Holidays

NEW YEARS DAY

WEDNESDAY, 1 JANUARY

AUSTRALIA DAY

MONDAY, 27 JANUARY

EASTER FRIDAY | 10 APRIL

EASTER MONDAY | 13 APRIL

ANZAC DAY

SATURDAY, 25 APRIL

LABOUR DAY

MONDAY, 4 MAY