

Burnie Brae NEWSLETTER



Issue 1: FEBRUARY 2020 NEWSLETTER

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07 3624 2121

www.burniebrae.org.au

Burnie Brae

60 Kuran Street, Chermide

IN CASE YOU MISSED IT: "GIVE-IT-A-GO"

Our "give-it-a-go" event saw many Burnie Brae members try something new and get involved around the Centre. Guests tried Reformer Pilates, Ukulele, Gypsy Rhumba, Clogging, Tap Dancing, Boxing, Fitness with Jo and Mahjong and Art demonstrations in the back of the hall. Check out some images captured on the day!



CENTRE NEWS



EVENTS AT BURNIE BRAE



- | | |
|-------------|---------------------------------------------------------------------------------------------------|
| February 3 | Let's Talk Brain Health
Health Presentation Free |
| February 11 | Rag Rug Making
GOLD Workshop \$5.00 |
| February 17 | Hawaii: Air, Land & Sea
Travel Presentation Free |
| February 19 | Wills, Eduring Power of Attorney, Advanced Health Directive.
Safety Presentation Free |
| February 19 | 25% off Nursery Sale |

REALISE YOUR DREAMS WITH MARGIE BAUER

The best metaphor for ageing is a stairway, the upward ascent bringing us wisdom, wholeness & authenticity. Therapist Margie Bauer will join us at Burnie Brae to discuss the "Third Act" and how you can best use this period of your life to maximise wellbeing and happiness. Margie sees ageing as potential, and this potential is not just for the lucky few. It's for all of us. You will leave this workshop feeling inspired and motivated. Join us Wednesday March 18. 9:30am - 12:00pm



"My goal is to make you feel more at peace within yourself and to find a life of meaning and purpose."
Margie Bauer

at the Burnie Brae hall. Ticket price is \$25.00 per person, which includes morning tea. Book in at Burnie Brae Reception or call 07 3624 2121.



MOSAIC CLASSES AT FITZGIBBON EXPRESSIONS OF INTEREST

We are currently seeking expressions of interest for mosaic classes at the Fitzgibbon Community Centre. Classes will be run by Burnie Brae Member Sandy Jewell.

The course will cost \$60.00 for four weeks (with a one off material cost of \$10.00). Sandy will teach you how to make a hanging bird in coloured glass tiles. Call 07 3624 2121 to register your interest.

JOIN US AT CAFÉ CONNECT

EARLY BIRD SPECIAL

CUP \$2.50
MUG \$3.50

Order valid before 9:30am

Plan your next catch up with friends and family at Café Connect. We have great menus for breakfast, lunch or something in between. We also offer an affordable range of catering menus to suit any occasion.

Daily specials include: grilled salmon, deli salads, roast of the day, rice paper rolls, a range of quiches & frittatas, lasagne and chicken curry.



NEW STAFF AT BURNIE BRAE



PEARL PAN
Massage Therapist
HEALTHY CONNECTIONS



SOPHIA CICCHINI
Café Assistant
CAFÉ CONNECT



GEORGIA FERGUSON
Exercise Physiologist
HEALTHY CONNECTIONS

CONGRATULATIONS STEVE: 2000 WALKS

Congratulations to Burnie Brae Member Steve Dyson on his 2000th walk with the 7th Brigade Heart Foundation walking group. Steve has been a Walk Organiser with Burnie Brae's Heart Foundation Walking Group for the last 14 years.

The Heart Foundation said of Steve's achievement "our volunteers are the reason Heart Foundation Walking has helped so many Australians stay active and take care of their

heart health. They are the glue that holds our walking groups together - thank you"

The 7th Brigade walking group meets Monday - Thursday at 3:20pm outside HQ Cafe at the Kedron Wavell Services Club and then proceeds to walk through the 7th Brigade Park. This is a free walking group, for more information call 07 3624 2121.



February GARDEN TIPS

Plant this month

It's hot out! Vegetables that thrive in hot weather include: tomatoes, eggplant, sweet corn, lettuce and chillies.

Trim hedges

Most hedges can be given their final trim towards the end of this month as they won't grow much in cooler months.

Globe artichokes

When harvesting globe artichokes pick and eat the flower bud just as the scales begin to open up.

Garden on your deck

Those living in units and townhouses don't have to miss out. If you are short on space most herbs can be planted in large pots. Small varieties of tomato, beans and peas can also be grown in pots and trained to grow upwards on a trellis.

CENTRE NEWS



SEEN OUT: 2019 BURNIE BRAE CHRISTMAS EVENTS



EXPRESSIONS OF INTEREST: BURNIE BRAE MUSIC GROUP

We are currently taking expressions of interest for a Burnie Brae Music Group. This group is open to people of all abilities, beginner and advanced alike. Perhaps you play a musical instrument now or have in the past and would like to get back into the swing of it.

We will play a range of music including 50's, 60's, Country, Blues as well as some modern music.

All instruments are welcome, as well as anyone who would like to sing. We seek all individuals who love music and would like to learn and play in a friendly and supportive atmosphere.

We hope to hold this group on a Wednesday afternoon, 3:30pm – 5:00pm. If interested, please leave your name and instrument/vocals at Burnie Brae Reception or call 07 3624 2121.

COMMUNITY CHOIR EXPRESSIONS OF INTEREST

Dare to try something new this year! We are currently seeking expressions of interest for a community choir at Burnie Brae. Everyone has the ability to sing and singing amongst others can be even more fun. Register your interest in this activity at Burnie Brae Reception or call 07 3624 2121.



WHERE LIVING TO BE 100 IS EASY: THE BLUE ZONES

In an article for the New York Times, Blue Zones expert, Dan Buettner told the story of Greek War Veteran Stamatis Moraitis. Whilst living in the U.S during the 1970's, Ikarian born, Moraitis was diagnosed with lung cancer. At the time Moraitis was given the option to be treated in America but instead returned home to Ikaria. He chose to do this on the premise that funeral costs would be cheaper and he could be buried with his ancestors, overlooking the Aegean Sea.

Moraitis and wife, Elpiniki, moved back into his parents white washed home on the north of Ikaria. Moraitis spent his days in bed and was tended to by his mother and wife, he caught up with old friends and eased back into an Ikarian way of life. As the months went on Moraitis started to feel stronger, so much so that he planted some vegetables in his garden. Although he was unsure as to whether he would see the harvest or not, he was nonetheless happy to be outside in the sunshine. To the surprise of many, six months later, Moraitis was feeling better than ever and was able to reap the rewards of his garden. In a 2013 interview, the then 97, Moraitis told Buettner "and now, 45 years later, I'm still here!"

Some may call this a miracle and some may question the validity of Moraitis' story, either way with one third of residents living well into their 90's there is something to be learnt from the Island of Ikaria. Ikaria is just one of the five "Blue Zones" recognised worldwide, in these areas people live substantially longer lives than anywhere else in the world. The other areas are Okinawa (Japan); Sardinia (Italy); Nicoya (Costa Rica); and Loma Linda, California (USA).



Stamatis Moraitis amongst his Olive Trees

The key factors

So what exactly makes residents of these five places live such long and healthy lives, seemingly effortlessly? Dan Buettner and his team have pinned it down to a few key factors which are outlined below.

Move naturally

Moving to achieve longevity is nothing new, however, what makes movement in the Blue Zones so interesting is the way in which physical activity is carried out. Residents don't attend spin classes or pump iron, instead they can be found tending to the garden, walking with friends and dancing.

> At Burnie Brae:

Why not join our walking group, get involved with our community garden or take up a dance class, Blue Zone residents know that when physical activity is enjoyable and social the benefits are tenfold!

they feel they are 80% full. This may explain why many lifestyle diseases such as type 2 Diabetes are much less prevalent amongst residents. Plant based foods make up a large portion of all Blue Zones diets. In Sardinia, meat is reserved for Sundays and special occasions with whole grains, beans, vegetable, fruit, nuts and fish being consumed regularly. Beans and lentils are a great food for longevity, they contain a large amount of fibre, protein and are generally quite cheap and versatile. So why not swap out mince for some black beans next time you make tacos or chili con carne like they do in Nicoya (Costa Rica).

Prioritise your loved ones and have a sense of community

Successful centenarians put people first. They keep their family close, foster strong bonds amongst friends, make time for socialising and often live a village style lifestyle which places emphasis on community. In Ikaria you will find

"Eat your vegetables, have a positive outlook, be kind to people, and smile."

- DAN BUETTNER ON AGEING WELL

Find your sense of purpose

Okinawans call this "Ikigai" which translates to "why I wake up in the morning". Knowing your sense of purpose is said to add up to seven years of extra life expectancy.

> At Burnie Brae:

Finding a sense of purpose can be hard, trying new things makes it a little bit easier. Consider trying a new activity or volunteering at the Burnie Brae Centre.

residents staying up late playing dominoes together every night. In Okinawa, the tradition of forming a Moai, a close group of five friends, ensures they have a secure social network for life.

> At Burnie Brae:

We are proud of the community we have created and encourage you to get involved around the Centre. There is really something for everyone so why not try a new activity or join one of our many groups.

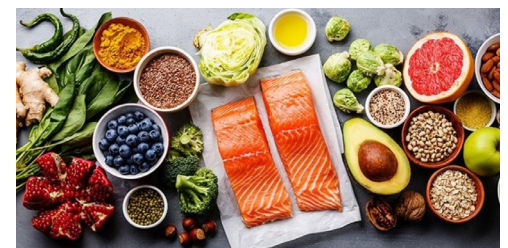
Manage stress

Scientists are continually finding stress, and the inflammation it produces, to be a major precursor to many age-related diseases. On the island of Ikaria you won't find people wearing watches or rushing out the door to get to work. Ikarians wake up with the sun and schedule in an afternoon nap to manage their stress levels.

Eat mindfully and don't forget the vegetables!

In Okinawa residents aim to stop eating when

So what are you waiting for? Grab life with all that you can and take some tips from these inspiring people.



FIVE REASONS TO SEE AN ACCREDITED EXERCISE PHYSIOLOGIST

Exercise can be used as a tool to prevent and treat a wide range of injuries and chronic diseases. Below are a few great reasons to see an Accredited Exercise Physiologist (AEP) and start your year on the right foot.

To overcome chronic pain

Many of the 3 million Australians living with chronic pain avoid exercise for fear that it will exacerbate their condition and cause further pain. Whilst this fear is understandable, evidence suggests that exercise may be one of the most effective pain management techniques when prescribed correctly – with the key words being *prescribed correctly*. It is important that you see an expert, unlike other exercise professionals, Exercise Physiologists focus on clinical exercise prescription and are trained to work with those living with illness or injury.

To improve your heart health

This should not come as a surprise with research repeatedly showing that lifestyle factors play a huge role in developing cardiovascular disease. If you know you have an increased risk of heart disease, whether this be genetically or through lifestyle factors, it could be a good idea to visit one of our AEP's to keep your heart healthy.

To reduce your risk of diabetes or manage pre-existing diabetes

By controlling your weight, especially

weight around your middle you can lower your risk of developing diabetes. Exercise can also help to manage pre-existing diabetes by helping insulin to work more effectively and reduce your risk of developing associated diseases such as heart disease.

To improve your recovery during and after cancer treatment

Slowly the way we approach cancer treatment is changing, a growing body of research is telling us that the benefits of

Not only does exercise protect our physical health, but it also does wonders for our mental health. Beyond Blue states that for treating mild-moderate depression, exercise can be as effective as talking therapy and medication. Exercise promotes the release of feel good chemicals, like endorphins and serotonin and gives you a sense of accomplishment and better sleep. An Accredited Exercise Physiologist who understands the complexity of the challenges faced with mental health conditions, and has the skills and knowledge can help individuals manage

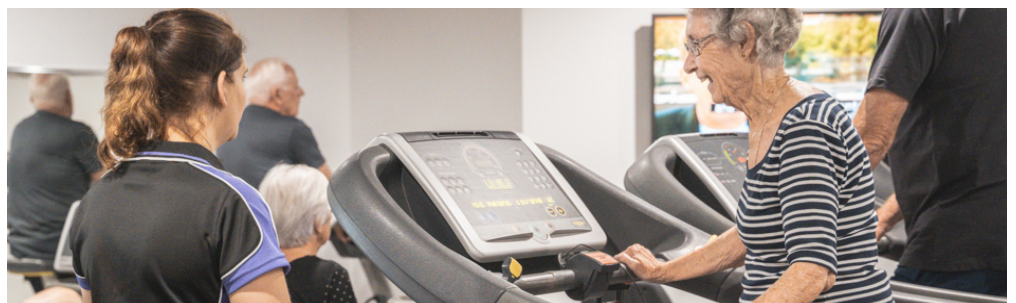
Our exercise physiologists can assist in the treatment, management and prevention of a range of health issues.

exercise during and after treatment are wide ranging. A well prescribed exercise regime can help patients to tolerate more aggressive treatments and help to minimise unpleasant side effects caused by chemotherapy. It can help to counter-act cancer related fatigue and boost mental health during a difficult time.

To improve your mental health

their condition and any barriers they may come up against.

Start your year strong and pop by our exercise clinic next time you are at the Burnie Brae Centre to find out more about Exercise Physiology. We also offer Mens and Ladies group sessions as well as more specialised group sessions such as 'Strong Bones' and 'Dealing with Diabetes'.



DON'T WAIT UNTIL IT'S TOO LATE: BOWEL CANCER

Bowel Cancer is Australia's second deadliest cancer, however, when detected early 98% of cases can be successfully treated. This February Bowel Cancer Australia is urging Australians to get tested as this form of cancer often develops without warning signs.

You can carry out a faecal immunochemical test (FIT) at home. This is a non-invasive easy procedure and can make all the difference in identifying bowel cancer before it's too late. If a positive result is attained you should contact your GP immediately to discuss results and obtain a referral for further investigation. A positive result can sometimes be due to other causes such as inflammation of the bowel or polyps so it is important to do follow up testing. Bowel Cancer Australia

recommends people over 50 carry out the test every two years. If you are aged between 50 and 74 and meet the eligibility requirements you will receive a free test kit in the mail every two years within six months from your birthday. For more information visit cancerscreening.gov.au. If you are over 74 you can order a home kit by calling 1800 555 494 or by visiting the Bowel Cancer Australia website.



HEART FOUNDATION RECIPE



SUMMER VEGGIE SLICE

Not only is this dish, tasty, cheap and easy to prepare, but it also offers up a chance to use up any veggies in your fridge.

INGREDIENTS

- 1 tablespoon olive oil
- 1 large red onion, finely chopped
- 1 garlic clove, crushed
- 2 large red capsicums, halved, seeded, thinly sliced length ways
- 2 large zucchinis, grated
- 150g baby spinach
- 12 eggs
- ¼ cup milk
- ¼ cup parsley, finely chopped
- 40g reduced fat feta, crumbled

METHOD

1. Preheat oven to 160°C. Line a 6cm-rectangular baking dish with baking paper and spray with olive oil.
2. Heat olive oil in a large pan over medium heat. Stir-fry onion and garlic for 4-5 minutes or until softened.
3. Add capsicum and zucchini, cook, stirring for 2 minutes. Add the spinach and cook, stirring until wilted. Set aside to cool.
4. Whisk eggs, milk and parsley in a large bowl.
5. Scatter the vegetables in the baking tray, and then pour egg mixture over the vegetables. Sprinkle the crumbled feta evenly.
6. Bake for 30-35 minutes or until golden and set. Cut into 5 slices.

FITNESS ACTIVITIES AT FITZGIBBON

We have a range of fitness activities on offer at the Fitzgibbon Community Centre. Our classes are run by qualified professionals and Exercise Physiologists from Healthy Connections. Exercises are modified to suit your ability level. Get your body moving and learn a new skill! \$8.00/class for Burnie Brae Members and \$10.00/class for non-members. Address: 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 simple body movements.

Starting 4 February, 2020

BOXING

Wednesday | 10am - 11am

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

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.

TRANSITIONING TO A CASHLESS SOCIETY: DON'T GET LEFT BEHIND

Australia's transition to a truly cashless society is well underway. Whilst it may take decades before our humble \$1 coin becomes a collector's item, there is no denying that cash as a whole is becoming much less prevalent in society. The demise of cash can, in part, be attributed to the convenience of tap-card technology and smart phone payment apps. Many Bricks and Mortar banks are shutting down making now a great time to become more familiar with online banking services and cashless payment options.

One of the biggest advantages of a cashless society is its impact on crime reduction. With less tangible money floating around robberies will slowly become less common, money laundering will also see a reduction due to the paper trail that follows online transactions. Professor Richard Holden from the UNSW Business School states the "biggest losers in a cashless world will be those who rely on cash deals, such as criminals."

Other benefits include convenience, the ability to do your banking at any time and from the comfort of your own home. However, with many older Australians less familiar with services such as internet banking steps must be taken to ensure nobody gets left behind. We have outlined

a few commonly asked questions about online banking and cashless payments to get you started below:

Is online banking secure?

For many seniors security is the biggest concern when it comes to online banking. The act of physically handling money and interacting with a person face to face can feel a lot safer than making the same transactions electronically. Whilst this is a valid concern, these days online banking security is very good. Banks use advanced virus protection and encryption technologies as well as secure log in processes including two step verifications. Additionally fraud detection teams will contact customers via phone if unusual activity is detected on your account, the card may be stopped so that funds are frozen and cannot be used by thieves. Additionally most banks will reimburse any unauthorised transactions on your account, provided you didn't contribute to the loss.

What steps can I take to ensure my security?

Criminals know that it is very difficult to get past the advanced security systems employed by banks, so they usually focus on tricking customers into giving away

their own confidential information. This is why it is so important to be aware of scams and protect your online banking information. Never give out your banking information or passwords to any cold caller over the phone even if they mention well-known companies such as Telstra.

How can I choose a strong password?

You can protect your information by regularly updating your password and choosing a strong password. Do this by incorporating numbers and special characters into passwords and make sure you don't use easily guessed words such as your loved ones names, pet names or your street name. It is also a good idea to use a different password for your banking so that if for example someone guesses your Facebook password they cannot also guess your banking password.

Where do I get more information?

For more information on how to stay safe using internet banking head to www.cyber.gov.au. This government initiative aims to keep seniors safe online and has some great resources including an up to date scam watch.



TRAVEL NEWS



 a member of 

CRUISE EXPO

WEDNESDAY, MARCH 4 | 12PM - 4PM | BURNIE BRAE HALL | FREE EVENT

RSVP by February 24: Burnie Brae Reception | ph. 073624 2191 | travel@travelconnections.org.au

TRAVEL PARTNERS



EXCLUSIVE DEALS & DISCOUNTS



EXPERT KNOWLEDGE



EXTRAS & ONBOARD CREDIT



PRIZE GIVEAWAYS



NEW TERMINAL: WELCOME CARNIVAL SPIRIT

'Rated as Australia's favourite year-round cruise ship by members of Cruise Critic, Carnival Spirit will arrive into her new home in October 2020. She will sail year-round from Brisbane to the stunning tropical archipelagos of Vanuatu and New Caledonia, as well as offer shorter cruises to well-loved destinations in North Queensland.

Jennifer Vandekreeke, Carnival Cruise Line Vice-President, Australia, says, "Queenslanders have embraced Carnival's free-spirited, family-friendly fun since our arrival in 2012. Since then, we have

welcomed nearly 75,000 Queenslanders on Carnival cruises from Sydney and Melbourne. We're delighted to announce that with the new cruise terminal we'll be able to offer Queenslanders the opportunity to sail on Carnival right from their doorstep."

With more than 45 activities over 12 decks of fun, Carnival Spirit provides the ultimate fun at sea, offering Green Thunder, the fastest and steepest water slide at sea, as well as three swimming pools, the child-free Serenity Retreat and more than 20 bars, lounges and dining options.'



NOW TAKING BOOKINGS: THE ABEL TASMAN WALK

ABOUT THE PARK

Abel Tasman National Park, situated in the North Eastern corner of New Zealand's South Island is home to one of the most scenic and easily accessible walks in country. Taking five days to be as active or relaxed as you wish, walk a total of 38 km, on this picturesque coastal track. Daily walking distances range from 8km to 17km in a single day and an elevation of no more than 120m. However walking is optional each day and you will have the option of a ferry taking you all or part of the way. You will experience the true essence of New Zealand's finest Coastal national park with a fully qualified guide. You are in good hands with this tour escorted by Kristie Hale and Erik Cain. Meals, accommodation and transport are included, this is the perfect opportunity to immerse yourself in nature on one of New Zealand most stunning walks.

HIGHLIGHTS

Cruise the coast

The waters of the Abel Tasman National Park are a sight to behold. Before you begin your walk cruise the azure waters of the park.

Walk spectacular beaches and ancient forest

What makes this walk so special is the variety of

views and terrain you will encounter along the way. You will walk through dense beech forest dotted with mature kanuka trees and ferns allowing you the opportunity to take in New Zealand's natural flora.

Mix it up by walking along the golden beaches of the coast and explore some of the great tidal estuaries of the park.

Complete one of the world's best walks

Walking the Abel Tasman Track is more than a holiday, it is an experience. Take satisfaction in knowing you have completed one of the world's greatest walks.

See natural wonders

From the wacky rock formations such as split apple rock to the stunning Cleopatra's Pool there is truly so much to see.

INCLUSIONS

- Arrival & departure seat in coach transfer
- 1 night pre and post accommodation
- 5 Day guided walk with knowledgeable guide
- Escorted by Travel Connections manager Kristie and Health Coach Erik
- Luggage transfers
- Meals: B, L, D + Morning & Afternoon Tea

This seven day escorted group tour is departing November 9, 2020. To find out more please visit the friendly team at Burnie Brae Travel Connections in store, ph 07 3624 2191, e. travel@travelconnections.org.au or visit our Facebook page "Burnie Brae Travel Connections".



HAWAII: AIR, LAND & SEA

Discover the beauty, culture and adventures awaiting for you in Hawaii. Learn how you can explore this beautiful destination by air, land or sea at our upcoming presentation. We will be joined by industry guests from Viva Holidays, Hawaii Airways and Norwegian Cruise Line.

MONDAY 17 FEBRUARY

10:30am - 12:30pm

RSVP : p. 07 3624 2191 visit Burnie Brae Reception e. travel@travelconnections.org.au

OUT & ABOUT



Dusty & the Divas Tuesday February 11, 2020

\$45.00pp Incl: transport

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, its 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.



QLD Air Museum Wednesday February 19, 2020

\$70.00pp Incl: transport, morning tea & lunch

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.



Walking History Tour Thursday February 20, 2020

\$79.00pp Incl: transport & morning tea

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.



Broadway to Pavarotti Wednesday February 26, 2020

\$45.00pp Incl: transport & morning tea

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 and lunch options are available to purchase at the Entertainment Centre cafe.



Senior Moments Wednesday March 4, 2020

\$75.00pp Incl: transport

The smash hit Senior Moments is back in a senior sequel! Featuring Max Gillies, Tony Barber and Normie Rowe. 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!

OUT & ABOUT



Mary Valley Rattler

Wednesday March 11, 2020

\$130.00pp Incl: transport, morning tea & lunch

Enjoy an historic rail experience on board 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!



Haunted Brisbane

Tuesday March 17, 2020

\$65.00pp Incl: transport & morning tea

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 nation's most historic Haunted Sites with the ancient art of storytelling. Enjoy morning tea at Cafe Eco, included in the price.



Surfers Paradise River Cruise

Thursday March 19, 2020

\$85.00pp Incl: Transport, Morning Tea & Lunch

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.



Charlie and the Chocolate Factory

Tuesday April 14, 2020

\$90.00pp Incl: transport

Step inside a world of pure imagination. Experience the wonders of Wonka at Roald Dahl's spectacular new musical, Charlie and the Chocolate Factory. It's a delectable treat featuring songs from the original film alongside a brand new, toe-tapping score. Tickets need to be finalised early, don't miss out!



Shrek the Musical

Wednesday May 27, 2020

\$92.00pp Incl: transport

Shrek the Musical, based on the Oscar®-winning DreamWorks film, brings the hilarious story of everyone's favourite ogre to life on the stage. Featuring a terrific score of 19 songs, big laughs, great dancing and breathtaking scenery, it's no wonder The New York Times called it 'True Happiness'. Tickets need to be finalised early, don't miss out!

TO BOOK: ph. 07 3624 2121 or visit Burnie Brae Reception

Burnie Brae Newsletter • Issue 1: February 2020

P: 3624 2121 A: 60 Kuran Street, Chermside www.burniebrae.org.au | Like us on Facebook, search "Burnie Brae"