

April 2026

Burnie Brae Newsletter



Burnie Brae
community, connection, care



Bringing People Together Through Song

Interview with our choir leader, Christie Dawkins:

What lights you up most about leading the choir?

I love seeing singers light up with joy. Watching them grow, find their voice, and become more comfortable over time is incredibly rewarding. It's such a privilege to share music each week with such a wonderful group of people.

Why is singing together so special?

There's strength in numbers! When voices come together, something magical happens - the sound lifts, people relax, and it becomes a shared, uplifting experience.

What songs are always a hit with the choir?

We've sung so many great songs, but The Rose and the Everly Brothers Medley are always standouts. We also love classics like North to Alaska, California Dreaming, Save the Last Dance, and Under the Boardwalk - they never fail to get everyone smiling and singing along.

"I can't sing!" - what would you say?

Don't let that stop you! Choir isn't about perfection - it's about enjoying the experience, developing your voice, and trying something new. Most people surprise themselves.

What's the vibe of the group?

We're friendly, welcoming, and inclusive. There's no judgement - just encouragement. We learn by ear with lyrics on screen, so no music reading is needed. It feels like a relaxed, joyful group sing-along where everyone belongs.

Why is singing so good for wellbeing and why should someone give it a go?

Music really is medicine. Singing boosts your mood, reduces stress, improves breathing, and leaves you feeling energised. It's also a wonderful way to connect with others and be part of a supportive community. Most of all, it's fun.

All are welcome - no auditions required! We especially encourage more men to join and balance the vocal parts. If you've ever wanted to sing in a choir or just enjoy familiar tunes, come along and give it a try!

Singing Group | Tuesdays 11am:

Relaxed sing-along with lyrics on screen

Choir Group | Tuesday 12pm:

Learn familiar songs in two- and three-part harmony

We meet in the Burnie Brae Hall (60 Kuran St, Chermside).
Cost for members \$12.50 per session or come to both for \$20.
No bookings are required.

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

North Brisbane & Moreton Bay | Chermside Community Centre 60 Kuran Street, Chermside



A trip to the doctor. A catch-up with friends. A chance to get out and feel connected again. But for many in our community, these everyday moments aren't always easy to get to. That's where our amazing volunteers come in! And right now, we need a few more friendly faces to join the journey.

Bus Assistants (Urgently Needed)

We're looking for kind, reliable people to lend a hand on Mondays, Tuesdays and Thursdays (approx. 7:00am – 3:30pm). You'll be helping clients in and out of vans, assisting with walkers and sharing a few smiles along the way - all while working alongside a driver.



Volunteer Drivers

If you enjoy being behind the wheel, this one's for you. We're looking for drivers available Mondays, Fridays, and other days if possible (7:00am – 3:30pm) to help locals get to appointments, social outings and more.

Get in touch to find out more or express your interest – visit burniebrae.org.au/volunteer, email enquiries@burniebrae.org.au or call **3624 2121**.

Join our team

Join a team where you can grow your career and make a real difference! Explore our job and volunteer opportunities at burniebrae.org.au/workwithus

Closure Notices

A reminder that Burnie Brae will be closed for the Easter public holidays Friday 3, Saturday 4 and Monday 6 April and Labour Day on Monday 4 May. Please note, there is no public holiday for ANZAC Day this year, as it falls on a Saturday. If you have any questions about your services, please don't hesitate to contact our team on 3624 2121.

Little Wishes Meet Burnie Brae

We were thrilled to welcome the children from Little Wishes Childcare Centre – Cherside to our seniors community hub recently. Full of curiosity and cheer, the kids greeted everyone and proudly helped stock our pantry shelves – a truly heartwarming moment of connection.

Their visit also kicks off Crafted Connections, a new monthly program bringing children and seniors together for storytelling, crafts and even pen-pal friendships. It's a fun way to share experiences, reduce social isolation and build meaningful intergenerational connections.

The program is free and held monthly at Burnie Brae Centre. Register your interest at Reception or visit burniebrae.org.au/craftedconnections.

A big thank you to Little Wishes for your energy, kindness and community spirit – we can't wait for what's next!



Project Pantry Wishlist

Our pantry helps people with an Aged Pension, Veterans Pension, Healthcare Card, or Disability Card stretch their budgets while keeping essentials on the table. For April, we're seeking:

- Pasta sauce in a jar
- Tinned tomatoes
- Cereal
- Gluten-free/dairy-free options – milk, cereal, crackers
- Personal care items – roll-on deodorant, body wash/soap, small shampoo/conditioner bottles

All donations must be in-date. You can drop off items at Burnie Brae Reception, or even a \$5 cash donation helps fill a hamper.

If you or someone you know needs a little extra support, pop into Reception or visit burniebrae.org.au/projectpantry to register for Project Pantry.

Farewell to Aynsley

After five incredible years with Burnie Brae, Aynsley, our Head of Strategy, Growth & Engagement, is moving on to a new role to further her career.

During her time here, Aynsley has made a lasting impact, shaping the organisation's direction and leading key initiatives that have strengthened how we serve our community. You may have seen her around our Chermide Centre - hosting aged care information sessions, representing Burnie Brae in the wider community and leading our Consumer Advisory Committee.

On behalf of the whole Burnie Brae community, we thank her sincerely for her outstanding contributions and wish her every success in the next chapter of her career.



Learn & Connect Pop-Up

Looking for ways to stay mobile or make travel easier? Come along to our pop-up with Driving Mobility to ask questions and pick up helpful information on:

- Vehicle modifications
- Wheelchair-accessible vehicles
- Transfer solutions and specialised driving controls
- Wheelchair-accessible vehicle hire

**When: Thursday 16 April 2026
9am - 11am**

Where: Members Lounge (next to Burnie Brae Reception in Chermide)

No need to book - just drop in! If there's a line, you may need to wait to chat. While you're here, enjoy a coffee or bite to eat at our café and take the opportunity to explore Burnie Brae.

Welcome Donna

Support at Home Team Coordinator

My Journey into Aged Care

I've always loved caring for my grandparents, which inspired me to become a nurse and run my own home care business for seven years.

Why I Love What I Do

I've always loved home care - the opportunity to spend one-on-one time with clients and their families,

to hear their stories and to support them in living their later years the way they want, is truly a privilege.



Before the Water Gets Rough: Planning for Aged Care Support

Many older Australians and their families say, ***"We know help is out there, we just don't know where to start."***

Accessing funded aged care can feel confusing and overwhelming. A key first step is the aged care assessment, which determines what supports you may be eligible for - whether it's help at home, respite, or ongoing care.

An assessment isn't about losing independence - it's about understanding what could make daily life safer and easier. You can ask questions, have a support person present, and take your time to decide.

Planning ahead makes a huge difference. Knowing your options helps you prepare rather than scramble when needs become urgent.

Join us for our free session, Understanding Aged Care, with Annie Hemms from our Care team. We'll cover assessments, funding options, and common myths - clearly and simply.

Wednesday 13 May 2026, 9:45am - 10:45am
Burnie Brae Hall - 60 Kuran St, Chermide
Book at burniebrae.org.au/careinfo or call 3624 2121



Burnie Brae Carers Support Group

For our May meet-up, we are joined by Lyndal, Dementia Doula from Compassionate Transitions, for a session on caring for someone living with dementia. Gain practical insights to help connect with and support those in your care.

Topics include:

- What dementia is – and what it isn't
- Common myths and misconceptions
- Practical tips for supporting sensory changes in everyday life

About the Group

Our monthly Carers Support Group in Chermshire is a welcoming space to connect, share stories and enjoy a cuppa with people who understand the ups and downs of caring. Guest speakers, outings and activities make it more than just a meeting - it's a supportive community.

When: First Thursday of every month, 10am

Where: Burnie Brae Hall (Activity Space), 60 Kuran St, Chermshire

Cost: Free to join, no bookings required



Whether you're looking for a fun, supportive place for yourself or if you're a carer looking for a well-deserved rest - call us on 3624 2121 to find out more.

Club Respite

This month's highlights at our Chermshire Centre include: planting seedlings in our Burnie Brae Garden, enjoying an Easter High Tea, vinyl club, bingo and much more! Plus, our supported outings to Lord Mayor's Concerts, movies, Sandgate foreshore for fish and chips and a special Anzac Day Service at Kedron Wavell.

It's all about spending time with great people, trying new things and enjoying the day - with our friendly team there to support you whenever you need it.

- 1 *St. Patrick's Day: we played games, showed off a few cheeky dance moves and got into the spirit of the Irish!*
- 2 *Getting craft: our craft group have been painting pottery and creating floral arrangements with donations accessories from a kind community member.*
- 3 *Healing through harmony: music therapy supports mood, memory and social connection - our Respite clients felt the benefits while laughing and singing with teacher, Grace.*
- 4 *Morning fun with our Kindy friends: sharing stories, enjoying morning tea and joining in all their activities.*
- 5 *Out & About: seeing Cats The Musical at QPAC Theatre and having many lunch dates around town*



Get Fit, Feel Supported

"I've been a member of Healthy Connections for many years and returned again in the past year because of the supportive environment and wonderful staff. Even though I've tried a regular gym before, I find the equipment and setup here much better for me and more suited to my age group."

Katherine, 69

If you're looking for a gym designed with support, guidance and community in mind, come and see what we are all about!

Our Starters Pack is just \$125 and includes an initial assessment, personalised exercise program and one-on-one session with an Exercise Physiologist to get you started on your health and fitness journey.



"Hopefully this one physio session will fix it."

Physiotherapist Dimitri explains why your first session is more like a tune-up and game plan to get you moving at your best. How quickly you recover depends on several factors: how long you've had the injury, whether it's chronic or acute, or if you're recovering from surgery.

Typically, the first session aims to:

- Set realistic expectations
- Provide hands-on treatment to settle pain
- Tailor an exercise program that benefits you long-term

While initial pain management is important, lasting recovery usually comes from structured exercises and home routines. Think of that first session as the roadmap – the start of your journey to feeling stronger and moving better!



"Pain is a normal part of getting old"

Our Remedial Massage Therapist, Mandy, says many people experience pain not because of age, but due to a lack of stretching and muscle care – whether young or old.

Mandy and our team of Massage Therapists help ease tension and keep your body moving through deep tissue, relaxation, reflexology, acupuncture and remedial massage. Regular care can help you feel more flexible, relaxed and comfortable in your everyday life.

Running for Cancer Support

Chloe, our superstar Exercise Physiologist, is preparing to take on a 42km marathon at the Brisbane Marathon on 7 June 2026 to raise funds for Cancer Council Queensland.



Having worked with people at every stage of their cancer journey, Chloe knows how important access to medical care, mental health support and exercise programs is – and her run is all about helping provide these vital services.

If you'd like to support Chloe, you can donate here: bit.ly/donatetochloe or make a cash donation at our Healthy Connections Clinic – big or small, every bit counts. Let's cheer her across that finish line!

Live healthier with support from Healthy Connections!

Call **3624 2185** or visit healthyconnections.org.au

Chermside Clinic, Burnie Brae Centre – Mobile services: North Brisbane & Moreton Bay

Member Services

Beetlejuice The Musical

Based on Tim Burton's dearly beloved film, Beetlejuice the Musical (at QPAC Theatre) tells the story of Lydia Deetz, a strange and unusual teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes.

Wednesday 24 June 2026
12 - 4:30pm
Members \$115,
incl. ticket & transport



Brisbane Motor Museum

Classic cars, vintage treasures and motoring history come to life.

From beautifully restored vehicles to iconic favourites, there's something to spark nostalgia and fascination for everyone.

Thursday 7 May 2026
9:15am - 12:15pm

Members \$56.00, incl. light morning tea & transport



Activity Spotlight

Line Dancing Raw Beginners Workshop

Our next 8-week beginner-friendly line dancing workshop runs from 20 April - 8 June. Perfect for complete beginners, you'll learn simple steps at a relaxed pace, improve coordination and memory, and most importantly, have fun!

Classes are held on Mondays,
11:45am-12:45pm
Burnie Brae Hall.
Cost: \$10 per session for members.

Once you've completed the workshop, we offer many levels of line dancing classes.



Mother's Day Market

Plan a sweet mum-and-me date, hunt for a gift she'll love or find a treat for yourself.

Browse personalised homewares, handmade accessories and thoughtful gifts - plus delicious food, refreshing drinks and specialty coffee to keep you fuelled.

Saturday 18 April 2026
8am - 12noon
60 Kuran St, Cherside

Free entry, everyone's welcome

Indoor Bowls: One Game & You're Hooked

If you're new to the game, many of our players, like Lou and Val, will show you the ropes, just like they did with our guest player, Burnie Brae CEO Andrew. Think friendly rivalry, aircon-blasted comfort (phew!), and plenty of laughs, banter and fun. We have a mix of younger and older players - everyone's welcome!

Come along on Wednesdays 1-3pm
and Fridays 9-11:30am
Burnie Brae Hall,
\$5 for Members per session



Book events/trips at Burnie Brae Reception or call 3624 2121. Price includes transport to and from Kedron Wavell Services Club.

Note: You must be independently mobile to join our Members Day Trips. Supported outings are available through Club Respite.

Cribbage Crew

Who's winning? Who's counting? And who's just here for a chat and a laugh? There's always room for more seats at the table! Join us for a game every Tuesday from 12:30pm - 3:30pm in the back of the Burnie Brae Hall at 60 Kuran St, Chermside. Only \$5 for Members!



Book Club: What We Are Reading

- **11 May:** *We Solve Murders* – Richard Osman
- **8 June:** *The Things That Matter Most* – Gabbie Stroud
- **13 July:** *Everything I Never Told You* – Celeste Ng

Join us to read, chat and connect with fellow book lovers! Share your thoughts, enjoy lively discussions and make new friends. Keep the conversation going over lunch at Burnie Brae Café Connect.

2nd Monday each month
10:30am - 12pm
Burnie Brae Club Respite
Cost: Members \$5

Discover more activities on our website or visit Burnie Brae Reception. Our Centre Activities are held at 60 Kuran St, Chermside, no bookings are required.

Out & About

International Women's Day

Thank you to everyone who wore their colours alongside our HC team, showed their support, lifted each other up and cheered each other on in the clinic.



Scammers, beware... we're getting savvy.

Thank you to Diana and Michael from the QLD Police Crime Prevention Unit, and volunteer Elaine for sharing real stories, common scams they're seeing and simple ways to stay safe online. More free sessions are coming up at our Chermside Centre – learn more at burniebrae.org.au/events or pop into Reception.



Hip hip hooray!

A very happy 85th birthday to our wonderful Burnie Brae member, Stella! She celebrated in style, surrounded by her friends in the Cards 500 group, with a delicious cake and a few fun rounds of cards. We hope you had a fantastic day, Stella!



St. Patrick's Day Fun

Feet were tapping and strings were strumming at our Members Ukulele Jam Session, with lively Irish jigs filling the room. Even the Cloggers had a blast dancing along to Irish music in their beginner workshop!



Exclusive 16 Day Enchanting Vietnam & Cambodia Tour

Discover the magic of Vietnam and Cambodia on this 16-day escorted journey. Explore Hanoi's bustling streets, cruise the stunning waters of Ha Long Bay, and wander the historic towns of Hue and Hoi An. Continue to Ho Chi Minh City, the Mekong Delta, Phnom Penh, and the awe-inspiring temples of Angkor near Siem Reap.

Highlights:

- Cyclo ride through Hanoi's Old Quarter
- Two-night Ha Long Bay cruise
- Traditional dinner with a descendant of Ngoc Son Princess
- Market tour and hands-on Vietnamese cooking class
- Mekong River cruise and floating markets
- Tasting at Seekers Spirit House gin distillery, Phnom Penh
- Explore Angkor Wat, the world's largest religious monument

What's Included

- 13 nights hotel accommodation + 2 nights deluxe cabin on The Au Co Cruise
- Meals as specified throughout the tour
- Expert Tour Leader and local driver/guides
- Travel by premium air-conditioned coach
- Guided city tours: Hanoi, Hue, Ho Chi Minh City, Phnom Penh
- Special experiences:
 - Dinner at Princess Ngoc Son's House, Hue
 - Guided walking tour of Hoi An
 - Traditional cooking class at Tra Que Vegetable Village
 - Street food tour in Ho Chi Minh City
 - Full-day Mekong River cruise
 - Private meeting with contemporary artist Channy Chhoeun
 - Seekers Spirit House tour with tasting
 - Cambodian Apsara dance performance
- Domestic flights: Hanoi → Hue, Hoi An → Ho Chi Minh City, Ho Chi Minh City → Phnom Penh
- Return private airport transfers (Hanoi & Siem Reap)
- Small group travel – maximum 16 guests

**From \$5,329 pp twin share,
Sole use \$2,149***

Offer ends: 10 June 2026

Valid for travel:

18 Sep 2026 - 3 Oct 2026

Plan your next escape

Pop in and see our travel experts Paul & Sonja at our Chermside office (at the Burnie Brae Centre) or call 3624 2191 and let's get you packed!

*T&Cs apply, contact us for details.

Reminder: you don't need to be a Burnie Brae member to plan your next adventure with us. But if you are a MemberPlus member, you can enjoy \$50 off your first trip and 10% off travel insurance!

