

July 2026

Burnie Brae Newsletter




Burnie Brae
community, connection, care

Never Stop Exploring Roger's Nordic Adventure

At 79 years old, Roger isn't slowing down.

In fact, he has just returned from the adventure of a lifetime – a month-long journey through some of the world's most breathtaking destinations, including London, Norway, Finnish Lapland, Iceland, Greenland and Finland. Along the way, he crossed the Arctic Circle, rode snowmobiles, met reindeer, experienced dog sledding and witnessed the magical Aurora Borealis dancing across the night sky in Reykjavik.

His travelling companions were his youngest son Michael, a professional photographer who travels the world capturing incredible images, along with his daughter-in-law and young grandson.

For Roger, however, this trip was about much more than sightseeing.

A Dream Shared with Linda

The Nordic adventure had been on Roger and his wife Linda's bucket list for many years.

Sadly, Linda now lives with dementia and was unable to make the journey.

"I did it for both of us," Roger says.

One memory stands out above all others. While snowmobiling through the Arctic wilderness, Roger came across a beautiful, peaceful spot overlooking the snowy landscape.

"I just sat there looking out. I couldn't move," he recalls.

He named the spot "Linda" because he knew how much she would have loved it.

"The family eventually had to tell me it was time to go."

A Lifetime of Adventure

Travel and adventure have always been part of Roger's life.

Born in New Zealand, he trained as a radio technician before moving to Australia for work. Over the years he has held a remarkable variety of jobs – from working on properties near Clermont and picking grapes near Alice Springs and Stanthorpe, to managing a caravan park in Torquay and repairing toys at Red Hill Special School.

His love of exploration started early.

"When I was 11, I helped my dad build the first camper trailer ever built in New Zealand," Roger says.

The camper attracted so much attention on its first trip that people constantly stopped his father to ask where they'd bought it.

These days, Roger lives in a caravan and owns a campervan, making it easy to head off whenever the travel bug strikes. Closer to home, he's recently explored places like Bribie Island and Maleny.

Determined to Keep Going

Roger's adventurous spirit is even more impressive when you learn he lives with chronic obstructive pulmonary disease (COPD) and has had two heart stents.

Yet during his Nordic adventure, he walked an average of 12,000 steps a day and kept pace with family members decades younger than himself.

His secret?

"Determination. I can do it."

Story continued on page 2 >>

Highlights



2 News & Updates

Knitting for a Cause
Pantry Food Support
Call for Feedback

4 Care Services

Club Respite
Free Trial

5 Health & Exercise

Men's Health
Diabetes Group

6 Member Services

Day Trips
Learn & Connect Pop-Up
Activity Updates
Centre Tour

7 Out & About

8 Travel Deals



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

Roger refuses to let age or health challenges define what is possible.

"They can get out and do stuff – you just have to put your mind to it and do it."

Never Stop Exploring

When asked what surprised him most about the trip, Roger laughs.

"Basically the whole thing."

From colourful Nordic villages and endless snow-covered landscapes to reindeer, dog sledding and the unique cultures he encountered, every destination offered something memorable.

His motivation remains simple.

"A passion to explore and prove to myself that I can do anything."

And he's not finished yet.

Roger is already chatting to our Travel Agent, Paul in Burnie Brae Travel Connections to start planning a trip to Canada and Alaska in 2027.

His message to others is one he lives by every day:

"It's never too late to do what's in your head to do. The world provides great things for us to explore."



A Note from Vivian, Care Partner – Support at Home Team

I first met Roger in 2022 while I was the Care Partner for his wife, Linda. Later, Roger asked me to become his Care Partner as well.

Over time, I have developed a strong rapport with both Roger and Linda, and it has been a privilege to support them along the way. Through the Support at Home Program, I've assisted Roger with arranging transport, accessing allied health services such as physiotherapy, podiatry and massage, and organising meal support through providers like Lite n' Easy, helping him maintain his independence and continue doing the things he loves.

Roger has always had a deep love for travel, camping and adventure. Every few months, he sets off in his caravan to explore somewhere new, embracing nature and making the most of every opportunity.

His outlook on life is genuinely inspiring. Roger reminds me that life is short, and it's important to enjoy it while we can.

His story is proof that age doesn't have to stop us chasing our dreams – sometimes, it simply gives us more reasons to pursue them.

Feeling inspired by Roger's travels? Start planning your own bucket list adventure with our Burnie Brae Travel Connections team! See the back page for more details.



Pantry Donations

1st Wednesday of the month is Pantry Day! Which means Robyn, Margie and our amazing volunteers are giving out goodies at our Chermide Centre. A fuller pantry. A cheaper weekly shop. What's not to love?

For just \$5, eligible pension, concession, seniors and health care card holders can stock up on pantry staples like pasta, rice, canned goods, long-life milk, tea, sauces and more.

Would you like to donate to our program? We're currently low on cereal – weetbix, oats, cornflakes etc, muesli bars, pasta sauce, tinned tomatoes and tinned fish like tuna or salmon. Any donations of in-date, non-perishable items are always appreciated and make a real difference. Cash donations also welcome.

To find out more about Project Pantry, visit burniebrae.org.au/projectpantry, call **3624 2121** or visit Burnie Brae Reception at 60 Kuran St, Chermide.



Linda's spot in the Arctic wilderness

Feedback That Creates Change

Sometimes people feel nervous about making a complaint. You might worry about causing trouble or affecting your services.

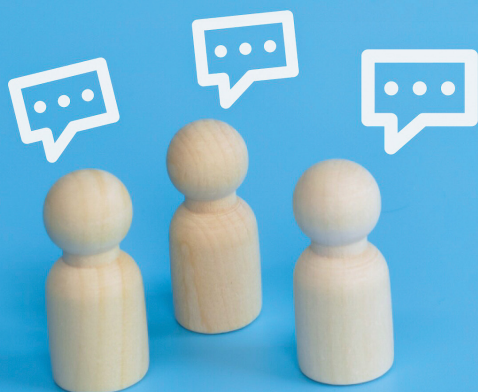
We want to reassure you - that is never the case. At Burnie Brae, we genuinely want to hear from you.

Every piece of feedback helps us learn, improve and provide a better experience for our clients and members. Many positive changes come directly from people speaking up.

At Burnie Brae, we see feedback and complaints as opportunities to learn and do better. Importantly, under the Aged Care Act, people who make complaints are protected from unfair treatment, discrimination or harassment.

If you need support to speak up, there's independent advocacy services to assist you in making a complaint or sharing feedback:

Older Persons Advocacy Network (OPAN) | 1800 700 600 | open.org.au/get-support and Aged & Disability Advocacy Australia (ADAA) 1800 818 338 | adaaustralia.com.au.



Annie & Amanda (pictured left to right)

Meet Your Quality Team

Behind the scenes, our Quality Team, Annie and Amanda, help ensure your voice is heard and acted on by:

- Managing feedback and complaints
- Monitoring trends and recurring concerns
- Developing improvement strategies
- Sharing outcomes with our community

Look out for our quarterly newsletter feature, Your Voice, Our Focus, with the next update coming in August.



Beanies for Feeney

From balls of wool to warm winter beanies, our Craft & Chat group has been busy knitting and crocheting almost 30 handmade beanies for the Beanies for Feeney appeal, organised by ABC Brisbane.

The beanies will be distributed through charities and community organisations supporting people experiencing homelessness and hardship this winter. And the group isn't stopping there - they're already planning next year's collection!

If you'd like to join them, bring along your latest project and enjoy a morning of creativity, conversation and a cuppa. Whether you enjoy knitting, crochet, embroidery, paper craft or something else entirely, everyone is welcome.

Tuesdays 9:30am-12pm

Burnie Brae Hall (Activity Room), 60 Kuran St, Chermside
Members \$5 - pay on entry, no bookings required

Club Respite

More Than Just a Day Out

Looking for somewhere to go during the week? A chance to get out of the house, meet new people and enjoy activities you love? That's exactly what Club Respite is all about.

Despite the name, Club Respite isn't just for people who need a high level of support. Many participants are very independent and simply enjoy the social connection, outings and activities, while others appreciate a little extra support throughout the day. Whatever your situation, our friendly Support Workers are there to help everyone feel welcome, included and supported.

Club Respite also gives carers the opportunity to enjoy some regular time to themselves, knowing their loved one is safe, engaged and having a great day.

Every day is different, with activities including arts and crafts, live entertainment, outings, games, gentle exercise and plenty of opportunities to relax over morning tea with friends. Recent adventures have included trips to Mt Coot-tha and Samford, birthday celebrations, walks through Burnie Brae Park and the men's group outing to Griffin Rocks Café.

While the activities are always popular, it's the friendships that people value most. Having somewhere to go, familiar faces to catch up with and something to look forward to each week can make a real difference.

Participants enjoy a full day of activities, morning tea and lunch, with transport available (subject to location). Funding may be available through the Commonwealth Home Support Programme and Support at Home. We also welcome private clients and brokered referrals from other providers.

Not sure if Club Respite is right for you or someone you care about? Come and see for yourself.

FREE Morning Tea Trial

Meet the team, chat with participants and experience the program before deciding if you'd like to join the fun.

Call **3624 2121** or visit **burniebrae.org.au/respite** to learn more.



Men's Health: Building Strength Inside & Out

Written by Jin, Exercise Physiologist

As an Exercise Physiologist, I spend a lot of time talking about physical health. But Men's Health Week is a good reminder that mental wellbeing deserves just as much attention. A healthy body and a healthy mind go hand in hand.

Many men grow up hearing messages like "toughen up" or "just get on with it". While resilience is important, being strong doesn't mean handling everything on your own. Sometimes it means talking things through, staying connected and knowing when to ask for support.

Exercise can play a powerful role. Not only does it improve physical health, but it can also reduce stress, boost mood, improve confidence and create opportunities for connection. Some of the best conversations happen during a walk, at

the gym or while exercising with others.

At Healthy Connections, people often come to improve their strength, fitness or mobility, but they also gain something equally valuable: connection, confidence, routine and support.

During Men's Health Week, we asked our male gym members, "What keeps you healthy and well?" Exercise and healthy eating got a mention. But so did coffee with mates, having somewhere to be, keeping busy, getting out of the house, having a laugh and staying connected.

Because healthy ageing isn't just about staying active - it's about finding the right balance. And that's exactly what our member exercise sessions at Healthy Connections offer!

Nutritious food, balance exercise - strength and aerobic. Being interested in life, good quality sleep. Relationships with me family and pursuing my passions. - Peter, 76

Coming to the gym twice a week, doing different exercises - and the most important part...a cup of coffee and socialising afterwards! - Lance, 85

I enjoy taking the dog for a walk and the guilty pleasures in life. Just enjoying life Going out for scenic drives. - David, 78

Dealing with Diabetes

What can real-life diabetes management look like? Di shows us!

Supported exercise sessions, regular blood glucose and health checks, expert guidance from Exercise Physiologists like Trinity, and plenty of encouragement along the way.

Our Dealing with Diabetes program helps people living with Type 1 and Type 2 diabetes build strength, confidence and healthy habits in a safe, supportive and social environment.

Learn more on our website, call 3624 2185 or pop in to see us at 60 Kuran St, Chermside



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

Brisbane Tramway Museum

Step back in time with us, where the sights, sounds, and charm of vintage Brisbane come to life. Wander through beautifully restored trams, discover stories from the city's transport history and ride on a classic tram as it glides along the tracks just like it used to.

Added date, last one sold out!

**Thursday 6 August 2026,
9:25am - 12:40pm**

Members \$48.00, incl. transport, admission & morning tea



Romeo and Juliet

The story you know. An experience you'll never forget. This beloved production brings Shakespeare's tale to life in medieval Verona where the innocence of first love threatens to unravel everything. Whether you're new to ballet or returning to a beloved tradition, this is an experience to fall head over heels for.

**Wednesday 19 August
2026, 12:30pm - 5:30pm**

**Members \$153.00 including
ticket (Lyric Theatre,
QPAC) & transport**

**Book at Burnie Brae Reception or call 3624 2121. Day trips
include transport from and returning to Kedron Wavell
Services Club. We cannot accommodate any mobility aids.
Supported outings available with Club Respite.**

Brisbane Motor Museum

Coupes, Customs & Convertibles is a celebration of style, freedom and pure automotive excitement. From sleek, performance-inspired coupes, to stunning convertibles made for cruising with the top down and the world rolling by. And then there are the customs - bold, creative, completely unique builds that break the rules and steal the spotlight.

Thursday 13 August 2026, 9:15am - 12:15pm

Members \$52.00, incl. transport, admission & light morning tea



Learn & Connect Pop-Up

Thinking about retirement, investing, estate planning or leaving a legacy for future generations? Discover expert financial advice from Three Chairs Financial Services to help you plan with confidence. Drop by to grab some information, have a chat and ask any questions - no bookings required.

Tuesday 14 July 2026, 9am - 11am

**Members Lounge,
next to Reception
60 Kuran Street,
Chermside**



Cyber Security Talk

Unpaid tolls. Missed parcel deliveries. Suspicious account alerts. Have you received an email or text message like this? Scammers are getting smarter - would you know how to spot a fake?

Join Bob from Fair Trading for a free Cyber Security session and learn practical tips to stay safe online and protect yourself from common scams.

Book a spot at our next free sessions held at our Chermside Community Centre
**burniebrae.org.au/events,
call 3624 2121 or visit
Reception**



Out & About

Pilates Class

Core strength. Better balance. Good posture. And a friendly group to start your Friday with. Join Zorica for Matwork & Standing Pilates, where we'll challenge your body in all the right ways with a combination of floor and standing exercises.

Fridays 7:30am-8:30am
Members \$15 per session

Be Back Soon

Brisbane City Council Active & Healthy free classes are taking a short break, but they'll be back soon! Chair Pilates returns Tuesday 14 July and Chair Zumba returns Wednesday 15 July.

Both classes run from 7am-8am in the Burnie Brae Hall (60 Kuran St, Chermside) and will continue through to mid-June 2027, excluding school holidays and public holidays.

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

Origin Fever: For State of Origin Game 2, we searched high and low for a Blues supporter and eventually found Peter at Healthy Connections... wearing blue to his exercise session.

Turns out it was all part of his master plan...reverse psychology. A bold move, Peter. And it worked!



Saved Possum: Maintenance, repairs, possum rescue... all in a day's work. After taking an unexpected tumble from a tree in the Burnie Brae park, this little possum found itself needing a helping hand. Luckily, Geoff, our maintenance man was nearby to make sure it was safe and sound.



Fitness Meets Funky: Our member exercise sessions at Healthy Connections on Fridays are fueled by funky socks, friendship and fun times. Exercise is important but so is out funking each other's socks!



42.2km for a Great Cause: After 9 months of training, our Exercise Physiologist Chloe completed her 42.2km marathon and raised over \$4,000 raised for Cancer Council QLD. We're incredibly proud of her effort and thank everyone who donated to the cause.

Travel Deals

OPEN TO
THE PUBLIC

Paul at Travel Connections has been great. He did a great job procuring flights and booking our river cruise. Thoroughly recommend.

Anita

First time at Travel Connections in Chermside and Paul couldn't have been more helpful. A peaceful atmosphere and first-class services. I'll be back!

Jan

Travel Connections, especially Sonja were fantastic in organising our recent trip to Vietnam. Sonja had vast knowledge on Vietnam and provided great tips on many small details such as tipping, visas and transfers.

Castaway Island – Fiji

Relax, recharge and embrace island life. The island is a lush tropical paradise, surrounded by pristine white-sand beaches, crystal-clear waters and vibrant coral reefs, making it one of Fiji's most loved island resorts.

Inclusions

- 5 nights at Castaway Island Fiji
★★★★ in a Island Bure
- Breakfast, lunch and dinner daily
- Return scheduled shuttle transfers to/from Nadi airport and boat transfer from Port Denarau to Castaway Island

From \$2,409* per person twin share

Save \$567* per person

Offer ends: 31 July 2026

Valid for travel: 1 Dec 2026 - 7 Dec 2026,
15 Jan 2027 - 25 Mar 2027

Cultural Flavours of Japan

Discover the flavours, culture and traditions of Japan on this unforgettable 12-day journey.

Stay in a boutique onsen hotel, enjoy curated food experiences in Tokyo, Kanazawa and Osaka, learn to make ramen and sushi, visit UNESCO-listed Shirakawa-go, sample premium sake in Takayama, experience an evening with a geisha in Kyoto, and take part in meditation and morning prayers with monks on Mt. Shigi.

\$12,999* per person twin share

Add on \$2,519* for sole use

Offer ends: 01 August 2026

Valid for travel: 9 Nov 2026 - 20 Nov 2026

Explore travel deals
travelconnections.org.au

We take care of everything to make it effortless – holiday packages, cruises, flights, accommodation, travel insurance and more so your entire trip is stress-free.

See our travel experts Paul and Sonja at the Burnie Brae Centre or call 3624 2191.

**T&Cs apply, contact us for details.*

