

September 2026

Burnie Brae Newsletter



You're invited to our first Seniors Expo

"What support is out there for me?"
"Who can help with this?"
"Where do I start?"

We hear questions like these from our members, clients and families all the time. And that's exactly what inspired us to plan our first Burnie Brae Seniors Expo.

On Wednesday 9 September, we're bringing more than 30 local organisations and experts together under one roof so you can come along, have a chat, ask questions and discover what's available in your community.

You might be thinking about staying active and independent, planning for the future, making your home easier to live in or simply finding new ways to stay connected. There'll be plenty to explore, from aged care, health and wellbeing and mobility to legal and financial planning, downsizing, retirement living, home modifications, carer support and staying safe online.

Free educational talks from our exhibitors will run throughout the

event in the activity space within the event hall. Come along to hear practical tips and advice from the experts. No bookings required.

And while you're here, come and say hello to the Burnie Brae team and discover more about our allied health services, in-home care, social groups, activities and other ways to stay connected and keep doing the things you love.

Bring your partner, a friend, family member or carer, grab a cuppa and wander around at your own pace.

Wednesday 9 September 2026
10am-1pm

Burnie Brae Centre,
60 Kuran St, Chermide

Free entry - no bookings required

Our café will be open to purchase food and drinks.

There's free parking at Burnie Brae and nearby, plus a free shuttle running throughout the event looping between Kedron Wavell Services Club (located down the road from our Centre) and Burnie Brae from 9:30am - 1:30pm.

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POP UP TALKS	SPEAKER	TIME
Staying Active & Healthy: Allied Health Services	Burnie Brae Healthy Connections	10:10am
Club Respite: A Break for Carers, A Supportive Place for Loved Ones	Burnie Brae Club Respite	10:30am
Staying Independent with Support at Home	Burnie Brae Care Team	10:50am
Understanding Palliative Care & Your Options	Palliative Care Queensland	11:10am
Looking After Your Hearing	Hearing Australia	11:30am
Estate Planning for Your Golden Years	Kate Redman & Associates	11:50am
Aged Care: Knowing Your Rights & Getting Support	ADA Australia	12:10pm
Living Well with Epilepsy	Epilepsy QLD	12:30pm

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



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



Community Corner

It's the people we meet, their stories and the things they love that make our community so special.

Stories from our clients

Louise, one of our Support Workers, recently shared a special glimpse into Beryl's world.

Beryl's much-loved rescue dog, Lilly, is never far from her side and has been a cherished companion over the years. Beryl has also shared a lifelong passion for African violets. She was a proud member of the African Violet Society for an incredible 50 years, sharing her knowledge and love of these beautiful plants with fellow enthusiasts.



Speaking of African Violets... Annette Has Some Tips!

After hearing about Beryl's 50-year love of African violets, we thought we'd ask Annette, one of our Community Nursery volunteers, for some tips!

Make friends with African Violets, don't be scared. They are tougher than you think.

They just need a few basic things from you and they will repay you with beautiful blooms.

First thing is good natural light but not direct sunlight so put them near a window or door but not in the sun.

They don't like to be too wet so only water when the top soil feels dry. Then sit the pot in a tray of tepid water and allow to sit for about 20 minutes. Remove from the water and allow to drain. Avoid getting water on the leaves as it can damage the leaves and cause leaf rot.

Fertilise with a soluble African Violet fertiliser or a weak solution of general flowering fertilizer in the water as they soak every couple of weeks. Use an open soil mix that is free draining and keep it in a small pot because the roots like to be a little crowded. Don't fuss too much



about them. Just enjoy the beautiful blooms. Cut off the old flowers and any old leaves that look damaged or tired.

If you do break off a healthy leaf cut the stem to about one inch in length and put it in seed raising mix, cover the pot with plastic for humidity, keep it damp and a new plant will grow. Happy growing.



Christmas Market Countdown

We're getting things ready for our Burnie Brae Christmas Market on Saturday 21 November! If you're a maker, creator, baker, small business or have something fabulous to sell, stallholder applications are now open.

Apply now at burniebrae.org.au/marketstall or visit Burnie Brae Reception to fill out a printed form.

More details about the market are coming soon - watch this space!



Father's Day Raffle

Forget socks and mugs this Father's Day - win something much better! Treat Dad, Grandad, your best mate... or yourself to the chance to win one of 3 fantastic prizes - \$500 Burnie Brae Travel Connections voucher or two awesome prize hampers packed with chocolates, wine, Brisbane Motor Museum tickets and more.

Tickets are just \$5 each or 3 for \$12 and can be purchased at burniebrae.org.au/raffles, by calling 3624 2121 or at Burnie Brae Reception. Our lucky winners will be drawn Friday 11 September after our Seniors Expo.

Burnie Brae Nursery Volunteers Glenys and Annette



Community Nursery

Our Community Nursery is open Tuesdays from 9am-1pm, with plenty of natives, herbs, indoor plants and more to brighten up your home - all at affordable prices! Plus, every dollar raised goes straight back into our programs.

Located at Burnie Brae Centre, 60 Kuran St, Chermide (carpark entrance)

Got a green thumb and a little time to spare? We're looking for volunteers to help in the nursery on Mondays and Wednesdays, 8:30am-1pm. Express your interest at burniebrae.org.au/volunteer or email volunteers@burniebrae.org.au.

We're also seeking donations of healthy, rooted potted plants to give them a new home - no cuttings, please!

Seniors Cabaret Showcase

Following on from their successful masterclasses, some of Brisbane's most talented seniors are ready to take centre stage! Join our performers as they sing, dance and light up the stage alongside their mentor, Gregory Moore, showcasing the skills and confidence they've built during their masterclasses. Come along, enjoy the entertainment and cheer them on!

**Wednesday 16 September,
11am - 12:15pm**

Free entry, bookings not required

**Burnie Brae Hall -
60 Kuran St, Chermide**



Carers Support Group

The group is designed specifically for carers to talk, connect and share with others in a similar role.

At our next catch-up, we'll explore Authentic Relating - a chance to look at how we connect with ourselves and others. We'll use the idea of "welcoming everything" to notice our thoughts, feelings and experiences without needing to judge, change or fix them.

It's an opportunity to reflect on what we bring to our relationships, how we respond to ourselves and others, and how a little more self-awareness can help us build more genuine connections.

First Thursday of the month from 10am, Burnie Brae Hall (Activity Room). Free to attend, no bookings required.



Club Respite Adventures

Our Club Respite crew has been out and about making memories again on our Supported Outings!

- Checking out the Pine Rivers Show
- Pub lunch and a few games of snooker
- Watching blockbuster movies
- Lord Mayor's Concerts: Organist Christopher Wrench & Hopelessly Devoted to Olivia
- And so much more

Back at our Chermside Centre, we celebrated Ekka with strawberry ice creams, creative crafts, games and plenty of flanno fun! We also enjoyed live entertainment and a range of fun activities throughout the week.

We welcome you to join us to discover new experiences, make friends and stay connected, while giving carers the opportunity to take a well-earned break.

Our friendly Support Workers accompany every outing, transport from home may be available and lunch is included! Funding is available through Commonwealth Home Support Program and Support at Home, whether you are with Burnie Brae or another aged care provider, or you can pay privately.

Join us for a free morning tea trial to see what it's all about! Call 3624 2121 or visit burniebrae.org.au/clubrespite to learn more.



Active August

Written by Trinity,
Exercise Physiologist

Our members made the most of Active August with plenty of movement, a few laughs and some good company along the way. Whether you're building strength, improving your balance or just getting your body moving, it all counts!

Setting yourself one simple goal can be a great way to build healthy habits that last beyond winter.

You could aim to:

- Walk for 30 minutes five days each week.
- Complete two strength sessions each week.
- Stand up and move every hour throughout the day.
- Stretch for 10 minutes before bed.
- Try a new form of exercise such as swimming, Pilates or cycling.

Building healthy habits doesn't have to happen on your own. If you'd like personalised support to become more active, our team of Accredited Exercise Physiologists are here to help.

Whether you're returning to exercise after a break, managing an injury or health condition, or simply looking to improve your strength, balance and confidence, our team can develop an exercise program tailored to your individual needs and goals.

Getting Started

Our Starters Pack offer includes a health and fitness assessment, personalised plan and one-on-one session with one of our Exercise Physiologists for \$125 (Burnie Brae MemberPlus Members discounted to \$100).



Meet Our New Physiotherapists

We're pleased to welcome Erin and Priyanka to the team, bringing a wealth of experience and specialised skills to support our community.

Erin has a focus on falls prevention, chronic pain, trauma-informed care, orthopaedic rehabilitation and neurological rehabilitation.

Priyanka specialises in acute care, rehabilitation, orthopaedics, cardiorespiratory physiotherapy, geriatrics, falls prevention, and mobility and functional rehabilitation.

If you or someone you know could benefit from physiotherapy support, get in touch with our team to make an appointment.

Funding and rebates available, or pay privately.



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

News & Updates

Aged Care Employee Day

Last month we celebrated Aged Care Employee Day by saying thank you to the incredible people who make Burnie Brae such a special place. From morning tea and cake deliveries to a shared lunch, it was our chance to recognise the dedication, kindness and compassion our team brings every day.

What shines through when you talk to our staff is a shared passion for building meaningful relationships, supporting independence, listening to life's stories and helping people live well. They know that even the smallest moments of care can make the biggest difference. To every member of our team, thank you for the heart you bring to your work and the positive impact you have on our members, their families and each other.



Help Us Keep the Pantry Stocked

We're currently looking for donations of cereal, baked beans, spaghetti, tinned soup, biscuits and tinned vegetables such as peas, corn, carrots, green beans and mixed vegetables. Have a few spare items in the cupboard? Your donation could help fill someone else's. We welcome in-date, non-perishable food items, as well as cash donations.

To find out more about Project Pantry, visit burniebrae.org.au/projectpantry, call 3624 2121 or visit Burnie Brae Reception.



A Special Connection Discovered

We recently welcomed Luke Richmond MP, Labor Member for Stafford, to Burnie Brae for a tour of our Chermide Community Centre with CEO Andrew Watson.

What we didn't expect was to discover just how personal his connection to Burnie Brae was. He shared that after his grandfather passed away, his grandmother became part of the Burnie Brae community - finding friendship, connection and plenty of ways to stay active.

During his visit, Luke chatted with our members, explored the centre and saw the many activities and services happening under one roof.

A New Face at the Café

We recently farewelled our lovely Lucy, who headed off on a travel adventure before making her way back to South Korea. Now, we're excited to welcome Eve to Café Connect! Originally from Wales, Eve is settling into life at Burnie Brae and getting to know our community one coffee at a time!

Drop in for a barista-made Merlo coffee from just \$4.50, or treat yourself to an iced coffee, milkshakes, tea, hot chocolate or a delicious treat.

Open weekdays 7:30am - 2:30pm at Burnie Brae Centre - 60 Kuran Street, Chermide.



Member Connect

Step Into Line Dancing

Our 8-week Line Dancing Raw Beginners Workshop is made especially for complete beginners. Learn the basics at an easy pace, with simple steps, plenty of repetition and lots of laughs along the way.

**8-week workshop:
21 September-16 November 2026**

**Classes held on Mondays,
11:45am-12:45pm**

**Limited to 32 people - bookings
required, call 3624 2121 or
visit Reception**

Members \$10 per session



Lights, Camera, Bollywood!

Our fabulous Bollywood dancers were back on stage, this time dazzling the crowd at KALP – A Festival of Creativity! After weeks of practice, the ladies brought their energy, colour and passion for dance to the stage - and they absolutely lit it up!

Fancy giving Bollywood a go? Come along, learn some moves, meet new people and join the fun - no dance experience needed!

Thursdays, 9:30am-10:30am (Centre closed on public holidays)

Members \$10 per session (pay on entry, bookings not required)



Coffee With a Side of Creativity

Burnie Brae Support Workers Vanessa and Julie enjoyed a good ol' coffee and catch-up at Café Connect - with a vibrant backdrop! Our talented Art Group created this brand-new pop art mural, adding a splash of colour to the Centre.

Feeling inspired? Come get creative with us! Join us Mondays, 8:45am-11:15am in the Burnie Brae Rear Hall. No experience or supplies needed for your first class - Petra, our art teacher, will guide you from there.

**TIME CHANGE: notice for our
current Art Group members -
classes now finish at 11:15am.**

Blokes & Banter

Our very first Blokes & Banter meetup had plenty of familiar faces in the mix, including retired Burnie Brae Board Members Neville & Bill and our CEO Andrew.

Good blokes. Good chats. A bit of banter. And hopefully the start of something pretty great.

Join us on Thursdays
(fortnightly from 3 Sept),
10:30am - 11:30am. Free for
members, bookings required.
Held in Burnie Brae Hall
or Respite, please confirm
location at Reception.



Summerland Camels

Discover the beautiful Scenic Rim and meet a herd of gentle camels at Summerland Camels. Enjoy a guided camel encounter, tastings, a hearty lunch and camel milk gelato on this unique day out.

**Thursday 15 October 2026,
9:00am - 2:45pm**

**Members \$107
incl. transport, guided
tour, taste & camel
encounter, morning tea
and lunch**



Member activities are held at Burnie Brae Centre – 60 Kuran Street, Chermide. Trips depart/return to Kedron Wavell Services Club. To book, call 3624 2121 or visit Burnie Brae Reception.

Travel Connections



OPEN TO
THE PUBLIC

Tasmania Awaits – Travel Solo, Together

Hobart Return | 12 Day Land Tour | April 2027
Now \$12,095 pp, save \$1,000 pp

From rugged wilderness and mountain scenery to charming towns, lavender fields and unforgettable cruises, Tasmania delivers a little bit of everything on this 12-day adventure.

Travel alongside a friendly group of like-minded solo travellers, with an expert Tour Director and experienced driver to guide you along the way. With a dedicated solo departure, you can enjoy the freedom of travelling independently while sharing the experience with a welcoming group.

Explore Hobart, Cradle Mountain, Launceston and Bicheno, cruise the spectacular Gordon River through the Wild Rivers wilderness, wander through the ancient Tarkine rainforest and soak up the colour and fragrance of Bridestowe Lavender Estate.

Travelling with a friend or partner? Ask us about group departures with double or twin-share accommodation, so you can experience this incredible Tasmanian journey together.

- Dedicated solo traveller departure with no more than 30 guests
- Enjoy your own private room throughout the tour
- 11 nights hand-picked accommodation
- Finest dining – a total of 23 meals
- Services of an APT Tour Director and experienced driver
- Experience the tranquillity of a Spirit of the Wild cruise through Tasmania's spectacular wilderness
- Explore Dove Lake with a local guide, admiring the beauty of Cradle Mountain-Lake St Clair National Park
- Enjoy lunch and sample some of the winery's finest drops at Josef Chromy

- Day 1** Hobart, Freedom of Choice
- Day 2** Russell Falls, Cradle Mountain, Strahan
- Day 3** Strahan, Gordon River, Cradle Mountain
Signature Experience
- Day 4** Cradle Mountain, Dove Lake
Signature Experience
- Day 5** Stanley, Tarkine, Smithton
Signature Experience
- Day 6** Smithton, Launceston
- Day 7** Launceston
Signature Experience
- Day 8** St Helens
Signature Experience
- Day 9** Freycinet National Park, Bicheno
- Day 10** Bicheno, Ross, Richmond, Hobart
- Day 11** Hobart, Port Arthur
- Day 12** Depart Hobart
Enrich Your Experience

Explore travel deals
travelconnections.org.au

Ready to start planning? Paul and Sonja at Travel Connections can help create a holiday tailored to you. Travel Connections is open to everyone, whether you're a Burnie Brae member or not.

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

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

