



Issue 9: October 2020 NEWSLETTER

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CONGRATULATIONS MARGARET

AWARDED LIFE MEMBERSHIP OF BURNIE BRAE

It is with great pleasure that we award Life Membership of Burnie Brae to Margaret Keen.

Margaret first joined Burnie Brae in 1999 and immediately became involved as a volunteer receptionist, one day a week for an extended period of time. As Margaret became more involved with the Centre she was always available to help set up and dismantle tables and displays for functions and was consistently willing to help with the handling of money for these functions.

Margaret fulfilled the role of selling Melbourne Cup sweep tickets at the Melbourne Cup Day functions. For many years she volunteered to act as one of the models for the Cent Auction Day Fashion Parade, as well as assisting with the running of the Cent Auction Functions.

Margaret's interest in Burnie Brae became more apparent when she was elected as a member of Burnie Brae's Management Committee where she served with distinction including several years as Vice President.

Congratulations Margaret, and thank you for your service over the years.



Pre-COVID image

OCTOBER ACTIVITY UPDATES

Additional Tuesday Morning Classes
Strength and Balance | 6:15am - 7:00am
Cardio | 7:00am - 7:45am
 Classes are \$8.00 each and held in the Burnie Brae Hall. Classes are taken by fitness instructor Ama.

Italian classes

Our second term of Italian Classes resumes on Monday October 12, 9:30am - 10:30am. We are also introducing a beginner's Italian class which commences Monday October 12, 10:45am - 11:45am. Both 'courses' will run for 8 weeks.

Beginners Gypsy Rumba

Give Gypsy Rumba a go at our new beginners class, and enjoy your first class FREE. Classes begin October 6, 3:15pm - 4:15pm. After your first class the cost per class is \$15.00.

Yoga

Yoga resumes on October 22. It will be held every Thursday from 3:15pm - 4:15pm and is \$8.00 per class.

UPCOMING EVENTS AT BURNIE BRAE

October 10

Healthy Connections Plus Enoggera Open Day

Try a Reformer Pilates Class | Free

October 13

Collage & Stitch

GOLD Program | \$5.00

October 20

Make a Pendant Necklace

GOLD Program | \$5.00

October 28

Roly Sussex

Centre Presentation | \$15.00

November 13

Alcohol Appreciation - NEW Event

Presentation and Tastings, maximum 30 people | \$20.00

CENTRE PRESENTATIONS:



ROLY SUSSEX *SECOND PRESENTATION

October 28 | 10:00am - 11:30am | Incl. Morning Tea

If you missed out last time, Roly Sussex is returning to Burnie Brae for round two!

As an emeritus professor of applied language studies, Roly has many interesting insights into COVID-19 and the impact the pandemic has had on language.

"The COVID-19 pandemic has left a major imprint on our language, and one which will be easily visible to later historians." Apart from making the numeral "19" famous, it has forced us to become familiar with "flattening the curve", "social distancing" and similar slogans. Join us at this presentation to learn more!

\$15.00

Book via Burnie Brae Reception
or call (07) 3624 2110



QIMR BERGHOFFER PRESENTATION

November 18 | 10:00am - 11:30am

Clare Blake from QIMR Berghofer Medical Research Institute would love to show you some of the exciting things we have been working on during this very strange time.

- 14 different areas of research into COVID-19 including the effects on people with cancer and why only some people suffer complications.
- How the team gave some very brave volunteers worms and why most of them refused to give them up!
- Possible treatment for glaucoma blindness.
- You will see mini brains and mini hearts made to safely test new treatments.
- Wouldn't it be great if you never had to have another endoscopy?

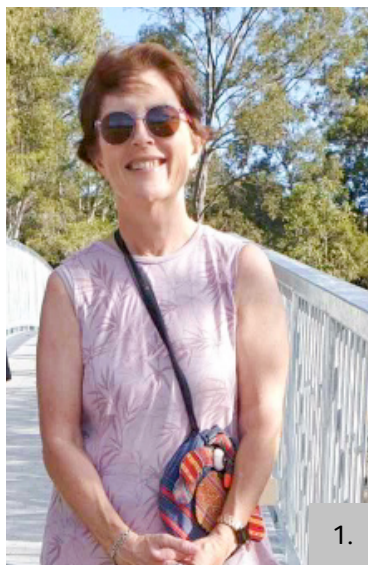
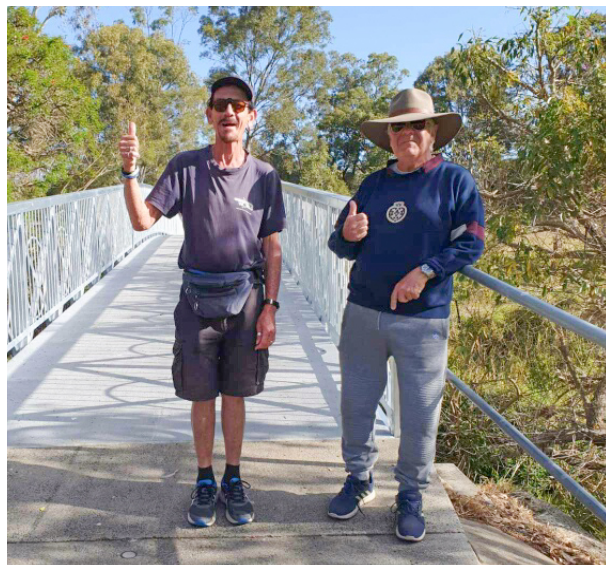
FREE

Book via Burnie Brae Reception
or call (07) 3624 2110



SEEN OUT

AT BURNIE BRAE



1. 7th Brigade walking group 2. Rainbow Lorikeet at the Burnie Brae Centre 3. GOLD Rag Rug Workshop 4. GOLD Book Art Workshop

Pre-COVID image



GIVE DANCE MOVES A GO

DANCE TOGETHER IN A SOCIAL ENVIRONMENT

Our Wednesday night Dance Moves class fuses a wide variety of dance types in one fun and social class! Learn Ballroom, Modern, Old time and Latin dance with friendly instructor Kelly.

With 34 years experience, Kelly is a professional ballroom dancer who is delighted to teach you all styles of Ballroom, New vogue and Latin dancing. The first hour starts off with beginners finishing the second hour with intermediate. You will learn 4 specific dances each month.

Ballroom dancing is a great form of exercise to improve balance, mobility and motor skills whilst having fun and gliding around the dance floor. This class is casual and encourages participants to have fun and not worry too much about perfection. The focus of the class is learning together in a social environment without judgement. If you are interested in joining simply turn up to our Wednesday night class which runs from 7:30pm-9:30pm. There is no need to have a partner, all are welcome!

NURSERY NOW OPEN MONDAYS

VISIT US AND SNAP UP SOME GREAT DEALS!



October GARDEN TIPS

Seeds to plant now

Sowings of a wide range of vegetables can continue this month. Try tomatoes, eggplant, capsicums, cucumbers, pumpkins, watermelons, silverbeet, beans, snake beans, rosella, okra, and sweetcorn.

Add some colour

Spring flowering annuals can still be planted out this month for patches of instant impact colour – pansies, violas, poppies, cinerarias, calendulas are just a few.

Trim & tidy

The inside of your home isn't the only place that deserves a spring clean. Prune trees and shrubs to remove any withered winter leaves. Trim your hedges this month to encourage new growth.

Get creative with pots

You can make a pot out of many common objects. An old bucket makes a great pot. Simply drill a few holes in the bottom and pretty it up by wrapping the bucket in a hessian bag or jute cord.

Seeking donations

Our nursery is seeking donations of rooted plants. Any donations would be greatly appreciated.



FRIENDSHIPS

AT BURNIE BRAE

Submission by Sandy Jewell



Creating connections is a huge part of what we do here at Burnie Brae. We love hearing your stories of connections and friendship. This month hear what Sandy had to say:

"Since I have been tutoring computer at Burnie Brae for the past 10+ years, I have had the joy of making friends with some of the pupils. We exchange doggie stories, cuttings of plants, interesting emails and even occasionally, meeting for lunch. My most memorable friends which immediately pop into my head are Barbara (doggies), Anne (plants), Gene (interesting emails) and Trevor and Paulina (lunches and solving mobile phone problems)."

THANK YOU FOR YOUR DONATIONS!

We have been lucky to receive a number of donated kettles and toasters as part of our Rise-Up initiative. Next month we are seeking bath mats and towels. Any donations would be greatly appreciated.



FROM THE SALON

Check out our 100 % organic, Australian made, and cruelty-free haircare products available at the Burnie Brae Hair Salon! Do you suffer from dry, itchy scalp, or experience hair thinning or loss?

Pop in for a complimentary, personalised consultation on our full range of Pump Haircare products and accessories. Our salon is open from 7:30am - 3:30pm Monday to Friday.



MEMBERS EXCLUSIVE | ONLY 20 SPOTS



EXPRESSIONS OF INTEREST SYDNEY TRIP 2021

April/May 2021

We are now taking expression of interests for a 2021 Sydney package, including a premium ticket to Hamilton the musical.

INCLUSIONS:

- Transfers to the airport*
- Return domestic airfare
- 2 night's accommodation
- All-inclusive premium dining on Sydney Harbour cruise
- Premium ticket to Hamilton the musical at Sydney Lyric theatre * non-refundable or transferable*
- Total price based on twin share. T&C's Apply

\$1225 pp Register your interest at Burnie Brae Reception



MEMORY THROUGH MOVEMENT

NEW ACTIVITY AT BURNIE BRAE - LOW IMPACT CARDIO

The vestibular system is the sensory system often associated with dizziness and balance problems.

This class will work on exercises that will help you facilitate the vestibular system through movement, which may assist with improving your reaction time, attention and memory.

Though balance is considered the primary function of this sensory system, it is so much more than that. Taught by Burnie Brae Qigong (Tai-Chi) teacher, Nadine.

Come and try this class and see what 'Memory through Movement' can do for you!

This activity will be held every Thursday from 12:45pm - 1:45pm, beginning October 1, 2020.

\$8.00 per class.



COMPUTER CLASSES

AT BURNIE BRAE

No more waiting for the grandkids to visit
- book a free computer class at Burnie Brae!

Learn basic internet and computer skills on your smartphone, tablet or laptop in a fun, friendly and relaxed environment. Our tutors understand your needs and can personalise the class to you, no matter your experience level.

Topics you can learn about include:

Communication: Talk to friends and family anywhere in the world using programs such as Skype. Sign up and learn how to use Facebook.

Shopping: Shop for clothes, household items, music, movies, order meals, and groceries online.

Photos: Capture, manage and share photos with your friends and family.

Movies: Hire movies or sign up and use services such as Netflix and Stan.

Banking: Utilise internet banking for secure, online access to a range of banking features such as managing your accounts and payments.

Forms: Lodge forms with health providers and some government organisations such as passport applications, tax, and housing.

Security: Although the internet is very useful, it helps to be aware of online scams and fraud and avoid becoming a target. Find out how to ensure that your information, privacy and finances are protected when you are connected to today's online world.

To book a free, one-on-one class please call (07) 3624 2110. Classes are available every Wednesday and Friday.



Pre-COVID image



OCTOBER QUIZ SPOT: ANIMAL TRIVIA

- Which Australian animal rarely drinks water?
a. Koala
b. Kangaroo
c. Sugar Glider
- What is a group of Giraffes called?
a. A Wall
b. A Tower
c. A Sky Scraper
- What is the only animal that cannot jump?
a. Elephant
b. Rhinoceros
c. Panda
- What colour is a polar bear's skin?
a. White
b. Pink
c. Black
- What is the only big cat that can't roar?
a. Puma
b. Cheetah
c. Panther
- Where is the only place dogs can sweat?
a. Under their feet
b. Behind their ears
c. Around their collar
- What colour is a flamingo when it is born?
a. Pink
b. White
c. Grey
- Which animal holds hands with one another when sleeping?
a. Grizzly Bear
b. Koala
c. Otter

1. a, 2. b, 3. a, 4. c, 5. b, 6. a, 7. c, 8. c



FREE HEALTH CHECKS

FOR MY HEALTH FOR LIFE WEEK

As we're living longer, it's in our interest to squeeze the most out of life! Even small lifestyle changes can lessen the risk of conditions that can impact our quality of life. Considering one third of all deaths are due to lifestyle-related chronic conditions and four per cent of hospitalisations are also lifestyle-related, it is important to protect your future by knowing your health risks.

The first step in creating a healthy lifestyle is knowing your starting point and what to work towards. Health checks can help you to understand your personal risk of developing health conditions and point you in the right direction with making healthier choices a part of everyday life.

Our Healthy Connections team will be offering free health checks at the Burnie Brae Centre this month as part of My Health for Life Week. The health check will include a chronic disease risk assessment, weight measurement, waist circumference, blood pressure check and grip strength test. This is a great opportunity as usually you would have to pay an appointment fee to gain this information at a doctor's office.

The My Health for Life program has helped many Australians get their health back on track. 70 % of participants in the program saw a reduction in their waistline measurements and 99 % of participants agree the program is positive and easy to understand.

Date: Wednesday October 7 & Thursday October 8

Time: 8:00am - 3:00pm

Place: Burnie Brae Reception (where the library was previously located)

No need to RSVP, simply pop by Burnie Brae Reception to receive your free health check.

THE HEART FOUNDATION

RECIPE SPOT



WHOLEMEAL FRUIT CAKE

INGREDIENTS

- 375g packet mixed dried fruit
- 1 cup (160g) pitted dates, chopped
- 405ml can apricot nectar
- 2 tablespoons honey
- 1 small (160g) Granny Smith apple, peeled and grated
- 2 eggs, lightly beaten
- 1 1/3 cups (175g) wholemeal plain flour
- 1 teaspoon ground cinnamon
- 1 teaspoon mixed spice
- 1/2 teaspoon bicarbonate of soda
- 1 cup (110g) firmly packed ground almonds
- 1/4 cup natural sliced almonds

METHOD

1. Grease a 20cm round x 7 cm deep round cake pan. Line base and sides with two layers of baking paper.
2. Combine mixed dried fruit, dates and nectar in a large saucepan. Bring to the boil. Gently boil for 5 minutes, stirring occasionally. Remove from heat. Transfer mixture to a large bowl. Cool 45 minutes.
3. Stir in honey, apple and eggs until combined.
4. Sift flour, spices and soda over fruit mixture, then add any husks remaining in sieve to the bowl. Add almond meal. Stir until well combined. Spoon mixture into prepared pan. Smooth over top. Sprinkle with sliced almonds.
5. Bake in a 150C oven (fan-forced) for 1 hour and 15 minutes, or until cake is cooked in centre when tested with a skewer. Cover top with a piece of baking paper. Wrap cake (still in pan) in a clean tea towel. Cool completely before turning out. Transfer to an airtight container.

GET THE SPRING BACK IN YOUR STEP!



Written by Sophie Pacek

Wow, I cannot believe we are already in October! This year has been interesting to say the least, and for a lot of people, exercise has not been a top priority. Even if you have returned to a regular exercise routine, today I'd like to discuss how to get the spring back in your step heading into the warmer months.

The days are starting to get longer and warmer, heading into the hotter months. Now is a great time to take advantage of the beautiful weather and head outdoors

- Regulates our body's internal 'clock' which assists with a healthy appetite and metabolism

It is recommended that we get at least 10-15 minutes of direct sunlight every day to reap these benefits (Holick, 2011). So why not get your dose whilst exercising! *Note:* even though it is important to have a moderate exposure to sunlight, remember to be sun safe by wearing a hat, sunscreen and sunglasses and drink plenty of water to avoid dehydration.

back into nature – In a techno-world, we are often either on our phones, TVs, computers or some kind of gadget. It is literally a breath of fresh air to step away from the devices and soak up our beautiful outdoors.

- It clears the mind – Whether I'm exercising alone or with someone, I tend to have a clear head and feel revitalised afterwards because my mind is taken away from current stresses.

“ I often walk past many fellow exercisers in the park. Even though I only say a brief hello or smile, it can brighten someone's day as well as my own!”

for some physical activity. Research shows that exposure to sunlight has a number of key benefits for our physical and mental health (Holick, 2011; Razzaque, 2018):

- A natural source of vitamin D – important for bone health (reduces the risk of fractures), our brains and immune system (which is particularly important during the pandemic)
- Stimulates the production of serotonin in our brain – serotonin is known as the 'happiness hormone' and is associated with improved mood and reduced stress
- Stimulates the production of melatonin at night – melatonin is known as the 'sleep hormone' because it assists with sleep quality

Other benefits of outdoor exercise:

- An opportunity for social interaction – I often walk past many fellow exercisers in the park. Even though I only say a brief hello or smile, it can brighten someone's day as well as my own!
- Getting away from technology and

Exercises perfect for spring:

- Gardening
- Walking
- Swimming
- Cycling
- Aqua Aerobics

I hope this article gives you some incentive to go outside and move! It really does put a spring in your physical and mental health. Until next time, remember to stay safe, wash your hands and keep moving!
- Sophie



JOIN US FOR OUR

1st BIRTHDAY

72 Pickering St, Enoggera

10

October

10am - 2pm

Free group
reformer classes

RESPITE CLIENTS STEP BACK IN TIME

WITH A VISIT FROM AARON AND HIS PENNY FARTHING

What a sight to see our guest Aaron ride his Penny Farthing Bicycle through the Burnie Brae Park! Having built the bike himself, Aaron explained the mechanics of the bicycle to Club Respite Members. He also shared how the bike has been ridden through history and talked about the growing community of Penny Farthing Riders in Brisbane.



UPCOMING EVENTS

AT CLUB RESPITE

October 6	Noel Stallard
October 7 & 19	Able2Rock
October 9	M&J's
October 14	David Cheales
October 21	Geordie & His Magic
	Squeezebox
October 22	Steve Hyndman
October 28	Boom Baby



NATIONAL CARERS WEEK

“Helping one person might not change the world, but it could change the world for one person.”

From October 11 to 17 2020, National Carers Week is a time to recognise the 2.65 million Australians who provide care and support to a family member or friend.

Carers make an enormous contribution to our communities as well as our national economy. One-third of primary carers provide 40 hours or more of unpaid care per week. Carers make up nearly 11 % of Australia's population.

National Carers Week provides you with a chance to show your appreciation for carers in Australia.

We would like to say thank you to all the wonderful carers in our community, for the tireless work you do.

Do you know a carer? Let them know they are doing a great job this National Carers Week.

ARMCHAIR ADVENTURES:

LET'S EXPLORE SOUTH AUSTRALIA

With culture to rival Victoria, landscapes to rival Tasmania and wines to rival... well nobody can compete there! South Australia really does have it all.

Adelaide

Start your adventure at the Adelaide Central Market. Established in 1869, the Adelaide Central Market is one of the largest undercover fresh produce markets in the Southern Hemisphere. Home to over 70 traders, this market is buzzing with life, colour, smells and sounds – take it all in as you sit down for a bite to eat. Afterwards head to the Art Gallery of South Australia or jump on a tram and take the 20 minute journey out to iconic Glenelg beach. Walk along the foreshore and out to the end of the jetty for a stunning view.

If you have a second day in Adelaide, venture out to Hallett Cove. Located just 30 minutes from Adelaide, this impressive geological site is home to a range of great walking tracks. We recommend the Glacial Hike, an easy 3km circuit which will take you past the mystifying “Sugarloaf”, a geologic marvel that has gained its iconic shape through wind and erosion. Best of all – there’s a coffee shop at the end of the track, take in the view whilst sipping on freshly brewed coffee or tea.

Adelaide Hills

Next up, the Adelaide Hills! Start by taking



a stroll through Australia’s oldest surviving German settlement, Hahndorf. For somewhere only 30 minutes from the city, Hahndorf feels like another country altogether. Explore stores selling cuckoo clocks, traditional sweets and German food. Spend the rest of the day sampling local food and wine. Pick strawberries at the Beeringberg farm and sample wines at the numerous cellar doors operating within the region. On your way back to Adelaide be sure to swing by the Mount Lofty Summit and watch the sun set over the city.

The Barossa Valley

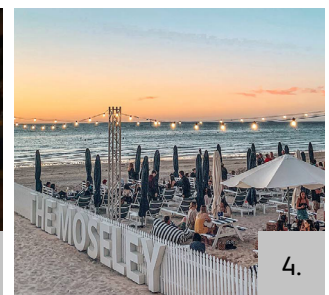
Foodies and wine lovers rejoice – The Barossa is your region. Drink in historic cellars, dine among some of the oldest vines in the world and stay a few nights in the heart of the Barossa Valley. If you are after something interactive head to the Jacobs Creek Visitor Centre and concoct your very own Barossa blend or take part in a cooking class.

Kangaroo Island

How you get to Kangaroo Island is up to you. Fly direct from Adelaide or enjoy the leisurely 1.5 hour drive from Adelaide to Cape Jervis before catching a ferry across to the island. There is so much to see on Kangaroo Island so it is recommended that you stay for a night or two.

A must do here is a visit to Seal Bay. Watch resident sea lions in their natural habitat from a 900-metre-long, wheelchair accessible boardwalk or get even closer with a guided beach tour. Discover more unique wildlife with a Kangaroo Island Ocean Safari. Swim with pods of Bottle Nose and Common dolphins, often with their baby calves swimming alongside them. Don’t forget to look up at the array of Seabirds flying overhead.

Take a walk through Flinders Chase National Park, whilst the area is still recovering from



1. The Barossa Valley 2. The Sugarloaf, Hallett Cove 3. Adelaide Central Market 4. Glenelg Beach 5. Hahndorf 6 & 7. Kangaroo Island 8. Boston Bay Wines 9. Coffin Bay oyster farm tour



6.



7.



8.

bushfire damage you can still see the Remarkable Rocks, Weirs Cove, Cape du Couedic lighthouse and Admirals Arch.

The Eyre Peninsular

Dive into the Eyre Peninsular and sample the wide range of aquatic activities and fantastic seafood the region has to offer. A 50 minute flight will take you from Adelaide to Port Lincoln, the heart of this region. From here go beach hopping along the epic coastline, try Venus Bay, Memory Cove and Fishery Bay. In the afternoon take a trip to Boston Bay Wines and sip on world class wines whilst taking in gorgeous coastline scenery. It is not often that you find a winery set at the foot of the ocean – but that is what makes this place so special. Visitors have been known to spot pods of whales whilst sampling the wineries best drops.

On your second day be sure to head out to Coffin Bay, jump on-board an oyster boat and

chug out to the beautiful waters of Coffin Bay National Park. Cruise 16 kilometres of Oyster lease, see how they are grown and sample the best of the best, plucked fresh from the sea.

If you've got another day in this region, experience the ultimate whale encounter with Fowlers Bay Eco Tours or Chinta Tours. Sit back, relax and watch Southern Right and Humpback whales in some of South Australia's most beautiful coastal surrounds. If you are feeling

particularly adventurous you can even try kayaking next to the whales.

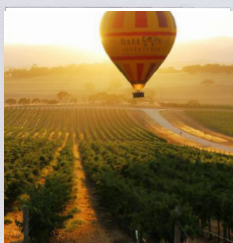
Ready to start planning your trip?

For further details and bookings do not hesitate to get in contact with Burnie Brae Travel Connections. [See us in store by appointment, call us on \(07\) 3624 2191 or email \[travel@travelconnections.org.au\]\(mailto:travel@travelconnections.org.au\)](#)



9.

Featured DEALS

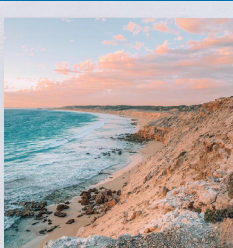


See the Barossa

4 NIGHT WINERY INDULGENCE

5 days from \$299

- 2 nights at Barossa Weintal
- 2 nights at Clare Country Club
- 2 bottles of local wine

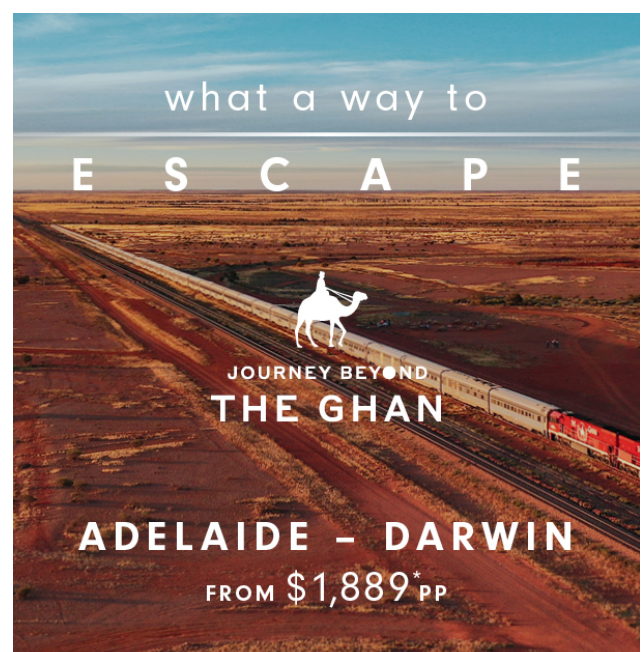


Explore the Eyre Peninsular

5 NIGHT SEAFOOD FRONTIER

6 days from \$499

- 2 nights at Majestic Oasis Apartments, Port Augusta
- 2 nights at Port Lincoln Hotel
- 1 night at Ceduna Foreshore Hotel



ADELAIDE – DARWIN
FROM \$1,889* PP

MONDAY

Zumba 7:30 - 8:30am
Art 9:00 - 11:00am

Italian Classes * 9:30 - 10:30am
Beginners 10:45 - 11:45am

Starts October 12

Aqua Aerobics 11:10am - 12:00pm
Line Dancing
Absolute Beginners 11:15am - 12:15pm
Improver/Easy Intermediate 12:30 - 2:30pm
Clogging 6:00 - 9:00pm

TUESDAY

Strength & Balance 6:15 - 7:00am
Cardio 7:00 - 7:45am
Fit Moves 8:00 - 9:00am
Dance & Movement 9:15 - 10:15am
Ukulele - beginners* 10:00 - 11:30am
Tap Class 10:30 - 11:30am
Line Dancing
Easy Intermediate 11:45am - 12:45pm
Intermediate/Advanced 1:00 - 3:00pm

Gypsy Rumba
Beginner 4 week trial 3:15 - 4:15pm

Starts October 6 | 1st week free

ACTIVITIES IN THE HALL

Burnie Brae Centre - 60 Kuran St, Chermide

* ACTIVITY ROOM

AQUA AEROBICS

Chermide Pool - 375 Hamilton Rd, Chermide

WEDNESDAY

Zumba 8:00 - 9:00am
Aqua Aerobics 11:10am - 12:00pm
Indoor Bowls 1:00 - 3:00pm
Dance Moves 7:30 - 9:30pm

THURSDAY

Functional Fitness 8:00 - 9:00am
Gypsy Rumba 9:15 - 10:15am
Table Tennis 10:30am - 12:30pm
Darts * 11:00am - 1:00pm
Memory with Movement 12:45 - 1:45pm
4 week trial
Drama Group * 2:00 - 3:00pm
Yoga 3:15 - 4:15pm

Starts October 22

FRIDAY

Matwork Pilates 7:30 - 8:30am
Indoor Bowls 9:00 - 11:30am
Aqua Aerobics 11:10am - 12:00pm
Ukulele 11:45am - 1:45pm
Qigong - Tai Chi 2:00 - 3:00pm

FREE

Computer Classes*
Wednesday & Friday

*Bookings
essential*

7th Brigade Walking Group
Monday - Thursday

*Outside Cafe,
Kedron-Wavell
Services Club*

CLASS DESCRIPTIONS

burniebrae.org.au/activities