



Issue 10: November 2020 NEWSLETTER

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ART CLASS PARTICIPANTS SHINE

TAKING UP A CREATIVE HOBBY IS POSSIBLE AT ANY AGE

Our art class participants continue to impress us with their creativity! It may surprise you to know that a number of students started with no painting experience – proving that it is never too late to take up a creative hobby. The class is incredibly supportive, it's great to see participants regularly encouraging each other and providing positive feedback.

Taking up a creative hobby in older age not only keeps you occupied, but it has also been shown to improve the health of seniors in numerous studies. Much like regular exercise helps to keep our body fit, researchers have found that sustained, creative challenges are a way to help keep our brain fit.

If you don't see yourself as a creative person it can be helpful to remember that creativity isn't limited to painting or poetry. Gardening, playing music, telling stories, dancing, woodworking and photography are all creative hobbies. There's no right way to be creative; it's about enjoying the process and exploring possibilities!

If you would like to try our art class, we meet on Monday mornings from 9:30am.

SEEN OUT

AT BURNIE BRAE



November ACTIVITY UPDATES

Matwork Pilates

We have introduced a second Matwork Pilates Class; this class is taken by Moira and is held every Monday from 2:45pm - 3:45pm. \$12.00 per class.

Yoga

Yoga has resumed; classes are held every Thursday from 3:15pm - 4:15pm. \$8.00 per class.

Beginners Ukulele

Beginners Ukulele is now held from 2:30pm - 4:00pm every Wednesday.

Activity End Dates

Keep an eye out in next month's newsletter for a full list of activity end dates in preparation for the holiday season.



1. Computer Class 2. Ukulele Class 3. Matwork Pilates

MEET LANCE

BURNIE BRAE MEMBER AND ALCOHOL APPRECIATION HOST

We recently had the pleasure of interviewing Lance Currie, host of our upcoming 'Alcohol Appreciation' events. You may have seen Lance around the centre - he's been a member of Healthy Connections gym for the last 5 years.

About Lance:

Lance went to Rockhampton Grammar School where at the age of 15 he carried the Olympic Torch across the Tropic of Capricorn. After finishing school, Lance moved to Papua New Guinea to teach in a bush school. The primary students didn't know any English and Lance didn't speak the native language Tok Pisin (or Pidgin), so they taught each other.

In 1967, Lance had a career change, venturing into the alcohol industry, starting work at the South Pacific Brewery in Papua New Guinea. He then returned to the land down under where he worked at Castlemaine Perkins and Seagram breweries. Lance now has over 50 years of experience in the industry and is qualified in alcohol service.

His passion led to his next venture, starting the Scotch Malt Whisky Society over 30 years ago with a few other whisky drinkers.

The society is a not-for-profit community for lovers of whisky where its members enjoy quality over quantity, all while having fun. There are currently six clubs around Brisbane, one in Townsville and another in Rockhampton.

Alcohol Appreciation Events:

We are honoured to have Lance host our 'Alcohol Appreciation' events to share his knowledge, humour and experiences. Come along and learn fun facts and history of alcohol, including how many calories are in your drinks, tasting anatomy and more!

Did you know, there are 9 different grains whisky can be made from, not just barley, although it is believed to make the best one. Wine can be made from any fruit, but grapes are mostly used as they have the highest sugar content.

Lance's first event, Alcohol Appreciation: Introduction to Alcohol, has now sold out. Be sure to book into future sessions now to secure your place. All sessions run from 5:00pm - 6:30pm and cost \$20.00 per person.



FAST FACTS

Not sure what to expect? Here is a slice (or shall we say shot) of what Lance will teach you:



THE BEST GIN & WHISKY

The best gin is 46 % and the best whisky is 45-46 %.



SULLIVANS COVE DISTILLERY

Sullivans Cove Distillery in Tasmania makes one of the best Whiskeys in the world.



NEW ZEALAND VODKA

Vodka from New Zealand is made from fermented and distilled New Zealand sheep milk

ALCOHOL APPRECIATION EVENTS

NOV 13, 2020	Introduction to Alcohol
DEC 4, 2020	Best of Beer
FEB 5, 2021	Find Your Spirit
MAR 5, 2021	Red or White: Why Pick Just One?

SOLD OUT

ALL SESSIONS: 5:00PM - 6:30PM | \$20 PP
To Book: (07) 3624 2110 or visit Burnie Brae Reception

DIGITAL MENTOR TRAINING

HELPING OTHERS GET TECH SAVVY

Whilst COVID-19 has impacted negatively on all our lives, it has also provided an incentive to look beyond ourselves and help someone else as we see the need in the community. This has been the motivation for the people who have participated in the digital mentoring training which was conducted at Burnie Brae this month.

Following a successful funding application with the Good Things Foundation and the Be Connected Network to enhance our digital inclusion strategy at Burnie Brae, forty-five digital mentor volunteers have been trained to assist older people gain confidence in using technology.

Many of those who participated had stories of family members or neighbours who were isolated during the COVID-19 restrictions and realised the importance of technology as a means of staying in touch with the community.

The training, which involved 2x three-hour training sessions; one at the Burnie Brae Centre and the other via Zoom, is more about understanding how to support people to build their confidence and skills rather than being a computer guru.

Some of our trainees are interested in becoming involved as digital mentors at Burnie Brae, but it is not an essential follow-on from the training. Lead Digital Mentor, Dr Sharon Hetherington, who conducted the training said, 'The training provides a basic understanding of how to support people to learn by overcoming barriers and building confidence. It can be applied to supporting family members, neighbours and friends.'

If you are interested in finding out more about digital mentor training, email: reception@burniebrae.org.au, or phone (07) 3624 2110.



Jenny Vernez & Dr. Sharon Hetherington with digital mentors. Mentors learn how to support people to build their confidence in the digital world.



November GARDEN TIPS

Seeds to plant now

Now is the time for heat lovers like okra, rosella, snake beans, eggplant, sweetcorn, capsicums, chillies, pumpkins and melons.

Fruit trees

Feed citrus and pawpaw using poultry manure or a complete organic fertiliser.

Flowers to plant now

Marigolds are a great sturdy flower and won't mind the hot Aussie summer sun. November is also a good time to plant dahlias, pansies, petunias and ageratum.

Prune Spring-flowering shrubs

Prune the last of spring-flowering shrubs as they finish blooming for the season. This not only removes the unattractive dead flowers, but also prevents them wasting energy on seed production. Pruning will also keep shrubs dense.

Prepare for storm season

It can be a good idea to check the trees on your property before Queensland's storm season hits. If a tree looks unstable or has a large amount of deadwood it could be a hazard. If you're not sure a qualified Arborist can assist, to ensure your property is safe.

CHRISTMAS TOY APPEAL

IN SUPPORT OF RIZEUP

We have received so many donated bath mats and towels as part of our Rize Up initiative! Thank you to all who got involved; your support is so valuable. In continued support of RizeUp we are participating in their annual Christmas Toy Appeal this month. If you'd like to be involved in the Christmas Toy Appeal, please note:

- ➔ Due to the work RizeUp do, they are unable to accept any weapon related toys, including Nerf guns.
- ➔ Toys are to be unwrapped - to allow RizeUp and the Mums to choose gifts that best suit their children's interests and age group.
- ➔ Only brand new toys and gifts can be accepted.
- ➔ RizeUp noted they are generally low on gift suitable for teenagers - male and female.

If you are in a financial position to donate and wish to give back to the community, please drop any gifts at the Christmas Tree in the members lounge near reception. We thank you for your continued support of this initiative.



ASSISTIVE DEVICES

We aren't all Popeye; opening jars, cans and medicine bottles can be hard. Our assistive devices can help you - visit Burnie Brae reception to make a purchase.



CAN OPENER
\$32.50

Fast, easy and hygienic. Battery Operated. Can open virtually any can size.



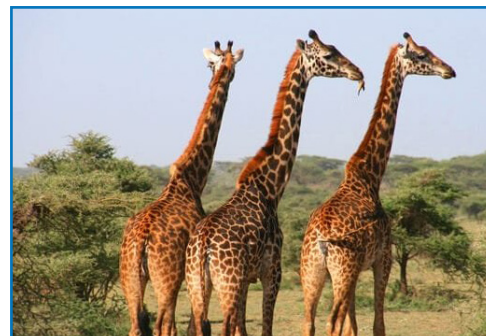
MEDICINE BOTTLE OPENER
\$8.50

Requires minimum grip pressure to open. Includes a magnifier to read the label.



JAR KEY
\$8.50

World's easiest jar opener. Open a jar with one simple move.



NOVEMBER QUIZ SPOT: GEOGRAPHY TRIVIA

1. Which country's name means The Saviour?

- a. El Salvador
- b. Dominica
- c. Syria

2. Which European capital does the River Liffey run through?

- a. Dublin
- b. Lisbon
- c. Paris

3. What is the largest lake in Africa?

- a. Lake Victoria
- b. Lake Malawi
- c. Lake Volta

4. With over 35 million residents, what is the most populous city in the world?

- a. Shanghai
- b. Delhi
- c. Tokyo

5. What is the longest river in the world?

- a. The Amazon River
- b. The Nile
- c. The Yangtze

6. What percentage of Australia is desert?

- a. 18 %
- b. 44 %
- c. 10 %

7. Which is the only vowel not used as the first letter in a US State?

- a. O
- b. U
- c. E

8. In what year did the Australian states come together as a singular country?

- a. 1863
- b. 1908
- c. 1901

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

WATER VS LAND BASED EXERCISE

HOW TO DECIDE WHAT'S BETTER FOR YOU



Written by Sophie Pacek

Last month's article discussed the benefits of outdoor exercise. Another popular type of exercise during this time of year and into summer is heading to the pool or beach for some water-based activity! Today's article will explore the advantages of aqua exercise, its key differences to land-based activity, and how to choose which type is suitable for you.



WATER-BASED BENEFITS

For chronic illness

The non-weight bearing nature of being in water allows us to move in a range of motion that we may not be able to achieve on land due to having musculoskeletal pain like fibromyalgia, osteoarthritis and rheumatoid arthritis. In other words, the buoyancy of water is 'softer' on our joints. Studies show that water-based activity improves one's ability to use arthritic joints without exacerbating pain (Fisken et al., 2015).

For mental health

Many people find that they are able to move more with less pain in water, which can reduce anxiety and fear of further pain. Exercising in warm water has also been suggested to decrease depression and improve mood (Silva et al., 2019).

For older adults

Water-based activity can improve mobility and balance, reduce disability and increase quality of life (Silva et al., 2019).

Additionally, water based activity keeps you cool, is relatively cheap and requires minimal equipment.



LAND-BASED BENEFITS

Reduced risk of infection

Water (particularly at a warmer temperature) can breed bacteria, so if you have an open wound or a low immune system, being in water may increase your risk of infection. If you have stitches or have a wound that is still healing, stick to land-based exercise until fully recovered.

Hydrostatic pressure

People with certain cardiac conditions like heart failure, unstable angina and unstable blood pressure are advised against water-based exercise as the hydrostatic pressure of water can place greater strain on the heart (Australian Physiotherapy Association, 2015).

Bone health

Whilst water-based exercise is great for improving fitness, mobility and muscular strength, we are land-based creatures, so our bones require a certain amount of higher impact activity to maintain their strength. For those with osteopenia or osteoporosis, it is recommended to incorporate land-based impact activity into your exercise routine (Beck et al., 2017).

DO WHAT YOU ENJOY!

If you are unsure whether water-based exercise is for you, firstly check whether it is safe for you then give it a go! The most important thing is that you find a form of physical activity that you enjoy, because you are more likely to stick at it. My recommendation is that for those who really enjoy being in the water, go for it but ensure you are still doing some form of land-based exercise every week.

If you have any questions about this article, please speak to one of the exercise physiologists at Healthy Connections. As always, stay safe, wash your hands and keep moving!

TOP 5 TIPS TO BEAT THE HEAT THIS SUMMER

Our beautiful Brisbane summer is well on its way. However, alongside the stunning Jacarandas and opportunity to take a dip in the pool, is an increased risk of developing heat-related illnesses. Those aged 65 and over are more susceptible to developing heat-related illness so extra care must be taken to stay cool during the summer months - especially when temperatures are at or above 37 degrees.

→ Pay attention to the weather

A great starting point is paying attention to weather reports. This will allow you to act to prevent heat stress on days when the temperature is above 30 degrees and especially when temperatures are at or above 37 degrees.

→ Reduce caffeine and alcohol intake

Caffeine and alcohol can dehydrate the body due to their diuretic effect. Limit these substances during hot weather and instead drink plenty of water.

→ Stay cool

On these days it is important to take measures to stay cool – turn on your air conditioner, draw your blinds shut and take cool showers. If you don't have air conditioning, sit in front of a fan or visit a friend, relative or public space such as a library or shopping centre with air-conditioning. Another great tip is to keep a spray bottle nearby and mist yourself with cool water.

→ Know the signs of heat stress

Knowing the signs of heat stress means you can act fast and seek medical assistance immediately. Common signs include: headache, dizziness, feeling faint, nausea, either a lack of sweating or profuse sweating and dark urine. In serious cases the individual can also experience confusion, staggering, fast shallow breath, dilated pupils and seizures or convulsions.

→ Medication and hot weather

Some medications can increase the risk of experiencing heat stress. This can be due to side effects relating to the body's ability to regulate temperature, produce sweat and maintain fluids. It can be helpful to talk to your doctor about any heat related side effects of your medication so that you are aware and can be extra careful on hot days.



THE HEART FOUNDATION RECIPE SPOT



SAVORY MUFFINS

INGREDIENTS

- Spray olive oil
- 1 medium zucchini grated
- 1 medium carrot grated
- 1/4 cup frozen peas
- 1/4 cup frozen corn
- 1 red capsicum finely chopped
- 1 tablespoon parsley finely chopped
- 1 tablespoon chives finely chopped
- 1/2 cup reduced fat cheddar cheese, grated
- 1/2 cup reduced fat milk
- 1/4 cup reduced fat Greek yoghurt
- 2 tablespoons olive oil
- 2 eggs
- 2 cups wholemeal plain flour
- 3 teaspoons baking powder

METHOD

1. Preheat oven to 180°C. Spray 8 large muffin tray with olive oil and set aside.
2. Place the grated zucchini and carrot into either a sieve or a clean tea towel and squeeze out the juice.
3. Place the zucchini, carrot, peas, corn, capsicum, parsley, chives, cheese, milk, yoghurt and egg in a large mixing bowl and stir until combined.
4. Add flour and baking powder to wet ingredients and fold in gently until just combined.
5. Spoon the mixture evenly between 8 muffin holes. Bake for 20-25 minutes or until golden and mixture is set.

These muffins are freezer safe. Once defrosted, muffins can be enjoyed cold or warmed in the oven.

WHAT WE GOT UP TO THIS MONTH

AT CLUB RESPITE



Men's group build a plant stand

This month our Men's Group worked together to build a plant stand. The stand looks beautiful and will display potted plants and herbs in the Club Respite sunroom.



Pacific Links

Club Respite welcomes Pacific Links to Tuesdays. A Pacific Island Cultural Day will be held on the 24th of November.



Norrie's Birthday

We wished a special Happy Birthday to Norrie, who turned 90 last month. We celebrated with mud cake, singing Happy Birthday, and listening to live music.

UPCOMING EVENTS

AT CLUB RESPITE

November 3	Hans Van Der Drift
November 4	Able 2 Rock
November 11	Wayne Tribe
November 16	David Cheales
November 18	Terry & Ross
November 19	Geordie & his Magic Squeezebox
November 25	BoomBaby
November 27	Able2Rock





MEET OUR LIFESTYLE FACILITATORS

LUCIE & KARMA



LUCIE HANNAH
LIFESTYLE FACILITATOR

What does your role as a Lifestyle Facilitator entail?

I assist our clients to remain happy and healthy and ensure they enjoy being in their own homes and remain independent.

What do you enjoy most about your role?

Our clients - they are wonderful people with amazing pasts and stories!

What are the rewards you and your clients gain from your role?

To assist with their needs, such as shopping and appointments, to make their life easier and happy.

What do you like doing when you aren't at work?

I am a crossword fiend, I like patience card games, cooking and being by the sea.



KARMA DEKI
LIFESTYLE FACILITATOR

What does your role as a Lifestyle Facilitator entail?

Assisting clients in the community with their daily tasks, personal care and social support. All support is provided with professionalism and compassion.

What do you enjoy most about your role?

Meeting clients and hearing about the life they had.

What are the rewards you and your clients gain from your role?

Seeing clients happy with the tasks I have performed, clients get support provided by professional, compassionate and caring lifestyle facilitators.

What do you like doing when you aren't at work?

I binge watch Netflix, go bush walking, catch up with friends and go to the beach with my family.



ARE YOU UNDER 65 AND

LOOKING FOR TRANSPORT SOLUTIONS?

Burnie Brae works with clients to ensure they are able to access the community and essential services; participate socially and economically in their community; and, most importantly, maintain independence.

People aged under 65, or people of Aboriginal and Torres Strait Islander descent aged under 50 years of age, can utilise subsidised Burnie Brae transport if they are experiencing transport disadvantage as a result of being:

- A person with a disability
- A person with a mental health condition
- A person with a chronic health condition
- A person who is financially disadvantaged and has limited access to affordable private or public transport
- An unpaid carer travelling in their role as a carer.

\$5.00

Each way, local area

\$10.00

Each way, outside local area

- Options for weekend travel
- Options for those experiencing financial hardship

To get started contact Burnie Brae on (07) 3624 2121 or email enquiries@burniebrae.org.au

CELEBRATING OUR 3RD BIRTHDAY!

Reflecting on Burnie Brae Travel Connections' third year in operation.



Written by Kristie Hale

The last year at Burnie Brae Travel Connections started out like any other. We were focused on beginning the year with the same dedication, commitment and passion for making your holiday dreams a reality. Our aim was to continue to inspire and indulge all, to their curiosity of the world!

Our first of many events planned for 2020 was our Cruise Expo held in March. Along with our 13 cruise travel partners, our goal was to provide our community with the opportunity to connect in a one-on-one discussion with travel experts, allowing clients to gain more insight, expert tips and advice relating to cruising.

There are no secrets as to what happened next - the words COVID-19 and Global Pandemic became our new normal! This year has been experienced differently by everyone. However, there is one thing we can all agree on; it stopped our world and the freedom to move within it. On March 20, 2020 Scott Morrison declared Australian borders officially shut, bringing all travel to a complete stand still!

Moving forward, the opportunity to travel in our "Australian bubble" has never looked better! With Queensland Good to Go, NT, SA, ACT, TAS, parts of NSW, awaiting WA and our devoted Victorians to get back on board. What is particularly exciting is the creation of new Australian product, with extra attention to enhanced cleaning programs, COVID safe planning, smaller groups on coach travel and booking with flexibility available.

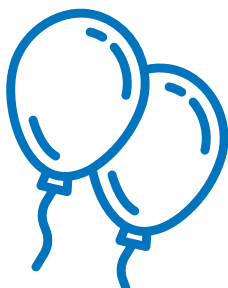
The Australian travel possibilities are endless! C'mon Aussies lets holiday at home, support your local economy and see all the beauty our own country has to offer. Trip-planning might look and feel a little different, but never fear for we are here and together we have got this!

To help celebrate our 3rd birthday and our positive journey we have engaged our very dear & loyal clients to share their reflections on past journeys, along with their highlights, choice of product and why they book with us.

A big shout out and thank you to Anne, Allen and Monica and Carol for taking the time to share their experience and allowing us to inspire and encourage others.

Thank you to our all our loyal clients for your continued support over the past 3 years. Please continue to dream with us, as we promise to stay committed to our purpose and aim: to indulge you in your curiosity of the world and ensure that your time away is perfect!

— Kristie & Nicole



Lake Portage

What were your highlights from this trip?

The boat cruise from Whittier to Valdez was wonderful. I saw lots of salmon jumping and a couple of Killer Whales breaching. Meares Glacier was absolutely amazing, to actually see and listen to the sound of tons of ice breaking off and falling into the ocean causing rippling waves – just magic!

I enjoyed seeing hundreds of lazy sea lions lying in the sun on the rocky foreshore. Certainly 'way up there' as one of the best days for seeing wonderful scenery and wildlife that I know I'll always remember.

Dawson City was probably my all-time favourite place on this trip. It reminded me of towns in old-time western movies. There were just so many highlights here including having a shot of whiskey containing a mummified human toe! But as the saying goes "You can drink it fast, you can drink it slow, but your lips must touch the toe". I achieved my goal and received a certificate as proof! During a 'free afternoon' I very much enjoyed a walk around the town. First I visited an old cottage on the edge of town where poet Robert Service had lived, then walking on further I came across numerous old buildings that were built during the gold-rush days.

I found a 13 mile rapid water rafting experience in Denali National Park along the Nenana River absolutely exhilarating. I was soaked through at the end of the journey, but what fun it was and what another great experience.



Margerie Glacier

GLOBUS
COSMOS
MONOGRAMS
AVALON

**ANNE'S ALASKAN
YUKON TRIP**

Cosmos | May 2018



Glacier Bay

The next highlight was a walk around the Horseshoe Lakes Trail. It included some steep climbs but well worth the effort to watch a beaver swimming in the lake carrying sticks in his mouth – to refurbish or add to the dam he had built across one end of the lake.

But the most exciting bit was when driving the journey to the start of the glacier walk, our bus driver suddenly pulled over and yelled for us all to look out of the left hand side windows. And there was black bear just idling down the footpath. I wonder if the bear knocked on a door and asked for food or a cuppa.

It was a highlight every time I saw animals. I've mentioned the sighting of lots of them, but I also saw many grizzly bears (brown bears) and black bears with babies, moose, bison, caribou, wolves, squirrels and a variety of different bird life. What a magic trip!

When comparing Cosmos with other tour companies, Cosmos nearly always seem to go to places other tours don't visit, the tour are cost efficient, employ polite, kind, caring, informative tour directors, and polite and safety conscious bus drivers, accommodation is always clean and tidy which is all I need. 5 star luxury, isn't necessary, and you have the option of reasonably priced extra very interesting excursions.



Allen & Monica



ALLEN & MONICA'S SOUTHERN EUROPEAN SOJOURN

APT | May 2018

What were your highlights from this trip?

We travelled aboard the exclusive antique, vintage tram ride. The tour travelled the heart of Lisbon. We enjoyed the hospitality by our hosts dressed in traditional "Minhota" costume, all whilst enjoying "pastel de Nata" accompanied by a glass of port wine.

A highlight was our visit to the Guggenheim Museum Bilbao. Eleven thousand square meters of exhibition space are laid out over nineteen galleries, with so much to see and explore. We loved the additional art works of interest outside the building. The famous guard dog named 'puppy' designed to confidence and security is an incredible sight to see. The statue is a 12.4 meter-tall Scottish dog, weighs 16 tonnes and is carpeted in blooms of flowers and plants.

Another highlight was our experience at Cancale oyster farm. The fishing village in France is renowned for its 'banc d'huîtres' (oyster beds). The 4 hour tour included a walk through the workshop where we were intrigued by the hand-picked, tapping process of the oysters.



Dog Statue

Tell us about your experience with our Travel Connections team

Our experience with Kristie and Nicole is always a warm welcome and friendly smile. Nothing is too much and the professional service in our opinion is 120%. We trust in Kristie, to provide the right product

and pre tour arrangements for all of our journeys. The extension of their professional relations make it even more personal, we love a good catch up and coffee shared with Marlene from APT!



Oyster Farm

Once an oyster is selected for good eating, they are transferred to a bath system where the training takes place. The oysters are submerged into the water, raised up and down within their basket home, until such time the process encourage the breathing of the oyster and avoids them perishing when sent to market.

We have travelled on over 5 journeys with APT and love their all-inclusive experience. Great value holiday, no hidden extras and just our shopping budget in. We really enjoy the small intimate ship size and expedition style cruising. The abundant freedom of choice touring, personalized to suit your interests. Every daily detail is professionally shared and cared for, food is divine and plentiful. An example of personalized touch, was a day we found ourselves struggling to find an ATM. Our guide being local and having insight, lead us straight there, calming us with their personalised service. Just one of the multiple reason we return again and again!



Carol at Boma Restaurant



CAROL'S AFRICAN ADVENTURE

Africa Safacri Co & BBTC
August 2019

What were your highlights from this trip?

I really enjoyed the spectacular game viewing opportunities. You get a real sense of witnessing nature, up close and personal, within the natural habitat of wild animals. The cheeky monkeys surrounding our camp sneaking a biscuit or two, kept you aware that you were at one with nature, in their environment. We were able to witness the food chain with lions eating their catch, surrounded by awaiting Hyenas and hovering vultures. A surprise viewing of a very quick cheetah and the up close experience of lions stalking our vehicle were highlights. I always felt confident in the hands of our experienced guides.

Another highlight was the helicopter flight over Victoria Falls, this gave me a different perspective of the sheer size of this seventh wonder



Giraffe Sighting

of the world. Sunset cruising the Zambezi River, was another immersive African experience that I thoroughly enjoyed! I will never forget my brave Mopani Worm eating at the Boma Restaurant dinner and entertainment. The Cape of Good Hope visit gave me a moment of reflection to my ancestors and their journey on the first fleet.

At the end of our game driving each day we were offered sundowners, giving us time to relax in the ambience, reflect on each day's activities and just be in the moment. I loved the all-inclusive product, which meant there was little to no extras to pay for. Great value for money, right experiences, small group and low single supplement.



Cape of Good Hope

Tell us about your experience with our Travel Connections team

Once we were all booked and set to explore, Kristie created lunch gatherings to introduce the group prior to our departure. This allowed us to get a sense of comfortability amongst our fellow travellers. I loved the personalised gifts we received enhancing our excitement to start our adventure. Over the years I have attended a couple of the VIP travellers' parties that Nicole and Kristie arrange. We find these to be a great opportunity to enjoy interaction with other fellow travelers, a way to share destination

stories, meet new travel companions and enjoy a few laughs. All a personal touch you would not get anywhere else!



River Cruise



UPCOMING DIARY DATES



November 10

Intuitive paint and pen
GOLD Workshop | \$5.00

SOLD OUT

November 13

Introduction to Alcohol
Alcohol Appreciation with Lance Currie | \$20.00

SOLD OUT

November 17

Book Art Fun
GOLD Workshop | \$5.00

November 18

QIMR Berghofer Medical Research Presentation
Centre Presentation | Free

SOLD OUT

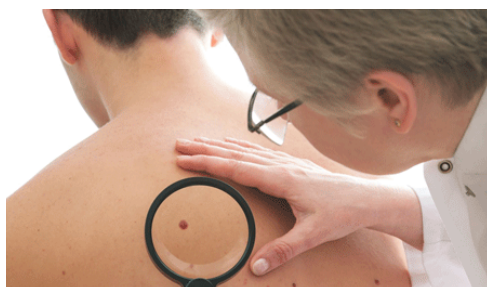
December 4

Test & Tag
Get your appliances tested | \$2.50 per appliance for Burnie Brae Members

December 4

Best of Beer
Alcohol Appreciation with Lance Currie | \$20.00

HIGHLIGHT EVENTS



SKIN CANCER PRESENTATION

December 2 | 10:00am - 11:30am

FREE

Call (07) 3624 2110 or visit Reception

Have you been suffering from skin cancers and sun damaged skin for years? Are you tired of having skin cancers frequently removed but continue to get them in the same area? Join us at our free skin cancer information session to find out how advances in skin cancer treatments could help you.



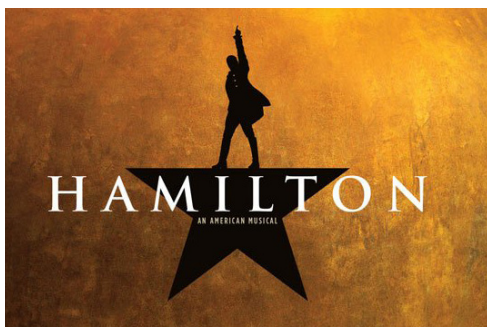
CHRISTMAS MORNING TEA

December 15 | 10:00am

\$20

Call (07) 3624 2110 or visit Reception

Enjoy a beautiful Christmas high tea and entertainment by the very talented Brad McCaw. Enjoy Christmas carols, lucky door prizes and raffles



HAMILTON EXPRESSIONS OF INTEREST

April/May 2021

From
\$1225

Call (07) 3624 2110 or visit Reception

We are now taking expression of interests for a 2021 Sydney package, including a premium ticket to Hamilton the musical. Includes: Transfers to the airport, 2 night's accommodation (Fri-Sun) in a 4 star hotel located darling Harbour, includes full breakfast daily, all-inclusive premium dining on Sydney Harbour cruise, premium ticket to Hamilton the musical at Sydney Lyric theatre