



# NEWSLETTER

May 2021



**Come back to the Brae – we can't wait to see you!**

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All we do at Burnie Brae is driven through our mission to build strong community connections through the provision of high quality health, lifestyle and wellness services.

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We began 2020 with plans to build and expand our services, and just as this expansion began we were struck down by the COVID-19 pandemic.

During the challenge of the last twelve months, Burnie Brae was committed to providing new ways of delivering our core values to the community, undertaking many new initiatives to continue delivering community, connection and care to members.

We have maintained a strong COVID-safe plan, and are proud of our record of zero COVID cases amongst staff, clients and members. We've appreciated how well you, our clients and members, have embraced the changes.

The closure of many of our member services during COVID, as well as reduced participation has meant we've been separated from our members and friends for far too long. Despite this, at Burnie Brae we continue to dream and plan for the future. We want to rebuild and we need your help to do this. COVID-19 has demonstrated to us that together we can get through, and it's never been more important to us that we have your support so that we can continue to build, grow and diversify.

## SO WHAT CAN YOU DO?

It's simple - renew your membership and once again re-establish your connection with "the Brae!" Given the high level of safety measures introduced at Burnie Brae over the last 12 months, our continuing strong stance on safety, and the vaccine rollout, now is the time to renew our friendships.

## Contact

60 Kuran Street, Chermside 4032

 (07) 3624 2121

 [enquiries@burniebrae.org.au](mailto:enquiries@burniebrae.org.au)

[www.burniebrae.org.au](http://www.burniebrae.org.au)



SPOIL HER THIS  
**Mother's Day**

1.



**PAMPER OPTIONS**

Schedule an appointment at the hair salon - cut, colour, wash or style! Or treat her to a massage.

2.



**SHARE A HIGH TEA**

Book in a high tea at Cafe Connect! Enjoy sweet and savoury nibbles and tea/coffee.

**HAIR SALON**

Visit the salon for your cut, colour, wash, style and everything in between.

Our staff are experienced, friendly and dedicated to helping you look your best. Enjoy low prices and a wide range of quality products and services.

Check out our recent transformations below!



Women's style cut from \$32.35



60 Kuran Street, Chermiside  
Weekdays 7:30am – 3:00pm  
Phone (07) 3624 2191

3.



**WIN PRIZES**

Win the ultimate Mother's Day pack including wine, hair salon vouchers, jewellery and aromatherapy.

4.



**GIFT IDEAS**

If you're stuck for ideas, check out the nursery or gift store. Hair salon, massage and travel vouchers available.



**MEET OUR FACILITIES TEAM**

**What does a typical day look like for your team?**

The grounds team spend a lot of their day mowing, pruning, weeding and edging. The nursery team focus on sales, preparation of plants for sale and keeping the nursery looking lovely! Kerry, as handyman does anything other than the grounds and nursery work, and Justine’s focus is planning and administration, with some hands on time.

**What are some of the highlights for the Facilities team?**

Fostering community connection, seeing the team grow and develop and enhancing the local environment are some of the highlights mentioned by the Facilities team.

“We find a lot of satisfaction when we see a completed job or project. We have an amazing team of volunteers - they are hardworking, self-motivated, generous with their time, and full of fantastic ideas. We are looking forward to some of the ground projects that are coming up soon!”



**MEMBER STORIES**

**Do you have a good news story to share? We would love to feature your story in the Burnie Brae Newsletter!**

Have you given or received an act of kindness recently? Has somebody made your day just a little easier? Have you reconnected with an old friend or found a new hobby to enjoy? Send your stories to [marketing@burniebrae.org.au](mailto:marketing@burniebrae.org.au) or message Burnie Brae on Facebook!



Join over 800 MemberPlus Members.

**MAY PROMOTION**

Buy one meal, get one free at Cafe Connect! Select from the variety of freshly-made meals.

T&Cs apply. 1x voucher per week during May. Valid for meals only.



**VOUCHERS**

Receive over \$400 worth of vouchers and entries into our exclusive draws.

Some of the vouchers include a \$6 birthday voucher at Cafe Connect (valid 31 days from birthday), \$20 off your next booking when you spend \$1000 at Travel Connections.

T&Cs apply. Phone (07) 3624 2121

**Join or Renew**

Become a Burnie Brae MemberPlus member at Reception or online, [www.burniebrae.org.au/membership](http://www.burniebrae.org.au/membership)

## Do you ever struggle to find help with technology?



There is a stereotype that seniors often struggle with technology, and undeniably, many older people have difficulty mastering their devices.

A 2016-17 Deloitte survey of Australian consumers found 78 % of seniors aged 65-75 owned a smartphone, as well as 82 % of those aged 55-64.

A survey of 750 older Australians (mostly over 70), found high levels of digital device ownership, but only “moderate” levels of confidence in using them.

Many seniors who struggled with digital devices felt they lacked support, some saying their own families often displayed a “can’t be bothered explaining” attitude.

### Adult children not always helpful

Among those who asked for tech advice, 44 % were most likely to approach their adult children first. A further 23 % listed their children as their second choice. Sadly, many respondents said their adult children did not have the patience or willingness to help.

On the other hand, some older people simply did not want to ask for help because they want to demonstrate their independence and not seem technologically inept. In some cases, people avoided asking for help to avoid conflict or maintain family relationships.

### Grandkids are friendlier

The survey results showed grandchildren were generally more eager to give advice, but only 7 % of older people went to them first. Seniors saw grandchildren as more willing to help, and sometimes willing to trade technology advice for other kinds of help such as swimming lessons. But while their hearts are in the right place, grandkids tend to fix a specific problem with a device without teaching their grandparent how to do it themselves.

## If this article is ringing bells for you, Burnie Brae can help!

We offer one on one tech help, in one-hour lessons by trained digital mentors and best of all, free of charge.

Wednesday & Friday 9am – 3.00pm and Tuesday & Thursday 3pm – 6pm  
P 36242110 E [reception@burniebrae.org.au](mailto:reception@burniebrae.org.au) or book at Reception



### Be financial and cyber crime aware

Ensure you are using an anti-virus software program before you log on to the internet.

Scams. If it sounds too good to be true...then it probably is.

Do not click on any links contained in a text message (SMS) unless it is from a trusted source.



### Have you ever wondered where the name ‘Burnie Brae’ originated from?

Burnie Brae was the name given to the homestead built by the Hamilton family. In 1866, Andrew and Margaret Hamilton migrated to Brisbane with their family.



In about 1873, Andrew Hamilton bought a 20 acre block in Cherside where he built the family home in his spare time.

The house and land were resumed by the Public Curator for public housing and the house was demolished in 1952. The block became Annand Park, owned by the Brisbane City Council and then eventually Burnie Brae Park in 1997.

Acknowledgement to Cherside and District Historical Society Inc.

# Get Involved!



## WELCOME BACK STEVE!

Our wonderful volunteer Steve is back to run our **free Walking Group!**

Join us Monday to Thursday from 3.30 - 4.30pm. Meet at the Kedron Wavell Services Club complex, to the left of the HQ Cafe at 3:20pm and walk to the 7th Brigade Park.

At the end of 2019, Steve was recognised by the Heart Foundation for his 14 year service as a Walk Organiser, having participated in over 2000 group walks.



## ACTIVITY UPDATES:

We're excited to announce that our Ballet and Boxing classes are continuing in May. Our Italian classes resume Monday, 10th May.

Line Dancing Absolute Beginners classes are back until the end of May! Dance and Movement class has also changed its name to Contemporary/Modern Dance.



## EXPRESSIONS OF INTEREST



Warm up your vocal cords and dust off your musical instruments for our Singing/Music Group! The class is proposed to be held on a Tuesday or Wednesday afternoon in the Burnie Brae Hall for \$10 per class.

Register your interest and preferred day at Reception or phone (07) 3624 2110.



## INDOOR BOWLS

Come along on Wednesday 1pm and Friday 9am in the Burnie Brae hall. There is no need to book!



## Move with Ama at Fitzgibbon

Improve your everyday functionality and health at our Functional Fitness classes, Wednesday at 9.30am.

Or come along to our high tempo class incorporating cardio, boxing, agility and resistance training. High Intensity classes are on Wednesday at 10.30am.

Instructed by our Zumba teacher Ama! \$10 per class. Bookings not required.

545 Roghan Road, Fitzgibbon

Free Presentation

## Pharmacy Guild of Australia

### HOW YOUR LOCAL PHARMACIST CAN ASSIST WITH YOUR HEALTH NEEDS



Wednesday, 23rd June | 10am - 12pm | FREE Presentation incl. morning tea

Khanh Nguyen is a Professional Practice Pharmacist in Education from the Pharmacy Guild of Australia (QLD Branch). Khanh will discuss new pharmacy services, accessible via your local pharmacy and how pharmacists can assist with your health needs.

Bookings required, visit Reception or phone (07) 3624 2110

# Meet our team

In next month's newsletter, you'll meet the rest of the team, including our Exercise Physiologists and Pilates Instructors!

## MANAGER



Karen completed her Master's Degree in Clinical Exercise Physiology at the University of Queensland and was awarded the honour of being Valedictorian for all Health Sciences.

After acquiring her degree, she was offered the role of the manager of Healthy Connections and a few years later, the Healthy Connections PLUS clinics.

With the implementation of new and innovative programs, the clinic was awarded ESSA Exercise Physiology Clinic of the Year in 2015 and the prestigious LASA Excellence in Aged Care Services award in 2018.

Karen's qualifications also include;

- Bachelor of Science in Human Movement Studies
- Equipment Level 3 Pilates Certification
- Cardiac Science Dysrhythmia & Coronary syndrome cert.
- Professional Level Tennis Coach



## SUPERVISOR

Erik completed his Bachelor Degree in Clinical Exercise Physiology in 2013. His qualifications also include ACE Certified Boxing Fitness Trainer and Pilates Level 1 Matwork.

Erik is specialised in the following areas;

- Osteoporosis Management
- Falls Prevention
- Behaviour Change + Wellbeing Management
- Sport-specific Exercise Programming

## BOOK YOURSELF A MASSAGE

- Remedial Massage
- Reflexology
- Relaxation/Therapeutic Massage
- Lymphatic Drainage



Treatments available by appointment. Health rebates may apply. Check with your provider.



**\$100 Starter Pack**  
(Save \$25)

Includes assessment and 1:1 session with Exercise Physiologist.

\$5 off 45 min massage  
2x vouchers

\$10 off 1 hr massage  
2x vouchers

T&Cs apply.

## CONTACT US

- (07) 3624 2185
- gym@healthyconnections.org.au
- www.healthyconnections.org.au





## at Healthy Connections

As a registered NDIS provider for over 10 years, Healthy Connections exercise clinic offers personalised health services for people of all abilities and needs.

Healthy Connections is part of the larger community centre recognised as Burnie Brae, a not-for-profit community organisation based in Cherside, QLD. Our mission is to build strong community connections by providing quality health, lifestyle and care services to seniors and people living with a disability.

### Who are our practitioners?

Our practitioners, Thomas Caitens and Renee Weller, are Accredited Exercise Physiologists (AEPs) who have worked at the Healthy Connections Clinic for a number of years.

AEPs are university qualified allied health professionals equipped with the knowledge, skills and competencies to design, deliver and evaluate safe and effective exercise interventions for people with acute, sub-acute or chronic medical conditions, injuries or disabilities (ESSA).



THOMAS

RENEE

### What conditions do you work with?

- Autism, Asperger's Syndrome, Cerebral Palsy, Chromosomal Disorders
- Intellectual Disabilities
- Mental Health Conditions
- Neurological Conditions
- Progressive Neurological Conditions

### What can clients expect from an Exercise Physiology session?

Sessions begin with an initial assessment, where we will conduct a physical assessment, review the client's medical history, current medications and any limitations or barriers. We will also discuss the client's NDIS goals and set exercise goals. The Exercise Physiologist will use this information and work with you to develop an individualised program/treatment plan to achieve your goals.

The Exercise Physiology services we offer include:

- **One on one sessions** – 30 minutes, 45 minutes or 60 minutes
- **Small group sessions** – max 3 per group
- **Hydrotherapy services** (if appropriate)

### Funding

Funding can come from either one or two budgets areas within the NDIA. These are improved health and wellbeing and improved daily living skills under capacity building and supports.

### Locations

**Healthy Connections Clinic**  
60 Kuran Street, Cherside

**Fitzgibbon Community Centre**  
545 Roghan Road, Fitzgibbon

**Hydrotherapy sessions**  
Emily Seebolm Aquatic Centre  
523 Telegraph Road, Fitzgibbon

If you would like to get in touch regarding NDIS services at Healthy Connections please contact us on (07) 3624 2185 or [hcndis@healthyconnections.org.au](mailto:hcndis@healthyconnections.org.au)



## TASTY TOMATO TART

This easy lunch or dinner is packed with lycopene and vitamin C to boost vision health.

### Ingredients

- 1 sheet frozen puff pastry, thawed
- 1 onion, thinly sliced
- 1 teaspoon olive oil
- 2-3 large tomatoes (multiple colours make a beautiful tart, but red works just as well)
- 1 cup of your favourite cheese (ie. cheddar, mozzarella, feta, or Parmesan)
- 1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano

### Method

1. Preheat the oven to 200C and line a pan with baking paper or non-stick alfoil.
2. Lay the puff pastry on the lined baking sheet. With a fork, poke small holes along the bottom.
3. Add onions and olive oil to a pan over medium heat. Sauté, stirring frequently, until soft — about 5 minutes.
4. Sprinkle cooked onions over the pastry dough, then top with tomato slices so they don't overlap. Sprinkle with cheese and half of your seasoning or herbs. Season with salt.
5. Bake for 25 minutes, until the crust is golden. Sprinkle with the remaining herbs, cut into squares, and enjoy!

# TRANSPORT SERVICES **FAQS**

Contact us for further information  
Phone. (07) 3624 2121

The Burnie Brae Transport Service offers a low-cost solution for eligible northside residents in Brisbane who have difficulty accessing public transport. A door to door service is provided for those who need help to get to the shops, to activities and events at our the Burnie Brae Centre or to other social events and places.

## If I am member of Burnie Brae how do I access the Transport Service?

All Burnie Brae services are provided through My Aged Care 1800 200 422. An assessment will be organised through My Aged Care to deem whether a person is eligible for a vast range of services. You can select your provider depending on availability through My Aged Care.

## What is our catchment area?

For Burnie Brae Transport our catchment area consists of Carseldine, Taigum, Boondall, Bridgeman Downs, Aspley, Geebung, Banyo, McDowall, Chermshire West, Chermshire, Northgate, Everton Park, Stafford, Stafford Heights, Kedron and Nundah.

Burnie Brae transport can transport our clients out of our catchment zone & a

quote can be given over the phone for a price each way.

## Can the drivers help me carry my groceries?

The answer is yes! When you phone to book please let our lovely staff know that you are travelling for groceries and our drivers will assist you from the vehicle to your door with your groceries.

## Can Transport still come & collect me if I don't know what time my appointment finishes?

Yes! Burnie Brae offers a "home on request" service. Just phone Burnie Brae Transport when you are ready to go home & we will find a driver in the area to come and collect you.

## What are the times for Burnie Brae Transport?

Our business hours are between 7am & 5pm. If you have an appointment before or after our business hours, we can offer alternative transport (Black & White Taxi) to take you to your destination for the normal contribution rate that you would pay with a Burnie Brae driver.

## Can I book my transport months in advance?

Absolutely! You can book as far in advance as needed.

## How much notice do I need to give to book in Transport?

We ask that you book the day before 11am to give our scheduling team enough time to work out the runs for the next day. There is a late fee incurred if bookings are made after this time. In saying that we are flexible! Give our team a call & we will assist you.



Discount spring clean - \$90 for 3 hour service.

Free Home Maintenance check for people eligible for Home Assist Secure/ Commonwealth Home Support Program.

Free electrical test & tag. 2x vouchers - one item per voucher.

T&Cs apply.

## CLUB RESPITE Catch-up



Heather recently joined us for our cooking class with Nita and Sandy, online via Zoom.





# A day in the life of a Burnie Brae transport driver:



We recently had a chat with driver, Paul O'Sullivan who has been with Burnie Brae for two years.

Paul's regular week involves general transporting on Monday, Wednesday and Friday, with trips shopping, to the doctors, hospitals and dentists. Tuesdays and Thursdays are set aside for the groups he affectionately calls 'the shopping girls' with 'Paul and Ross on

the Shopper Bus'. Shopping days involve having three or four people in the van, with a volunteer, so there is lots of chatting.

Respite pickups are another highlight for Paul. When the men get on the bus, the first thing they do is pay out on each other, with the fun and banter continuing for the entire trip. Paul says, 'though many of the transport clients have their own struggles, they put their best foot forward'.

Paul describes many of his transport clients as 'inspiring', mentioning a particular gentleman who joined the army at age 13, who now comes into the Centre each week, as well as the many people who keep busy and make the most of life, no matter what. Mostly, people miss having their drivers' licenses, as driving represents freedom, so the Burnie Brae transport services give them that touch of independence back. Paul is often thanked with 'we don't know what we'd do without you, Paul.'

### Some funny anecdotes:

Paul loves languages, which leads to some fun conversations. Knowing of his love for languages, one of his regular travellers always answers the phone in French! Other travellers often assume Paul knows

exactly where they are – they'll call and say 'I'm at Dr such and such', and he has to work out where Dr such and such is located! One of Paul's regular pick-ups is a Cowboys supporter, who wastes no time in making fun of Paul with comments like 'how are those Broncos going?', on trips to the hospital.

### What do you like about driving at Burnie Brae?

The people are lovely and happy to see me. We've been to some interesting places, such as the Buddhist temple, various shows, movies, meals and of course, to Burnie Brae!

### What sets Burnie Brae's transport services apart?

Communication - clients like to be able to depend on their transport the same time each week, so it's important to communicate well when things change or if you're running late.

Paul takes the time to engage and chat with the people he drives, learning their personalities and their expectations. For some people, the time chatting with Paul is some of their only social interaction of the day.

## Happy Birthday!

Lots of clients celebrated their birthdays last month! To celebrate, we ate cake, sang Happy Birthday and enjoyed a wonderful day with each other.





# 22 DAYS *Best of Both Islands*

## GRAND JOURNEY FROM AUCKLAND TO CHRISTCHURCH

One of our most popular self-drive tours, there's no better way to explore New Zealand. Covering both islands, you will visit the beautiful Bay of Islands, geothermal Rotorua and the wine region of Hawke's Bay in the North. Exploring the South, you will see the whale-watching capital of Kaikoura, Mount Cook - New Zealand's highest mountain as well as the spectacular fiords of Milford Sound.

### HIGHLIGHTS

- Half Day Hole in the Rock Cruise with Island Stopover
- Hobbiton Movie Set Tour ex The Shires Rest
- Skyline Gondola Ride (Rotorua)
- Private Pool Entry to Polynesian Spa
- Ferry Journey from Wellington to Picton
- Skyline Gondola Ride + 3 Luge Rides (Queenstown)
- Milford Sound Cruise with Lunch
- Entry to Larnach Castle & Gardens
- Lake Tekapo & The Church of the Good Shepherd

### INCLUSIONS

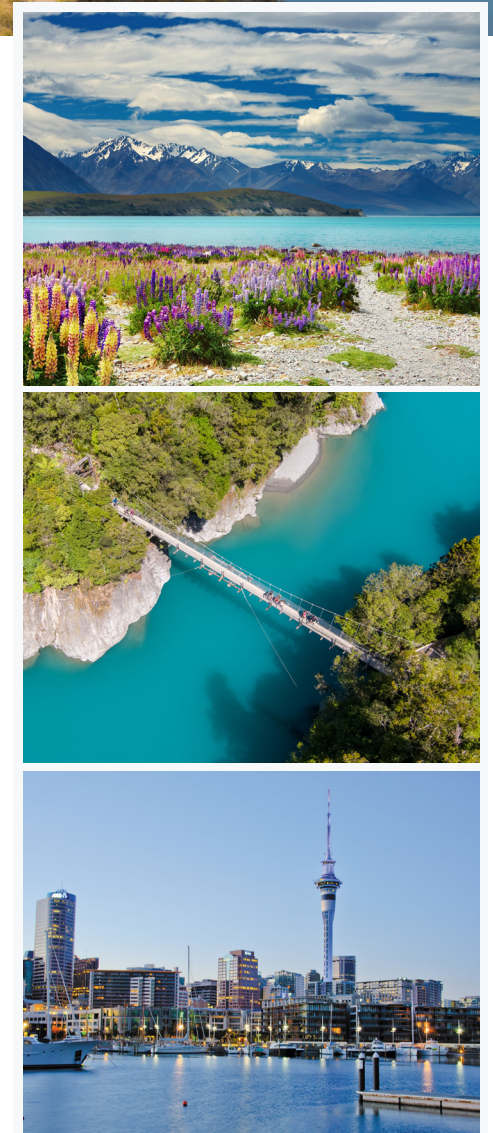
- 22 Days Car Hire in a Toyota Corolla Hatch Auto or similar
- 2 nights at President Hotel Auckland
- 2 nights at Copthorne Hotel Bay of Islands
- 2 nights at Novotel Rotorua Lakeside
- 1 night at Scenic Hotel Te Pania Hawke's Bay
- 2 nights at Ibis Hotel Wellington
- 1 night at Scenic Hotel Marlborough
- 1 night at Ramada Suites Christchurch
- 2 nights at Glenfern Villas Franz Josef
- 2 nights at Heartland Hotel Queenstown
- 2 nights at Distinction Luxmore Hotel Te Anau
- 2 nights at Quest Hotel Dunedin
- 1 night at The Hermitage Mount Cook
- 1 night at Ramada Suites Christchurch

FROM **\$2,979\*** PP TWIN SHARE  
\*T&C'S APPLY

### T&C'S APPLY

Subject to travel dates, availability and sale period. See us in store for more details.

\*Flights not included - quoted at the time of booking.



## CONTACT US

- (07) 3624 2191
- [travel@travelconnections.org.au](mailto:travel@travelconnections.org.au)
- [www.travelconnections.org.au](http://www.travelconnections.org.au)



## Exclusive Burnie Brae Small-Group Tours



### QUEENSLAND GARDEN EXPO TOUR

3 Days & 2 Nights

Take the scenic route to Maleny in the beautiful Blackall Ranges on this sensational tour. Visit the Maleny Botanic Gardens and be wowed with views to the iconic Glass House Mountains and surrounding rainforest.

Enjoy a full day at the fabulous Queensland Garden Expo in the Sunshine Coast Hinterland, with some of Australian's leading gardening experts!



Departs 9-11 July, 2021

#### Highlights

- Escorted by host Nicole Nardini
- Entry & morning tea at Maleny Botanic Gardens
- Entry & light lunch at Camellia House (private garden)
- Entry to Qld Garden Expo
- Visit to a private garden in Nambour
- Dinner (mains + side) at Noosa Yacht & Sailing Club
- Visit to Maroochy Botanic Gardens
- 2 nights' accommodation at RACV Noosa Resort (1 bedroom with cont. breakfast)
- 3 day coach charter + driver accommodation

FROM

**\$920\***

PP TWIN SHARE  
\*T&C'S APPLY

Tour cost based on minimum 20 passengers. T&C's apply; subject to travel dates, availability and sale period. Contact us for further details.



### ART & COUNTRY CULTURE ESCAPE

5 Days & 4 Nights

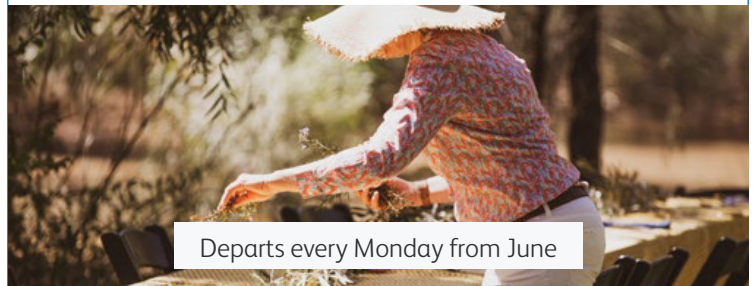
Bring your creative talents and country culture yearnings on this fabulous four night event to Quilpie Shire. Meet celebrated outback artist Lyn Barnes who'll introduce you to her favourite locations in readiness for your full-day pastel art class.

Visit multi-generational stations, see vivid red sand hills and visit the home of Australia's largest ever dinosaur. Capture the last glows of sunset with canapés and champagne while sampling true country cooking in authentic surrounds.

#### Highlights

- Sunset Station Tour of The Lake Quilpie with nibbles, drinks and grazing platters.
- Moble Station Garden Tour and lunch.
- Eromanga Natural History Museum Guided Tour.
- Candlelight two-course dinner hosted by the Museum with table wines.
- Starwatching & marshmallow toasting around the Fire Pit.
- Visits to Kyabra Waterhole and Red Sand Hills.
- Full-day pastel art workshop with Lyn Barnes.

\*Return flights to Quilpie- quoted at the time of booking



Departs every Monday from June

FROM

**\$1,675\***

PP TWIN SHARE  
\*T&C'S APPLY

Tour cost based on minimum 8 passengers. T&C's apply; subject to travel dates, availability and sale period. Contact us for further details.

## NOW TAKING EXPRESSIONS OF INTEREST

Visit us in store, email [travel@travelconnections.com.au](mailto:travel@travelconnections.com.au) or call (07) 3624 2191

Learn more about the group tours at our Travel Presentation on Wednesday, 26th May! Register your interest in store.

# Event schedule

## MAY

**08**  
Saturday

**Shibori Technique Workshop** 📍 9am - 1pm  
Learn the traditional and emerging techniques of Shibori. Bring along your own cotton items or use the materials supplied.  
**\$55 - incl. morning tea**

**11**  
Tuesday

**Pop-up Card Fun** 🖋️ 1 - 4pm  
Learn how to make several different pop-up style cards in this fast-paced and fun workshop. **\$5**

**29**  
Saturday

**Alcohol Ink Workshop** 📍 9am - 1pm  
Use leaf foil and flow mediums to create a trendy, bright, or moody piece. Suitable for beginners.  
**\$55 - incl. morning tea**

## JULY

**Tree of Life - Music & Movement Program** 📍 9.30 - 11.30am  
Seniors Music and Movement Program combines exercises in meditation, music-making and movement facilitated by a collective of highly skilled and experienced teaching artists.  
**7th, 14th, 21st & 28th July \$100 - 4 week program**

**06**  
Tuesday

**Southbank Combo Cruise** 🚌 9.30am - 3pm  
Learn all about Brisbane while on the leisurely, morning river cruise. See the sights of Brisbane from above in your own private gondola on the Wheel of Brisbane.  
**\$98 - incl. morning tea, lunch & wheel ride**

**09**  
Friday

**QLD Garden Expo** 🚌 8am - 5pm  
Check out the variety of plants and get information and advice about gardening, landscaping, botany and the newest gardening tools and techniques.  
**\$66 - BYO food/drink or purchase at the event**

**22**  
Thursday

**Christmas in July** 🚌 9am - 3.30pm  
Enjoy a relaxing day out at Secrets on the Lake in Montville. Before heading to Montville we will pit stop at Aussie World for a Devonshire tea.  
**\$98 - incl. morning tea & lunch**



Southbank Combo Cruise



Summerland Camels

To book, phone (07) 3624 2110 or visit Reception

## JUNE

**02**  
Wednesday

**Finding the Authentic You** 📍 10am - 12pm  
Join therapist Margie Bauer and learn simple tools to allow you to make changes to face new challenges and maximise your wellbeing and happiness.  
**\$20 - incl. morning tea**

**15**  
Tuesday

**Summerland Camels** 🚌 8.30am - 4pm  
Visit Australia's largest camel dairy in the beautiful heritage-listed Scenic Rim region. Tour the farm, meet the gentle camels - feed them and take photos.  
**\$98 - incl. morning tea & lunch**

**17**  
Thursday

**Government House** 🚌 9.45am - 12.45pm  
Go behind-the-scenes and learn about the history of the House and the constitutional, ceremonial and community roles of the Governor.  
**\$20 - incl. morning tea**

**24**  
Thursday

**QLD Art Gallery** 🚌 1.15 - 4.15pm  
Experience major works from the Gallery's collections in new contexts. From the influence of Japanese art on French Modernism to the representation of daily life.  
**\$20**



QLD Garden Expo



Christmas in July



QPAC: WEST SIDE STORY

**Wednesday 4 August | 12 - 4:30pm** ★ **\$95**

An undisputed and timeless masterpiece, featuring an unforgettable score and songs that have been adored for generations.



Theatre Trips



Centre Events



Gold Program Art Workshops



Bus Trips