



# NEWSLETTER


June 2021



## Celebrating our wonderful volunteers!

- 2 Cafe Specials
- 3 Technology Training
- 4 Seen Out
- 5 Get Involved: Activities
- 6 Meet the Healthy Connections Team
- 7 Free Health Checkups
- 8 Spring Clean & International Nurses Day
- 9 Club Respite Catch-up
- 10 Longreach Trip Wrap-up with Travel Connections
- 12 Events & Bus Trips

60 Kuran Street, Chermide 4032

 (07) 3624 2121

 enquiries@burniebrae.org.au

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

We celebrated National Volunteer Week from 17-23 May at Burnie Brae, by acknowledging and thanking the amazing volunteers who work in various areas of the organisation, including: transport, day respite, member services, digital inclusion, the community garden and nursery and Project Pantry. Volunteers play a vital role in shaping the face of Burnie Brae and without them we would not be able to operate as effectively as we do.

The theme for 2021 was recognise, reconnect and reimagine.

### RECOGNISE

Through celebrating and thanking volunteers for the vital role they play in our lives.

### RECONNECT

To what is important by giving time to help others and ourselves

### REIMAGINE

How we can better support our volunteers and the communities they help.



Be it volunteer week or just a normal day, please take the time to recognise, celebrate and thank our volunteers for their hard work and selfless dedication. There are lots of ways to volunteer at Burnie Brae. Get in touch, we'd love to hear from you!



# Welcoming New Members



Our New Members Morning Tea has had a refresh! After enjoying a lovely morning tea, catered by Cafe Connect, new members learnt about the history of Burnie Brae and viewed our newly created videos showcasing our member services, care services and allied health services.

After mingling with other new members, guests were given the opportunity to talk with staff from Healthy Connections, Travel Connections, care services and member services.

Did you know, in 2020 our Burnie Brae Members totalled over 9,000!

## Cafe Monthly Special



Throughout June, take advantage of our monthly cafe special:

Toasty, chips & small coffee - \$10  
Max 3 fillings.

### Winter Warmers

#### Gourmet Pies

Flavours such as beef, lamb, butter chicken and curry chicken.

#### Soup of the Day

Variety of flavours



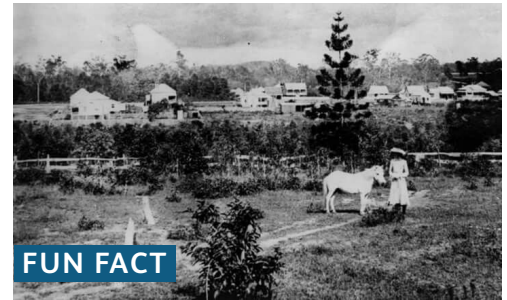
Dine in or takeaway  
60 Kuran Street, Chermiside  
Weekdays 8am – 2pm



## DID YOU KNOW?

**The Dawn Theatre in Chermiside was the last single screen cinema in Brisbane!**

Opening in 1928 showing 'The Man Who Laughs', and closed in 2005 with 'Mr. & Mrs. Smith'. Wooden garden seats were used as the cheap seats, while the more expensive seats were canvas deck chairs towards the back of the theatre. The Brisbane North Eye Centre is now located where the Dawn Theatre stood.



## FUN FACT

**Originally named Downfall Creek the suburb's name was changed to Chermiside in 1903 after the Governor of Queensland, Sir Herbert Chermiside.**

The image below shows Chermiside, looking west across Gympie Road in 1904. Gympie Road certainly looks different now, doesn't it?



## Community Nursery

Check out the range of plants at the Community Nursery!

Open 9am - 1pm on Monday, Tuesday and Thursday. Located next to Reception, on the left as you enter the main car park.

# Technology Training News

With technology always changing and developing, it can sometimes be difficult to navigate how to use your tech devices and even how to get online. If you are completely new to the online world, want to further develop your technology skills, or just need help setting up Zoom or Netflix, look no further than Burnie Brae Technology Training.

Burnie Brae's technology training program offers a fantastic opportunity for members to overcome knowledge barriers, become more confident with smartphones, tablets and laptops, find new ways to connect with family and friends, and explore hobbies and interests on the internet. Our friendly, trained tutors are here to help you learn how to use your technology at your own pace.



Some examples of topics you may explore in your lessons include:

- Setting up & using your new device
- Learning the basics of getting online
- Communicating with family & friends who live far away
- Finding new friends who share similar interests & hobbies
- Accessing the myGov website
- Keeping up-to-date with events and news in your community & around the world
- Online safely
- Organising & backing up your files/ photos
- Online banking and shopping; safely & securely

## Welcome



Meet Jessica, Burnie Brae's new Digital Mentor Co-ordinator. Jessica works together with the dedicated team of tech mentors to develop the current one-on-one mentoring program, promoting engagement with the Be Connected national program and organising additional offerings such as tech know-how sessions and focus topic guest speakers. She can't wait for you to start your technology journey at Burnie Brae!

There has never been a better time to get online! If you ever feel disconnected with technology, we encourage you to take the opportunity to learn with the support and guidance of our tech mentors. Our sessions are one-hour long and free of charge. The program operates Wednesday & Friday 9am-3pm and Tuesday & Thursday 3pm-6pm.

To find out more phone 3624 2110,  
email [reception@burniebrae.org.au](mailto:reception@burniebrae.org.au) or book at reception.

## HAIR SALON

### What sets the Burnie Brae Hair Salon apart from the rest?

We offer great service, quality products, low prices, and much more! Come in and see us in the Burnie Brae Centre and find out for yourself.



Visit the salon for a complimentary, personalised consultation on our full range of Pump Haircare products and accessories. 100% organic, Australian-made, cruelty-free, and made from 100% post-consumer recycled plastic.



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

# Seen Out & Around in May



ARMY MUSEUM BUS TRIP



MOTHER'S DAY EVENT



HEART FOUNDATION WALK



Before getting our hearts pumping on a 60-min walk, we discussed the importance of booking a heart health check with your GP.

Burnie Brae Walking Group - Monday to Thursday. Meet at HQ Cafe - Kedron Wavell Service Club at 3.20pm.



## Try a new activity for FREE

Receive one free activity voucher each week in June.

There's so many activities to choose from! Gypsy Rumba, Ballet, Matwork Pilates, Yoga, Line Dancing and so much more. Simply swipe your membership card and select voucher as the payment option.

T&Cs apply.

**Join/Renew**

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



ITALIAN CLASS



Send your good news stories to us! Email [marketing@burniebrae.org.au](mailto:marketing@burniebrae.org.au) or message Burnie Brae on Facebook.

# Get Involved



Meet Dance Instructor Patricia

Patricia attended her first dance classes at age 9 and dance has been a part of her life ever since! With over 30 years of teaching and performance experience, including running her own dance studio, Patricia has taught people ranging from 3 to 83 years old, beginner to advanced levels. Students engaged in concerts, competitions, and were prepared for CSTD examinations.

She completed her dance studies in Victoria with the Commonwealth Society of Teachers of Dancing (now Comdance Inc.) and holds teaching Diplomas in classical, tap and theatrical dance. During

her studies she participated in concerts, charity performances, Eisteddfods, and amateur and professional productions. Patricia also choreographed award-winning routines, and provided choreography/stage management roles for amateur theatre productions.

On Tuesday mornings, Burnie Brae members enjoy one hour of contemporary/modern dance and one hour of tap dancing with Patricia. These classes provide an avenue for gentle fitness in a relaxed, fun environment and cater for all levels of experience.



Fitness classes at Fitzgibbon



Functional Fitness - Wednesday 9.30am and High Intensity - Wednesday 10.30am

Classes are instructed by our fun and energetic teacher, Ama. \$10 per class. Bookings not required. Located at 545 Roghan Road, Fitzgibbon.



MADNESS ON CANVAS  
*Savnac no ssendam*

The art group have been busy creating a Hundertwasser inspired painting. The Austrian artist is best known for his colourful, ornamental and biomorphic shapes. See the finished project below or check it out on display in the Burnie Brae Hall!



Art Group | Monday 9 - 11am  
Burnie Brae Hall - 60 Kuran St, Cherside

Everyone is welcome, beginners to advanced.  
\$12 per class. Bookings not required

# Meet our team

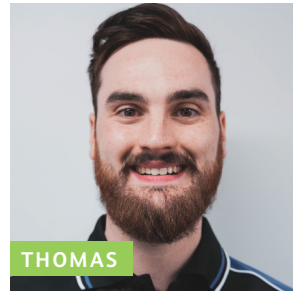
## ACCREDITED EXERCISE PHYSIOLOGISTS

Accredited Exercise Physiologists 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). Read about each of our Exercise Physiologists' specialty areas below.



RENEE

- Community group based exercise delivery
- Strength based & balance programs
- PD Warrior (Parkinson's exercise prescription)
- Pulmonary rehabilitation • NDIS
- Rehabilitation to intermediate Pilates Prescription



THOMAS

- Gait analysis and foot biomechanics
- Golf specific assessments and programming
- Cardiopulmonary Rehabilitation
- Chronic Pain Management
- NDIS



TIFFANY

- Cardiopulmonary rehabilitation
- Diabetes management
- Behaviour change



SOPHIE

- Exercise prescriptions for type 1 & type 2 diabetes, breast cancer patients and survivors and people with dementia
- Cardiac rehabilitation
- Specific shoulder rehabilitation



GEORGIA

- Women's health
- Matwork & Reformer Pilates



MADELEINE

- Pain management and chronic pain
- Physical rehabilitation and conditioning for neurological conditions
- Cancer rehabilitation
- Hydrotherapy



NATHAN

- Exercise prescription for prostate cancer rehabilitation
- Matwork & Reformer Pilates
- Posture and mobility training



SAVANNA

- Hydrotherapy
- Paediatrics
- NDIS

In our next edition, meet our Pilates Instructors!



MIKAELA

- NDIS
- Sports specific rehab
- Paediatrics
- Level 3 Equipment Reformer Pilates & Matwork Pilates



### \$100 STARTERS PACK (Save \$25)

The starting point for our individual and group services. Our Exercise Physiologists can help you achieve your fitness and wellness goals by undertaking comprehensive health and musculoskeletal assessment to create your personalised exercise plan.

- Initial health and fitness assessment
- Customised program
- 45 minute session, one-on-one with an Exercise Physiologist



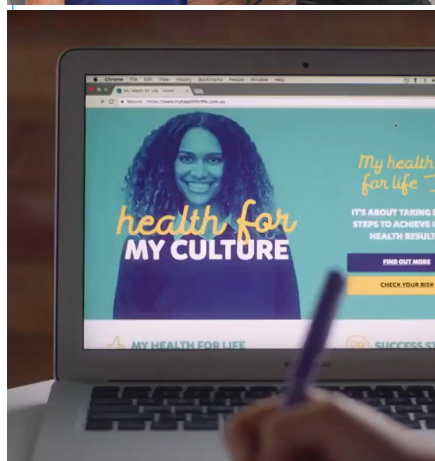
NDIS EXPO 2021



**HEALTHY CHILLI CON CARNE**

# HEALTH CHECK WEEK

## 31 MAY - 4 JUNE



A healthy lifestyle not only changes your body, it changes your mind, attitude and mood!

Reach your health goals with the My Health for Life program. The program is a free, healthy lifestyle program, helping Queenslanders to live well and reduce their likelihood of developing a chronic condition such as heart disease, type 2 diabetes and stroke.

If you are interested in joining, come along to our My Health for Life Promotion Week. During this week, in the Burnie Brae Library area (next to Reception), we will be conducting free 10-minute health checks. These health checks will include checking blood pressure, waist circumference and a strength test.

See the dates and times available below.

- > Tuesday, 1 June 8 - 10am
- > Wednesday 8 - 11am
- > Thursday 11.30am - 1pm
- > Friday 9am - 12pm

If you can't make it into the Centre, scan the QR code to complete the Health Check online!



The perfect dinner for a chilly night. This healthy meal is packed with vegies and ready in 40 minutes - bonus!

### Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 2 celery sticks, finely chopped
- 500g extra lean beef mince
- 3 teaspoons Mexican spice mix
- 2 teaspoons ground cumin
- 115g (1/2 cup) red lentils
- 400g can diced tomatoes
- 120g chargrilled capsicum strips, drained
- 400g can black beans or kidney beans, rinsed, drained
- 1/2 cup chopped fresh coriander
- 2 long fresh green chillies, sliced
- Natural yoghurt, to serve (optional)

### Method

1. Heat oil in a large pan over medium-high heat. Add onion and celery, stirring, for 1-2 minutes.
2. Add mince, breaking up any large pieces with a wooden spoon, for 4 minutes
3. Stir in lentils and tomato. Add 375ml (1½ cups) water and bring to the boil.
4. Reduce heat and simmer, uncovered, for 20 minutes or until the lentils are cooked and mixture has thickened.
5. Stir through the capsicum and beans, and cook for 1-2 minutes. Stir through half the coriander and half the chilli.
6. Divide chilli con carne among serving bowls and scatter with the remaining coriander and chilli. Serve with yoghurt (optional).

## CONTACT US

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

# International Nurses Day

On the 12th of May we celebrated International Nurses Day, acknowledging the compassion, professionalism, and commitment of nurses.

We want to thank the amazing Burnie Brae nurses who do so much for those in need in our community. They provide in home nursing services including wound care, health monitoring and nursing assessments as well as assisting with care planning for Burnie Brae's home care package clients.

Their care doesn't stop there - they also train lifestyle facilitators to provide medication assistance services and provide clinical oversight for their team. Providing holistic care is their priority, so they liaise with allied health professionals, general practitioners, and specialists, always giving their best for those they care for.

We also want to acknowledge the lifestyle facilitators who are currently training as nurses – we wish you all the best as you continue your studies!



## DISCOUNTED SPRING CLEAN



Did you know that eligible MemberPLUS members can receive a 3-hour discount Spring Clean for \$90?

### What is the best way to get the most out of your Spring Clean?

Have a prioritised list ready before our arrival, so that we can do your most important jobs first.

### How do you book?

To check your eligibility or book, call the Home Care team on 3624 2121

### What can your Spring Clean include?

Some of the options available are:

- Vacuum & mop floors
- Remove internal cobwebs
- Clean glass top & mirror surfaces
- Wipe window ledges
- Clean skirting boards
- Dusting
- Clean bathrooms & toilets
- Clean kitchen cupboards (inside & out)
- Clean fridge & microwave
- Clean light switches (doors & frames)
- Wipe down interior walls
- Sweep porches & steps
- Clean internal windows & blinds
- Wash & re-hang curtains
- Clean ceiling fans
- Clear clutter
- Tidy wardrobes

Get in early, before our Spring Cleans book out!



# Club Respite Catch up



INTERGENERATIONAL PLAY



Our Club Respite crew enjoyed lots of fun activities this month! They soaked up the sunshine on a trip to Brighton with a stroll along the seaside and a delicious seafood lunch. Opportunities to bask in the sun continued in the Burnie Brae Community Gardens, with an interactive dance class led by Burnie Brae’s awesome dance instructor, Susan. Club Respite was also lucky enough to be joined by the Cherside Early Learning Centre for intergenerational play opportunities, singing, gardening and playing in the park together.

## Men’s Group



Taking a break from his regular transport role, Paul is teaching the Men’s Group to create resin boards. The group mixed the resin, added fun colours and poured the mix into a timber board. Paul then sanded and cut the timber ready for the final coating to be added.



DAY TRIP TO BRIGHTON



DANCING IN THE PARK



Keep an eye out for our finished masterpieces in the next edition of the newsletter!



## Unleash Longreach Wrap-Up

With a “Clickety-Clack” we set out on track, heading 1325km through picturesque and ever-changing scenery, to arrive in our destination of Longreach. Our perfect Outback Queensland experience began aboard the Spirit of the Outback rail journey.

Our journey began aboard the Spirit of the Outback passenger rail. We relaxed in the comfort of our private sleeper cabins, whilst indulging in the freshly prepared meals and cheerful hospitality, quickly becoming acquainted with each other.

There is no place else in the world quite like Outback Queensland - a land of sweeping dry plains, pioneer history and fascinating insights. Our days would begin with a home cooked breakfast, followed by truly Australian adventures and experiences led by our entertaining and knowledgeable tour guide, Jeremy Kinnon.

Some of the highlights of the trip included our visit to Nogo Station where we further explored Outback history and received an insiders’ view to station life. It could only be described as entertaining, educational and full of yarns, with an included delicious saddle bag lunch!

Our visit to the famous Qantas Founders Museum was fascinating, with the evening spent indulging in a stone grill dining

experience, followed by an all-you-can-eat homestead dessert bar. In Longreach we experienced many highlights and adventures! The Cobb & Co stagecoach ride was thrilling and a guest favourite, being the only ride of its kind in the Southern Hemisphere.

### COBB & CO STAGE COACH RIDE

Voted the best and most highlighted experience.



“ Overall a good range of outback life experiences. The Cobb & Co coach ride & Qantas Museum were my favourites! ”



Travelling through the streets of Longreach we headed out along the original mail route of Windorah, with the old bush track and engaging commentary bringing us back into Pioneer times. Our evening adventures took us along the Thomson River, with guests being witness to a stunning sunset aboard the historical paddle wheeler. We came back ashore to enjoy a traditional stockman’s camp-fire dinner, entertaining bush poetry, a big screen presentation of ‘Captain Starlight’ with billy tea and damper.

Another highlight was our visit to the Stockman’s Hall of Fame Museum, where we discovered the history of some of Australia’s greatest and bravest explorers, stock workers, pastoralists and Indigenous Australians. We experienced the *Stockman’s Life Live Show*, witnessing the action of a live muster and the bond between the stockman and his animals. The day finished with a delicious CWA inspired classic, country meal.

On our final day in the Outback, we took the two-hour drive to Winton where we visited the informative Age of

Dinosaurs museum and had lunch at the famous North Gregory Hotel. Our guests completed a wonderful recitation of the all-time famous ‘Waltzing Matilda’, in the location of its original debut.

A trip to Winton is not complete without a visit to the Waltzing Matilda Centre where we found out more about the life of Banjo Paterson. And next time you visit Winton, be sure to find Arno’s Wall. This gem is a secret you will not want to miss!

The trip ended with another great journey aboard the Spirit of the Outback as we returned to Brisbane. With treasured memories and new friends, we created a memory bank of inspiring, insightful, hilarious and unique Outback Queensland experiences!

On behalf of the Burnie Brae Travel Team and our travel partners, we would like to say a sincere ‘thank you’ for joining us on this memorable adventure! We look forward to seeing you all for more travel adventures soon!

*Kristie*



Now taking expression of interest for group departure 2022.



100 % of surveyed guests described the Travel Team as:

**HELPFUL  
FRIENDLY  
PROFESSIONAL**






of surveyed guests rated the culinary experience on Queensland Rail as excellent!

100 % of surveyed guests rated the Unleash Longreach Inclusion as:

**GREAT VALUE  
INCLUSIVE  
EXCITING & FUN**

## CONTACT US

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



# Events & Bus Trips

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



**\$98**

## SUMMER LAND CAMELS

Tuesday 15 June | 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! Enjoy camel milk scones for morning tea and a two-course lunch featuring camel milk products (included).

Optional camel ride \$30, advise when booking. You must wear enclosed shoes, be under 100kgs, be able to walk up stairs, and get on the camel without assistance.



**\$90**

## SOUTHBANK COMBO CRUISE

Tuesday 6 July | 9:30am - 3pm

Learn all about Brisbane while on the leisurely, morning river cruise (1.5hrs) with morning tea. See the sights of Brisbane from above in your own private gondola on the Wheel of Brisbane. Stop off for lunch at the Plough Inn Tavern.

**\$5ea**

### Shibori Dye Fun - 13 July

Apply fun patterns to clothing, tea towels, soft furnishings and more. 1 - 4pm in the main hall.

### Leather Wallet - 27 July

Make a purse for yourself or to gift with your own colour choices and design. 1 - 3:30pm in the main hall.

Bus trips depart 15 minutes prior to the event from Kedron-Wavell Services Club  
21 Kittyhawk Dr, Chermside



**\$20**

## QUEENSLAND ART GALLERY International Art Collection

Thursday 24 June | 1:15 - 4:15pm

Experience major works from the Gallery's collections in new contexts. The collection displays the influence of Japanese art on French Modernism and the representation of daily life.

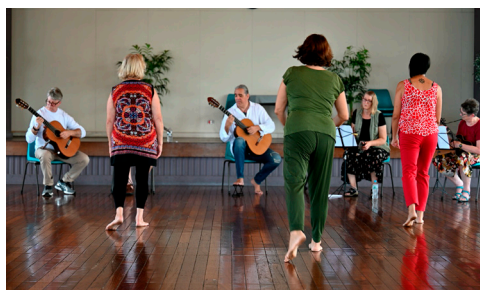


**\$98**

## CHRISTMAS IN JULY

Thursday 22 July | 9am - 3:30pm

Join friends to celebrate Christmas in July with a relaxing day out at Secrets on the Lake in Montville. Indulge in a 2-course, alternative drop meal while absorbing the breathtaking panoramic views of the rainforest, mountains and lake. Pit stop at Aussie World on the way to Montville to enjoy a Devonshire tea.



## TREE OF LIFE

7, 14, 21 & 28 July | 9.30 - 11.30am

Do you love music? Partipate in this program with highly skilled and experienced musicians. Seniors Music and Movement Program combines exercises in meditation, music-making and movement.

**\$100 - 4 week program**



**\$66**

## QLD GARDEN EXPO

Friday 9 July | 8am - 5pm

Held in the Sunshine Coast hinterland town of Nambour, the Queensland Garden Expo is a 'must see' for green thumbs and novice gardeners alike.

The expo boasts different varieties of plants as well as gardening experts who will give information and advice about gardening, landscaping, botany and the newest gardening tools and techniques. BYO food/drink or purchase at the event.

## QPAC PRESENTS



**\$99**

## CHARLIE & THE CHOCOLATE FACTORY

Wednesday 8 September | 12 - 4:30pm



**FREE**

## PHARMACY PRESENTATION

Wednesday 23 June | 10am - 12pm

Your local Pharmacist can assist you with your health needs, find out how. Morning tea included.



Theatre Trips



Centre Events



Gold Program Art Workshops



Bus Trips