

Newsletter

DECEMBER, 2021



2

Centre Christmas Closures
& Our New CEO

3

Member Story &
Technology News

4

Activity Updates

5

Christmas Gift Guide

6

Healthy Connections
10th Anniversary Wrap-Up

7

Healthy Connections
Expansion to Fitzgibbon

8

Active at Home Program

9

Club Respite Catch-Up

10

Travel Deals

12

Activity End/Restart Dates



REFLECTING ON OUR YEAR AND LOOKING FORWARD TO 2022

It is hard to believe that we are coming to the end of another year.

In Queensland, we have been extremely lucky in that we have dodged many of the COVID-19 issues that other states have needed to deal with. However, despite this, keeping our community safe and connected has been no small task; our staff, volunteers and members should all be congratulated.

Some of the highlights of 2021 include:

- Welcoming over 300 new members
- Introduction of new activities - Ballet and Mindful Yoga
- Expansion of Tech Training sessions, now four times a week
- Successful Seniors Month activities
- Four trips to Government House
- Healthy Connections celebrated 10 years of service
- Healthy Connections member, Marianne awarded ESSA client of the year
- Travel Connections group tour to

Longreach aboard The Spirit of the Outback train

- New Care Services staff, to enable us to care for more people in their own homes
- Club Respite is now open Saturdays and has introduced a weekly art class
- Partnerships with The Common Good/ Prince Charles Hospital to distribute EKKKA strawberry sundaes
- Introduction of intergenerational play with Club Respite and a local early education centre
- Received funding for new solar panels for the Centre

Burnie Brae was created to provide services and support to all members within our community. We thank you for your support and participation as there is no doubt that without you all, Burnie Brae would not be the place of 'community, connection and care' that it currently is.

From all the team at Burnie Brae we wish you a safe and happy Christmas and hope to see you in the New Year.

60 Kuran Street, Chermside
(07) 3624 2121
enquiries@burniebrae.org.au
www.burniebrae.org.au



Christmas Closures

	Closed from 2021	Reopens on 2022
Café Connect Hair Salon Events Activities (see page 12) Technology Training Burnie Brae Reception Accounts Department	25 December	4 January
Community Nursery	17 December	11 January
Care Services * Healthy Connections Travel Connections	Closed on Public Holidays 27, 28 December and 3 January	
Club Respite	Closed on 24, 27, 28 December and 3 January	

*Essential services such as medication, meals or personal care are available during the Public Holidays. Please contact the team prior to Christmas on (07) 3624 2121 if you need to confirm or reschedule any services.



\$10 Christmas Lunch

Escape the heat and enjoy a cold Christmas lunch at Café Connect!

Our Christmas lunch includes cold meat with fresh salad for just \$10.

We will be serving a different type of meat each day including pork, lamb, turkey, and ham.

Can't forget the dessert! We will have lots of yummy Christmas-themed desserts and other treats in the café throughout December.

CAFÉ CONNECT

Now open weekdays 7:30am - 2:30pm
Dine-in or takeaway
60 Kuran Street, Chermside



Burnie Brae staff celebrating at our Christmas party!

NOTICE

From the 17th of December 2021, all customers dining at Café Connect must be fully vaccinated against COVID-19.

You will be required to provide proof that you have been vaccinated against COVID-19 when you check-in. Thank you for your patience and cooperation.



Burnie Brae CEO
Andrew Watson

It is with pride and excitement that I have accepted the responsibility of leading Burnie Brae as its new Chief Executive Officer.

I appreciate the support and trust in me from the Burnie Brae Board and Executive Management team and I am thrilled to be working with the consummate professionals that staff our organisation. My background has been in IT and Executive Management across process structure in manufacturing as well as customer and membership engagement in the sporting industry. I am excited about the connection that Burnie Brae has with the community through both its care and membership services.

I look forward to leading Burnie Brae into its next exciting chapter of growth and development as a leader in the Care Services and Community Sector.



Member Story: Barbara

Barbara joined Burnie Brae in 2007 and was super excited when Mahjong started in 2016. She has been playing Mahjong here at Burnie Brae for 5 years, and in that time she has taught many people how to play and made many friends.

"You've gotta get out and be active. Find something to do with yourself."

We wish Barbara all the best with her move to Toowoomba to be closer to her family. We will miss seeing you around the Centre!



MAHJONG

Monday 12:30pm - 3:30pm
\$5/session | Everyone is welcome

Latest News from Technology Training...

Do you need help getting your COVID-19 vaccine Digital Certificate?

The Check-in Qld App has been recently updated to include the capacity to link to your digital vaccine certification. If you would like assistance, please book an appointment with our friendly and knowledgeable tutors.

It is helpful if you already have an active MyGov account that is already linked to Medicare. If not, don't worry as they can also show you how to do this. We all know from personal experience it is not as simple as it sounds, that going through all the steps can be a bit confusing, and of course, every mobile phone is different!

Book in a Technology Training lesson at Reception or phone 3624 2110.
Lessons available from Tuesday to Friday at the Burnie Brae Centre.



It was wonderful to see so many people attend at our recent Seniors & Technology presentation held during Seniors Month!

Participants learnt basic tips and tricks for using mobile phones and tablets, connecting to Wi-Fi, introduction to apps/social media and enjoyed an e-book presentation by Margaret from Chermside library. Thank you to our volunteer Digital Mentors who helped with practice activities and offered extra advice.

We look forward to providing more helpful presentations and opportunities for group learning in the new year!

TECHNOLOGY TRAINING

Are you stuck with a technology issue or want to learn more about your device?

Burnie Brae can help you with our individual, 1-hour Technology Training lessons. Our trained mentors can share tips and shortcuts to make your phone or device enjoyable to use and work for you.

Lessons are available from Tuesday to Friday at the Burnie Brae Centre. To book a lesson, phone 3624 2110 or visit Reception.



MINDFUL YOGA CLASS

What are you doing on a Thursday morning? Why not come along and try a Mindful Yoga class!

The one-hour class starts at 9:15am. Please bring a towel, mat and cushion to the class and arrive around 9am to give yourself time to get organised. As you start in a lying position, it can take a little time to get your body, mind and spirit into the zone. This gentle class can help you with breathing, relaxing, meditating and movement in general.

We'll focus on moving with your breath, which is different to other forms of exercise. We'll notice what is happening in our body and mind as we increase our awareness of staying focused on a posture. There are lying, kneeling, and standing sequences; to support our bodies we use walls and chairs at times. If you would like to participate using a chair, you are welcome. By starting gently, strength, stability, flexibility and confidence can be achieved. Modifications to the postures

will be offered and over time you will develop a sense of how to work with your body and mind.

Yoga also encourages a sense of compassion for oneself, others and creation. The ancient discipline of yoga facilitates self-inquiry, awareness and calmness. In this class, the aim is to help you make better choices about how you move and think in life, by drawing attention and self-awareness to your body. By practicing mindfulness, we learn to respond, not react, and stay in the now. Relaxation is a valuable tool to help aid sleeping, de-stressing and noticing your environment. In nature, this can give you a sense of calmness.

These yoga and meditation principles are interwoven into each class, and it is amazing how these ideas can benefit your everyday life.

See you soon, *Sandi*



Win gifts for the whole family with our Christmas Raffle!

There are three prizes up for grabs including a Google Chromecast, digital air fryer, ceramic wok and so much more. Purchase tickets online or visit Burnie Brae Reception.

Entries close on 21 December and winners are drawn on 22 December.



Buy tickets

Book Club



Do you enjoy reading and like conversations with other book lovers? Join our casual and friendly group for Burnie Brae Book Club!

2nd Monday of the month
10.30am - 12 noon
Starting 10 January 2022

Location: Burnie Brae Activity Space
Cost: \$5 per person / per week

Lunch is available to purchase at Café Connect if you wish to grab something with the group afterwards.

Copies of our 2022 book list are available at Reception. If you have any queries, please phone Helen on 0411 271 792 or email dietcokehelen@gmail.com



END OF YEAR EVENT

Come along to the final Ballet and Gypsy Rumba classes of 2021. The groups will be dressed in costumes and are excited to share their achievements for this year.

Gypsy Rumba | 2pm Thursday 9 Dec
Ballet | 3pm Monday 13 Dec

We hope you can join us!

Christmas Gift Guide



Stuck on what to buy for Christmas? We've put together heaps of gift ideas for those friends and family members that are hard to buy for!

It's not Christmas without a traditional Christmas pudding and cake. Check out our awesome range of sauces, jams and coffee available in Reception.

Our gift cabinet in Reception is also stocked with beautifully handmade gifts including jewellery, artwork, accessories and more.



15% OFF PUMP HAIRCARE PRODUCTS



Discover the Australian-made, 100 % organic and cruelty-free Pump Haircare range stocked at our Burnie Brae Hair Salon!

Products for every hair type! Our friendly and experienced staff offer a complimentary, personalised consultation on the full range. The perfect gift or treat for yourself!



Burnie Brae gift cards also make the perfect gift!

Available to purchase at Reception and can be used around the Centre (Café, activities, events, travel and Hair Salon).



Christmas Bundles

Our Healthy Connections Plus team have put together the ultimate fitness bundles for those who love to move!

We have three different Christmas bundles to choose from, filled with Pilates must-haves. They are the best secret Santa gift, or the best excuse to spoil yourself.



\$30

BUNDLE 1

1x Cork Ball | 1x Pair of Socks
1x Resistance Band



\$60

BUNDLE 2

1x Reformer Mat | 1x Pair of Socks



\$90

BUNDLE 3

1x Cork Ball | 1x Resistance Band
2x Pairs of Socks | 1x Reformer Mat

Pick your own Reformer Mat and socks from our extensive range!

To purchase, visit the HCPLUS studio at 72 Pickering Street, Enoggera.



In November we celebrated Healthy Connections 10 Year Anniversary with activities, massages, food, prizes and live music! A massive thank you to all of our amazing clients, staff and everyone who came to our anniversary.

“

On behalf of my gym buddies and I, we would like to thank all of those involved who planned, organised and made the 10 year celebration such a joyous occasion. The food, service and music was amazing, and the staff looked after all members in a caring and happy manner. Plenty of laughter and chit chat filled the building. A great time was had by all.

Denise

”



CHRISTMAS TRADING

Friday 24 December

6am - 12pm

Member sessions and one-on-ones

Closed | Saturday 25, Monday 27 and Tuesday 28 December

Wednesday 29, Thursday 30 & Friday 31 December

6am - 11am

Member sessions

Closed | Saturday 1 and Monday 3 January

Tuesday 4 January | Services resume as normal



Healthy Connections

FITZGIBBON

NOW OPEN

Healthy Connections has **expanded** to an additional location!

Healthy Connections will be providing group fitness sessions combining gym and reformer equipment in our new clinic located at Fitzgibbon Community Centre!

- > Health screening questionnaire and individual program
- > Supervision of your group session by an Exercise Physiologist
- > Booked hourly sessions
- > Diversity and quality of exercise equipment

What is Reformer Pilates?

Reformer Pilates is a unique blend of Pilates, balance and resistance training all at one clinic! Reformer-based exercises will be implemented into your program to optimise your health and fitness goals.

Sessions & Cost

6:30am to 11am weekdays
\$12.50 per session

What gym equipment is available?

HUR computerised air pressure equipment is specially designed to address clients individuality as everyone's strength levels and abilities vary.

- > Easy to use and simulates the natural function / movement of your muscles
- > Suitable for general fitness, rehabilitation purposes, senior fitness training and sports specific training.



Located at the Fitzgibbon Community Centre
545 Roghan Road, Fitzgibbon



healthy
connections



(07) 3624 2185



gym@healthyconnections.org.au



www.healthyconnections.org.au



ALMOND SNOWBALLS

Servings: 30 pieces ⌚ 30 minutes

Get into the spirit with these fun and festive almond snowballs.

Ingredients

- 2/3 cup icing sugar
- 1/2 tsp sea salt flakes, crushed
- 1 tsp vanilla extract
- 1/2 cup Macro almond spread
- 1/2 cup sweetened condensed milk
- 3 1/2 cups desiccated coconut
- 290g white chocolate melts

Method

STEP 1

Place sugar, salt flakes, vanilla, almond spread, milk and 2 cups coconut in a large bowl and stir to combine.

STEP 2

Roll level tablespoonfuls mixture into balls to make a total of 30 balls. Arrange on a large baking paper-lined baking tray, then freeze for 15 minutes.

STEP 3

Melt chocolate according to packet instructions. Place remaining coconut in a shallow bowl.

STEP 4

Using a fork, dip 1 ball in chocolate, allowing excess to drip off, then roll in coconut to coat. Place on tray. Repeat with remaining balls, chocolate and coconut. Set aside for 30 minutes or until chocolate has set.

Care Services



Active at Home

Stay active and do the things you love in your everyday life with Active at Home

What is Active at Home?

Active at Home is a 12-week exercise program designed for people receiving aged care services. The program includes five strength and three balance exercises that can increase your physical independence and reduce your risk of falling down.

The balance exercises will help you feel more stable and confident on your feet. The strength exercises will help improve your independence in everyday activities that require lifting or bending.

You can exercise in the comfort of your own home, with the assistance of your regular support worker. Your support worker will teach you the eight exercises, correct your technique and provide ongoing encouragement. Participating in regular assessments will help track your progress.

It's easy to get started and you work at your own pace.



Testimonials

'Before the program I was having trouble getting out of a chair without holding onto the arms, and my balance wasn't very good. I think this sort of program is essential for everyone. My balance definitely improved and I got stronger.'

ES, 87 years old

"Before the program I was getting more and more stooped over and my balance wasn't good. I definitely couldn't stand just on one leg. I finished up enjoying the exercises and now I do them 5 days a week on my own. My balance has improved a lot. I hold my head and am aware of my posture even when sitting- and I can now stand on one leg now. The exercises have helped me no end."

PM, 83 years old



Join the program

You can participate in Active at Home through Burnie Brae! Contact Michelle on 3624 2121.

Club Respite



MELBOURNE CUP

We had the ultimate Melbourne Cup Day in Club Respite - dancing to live music by Bruce Smith, fashions on the field and watching the races.

The menu for the day included blueberry cheesecake tarts, arancini balls, beef wellington and more. All freshly cooked by Burnie Brae's amazing chef, Ruth.

We even had our own "race that stops the nation" with the staff racing on cardboard cut-out horses. Each person had a turn to roll the dice, determining how far the staff member could move until they reached the finish line. We were all on the edge of our seats!



We have some rare places available at Club Respite right now!
Pop in to see us or contact us for information about our services and prices.



(07) 3624 2136



respite@burniebrae.org.au



60 Kuran Street, Chermside

Kumbartcha Nursery



During a trip to the Kumbartcha Sanctuary and Nursery, the group learnt about the different flora and fauna species and explored the beautifully kept grounds.



A poem about Burnie Brae Lifestyle Facilitators Danny & Russel

Hello, look here, what do I see
Not one man, but two coming for me.

How brave are they going shopping with me
By the end of the day, they'll need a good lie
down and a cup of tea.

But Danny and Russell proved to be strong
As they escorted me around and followed along.

I'm not so sure, but they possessed not a hair

Had they pulled it out in a fit of despair?
When they were told take this one shopping
She'd keep going till she was almost dropping!

However, we all had a lot of fun
Especially when I told people what's going on
I said they are my wardens and I've been let out
Being a prisoner, I didn't get around and about
Without these burly men watching over me
Two brave men - you made my day - many
thanks, Sylvie.





GIVE THE *gift* OF TRAVEL

Gift an Australian travel experience with a VIVA Holidays gift card.
Be inspired by gift ideas from Australia, the best gift shop in the world!



THE PHANTOM OF THE OPERA 📍 SYDNEY, NSW

INCLUDES:

- 1 night at A by Adina ★★★★★ in a Studio room
- A Reserve ticket to Handa Opera on Sydney Harbour The Phantom of the Opera for Sunday to Friday performances⁺

from **\$445*** per person
twin share



EXPERIENCE THE RED CENTRE 📍 ULURU, NT

INCLUDES:

- 3 nights at Sails in the Desert ★★★★★ in a Superior Room ~
- Full breakfast daily
- Field of Light Star Pass
- Return airport transfers

from **\$595*** per person
twin share



HAYMAN ISLAND INDULGENCE 📍 THE WHITSUNDAYS, QLD

INCLUDES:

- 3 nights at Intercontinental Hayman Island Resort ★★★★★ in a Lagoon Room
- Bespoke 2 hour Private Island experience
- Return luxury launch transfers from Hamilton Island
- Bottle of sparkling wine

from **\$1,545*** per person
twin share



ULTIMATE KIMBERLEY SMALL GROUP ADVENTURE FOR THE INDEPENDENT TRAVELLER

📍 KIMBERLEY REGION, WA

Experience unforgettable stays at Berkeley River Lodge and El Questro including all meals, selected beverages, and activities. Enjoy the Ultimate Kimberley Experience and Sunset Helicopter Tour plus an exclusive scenic flight from El Questro to Purnululu National Park and marvel at the Bungle Bungle Domes from the air and more!

DEPARTS: 30 SEP 2022 9 days/8 nights from **\$14,999*** per person
twin share



DISCOVER AUSTRALIA'S ICONS FULLY ESCORTED PRIVATE AIR JOURNEY

📍 BAROSSA VALLEY, KANGAROO ISLAND
ULURU, CAIRNS, HAYMAN ISLAND

Welcome aboard your privately chartered, business class aircraft. Sit back and get ready to take-off on the holiday of a lifetime. This unique tour has been carefully crafted to highlight some of Australia's most iconic destinations and attractions.

DEPARTS: 6 AUG 2022 11 days/10 nights from **\$14,999*** per person
twin share



HOLIDAY
here **THIS YEAR**

T&C's apply. Contact us on (07) 3624 2191 or visit in store for details.



GIFT SHOP
CATALOGUE



PURCHASE
GIFT CARDS

VIVA HOLIDAYS

ULTIMATE OUTBACK RAIL JOURNEY 7 DAYS/6 NIGHTS

FULLY
ESCORTED
TOUR

Explore Australia's vast and remote Red Centre and the tropical splendour of the Top End with our fully escorted rail journey aboard The Ghan.

Inclusions

- 1 night at Crowne Plaza Adelaide in a Superior Room
- 6 breakfasts, 3 lunches and 4 dinners including a 2-course welcome dinner at Crowne Plaza Adelaide
- 2 nights Gold Service on the Ghan from Adelaide to Darwin
- Standard Off train excursion tours while on The Ghan in Marla, Alice Springs and Katherine
- 3 nights at Vibe Hotel Darwin Waterfront in a Hotel Room
- Half day Darwin City Sights tour with Welcome to Country Ceremony
- Charles Darwin Sunset Dinner Cruise
- Full day Litchfield Waterfalls tour
- Sunset Harbour Dinner Cruise
- Full day Litchfield Waterfalls Tour

Exclusive Early Bird Price

Departs 24 May and 23 August 2022.

Prices per person:

\$4,479 twin share | \$4,789 sole use



Adelaide, SA to Darwin, NT



T&Cs apply. To find out more, visit us in store or contact us!



(07) 3624 2191



travel@travelconnections.org.au



www.travelconnections.org.au



Burnie Brae
TravelConnections

a member of
helloworld
TRAVEL

Activity Christmas Closures

		Finishes 2021	Restarts 2022
MONDAY	Zumba Art Aqua Aerobics Mahjong Clogging	13 December	10 January
	Ballet	13 December	TBC
	Italian Classes Book Club	29 November NEW	TBC 10 January
	Line Dancing <i>Raw Beginners</i> <i>Beginners</i> <i>Improvers</i>	13 December	17 January
TUESDAY	Fit Moves	14 December	11 January
	Movement & Dance Tap Class	7 December	1 February
	500 Cards Scrabble	14 December	4 January
	Singing Group Music Group	13 December NEW	11 January 11 January
WEDNESDAY	Zumba Mahjong Aqua Aerobics Indoor Bowls	15 December	5 January
	Ukulele (Beginner) Ballroom Dancing	10 December 15 December	12 January 12 January
THURSDAY	Gypsy Rumba	9 December	TBC
	Bolivia Carrom Scrabble Darts	16 December	6 January
	Functional Fitness Mindful Yoga Table Tennis Yoga	16 December	13 January
	OWN Meeting	NEW	13 January
FRIDAY	Matwork Pilates Indoor Bowls Aqua Aerobics	17 December	7 January
	Ukulele Qigong (Tai Chi)	10 December 17 December	14 January 14 January



FITZGIBBON

Functional Fitness and High Intensity classes at the Fitzgibbon Community Centre finish on 15 December 2021. Keep an eye out for further information regarding classes in 2022.



Seasons Greetings from Burnie Brae

We hope you all have a lovely Christmas break and look forward to seeing you all in the new year! Thank you for all your support in 2021.

Stay in touch!

Like us Burnie Brae Facebook or subscribe to our mailing list to ensure you receive Centre updates and news. You can subscribe via our website: www.burniebrae.org.au.



Like us Facebook