



Newsletter

MARCH 2022



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Our members are the hearts and soul of Burnie Brae. Every day, we feel lucky to witness so many members finding renewed energy, vitality and friendship while they enthusiastically participate in our activities and events. We can't wait to welcome you back to the community.

We provide a variety of social, health, educational and recreational activities, along with regular events and services at our Centre. Every activity, event and service is a chance for us to spend time with our vibrant members and learn more about what they love.

We've been happy to see so many of our members returning to the Burnie Brae Centre after the latest impacts from Covid.

Our revolving door of activities cater to a range of interests, allowing our members to connect with each other and stay active through experiences they really enjoy. Some of the most popular activities include dance and fitness classes, art and leisure activities, card and board games, and indoor sports.

When you've finished your activities for the day, you can relax at Café Connect, get some expert advice from the travel agents at Travel Connections, or book a haircut at the Hair Salon.

If you haven't been back to the Centre yet, we look forward to welcoming you with a special: find our 'Welcome Back' deal on page 2.

CONTACT

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



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WELCOME BACK PROMO

Masks not required to be worn in the Centre
from 6pm on the 4th of March!

To celebrate getting back to normal we are giving away prizes throughout March! Visit the Burnie Brae Centre during March and swipe your Membership card to be in the draw to win:

2,000 Member points
High tea for two at Café Connect

The winners are drawn every week in March, so if you swiped your card in the previous week, you will be in the running.



We can't wait to see you back in the Centre!

SUMMER CLEAN UP SPECIAL

Are you a Home Assist Secure funded client? Do you need assistance with gutter cleaning, yard clean-up/maintenance and window cleaning? See page 8.

New Café Connect Menu

We are excited to be launching our new menu at Café Connect and there are plenty of delicious new breakfast and lunch options to choose from!

Dine-in and takeaway available weekdays 7:30am - 2:30pm - everyone is welcome. Café Connect is located at 60 Kuran Street, Cherside.

Some of our new menu items include zucchini fritters, Vietnamese bánh mì, open grill sandwiches and more.



View the full menu - scan the QR code or visit the Café.



Hair Salon Special



Fresh hair is coming your way!

Book in for a wash, shampoo, condition and blow wave for only \$25.

Offer available for bookings made during March. Short hair only. To book, phone (07) 3624 2150.



Birthday Voucher

Celebrate your birthday with an \$8 voucher to spend at Café Connect.

This offer is valid from your birthdate and for the following 31 days inclusive.



MEMBERPLUS
Join/renew online (scan QR code) or visit Reception

* T&Cs apply.

Please check your MemberPlus voucher book for details or visit the Burnie Brae website (Membership page).



Burnie Brae Loan Devices

*Getting you started
with technology*

Connecting with family, friends and the wider community has never been so important.

If you don't have a device (eg. smartphone, tablet or laptop) in your home, take advantage of this great offer to find out what technology can do for you.



We provide one-on-one tech training by appointment at the Centre

New Samsung tablets with Wi-Fi available for a 3 month loan

INTERESTED?

Talk to one of our friendly receptionists or phone (07) 3624 2110.



Learn Auslan

Auslan (short for **A**ustralian **s**ign **l**anguage) is the language of Australia's deaf and hearing impaired community. Did you know that almost 20,000 people use Auslan to communicate every day?

It's a visual form of communication that uses hand, arm and body movements to convey meaning.

Expression of Interest

We are calling for an expression of interest for an 8-week introductory Auslan Sign Language course.

We would envisage these classes taking place on Tuesdays 9:30am – 11:30am in the activity space. The course would cost \$190 per person.

To find out more contact Reception on (07) 3624 2110 during business hours or visit Reception at 60 Kuran Street (open 8am – 4pm weekdays).



Car Park Update

To help improve traffic flow, we have implemented some changes to the car park at 60 Kuran Street:

- One way traffic - please follow the marked arrows.
- Kingsmill Street driveway is now 'entry only'. All traffic to exit via Kuran Street.
- New drop off/pick up zones (lined yellow) marked outside Healthy Connections and Centre Reception. Five minute stopping limits in these zones.
- Designated walkways - Healthy Connections to Café Connect, and Club Respite to the Community Garden.

Please look out for pedestrians while driving in the car park.



Meet Sharon, one of our wonderful Burnie Brae superstars!

Sharon has just celebrated her 20-year work anniversary at Burnie Brae.

“I started as a Volunteer in Burnie Brae’s administration office in August 2001. There were approximately twelve paid employees and many volunteers working at the Centre at that time. Through volunteering I was successful in applying for a role as an Administration Assistant in the Home Assist Secure office and commenced in February 2002.”

In 2007 Sharon stepped into the role of Assistant Coordinator of the Burnie Brae Home Maintenance and Home Modification Program where she stayed until November 2016.

With the restructure of services, she then became Team Leader in the Burnie Brae

Care Services Team and over the next three years managed different teams, culminating in managing the Lifestyle Facilitators until the end of 2019. At that point, due to other commitments, Sharon stepped back into an administrative role within the Care Services Team as a Service Support Officer.

“I am currently providing the Administration Support for the Home Care Package Team which keeps me very busy, and I am loving my role.

I have learnt so many skills over my time here at Burnie Brae. I would have to say my passion and commitment to Burnie Brae is still strong as I believe that what we do makes a difference to those we look after and care for.”

Join us in congratulating Sharon for this huge achievement!



Indoor Bowls

Fancy a game of indoor bowls? Come along to make new friends, find a new hobby or simply learn something new.

We welcome new players of all ages!

Wednesday 1pm and Friday 9am in the Burnie Brae Hall (60 Kuran Street, Chermside). Simply pay your \$5 upon entry, all equipment is supplied.

Transport services are available (subject to conditions). Phone 3624 2121 for further information.

Stay Updated

Subscribe to our Member Services list to receive emails about activities, centre events, day tours, technology training, plus café, travel and hair salon deals.



Scan the QR code or contact Reception to sign up.

NDIS Audit

On the 14th and 15th of February Burnie Brae received a (virtual) visit from approved auditing body HDAA to review the care and services we provide to clients receiving National Disability Insurance Scheme (NDIS) funding.

The auditor focused on how Burnie Brae has been meeting the NDIS Practice Standards to ensure all care and services are of the highest quality, client focused and compliant across all areas of our business.

We are pleased to announce that following the two days spent interviewing staff and clients as well as reviewing Burnie Brae

processes, we have received a positive outcome with no minor or major issues to address.

At a time of continued strain on our sector we are incredibly proud of the work that our staff do to have produced this positive outcome and look forward to implementing any areas of improvement that may further expand on the great work our NDIS teams are doing currently.

If you would like any further information about our NDIS Audit/services, please speak with a member of Healthy Connections or Club Respite.



ART CLASS Painting with Texture

Discover how to enhance the tactile qualities of your acrylic paintings.

There are many ways and different products available to complement acrylic painting. Adding a dimensional element to a painting can change the effect of your subject.

Learn how to use a selection of the most common texture products and how to apply them to paper board and canvas. Our Art Teacher Petra will guide you through the classes.

Starting 17 March | \$65 for 3 weeks
Thursdays 1:30pm - 3pm



Dance Fitness Classes WITH AMA

The class you never want to miss! It's fun, effective, and easy to follow.

Bust a move to keep you going, feel the music and move along with the beat; dance along with all different rhythms.

Have fun, enjoy the positive vibes and dance like no one is watching.

You can even request your favourite dance songs! The class instructor, Ama also coordinates our Functional Fitness and Zumba classes.

Starting 14 March | \$10 per class
Mondays 1pm - 2pm

If you have any questions, please phone Reception on (07) 3624 2110.

BOLLYWOOD DANCING



Bollywood is a fusion of classical and folk Indian dance styles with contemporary Bollywood movements to create a fun and thrilling environment. The classes are focused on making you happier, smarter and a whole lot healthier!

Our new classes will be instructed by Swina Kalwar, the Principal and lead teacher at Let's Bollywood Dance School. Swina was born in India and has completed her Bachelor's degree in Indian Classical Dance (Visharad in Bharatnatyam).

Starting on 17 March, the classes will be held on Thursdays from 1pm - 2pm in the Burnie Brae Hall. The cost is \$15 per person.



Ukulele Classes

Classes are catered to all ability levels. Our music teacher Mick will guide you through and once you're confident you can join in on our Jam Session classes.

Thursdays | \$10 per class
Beginners: 11.30am - 1pm
Jam Session: 1.30pm - 3pm

Burnie Brae Activity Room



Functional Fitness

Wednesdays 9.30am - 10.30am
\$10 per class
Fitzgibbon Community Centre



Beginner's Guitar

Bring your own instrument.
Tuesdays 1.45pm - 2.45pm
\$10 per class | Burnie Brae Hall

Timetable Updates

Please be advised that Mindful Yoga is now held on Mondays 2:15pm - 3:15pm.

The following activities have resumed:

Sunday Dance (Old time/New Vogue)
3rd Sunday of the month 2pm - 5pm.

Friday Night Dance
2nd Friday of the month 7pm - 10pm

7th Brigade Walking Group
Monday to Thursday from 3:30pm

TWO PEAS IN A POD



Healthy Connections Blog

Much like people, our muscles will always try to find the easiest path.

When one muscle is tighter than its opponents, it will pull your joints towards the tighter side. A lot of injuries and pains are caused by these imbalances in the body.

Tissue release and muscle strengthening can work together to re-tune your body's health. By working the weaker muscles and loosening the tightened muscles, you can recreate balance for your body.

An example of a muscle imbalance is neck and shoulder pain:

The muscles in the front of your chest get tight, bringing your shoulders forward. As the shoulders are positioned forwards, the muscles at the back of your neck and between your shoulder blades are over-stretched. You start to get pain at the back of your neck and/or between your shoulder blades from being pulled into this position. That's all well and good, but how do we go about fixing it?

By creating more balance in the muscles, you can relieve this pain.

Two Steps for Muscle Balance

Step 1: For release of a tightened muscle, you can do some targeted stretching, apply heat or massage the area directly.

Booking a remedial massage can help release your tight muscles and help you start feeling good again, but these are usually tight for a reason.

The muscles may end up taking on the same load as they did before and end up in exactly the same state. Following up with step 2 becomes important to ensure this does not happen.

Step 2: By strengthening the weaker muscles, we allow them to take some of the load that has been pushed onto other parts of the body. As the tight muscles are no longer over-loaded, they can finally relax and put an end to the pain cycle you may be in.

You can book a session with an exercise physiologist to determine which muscles need to be strengthened and get a plan of how to do it.

In this example you would:

Step 1: Release your chest muscles to reduce the tension bringing the shoulders forward, opening the chest up.

Step 2: Strengthen your upper back muscles giving more stability to the posture, countering the pull of the chest muscles.

Remedial massage and exercise physiology work well together, like two peas in a pod providing balance to your body.

Written by **Nancy Jackson** | Remedial Massage Therapist, Healthy Connections

Fitzgibbon Clinic Review



I am thoroughly enjoying the new Fitzgibbon Gym/Reformer Pilates set-up!

It's great to be able to do Reformer Pilates and some cardio, also use the well-chosen weight training and HUR equipment. Aircon is wonderful and the atmosphere is positive. Well done!

Healthy Connections Member, Helen

Find out more about our group fitness sessions at Fitzgibbon. Phone (07) 3624 2185 or visit Healthy Connections Reception.

COMMITMENT MONTH



March is the month to get back into gym!

Keeping motivated and staying committed is one of the most challenging aspects of maintaining a physically active lifestyle.

There are many things you can do to help stay motivated in the gym. Why not try writing down your goals.

Seeing the benefits of regular exercise and writing your goals down on paper may help you stay motivated. You may also find that it helps to keep an exercise diary. Record what you did during each exercise session, how long you exercised and how you felt afterward.



Working out with a friend also helps you stay motivated and on-track, get in touch with the HC community and connect with a training buddy!

As a reward for your efforts, Healthy Connections will be giving a special prize to the member who attends the most sessions in the month of March.

Visit Healthy Connections Reception or call us for more details.



CHICKEN & LEMON SKEWERS

Servings: 4

🕒 45 minutes

Ingredients

- Mint leaves
- 150g natural yogurt
- 1 lemon, zested and juiced
- ½ tsp ground cumin
- ½ tsp ground coriander
- 2cm piece ginger, grated
- 4 skinless chicken breasts (cut into 6 pieces)
- 4 wholemeal pitas
- Lettuce leaves, sliced
- 1 red onion, sliced
- 4 wooden skewers

Method

STEP 1

Chop half the mint and put in a bowl with the yogurt, half the lemon juice, all the lemon zest, spices and ginger. Mix well and season with salt and pepper. Add the chicken pieces, mix well and put in the fridge for 20-30 mins. Meanwhile, soak 4 large wooden skewers in water for at least 20 mins.

STEP 2

When you're ready to cook the chicken, heat your grill to a medium heat and line the grill tray with foil. Thread the chicken onto the soaked wooden and grill for 15-20 mins, turning halfway through, until cooked through.

STEP 3

Warm the flatbreads, then serve them topped with the lettuce, chicken, red onion, remaining lemon juice and mint, and any optional extras such as extra yogurt or pickled cabbage, chilli sauce and hummus.



STAFF RESPIRATOR Mask Fittings

To ensure that we can continue to provide essential services to any clients/members who may be deemed as close contacts or test positive for COVID-19, we have commenced an assessment and testing process for our Lifestyle Facilitators to wear high-risk protective equipment (specifically N95/P2 respirator style masks).

What's involved?

Lifestyle Facilitators visit the Burnie Brae office and meet with Independence EHS (experts in respiratory protection), who assess their face shape and size. Several disposable mask sizes are tried to ensure the perfect fit.

Once the mask is fitted, scented vapours are released into the air; if the staff member cannot smell the scent, the fit test is passed.

The staff member then receives a card outlining the size and type of mask they are approved to wear. Regular maintenance tests are performed throughout the year to ensure no changes to mask sizing, type and fit.

Why do the staff need to wear special masks?

Currently, our staff are only required to wear disposable surgical masks for both your safety and their own.

Should they need to visit someone who tests positive for COVID-19, or are deemed a close contact, they will be required to wear respirator masks for an added layer of protection.

Burnie Brae will continue to offer these additional mask fittings to all Lifestyle Facilitators and any other employees who have close contact with clients/members (such as Healthy Connections and Club Respite staff).

This is our commitment to keeping both our staff and clients/members safe as best we can.

If you have any questions regarding these safety measures, please speak with a member of our Outbreak Management Team, or our Community Services Manager Aynsley on (07) 3624 2121.



SUMMER CLEAN UP *Special*

Over the coming months we are reaching out to Home Assist Secure funded clients to offer a Summer Clean Up Special.

The special includes:

- Gutter cleaning**
- Yard clean-up and maintenance**
- Window cleaning.**

FIND OUT MORE

If you would like to book in this special or unsure whether you are Home Assist Secure funded, please phone our Home Maintenance team on (07) 3624 2121.



Did you know that you can change your Home Care Package provider?

Having a Home Care Package provider that meets your needs, aligns with your values and supports your goals is crucial for a positive experience when receiving help at home.

Too often, however, an older person can feel like they need to simply be grateful for the support they're receiving and that once they've signed up with one provider, that's it.

Well, good news - you are in control of YOUR Home Care Package and can change provider if you choose!

Regardless of whether you've been with your package provider for 6 months or 6 years, you have the ultimate choice as to who provides your care and services.

Burnie Brae Community Services Manager, Aynsley will be providing more information in the next edition of the Burnie Brae Newsletter.

The blog is available online now - simply scan the QR code.



Club Respite



Some of our Club Respite members enjoyed the sunshine, preparing and planting the new raised garden beds in the Burnie Brae Community Garden! There's always something to look forward to at Club Respite.

Check out our calendar of March events and activities:

Monday

Exercises
Ladies Group
Bingo
Mystery Drive
Movie

SPECIAL EVENTS

Sam's Italian Day, Cooking with Sandy, BBQ, Digital Mentors and Musical Melodies 'Around the World' performance.

Tuesday

Exercises
Picnic in the Park
Sit Down Dance

SPECIAL EVENTS

Come along to choir with Mick, held every Tuesday.

Friday

Exercises
Men's Group
Bingo
Darts Competition
Mystery Drive
Movie

SPECIAL EVENTS

Woodwork, Digital Mentors, BBQ and a musical performance by John Sophios.

Wednesday

Exercises
Reading with Sue

SPECIAL EVENTS

Performances by Bruce Smith, Nora, Able2Rock, Steve Hydman and Out of Sight

Thursday

Exercises
Walking in the Park
Gardening
Craft with Deb

SPECIAL EVENTS

Performance by Able2Rock, Digital Mentors and celebrating St Patrick's Day!

Saturday

SPECIAL EVENTS


Trip to Shorncliffe Pier and Deep Water Bend.

Art

Polymer Clay Fun, Paint and Laugh Along, Painting Behind Glass and Make Heart-Shaped Soap.

We will also be celebrating Harmony Day on Monday 21st March!

Do you want to find out more about Club Respite? 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, Cherriside

CAPE YORK ADVENTURE TOUR

Group Departure • 8 Days / 7 Nights



This exceptional 8 day and 7 night journey takes you to the Cape from Cairns to Bamaga.

Departure Dates: 21 May, 11 June, 17 July and 21 August 2022.

Travel by luxury 4WD to the very tip of the Australian Mainland on this fully accommodated 8-day drive/fly adventure.

Visit iconic Australian pubs, meet the locals, drive the legendary Bloomfield Track and the Telegraph Track. Enjoy great outback food and hospitality on this once in a lifetime Australian Adventure.

Inclusions:

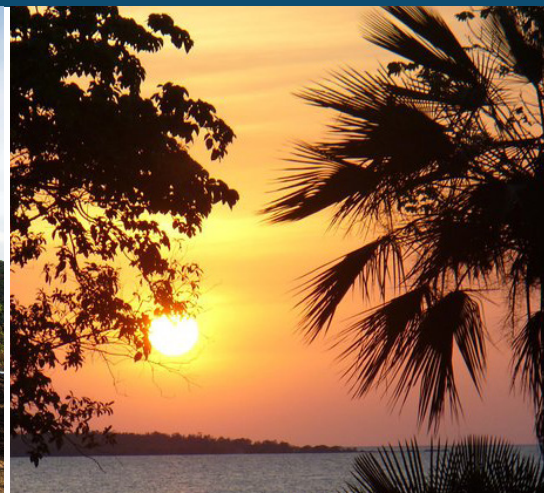
- Knowledgeable guide
- Travel in specially prepared Luxury 4WD Vehicles
- Breakfast, lunch and dinner each day
- All entry fees including a sunset cruise in Weipa
- One way economy flight from Cairns to Horn Island
- Exclusive Glamping stay on Roko Island in the Torres Strait
- Behind the scenes tour of the fascinating Horn Island
- Pre and Post accommodation in Cairns



Contact Travel Connections to find out more and to view the travel itinerary.

From \$8,899* pp, twin share

** T&C's apply. Contact us for more details.*



7 Days / 6 Nights

ULTIMATE OUTBACK ADVENTURE

FULLY ESCORTED

Venture into the heart of Queensland's outback on our fully escorted Ultimate Outback Queensland Adventure.

Departing 28 October 2022.

Hop aboard the Spirit of the Outback and travel through the ever-changing scenery and rugged landscape between Brisbane and Longreach.

Explore Australia's rich heritage and gain genuine insights into the outback life on this fabulous Queensland experience.

Meet fascinating local characters who will captivate and charm you with their stories of life in the outback. All iconic outback experiences are covered!

Visit the popular Australian Stockman's Hall of Fame, Qantas Founders Museum and witness a stunning outback sunset as you cruise along the Thomson River. Experience life on a station and follow the dinosaur trail at Winton.

Our experienced tour leader will be with you every step of the way so you can relax and fully immerse yourself in this incredible outback adventure. Get ready for the holiday of a lifetime!



From **\$3,639*** pp TWIN SHARE

*T&C's apply. Contact us for more details.

Inclusions

- 1 night on the Spirit of the Outback from Brisbane to Longreach in a First Class Sleeper
- 5 nights' accommodation at The Staging Post in a Stables Room
- Cobb and Co Stagecoach Experience
- Nogo Station Experience with Kinnon host and Station safari
- Starlight's Cruise Experience with Campfire Dinner plus a Sound and Light Picture Show
- Qantas Founders Museum
- Australian Stockman's Hall of Fame
- Australian Age of Dinosaurs Tour including Dinosaur Canyon
- Waltzing Matilda Centre admission
- Winton Discovery Town Tour
- Economy class flight from Longreach to Brisbane
- All coach transfers in Longreach
- Selected food and beverages throughout journey



Receive emails about our latest deals, tours and inspiration to help you plan your next big adventure. Scan the QR code to sign up or contact us to be added.

Visit us in store or contact us to find out more!

(07) 3624 2191




travel@travelconnections.org.au

www.travelconnections.org.au

Burnie Brae TravelConnections

a member of **helloworld** TRAVEL

Day Tours & Events

 Day Tours
  Theatre Trips
  Centre Events
  Gold Program Art Workshops

Paint & Sip



\$55

Saturday 5 March | 2pm - 5pm

Reconnect with friends in this creative Paint and Sip Class! Learn how to paint your favourite canvas in a relaxed and fun environment while you socialise and unwind.

This workshop is perfect for beginners as you will be guided step by step, while allowing your creative ideas to flow.

Enjoy a glass of wine and a cheese platter (included in the cost).

How Language Changes Over Time



FREE SESSION

Wednesday 9 March
10am - 11:30am

Our popular presenter, Roly Sussex joins us to discuss how language changes over time and the influences that play a part.

Roly is currently a Research Professor in the Institute for Teaching and Learning Innovation at the School of Languages at the University of Queensland. His popular radio program "A Word in Your Ear", has been broadcast since 1997.

My Aged Care



FREE SESSIONS

Two Wednesday sessions available
23 March & 30 March
10am - 11:30am

Did you know you may be able to access government funded help at home? Find out how this works, what's involved and what you may be entitled to.

Our aged care expert and Community Services Manager Aynsley will explain the types of support you can access to remain living at home and how best to navigate the aged care system.

Experienced team members will also be available on the day to provide assistance. Complimentary morning tea provided.

The Mystery of Valkyrie



\$99

Wednesday 6 April | 12pm - 4pm

Witness one of the most legendary characters of literature and screen come to life on QPAC's Playhouse Theatre stage with this new highly-anticipated Australian work.

Starring Hugh Parker as Sherlock Holmes, Naomi Price as Irene Adler and Eugene Gilfedder as Professor Moriarty.

Journey back to 221B Baker Street, as this fast-paced dramatic thriller explodes onto the Playhouse stage with spectacular staging and projections.

This epic play will have you on the edge of your seat!

Learn to Play Croquet



\$35

Wednesday 6 April | 9am - 12:15pm

Learn how to play Croquet, a game of strategy and precision from experienced players at the Pine River Croquet Club.

It's fun and easy to learn, so you can have a few games with the group! Don't forget to wear flat, enclosed shoes.

The ticket price includes morning tea.

Public Art Walking Tour



\$65

Friday 8 April | 9am - 1pm

Join the Museum of Brisbane on a guided walking tour of the city's public art.

Be challenged by the changing meanings and dialogues that these works provoke and discuss what they might mean now and into the future.

To book or enquire about an event, phone (07) 3624 2110 or visit Burnie Brae Reception.

Day tours depart from Kedron-Wavell Services Club, please arrive 15 minutes prior to the event departure time. Centre events and GOLD Program workshops are held in the Burnie Brae Hall at 60 Kuran Street, Chermside.