



April Newsletter

2022



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Get Involved

Have you found yourself with more time lately or are feeling isolated and lonely?

Joining an activity is a great way to:

- > make new connections;
- > try something different;
- > stay active;
- > boost your health and wellbeing.

At Burnie Brae we don't just offer activities, but a community, where everyone is welcome. Now is the time to find what interests you or perhaps, gets you out of your comfort zone.

Check out our activity timetable and recent updates on page 4.

MemberPlus
Special



Join/renew

Attend three activities in one week and get the 4th free!

FITNESS

- Aqua Aerobics • Fit Moves
- Functional Fitness • Dance Fitness
- Matwork Pilates • Mindful Yoga
- Qigong (Tai Chi)
- Walking Group • Yoga

LEISURE

- Art • Board Games
- Card Games • Darts
- Indoor Bowls
- Music & Singing Group
- Table Tennis • Ukulele

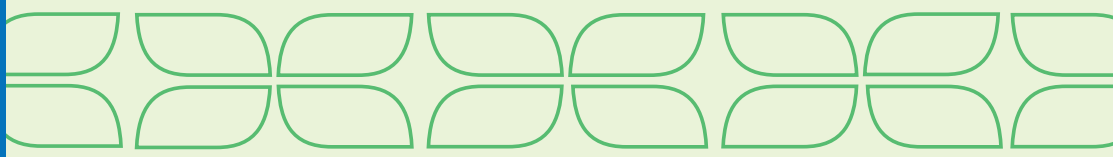
DANCE

- Ballroom & Bollywood Dance
- Clogging • Dance & Movement
- Dance Fitness • Line Dancing
- Tap Class • Zumba

CONTACT

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

Like us on Facebook - search Burnie Brae.



Mother's Day

GIFT IDEAS



Haircare

Check out our Pump Haircare range and accessories (located in Reception), or purchase a gift voucher to use on services at the Burnie Brae Hair Salon.

Massage

Book in a massage treatment with our Massage Therapists! Gift vouchers available from Healthy Connections Reception.



Raffle Prizes

Go in the draw to win prizes for Mum (or yourself) this Mother's Day. Our hampers are filled with handmade jewellery, wine, beautiful aromatherapy items and hair salon vouchers. You could even win a rice cooker/steamer and a Google Chrome.

We have two prizes up for grabs, so that means you have double the chance to win!

Purchase tickets at Reception or scan the QR code to buy online.



Entries close 3 May and prizes will be drawn on 4 May.

Art Class

There's so much amazing art being created in our Art Class.

Would you like to join?
Everyone's welcome!

Mondays 8:45am - 11am
Burnie Brae Hall
\$12 per class



NEW MENU

CAFÉ CONNECT



Come in and try our new menu!

We've got delicious new breakfast and lunch choices, as well as options for the little ones. Keep an eye out for some special Easter treats coming soon.

Breakfast/Lunch Meals • Specialty Coffee
Sweet & Savoury Treats • High Tea • Catering

Open weekdays 7:30am - 2:30pm
60 Kuran St, Chermside



Drumming Mindfulness

Learn how to hand drum and play a series of simple rhythms with the group. Then we will encourage a spontaneous creative flow where it is not about 'getting it right' but rather 'being in rhythm'.

Drumming is a fantastic way to achieve mindfulness as you are focusing on your hands, the drum and beat. It's a way to connect, release stress and anxiety and express our creativity. The sessions are always light-hearted, fun, and powerful.

When: Wednesday July 20 | 10am - 11:30am
Cost: \$55 per person

MEMBER Plus



Travel Deal

The world is waiting! Book any International holiday package to receive a \$100 discount

Valid until June 2022. Booking must include three travel services: flights, rail, hotel, tour, car hire, cruise or insurance. Minimum spend \$1500. Valid for booked adult passengers. No online booking products, one-off booking.



Hair Salon

Free conditioning treatment with a style cut and colour.

All hair lengths. Voucher valid for bookings made during April. To book an appointment phone 3624 2150.

Join/Renew

Scan the QR code or visit Burnie Brae Reception.



Please check your MemberPlus voucher book for T&C's or visit the Burnie Brae website (Membership page).



Activity Updates

Do you like to sing or play music? Now is your time to shine! Tune in with your creative side and join in our Singing Group, Ukulele or Beginner's Guitar class.

The activity instructor Mick has an impressive background - playing guitar, singing vocals and teaching music.

Beginner's Guitar and Ukulele

Tuesdays 3:15pm – 4:15pm

The sessions are a social gathering where you will get the opportunity to play basic popular songs on acoustic guitar or Ukulele, alongside others of a similar ability level.



Ukulele Jam Session

Tuesdays 1:30pm – 3pm

Once you've progressed from the beginner's class, join us to learn great songs, warm-up chord drills, tips and tricks.



- > Bring along your own instrument and accessories (i.e. stand, capo or picks)
- > Cost: \$12 per session
- > Burnie Brae Hall



Singing Group

Tuesdays 11:45am – 1:15pm

Come along and have some fun while singing together as a group!

- > Cost: \$10 per session
- > Burnie Brae Hall



Cards 500

Enjoy a game of cards and a yarn!

If you've never played before, don't worry, we can show you how.

Played in the back of the Burnie Brae Hall on Tuesdays 9am - 12pm and Fridays 12pm - 4pm. The cost is \$5 per session.



Are you interested in playing chess?

Add your name to the list at Reception. If there's enough interest, we will share further activity details in the newsletter!

View our activity timetable - scan the QR code or visit Reception.



Events Booklet

OUT NOW



Check out our exciting events scheduled in the next few months.

With everything from art workshops to free presentations - there's something for everyone! Pick up a copy at Reception.



Bollywood Dance



Thursday 1pm - 2pm | \$15 per class

Dance Fitness



Monday 1pm - 2pm | \$10 per class



Quick and Easy One-Pot Chinese Chicken

Serves 2

🕒 35 minutes

INGREDIENTS

3 cups	(750ml) chicken stock
6	slices ginger
4	cloves garlic, halved
1	long green chilli, sliced
1½ cups	(300g) jasmine rice
4 x	chicken thigh fillets, halved
125g	green onions (scallions), sliced
4	coriander (cilantro) leaves
1 cup	Soy sauce to serve

METHOD

STEP 1

Place the stock, ginger, garlic and chilli in a deep frying pan over high heat and bring to the boil. Add the rice and stir once to distribute evenly over the bottom of the pan. When the stock comes back to the boil, add the chicken.

STEP 2

Cover and reduce heat to low heat. Cook for another 20 minutes or until the rice has absorbed the stock and the chicken is tender.

STEP 3

Top the chicken and rice with the onion and coriander and serve with soy sauce.

Recipe by Donna Hay

Receive emails about activities, centre events, day tours, technology training, plus café, travel and hair salon deals.

To subscribe either scan the QR code or contact Reception.



WORK HARD, PLAY HARDER

Healthy Connections Blog



When we think about looking after ourselves, our head usually goes to diet and exercise.

However, there are so many distinct aspects to our health that are often overlooked. The biopsychosocial model of health includes physical (biology), mental (psychology) and social (sociology) elements of how we are.

Whilst keeping the body moving and keeping the right diet are very important, if we don't have the other elements in balance, our health may decline.

This is true particularly with pain. Lots of things can stimulate and exacerbate pain. Pain is felt. It is an emotion processed in the same part of the brain that other emotions are processed. It can be changed, diluted, or hindered with other stimuli.

Physical elements that may change or cause pain may include tissue damage, build-up of connective tissues, pressure from surrounding structures or inflammation. Just like when we hit our arm accidentally; we create tissue damage that causes the pain.

Non-physical aspects that cause or increase pain may include lack of sleep, emotional input, or even a belief of pain. When the psychology and sociology of a person is not treated, it can result in altered nerve conduction, hormone or chemical abnormalities that exacerbate or create a pain in the body.

Have you ever noticed that when we don't get a good night's sleep, our normal aches and pains seem so much worse?

Both physical and emotional stress is another aspect that can cause or increase your physical pain.

Luckily, there are many ways to treat these elements of our health system, and they do not only include talking to a shrink! Making social connections and doing something mentally stimulating can help change the chemicals and hormones

travelling through our systems which may help relieve pain. This can be as simple as doing a puzzle or saying hi to your neighbour.

Another fantastic way to connect with this system is through touch. Touch is often an under-rated need of human beings. When we see our loved ones, we urge to give them a hug. When we meet someone for the first time our instinct is to shake hands. This physical contact with others has an enormous impact on the chemical and hormonal balance in our system.

A massage is a fantastic way to influence the nervous, chemical and hormone systems of the body to keep balance to all three aspects of health.

Unfortunately, touch is not widely promoted now due to the pandemic. This may be causing some social and psychological hardships for many people.

If you are feeling the need for some more balance with your or someone else's biopsychosocial health, here are a few ideas:

- > Share a beverage and snack at Café Connect
- > Plant something together in the garden
- > Gift a massage or self-care pack
- > Attend a Burnie Brae Yoga/Pilates class or Healthy Connections session with a friend

Remember, keeping healthy should not be "just work", it should be fun too. It is just as important to work on our social and mental health as it is our physical health.

Healthy Connections

EASTER SOCIAL

Come along to our April Easter Social for the Healthy Connections community.

Enjoy a fun-filled day with an Easter-themed team challenge!

It's the perfect opportunity to meet and mingle with fellow gym members. You're more than welcome to bring your children, family and friends along!

Easter-themed activities (for all ages)

Light refreshments

Awesome prizes to be won

PLUS treats from the Easter Bunny

Saturday 9 April | 7:30am - 9am
Healthy Connections - 60 Kuran St, Cherside

Let us know if you are attending by Thursday 7th April.

Get in touch via phone (07) 3624 2185, email gym@healthyconnections.org.au or visit Healthy Connections Reception.



Welcome Cassie!

Cassie brings a great depth of knowledge and practice to our Pilates studio, located at Enoggera.

Her experience in the Pilates and Yoga industry began in 2011. Since then, she has added a degree in sport and exercise science which she uses to broaden the variety of exercises, instructions and learning she provides during classes.

Free Presentations



Restoring Breath, Balance & Mobility into Every Day

This interactive workshop focuses on:

- The importance of nasal breathing and techniques that can help reduce stress while increasing energy levels
- Common issues with footwear selection and strategies to build resilience for the whole body - from the feet up
- The importance of essential nutrients that keep us active and mobile

Wednesday 13 April | 10am - 11:30am



Let's Talk: Neurobalance

This presentation is hosted by Exercise Physiologist Nathan. We will discuss the importance of eye movements and balance. Eye movement is attributable to a broad network of circuitry in the brain, and balance is attributable to the integration of three important senses.

We will also discuss how we might prolong important functions, maintain dependence where we can, continue life qualities and perhaps delay the inevitable.

Wednesday 22 June | 10am - 11:30am

Presentations held in the Burnie Brae Hall. To book, phone (07) 3624 2110.



ADVANCE CARE PLANNING



Your voice no matter what the future brings.

Regardless of your age or health status it's important to make your future health care preferences known. This allows you to discuss what living well means to you and consider who you would want to speak on your behalf if you became too unwell to speak for yourself.

Advance care planning is the process of planning for your future health care. It outlines the health/medical care you may or may not want if you became unwell or injured and couldn't communicate or make decisions.

While the thought of having these tough and often sensitive conversations can seem daunting, setting aside the time now is important and a conversation that needs to be done well before you need it.

Your loved ones and health team need to understand the things you value the most and what you might be willing to compromise on to be able to still do the things you love.

This enables you to live the life you want to live even if you become unwell. It also avoids doctors/medical teams using treatments you might not have wanted and your loved ones feeling concerned about making the wrong choices for you.

Advance Care Planning Australia is funded by the Australian Government to help Australians be open, ready and heard when it comes to health preferences and choices.

Find out more information about how to develop your own Advance Care Plan here: www.advancecareplanning.org.au.



Written by **Aynsley Johnson**

*Community Services Manager
Burnie Brae*

If you'd like to speak with a member of the Burnie Brae Care Services team about support and planning for your future, please contact us today 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, window cleaning, yard clean-up and maintenance.**

[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.

Club Respite



What's on!

This month at Club Respite we have our usual daily activities - choir, book club, digital mentors, BBQ/picnic in the park, movies, bingo, exercises, sit down dance, darts, mystery drive and reading.

Some of our special events in April include:

- > A Himalayan experience;
- > Entertainment including Piper Joe on his bagpipes;
- > A Saturday excursion - op shopping and lunch;
- > Easter crafts and making a braided leather key chain.

If you would like a copy of our April events calendar, please visit Burnie Brae Reception.

Italian Day at Club Respite is always a blast. Not to mention the pizza - so yummy!

Everyone had a go at kneading their own dough and then we watched on as Chef Sam worked his magic.



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, Cherside



Return of Cruising

We were so excited to hear the announcement that Australia is expected to open back up to cruising from 17 April, with Queensland confirming that vessels will be able to operate in Queensland waters from 2 June.

Additionally, New Zealand's maritime border restrictions should also be lifted in line with their announcement about the reopening of the country to foreign tourists.

This is great news as cruise operators such as Princess, Carnival and P&O Cruises plan to dock ships at the brand-new Brisbane International Cruise Terminal. The new cruise terminal will potentially triple Brisbane's cruise industry business over the next 20 years. Located at the mouth of the Brisbane River, the terminal's location is also known as "Luggage Point" and is only 15 minutes' drive from the Brisbane Airport.

PRINCESS CRUISES

The Coral Princess' long-awaited return to service out of Brisbane is starting from June 2022 through to September 2022. This means that you can enjoy incredible inclusive value with PrincessPlus available across the new short Seacations and Queensland Itineraries.

Coral Princess is the first MedallionClass 'smart ship' to

arrive in Australia and will revolutionise the way we cruise, maximising guest's priceless holiday time.

The MedallionClass technology offers highly personalised and hassle-free service to guests from touchless check-in and keyless stateroom access to on-demand food and drink delivery. Every Princess guest receives a free Medallion device that talks to over 7000 sensors connected by 116km of cable around the ship. The size of a dollar coin, guests can use their Medallion to interact with their stateroom TV, over 100 touchscreen portals around the ship or via the free MedallionClass app on their smartphone. MedallionClass is simple to use and free.

P&O CRUISES

We are excited to announce that the Pacific Encounter will depart from Brisbane on 20 August 2022. Previously the Star Princess from Princess Cruises fleet, the Pacific Encounter joins her sister ship the Pacific Adventure to replace P&O's Pacific Dawn and Aria.

She will be refitted to include the many family friendly activities and signature restaurants that P&O are renowned for. From Brisbane, Pacific Encounter will operate cruises to the South Pacific islands and along the Queensland coastline.



4 Day Escorted Group Perth to Sydney

29 May – 1 June 2022

Enjoy included meals and beverages onboard, off-train activities at Rawlinna and Cook on the Nullarbor Plain, a city sights tour of Adelaide, and viewing the spectacular Blue Mountains as they cross Australia from one coast to the other.

4 days from \$2,355 pp Gold Single cabin or \$2,655 pp twin share cabin, Gold Class.

BOMBING OF DARWIN

80th Anniversary Tour



Member's Wrap-Up

Carol and Wendy travelled to Darwin on a five-day tour commemorating the 80th anniversary of the Bombing of Darwin during World War II.

Just before 10am on 19 February 1942, World War II forced itself onto Australia's mainland for the first time, when formations of 188 Japanese aircraft mounted a deadly air raid on Darwin, dropping two-and-a-half times more bombs than were used in the attack on Pearl Harbour.

On that fateful day at least 235 people were killed, more than 400 were wounded, 30 aircraft were destroyed, 11 ships were sunk, and many civilian and military facilities were damaged. Thankfully, over 2000 women and children were evacuated from the Darwin region before it was bombed in 1942. This attack marked the first of at least 64 air raids on Northern Australia and attacks continued until 12 November 1943. The devastation suffered in that part of our country was profound.

The tour visited some key historic sites of Darwin including Stokes Hill (a major target during the war), Fort Hill Wharf, Doctor's Gully flying boat base, and the World War II oil

storage tunnels. They attended the official USS Memorial Service at The Esplanade and the Bombing of Darwin Day Commemorative Service. A highlight was the 'Bombing of Darwin Cruise' onboard the Sea Darwin.

On the cruise, they heard the stories of that fateful day and saw the remnants of the war along the Darwin shoreline. They also met local historians, gaining a new perspective on the Bombing of Darwin.

Mat McLachlan Battlefield Tours is a leading specialist tour operator, running battlefield tours to Australia, France, Belgium, the UK, Gallipoli, Germany, the Solomon Islands, Papua New Guinea, Vietnam, Thailand, Malaysia and more. All the company's tours are personally designed by Mat McLachlan (a journalist and historian), and the company employs a team of more than 30 historians to escort them.

The 2023 Bombing of Darwin Anniversary Tour departs on 16 February 2023, and the cost is \$1999 per person twin share. Enquire at Travel Connections about any of these tours - we package and tailor-make trips to suit your needs and include flights, pre and post tour accommodation and travel insurance.


 MAT McLachlan
BATTLEFIELD
TOURS



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

 Burnie Brae
TravelConnections

a member of
 helloworld
TRAVEL

 (07) 3624 2191

 travel@travelconnections.org.au

www.travelconnections.org.au

Day Tours

Aquaduck & Lime Mexican

\$120



Hop aboard the Aquaduck and experience the Gold Coast from land and water!

The 1-hour City Tour and River Cruise journeys through Surfers Paradise, Main Beach, The Spit, Broadwater and the Nerang River.

After the tour, enjoy an included lunch at Lime Mexican, a Mexican dining restaurant.

Thursday 12 May | 9am - 3:30pm

Considerable fitness - steps and uneven ground.

Outback Spectacular

\$138



Embark on a journey to the heartland of Australia through the gripping tale of two struggling Aussie farmers.

Featuring true Australian characters, a transformative arena, mesmerising animals and immersive technology. A delicious, three-course dinner and beverages are included in the ticket price.

Sunday 29 May | 8:30am - 3:30pm

Girl From The North Country

\$105



Experience this multi-award-winning masterpiece at QPAC.

The uplifting story is set in 1934 and follows a group of wanderers who cross paths in Minnesota. As they search for a future, they find themselves facing unspoken truths about the present.

Featuring award-winning stars and reimagined Bob Dylan songs!

Wednesday 14 September

12:30pm - 5:30pm

MORE INFORMATION

Day tours depart from Kedron-Wavell Services Club, please arrive 15 minutes prior to departure time (note: return times are approximate only). Centre events are held in the Burnie Brae Hall at 60 Kuran Street, Cherside.

To book or enquire about an event, phone 3624 2110 or visit Reception.

Events/Day Tours are subject to reaching minimum ticket sale requirements.

Centre Events



Breast Cancer Screening

Discover the importance of Breastscreen as you age together with cancer prevention and healthy lifestyle messages.

Finding cancer early can increase treatment options and save lives. In this presentation, we will discuss:

- What is breast cancer;
- Risk factors;
- Breast screening;
- Breast awareness.

FREE

Wednesday 27 April | 10am - 11:30am



\$28

Mother's Day Event

Enjoy a lovely morning with music, high tea (included) and an inspirational talk from guest speaker, Vanessa Fowler.

Vanessa is the sister of the late Allison Baden-Clay. She is also a wife, mother of two boys, school teacher and the Foundation Chairwoman of the Allison Baden-Clay Foundation.

The foundation has brought the discussion around domestic and family violence to the forefront more than ever before while keeping Allison's spirit and legacy alive.

Wednesday 4 May | 10am - 11:30am