

## SAVVY SENIORS LAUNCHED AT BURNIE BRAE

### INSIDE THIS ISSUE

#### Page 2

Tell us what you think—  
**Newsletter Survey**

#### Page 3

**Monthly Markets started**

#### Page 5

Heard about our new Craft  
Classes? What about Bridge?

#### Page 6

**Green Heart Wisdom**  
**PLUS Calling for iPad tutors**

#### Page 7

**Burnie Brae Future Events**  
**PLUS Line Dancing—great for  
mind and body.**

#### Page 8—11

**Out and About Options for  
members make for a stress  
free outing without the has-  
sle of driving and parking.**  
**PLUS a great value coach holi-  
day to Coffs Harbour**

#### Page 12

**Jokes Corner—something to  
make you smile**



**Burnie Brae has commenced a  
program aimed at demystifying  
modern technologies.**

Savvy Seniors is a six week course which commenced at Burnie Brae Centre, Chermerside in May with generous funding through an *Australia Post Our Neighbourhood Grant*. The program provides step by step instruction and practice on popular devices such as iPads, iPhones, Samsung Tablets as well as introducing attendees to social media including Facebook, Skype and Twitter.

The sessions have been well attended and Seniors are already asking for more. Kevin Rouse, Burnie Brae CEO said, "We have been operating a Broadband for Seniors kiosk at the Centre for some years. As the trend is increasingly towards mobile devices, we identified a need for additional training and assistance to help Seniors feel more comfortable with these modern technologies. In some cases, Seniors are given a device by family but struggle to use it and just need some practical help in a non-threatening environment to get confident. The program has been very successful and we are planning to keep the sessions running regularly at the Centre."

All enquiries about future programs will be announced in the newsletter, Centre Reception and website [www.burniebrae.org.au](http://www.burniebrae.org.au). **All enquiries to 3624 2100**

**Calling for Volunteers to help with iPad tuition.....Page 6**

*Thanks to Australia Post*

*Our Neighbourhood Community Grant for*

*generous assistance in the funding of this Program.*



**Our Neighbourhood**

# Community Snippets



Luncheon meeting for Arana VIEW Club will be held at 10.30am on Wednesday 4th June at the Arana Leagues Club, Dawson Parade, Keperra. Two-course lunch incl tea/coffee is provided (\$22.00). Bookings: phone Dorothy 3351 5196 by 4pm Monday 2nd June. Arana VIEW welcomes new members and visitors to our meetings and other social activities organised each month.

Guest speaker this month is Chris Richardson, Trainer & Assessor, Teen Challenge Qld. Chris's role as Family Support Worker within Teen Challenge Queensland encompasses family support and life skill counselling for the families of young people in rehabilitation and emergency accommodation centres.

VIEW provides women with the opportunity to meet regularly with other women from all walks of life, establish lasting friendships and help disadvantaged Australian children. All funds raised are donated to The Smith Family and its Learning for Life programs which provide education scholarships and personal support for these students.

Thanks to everyone who has taken the time to complete our feedback form. Please tell us what you think—**ALL FEEDBACK IS WELCOME**



Please take the time to offer suggestions and **feedback about the newsletter by completing the form below, cutting it out and dropping it in at Reception.**

How interesting do you find the newsletter?

\_\_\_\_\_

What do you enjoy about the newsletter?

\_\_\_\_\_

Did you learn anything new? If so—What?

\_\_\_\_\_

What changes would you like to see?

\_\_\_\_\_

Any other comments?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Don't risk a breakdown.



Scooter maintenance at **YOUR** place.

**We come to YOU!**

- mobile technician with 30 years' experience
- we service all makes
- friendly & personal service

Mobile maintenance, service & repair of:

- hospital, nursing home & medical rehab. equipment
- electric wheelchairs & electric vehicles (i.e. scooters)
- manual wheelchairs
- shower chairs • patient hoists

**Regular maintenance**

finds little problems before they become expensive ones!

For more information call

**0417 732 680**



**Medi Service Qld**  
maintaining your mobility

[www.mediservice.com.au](http://www.mediservice.com.au)

## Something to think about.....

**HAPPINESS** Its just a matter of give and take



If you want to be happy all day

Just do your best for Everyone's sake

To drive sorrow and sadness away



# Around the Centre

## BURNIE BRAE GARDEN MARKET LAST FRIDAY OF EVERY MONTH

Commencing Friday  
30th May, 2014  
8am – 12pm

FRESH FOOD \* CRAFT  
\* DEVONSHIRE TEA  
BOOKS \* CAKES  
\* ENTERTAINMENT  
BBQ \* GREAT COFFEE  
\* PLANTS & ORCHIDS

ALL WELCOME

Burnie Brae Community Garden 60 Kuran Street, Chermside  
ALL ENQUIRIES 3624 2100



### NEXT MARKET

FRIDAY 27TH JUNE

*Thank you*

A good time was had by all who attended our first Friday Market Day on Friday 30th May.

A huge Thank You to everyone who contributed and worked hard to make it a success.

The Market's ongoing success will depend on the long term commitment of members who are willing to support this new Centre initiative with time and energy.

If the monthly market is right up your alley, we would love to hear from you. Regular jobs will

Include:

Set Up / Clean Up

Making / supplying items for sale

Helping on a stall at the market

Helping with pre-market preparation

Lee Ryan P 36242100 or E ryan.l@burniebrae.org.au

MAY & JUNE ARE ROAST MONTHS @



EVERY Tuesday, Wednesday and Thursday

From 19th May—16th June



\$12.50

## BURNIE BRAE

### HAIR SALON

#### FACIAL WAXING AND TINTING

- ◆ EYE LASH TINT
- ◆ EYE BROW TINT
- ◆ BROW WAX
- ◆ CHIN WAX
- ◆ LIP WAX

One service only \$10

Two services \$15

Three services \$20

# Around the Centre



## Burnie Brae Walking Group News

### 7<sup>th</sup> Brigade Park Chermside & Marchant Park Aspley

The Burnie Brae Walking Group regularly attracts new Walkers; we now log an average of 170 walks per month. The **7<sup>th</sup> Brigade Park Walkers** are walking Monday to Thursday inclusive, and the **Marchant Park Walkers** walk Monday, Wednesday & Thursday. Presently, both halves of the Group commence walking at 4:00 pm, finishing around 5:00 pm. If you are interested in joining our Group, please contact the **Welfare Office**, when we will be happy to answer all your queries about walking at either of the local Parks – and, by the way, you may walk only on days which suit your own personal schedule.

On Saturday, 10<sup>th</sup> May, to celebrate Heart Week 2014, three of the **7<sup>th</sup> Brigade Park Walkers** – Steve Dyson, Esma Charlson & Joyce Smith, undertook the Heart Foundation’s walk from Brisbane City Botanical Gardens to South Bank Parklands and return (five kilometres). They apparently enjoyed the experience immensely, in the company of many other Walkers from around the Brisbane area.

A bus outing was organised to Sandgate on Thursday, 22<sup>nd</sup> May, to enjoy a walk on the boardwalk followed by afternoon tea and, despite the weather having being unreliable, it was a great social get-together for those who were able to attend. Wonderful to see Glenda McCarthy with us. (Glenda took care of the Walking Group prior to her retirement, amongst many other responsibilities, as Member Support Officer attached to the Welfare Office.)

**Judith Kettle**


Office Walk Organiser Phone: 3624 2121

**Bowls at Burnie Brae**  
**Wednesday 1.00 pm**  
**Friday 9.30 am**



**Please join us for Indoor Bowls at Burnie Brae. Best club in Brisbane, biggest and friendliest. If you can't play bowls, we will teach you.**

**BURNIE BRAE BOOK CLUB**  
 Our next meeting will take place  
**Monday 16th June**  
 Back of the Burnie Brae auditorium  
 10.00 am—12.00 noon  
**Enquires Glenda Pakulski**  
 New Members Welcome



**BOLIVIA PLAYERS**



You are invited to join our Enthusiastic Bolivia Players on Thursdays from 8.30am.  
 Don't worry if you can't play because our current members are happy to teach you.

\$4.00 for Members     \$6.00 for Non Members

# Around the Centre



## ANYONE FOR BRIDGE?

If you are a Bridge player and would be interested in being involved in a weekly Bridge game with other members, please leave your name and contact details at Reception or ring 3624 2100



## COMPUTER TUTORS NEEDED

Due to the huge success of our Broadband for Seniors Computer classes we are looking for more **volunteer computer tutors**. Need to be available Wednesdays or Fridays. Reception or ring 3624 2100



## CRAFT CLASSES

### Making Gardeners hand scrub

**Do you have a desire to be creative but don't know how to start?**

We have the answer with our new weekly Craft classes. You will be shown how to create items that you could give away as gifts or just simply make for your own enjoyment.

**Date: Thursday 5th June**

**Time: 10am—12.30pm**

**\$5.00 per week**

Please register your interest at Reception



**Would you like to help?**

**PLEASE PLACE YOUR DONATIONS OF**

**SOUP**

**IN THE PROJECT PANTRY BIN IN RECEPTION**

## FRIENDLY REMINDER ABOUT KEEPING COMPUTER CLASS APPOINTMENTS

We have dedicated Volunteers giving hours of their time to teaching the fortunate few who are able to book into the computer classes on Wednesdays and Fridays. BUT many pupils are not making note of the date and time they are supposed to turn up. We then have a wasted hour or two when another person could have been given the appointment.

Do you have a calendar hanging on the wall in the kitchen like I do? Mine is chock-a-block with activities. I write everything down immediately I make the 'date'. Time to put something like this into action at your house so YOU don't miss your next computer lesson.

If you have a valid reason to cancel, please give us at least 24 hours notice so we can slot another person in.

Thank you my friends

**Sandy Papavasiliou**

**VOLUNTEER COMPUTER TUTOR**





# Around the Centre

## Green Heart Wisdom



Brisbane City Council is inviting residents to participate in the **Green Heart Wisdom** program And Burnie Brae is actively supporting this fantastic program through our Home Maintenance Office.

**If you are interested in discovering new ways to save energy and save on power bills, this program could help you.**

### Participants must be

- Over 60
- Living within Brisbane boundaries
- Own or purchasing a home
- Receiving an Aged Pension, Veterans Affairs Pension, or Disability Pension

**Interested in knowing more?**

Ring Burnie Brae Home Maintenance

**3624 2111**

Funded by  
  
Australian Government  
Department of Industry

An Initiative of  
  
I ♥ BNE  
That's why I love energy solutions.  
  
Dedicated to a better Brisbane

## CALLING FOR MEMBERS WHO ARE IPAD SAVVY



Members who have taken part in our Savvy Seniors program, are interested in future sessions to provide additional help and tuition with iPads.

We are in need of some volunteers who would be interested in providing some one-to-one support with people who just need a helping hand to set them on the right path.

If you are interested in taking on some "students" for iPad classes and would be happy to become a registered Burnie Brae volunteer, we would love to hear from you.

Contact:  
Lee Ryan, Volunteer Co-ordinator  
On 3624 2100

## HAVE YOU PURCHASED YOUR ENTERTAINMENT BOOK OR DIGITAL MEMBERSHIP?



OR



New Entertainment™ Digital Membership

**\$65.00**

**WILL SAVE YOU HUNDREDS ON**

Restaurants, Cafes

Hotels And much more

**BUY YOURS TODAY!!**



**Fundraising for Project Pantry**

# Around the Centre

COME AND FEEL THE BENEFITS OF



Amongst the great activities on offer at Burnie Brae, Line Dancing is one of the most popular, particularly with the expert instruction of well known Line Dancing Teacher and Choreographer, Brett Jenkins.

Apart from the exercise, there are other important benefits of Line-dancing. Perhaps the most significant one is that Line-dancing helps prevent osteoporosis because its hip swivelling manoeuvres and foot tapping have been shown to improve muscle strength and balance. Another great thing about line-dancing is that you don't need a partner and those who come on their own will very likely make some new friends. Like any dance activity it provides good mental exercise and because its fun, it is also of benefit in releasing stress and anxiety. If you are looking for an enjoyable and social way of exercising, Line-Dancing could be just right for you. All Welcome!!

**Burnie Brae Weekly Classes: Monday 1.30pm / Tuesday 2.15pm**

**Burnie Brae Monthly Socials: Second Sunday of Every Month**

## Burnie Brae Centre Events



**COMING SOON**

<b>Seniors Week Event</b> <i>Aged to Perfection</i>	<b>Wednesday 20th August</b> <b>Free</b> Seniors community health forum
<b>Burnie Brae Friday Monthly Markets</b>	<b>Last Friday of every month</b> <i>A mini Fair every month</i> Craft , Fresh food, Devonshire Tea, Entertainment, books and lots more
<b>Cent Auction</b>	<b>Saturday 27th September</b>
<b>Melbourne Cup Lunch</b>	<b>Tuesday 4th November</b>
<b>Tappers Concert</b>	<b>Tuesday 25th November</b>
<b>Christmas Lunch</b>	<b>Wednesday 10th December</b>



**NEXT OPTOMETRY  
VISIT TO BURNIE BRAE  
Tuesday 24th June  
Book at Reception**

# Out and About

## TRY SOMETHING NEW

with one of these fantastic Out and About trips



### A Memorable Tour

**Tuesday 10th June**

#### **Remember Me: The Lost Diggers of Vignacourt**

Touring exhibition from Australian War Memorial  
Queensland Museum

**\$20.00 per person (Includes guided tour )**

**Book and pay at Reception**



### For the Art Lover

**Wednesday 25th June**

**Transparent: Watercolour in Queensland 1850s-1980s**

Queensland Art Gallery

**\$20.00 per person (Includes guided tour )**

**Book and pay at Reception**

**AUGUST EVENT—BOOK NOW**



### For the Art Lover

**Wednesday 6th August**

#### **Harvest**

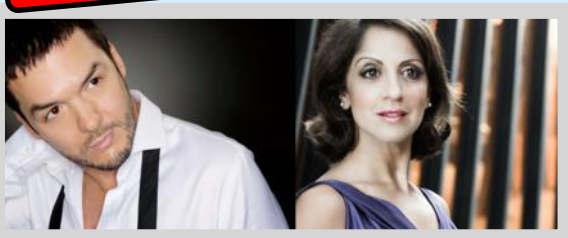
'Harvest' explores the production, consumption and symbolism  
of food.

Gallery of Modern Art

**\$20.00 per person**

**Book and pay at Reception**

**AUGUST EVENT—BOOK NOW**



### Broadway Spectacular

**Sunday 16th August**

#### **Queensland Pops Orchestra**

with acclaimed soloists

**\$95.00 per person**

**Book and pay at Reception**



# Out and About

**JULY EVENT—BOOK NOW**



## **Take me Home—Music and Life of John Denver**

**Saturday 26<sup>th</sup> July** QPAC Concert Hall

Through the exclusive film footage, his love for life, and concerns for the environment are poignantly portrayed in this stage presentation.

**\$75.00 per person (includes transport)**

**Book and pay at Reception**

**JULY EVENT—BOOK NOW**



## **Sunday Serenade—Queensland Choir**

**Sunday 13<sup>th</sup> July** Sandgate Town Hall

Music from a wide range of periods and styles will be performed and the Choir will also be joined by soloists for the program.

**\$45.00 per person (includes transport)**

**Book and pay at Reception**

**JULY EVENT—BOOK NOW**



## **PEMULWUY! National Male Voice Festival Finale Concert**

**Sunday 13<sup>th</sup> July** QPAC Concert Hall

Experience the mighty sound of 500 men and boys from across Australia as they perform in a choral extravaganza.

**\$50.00 per person (includes transport)**

**Book and pay at Reception**

**AUGUST EVENT—BOOK NOW**



## **Patyegarang—Bangarra Dance Theatre**

**Thursday 21st August**

**QPAC Playhouse 1.00 pm**

**Tickets \$65.00**

**NB—Bookings close early for this show, please book and pay by June 15th**

# Out and About

**GET EARLY SO YOU DON'T MISS OUT ON THESE FUTURE EVENTS NOW AVAILABLE TO BOOK**

**JULY EVENT—BOOK NOW**



## **Members Full Day Bus Trip**

**Wednesday 16th July**

### **Tour of Scenic Rim and Christmas in July**

Take a picturesque drive through the Scenic Rim with morning tea at Moogerah Dam and Christmas in July lunch at Boonah Bowls Club. Visit to the Beaudesert Craft Centre on the way back to Brisbane

**\$70.00 per person Book and pay at Reception**

**JULY EVENT—BOOK NOW**



## **Half Day Members Outings**

**Tuesday 15th July**

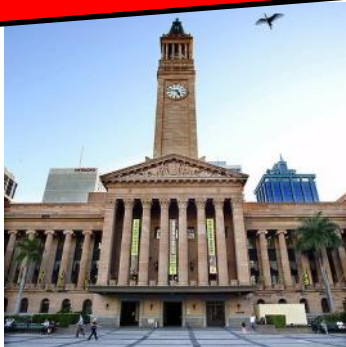
### **Lookout Café, Beerwah**

Take a drive up the highway to Lookout Café Beerwah for a relaxing delicious lunch whilst enjoying the beautiful views of Mount Coonowrin.

**\$20.00 per person (Lunch at own expense)**

**Book and pay at Reception**

**JULY EVENT—BOOK NOW**



## **Half Day Members Outings**

**Wednesday 2nd July**

### **Guided tour of City Hall & lunch at Shingle Inn**

An interesting and nostalgic re-visiting of Brisbane's most iconic landmarks.

**\$20.00 per person (Lunch at own expense)**

**Book and pay at Reception**

**AUGUST EVENT—BOOK NOW**



## **Members Full Day Bus Trip**

**Wednesday 27th August**

### **Caloundra RSL**

Take a scenic drive to the Caloundra RSL for morning tea and lunch and entertained by the 2 Tenors.

Stop at Strawberry Farm on way home

**\$55.00 per person includes morning tea, lunch and entertainment Book and pay at Reception**



Getaways for members covering a range of destinations and budgets

# Short Break Holidays

## Coach tour to Coffs Harbour and Grafton Jacaranda Festival

Friday 24th – Monday 27th October

Highlights include visits to:

- Beautiful Byron Bay and Yamba
- Coffs Harbour Dolphin Marine Park
- The Clog Barn, Coffs Harbour
- Coffs Harbour Butterfly House
- Dorrigo Skywalk
- Grafton Jacaranda Festival.

Full details available upon request from Burnie Brae Reception or phone: 3624 2100

Look out for more 2014 Short Break Holidays offers later in the year!

**\$685 per person  
Twin Share  
\$825 Single Supplement**

Price includes: Coach travel, accommodation, breakfast daily, morning teas, sightseeing and entries to all highlighted attractions mentioned above.

**EVENING MEALS & LUNCHEES NOT INCLUDED**

Book and pay must be made by Monday 18th August

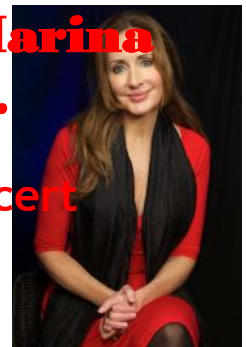
See **Kamahl** in Concert



Friday 12th December  
\$40.00 per person

Must be booked and paid for by end of June

See **Marina Prior** in Concert

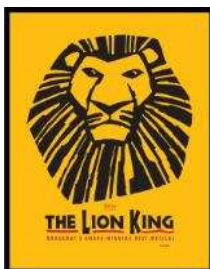


Sunday 2nd November  
\$80.00 per person

Must be booked and paid for by end of August

## FUTURE EVENTS YOU WON'T WANT TO MISS

### THE LION KING



WEDNESDAY 14th January 2015

QPAC Lyric Theatre: 1:30pm

**\$110**

\*Cost includes transport & ticket

**HURRY TICKETS WILL GO FAST**

### SWARTZ & SCHWARTZ



SATURDAY 27th September 2014

QPAC Concert Hall : 8.00pm

**\$105** \*Cost includes transport & ticket

In this double-billed concerto special, the internationally esteemed conductor Gerard Schwarz leads his son Julian as he interprets one of the most poignant moments in the classical canon in Elgar's beautiful work.

### MARGARET OLLEY GALLERY TRIP

**PLEASE NOTE: MUST HAVE MIN 25 PEOPLE**



WEDNESDAY 10th September, 2014

A full day trip to the newly opened Margaret Olley Art Centre in Tweed Heads. Morning tea on arrival and lunch at the on-site Café.

**\$70.00** includes coach and morning tea (lunch at own expense)



# Jokes Corner.....Something to make you smile

## Grandparent jokes



### **Babysitting logic**

One evening a grandmother was babysitting her two granddaughters Anne and Betty. Presently, 8 pm rolled around.

"Okay, time for bed," she informed the two children who were playing.

"Why?" Anne asked (aged six). "It's so early!"

"Your father said your bedtime is eight," the grandmother said.

"You don't have to listen to him," Betty (aged four-and-a-half) replied.

"Why not?" the grandmother asked.

Betty answered, "Because you're his mother!"

### **Mother knows best – eventually**

One day, young Sarah was watching her mother make a roast sirloin of beef. She cut off the ends, wrapped it in string, seasoned it and set it in the roasting dish.

Sarah politely asked her mum why she cut off the ends of the roast. Mum replied, after some thought, that it was the way that her mother had done it.

That night grandma came to dinner and Sarah and her mother asked why she had cut the ends off of the roast before cooking. After some thought grandma replied, she cooked the meat the way her mother had done it.

Now great-grandma was quite old and lived in a residential nursing home, so Sarah, her mum and grandma went to visit her and again asked the very same question.

Great-grandma looked at them a bit surprised and said, "So it would fit in the roasting dish, of course."

### **Funny anecdotes from grandparents**

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, 80. My grandson was quiet for a moment, and then he asked, "Did you start at one?"

A grandmother was telling her little granddaughter what her own childhood was like. "We used to swim outside in the river. I had a swing made from a tyre. It hung from a tree in our front yard. We rode our pony. We picked wild blackberries and ate them." The little girl was wide-eyed, taking this all in. At last she said, "I wish I'd gotten to know you sooner!"

A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."

I didn't know if my very young granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these colours yourself!"