

Activity Timetable

Burnie Brae

2025 - Version 2

Timetable subject to change.
Confirm on our website or at Reception.

MONDAY		
Zumba	7:30am - 8:30am	\$10
Art	8:45am - 11am	\$15
Line Dancing		
<i>Beginners Easy</i>	8:45am - 9:30am	\$10
<i>Beginners</i>	9:30am - 10:30am	\$10
<i>Improvers</i>	10:30am - 11:30am	\$10
Aqua Aerobics	11:10am - 12pm	\$11
Chair Yoga	11:45am - 12:45pm	\$10
Mahjong	12:30pm - 3:30pm	\$5
Standing Pilates	1pm - 2pm	\$10
Clogging	6pm - 9pm	\$10

TUESDAY		
Fit Moves	8am - 9am	\$10
Cards: 500	9am - 12pm	\$5
Yoga	9:15am - 10:15am	\$10
Knitting/Crochet Group	9:30am - 12pm	\$5
Scrabble	9:30am - 1pm	\$5
Singing Group	11am - 12pm	\$12.50
Choir	<i>Attend both for \$20</i> 12pm - 1pm	\$12.50
Cribbage	12:30pm - 3:30pm	\$5
Canasta - Hand & Foot	1pm - 4pm	\$5
	<i>Arrive 12:45pm pack up from 3:45pm</i>	
Ukulele Jam Session	1:30pm - 2:30pm	\$10
Men's Yoga	3pm - 4pm	\$10

WEDNESDAY		
Dance Fitness	7am - 7:45am	\$10
Zumba	8am - 9am	\$10
Mahjong	9am - 12pm	\$5
Aqua Aerobics	11:10am - 12pm	\$11
Indoor Bowls	1pm - 3pm	\$5

THURSDAY		
Functional Fitness	8am - 9am	\$10
Carrom	9am - 12pm	\$5
Bolivia	9am - 1pm	\$5
Bollywood Dance	9:30am - 10:30am	\$15
Scrabble	9:30am - 1pm	\$5
Darts	8:30am - 10:30am	Free
Core & Balance	11am - 12pm	\$10
	<i>Latercomers not admitted</i>	
Table Tennis	12:30pm - 3:30pm	\$5
Euchre (Cards)	12:30pm - 3:30pm	\$5

FRIDAY		
Matwork Pilates	7:30am - 8:30am	\$15
	<i>Latecomers not admitted</i>	
Indoor Bowls	9am - 11:30am	\$5
Canasta - Hand & Foot	10am - 1:30pm	\$5
	<i>Arrive 9:45am</i>	
Aqua Aerobics	11:10am - 12:00pm	\$11
Qigong - Tai Chi	12pm - 1pm	\$10
Cards 500	12pm - 4pm	\$5
	<i>Arrive 11:45am pack up from 3:45pm</i>	
Square Dancing	1:30pm - 3:30pm	\$15

But wait...there's more!

Book Club 2nd Monday of each month	10:30am - 12pm	\$5
OWN Meeting Older Women's Network Queensland 2nd & 4th Thursday of each month	9:30am - 11am	\$5
Friday Night Dance 2nd Friday of each month	7pm - 10pm	\$10
Sunday Dance 3rd Sunday of each month	2pm - 5pm	\$10
Technology Lessons	Bookings required	
Tuesday	2pm - 4pm	\$5
Wednesday	9am - 3pm	
Friday	9am - 3pm	



Subsidised Activities

If you're 65 or older, you could be eligible for discounted activities through My Aged Care!

Thanks to the Commonwealth Home Support Programme (CHSP), you can stay fit, social, and engaged while enjoying reduced-cost activities.*

**Available for instructor-led activities only—please confirm with us.*

Give us a call at **3624 2121** or visit our website **burniebrae.org.au/socialsupport** for more information.

How to Book

Bookings are only required for Technology Lessons. No bookings are required for other activities, simply come along and pay on entry using cash or card.

Becoming a Member

You are required to be a member to attend our activities. Join at Reception, phone 3624 2110 or online at burniebrae.org.au/membership.

What to Bring

A water bottle and wear appropriate footwear and clothing for fitness and dance classes (i.e. workout wear/loose fit clothing).

Ukulele classes: own ukulele & music stand (optional).

Pilates/Yoga/Functional Fitness: yoga mat.

Core & Balance: yoga mat & resistance band.

Art class: art teacher will advise on supplies after you've attended your first class.

Clogging: normal, enclosed shoes. The instructor will advise the correct shoes as you progress.

Activity Information

Individual activity descriptions are available on our website: **burniebrae.org.au/activities** or join **Burnie Brae Buzz on Facebook**.

Centre Amenities

Free car parking, disability access, bathrooms, water bottle refill station and onsite café. First Aid Officers at Centre on weekdays; 8am to 4pm.

LOCATIONS

MAIN HALL

60 Kuran Street, Chermside

Our central activity space for most activities.

Rear Hall: card & board games (accessible via Café).

Activity Room in Main Hall: Technology lessons
OWN Meeting & Book Club (alternate between here and the rear hall, confirm at Reception).

CHERMSIDE POOL

Aqua Aerobics Classes
375 Hamilton Rd, Chermside

For any questions, visit Burnie Brae Reception or call 3624 2110.

