

Carindale Chatter.

FEBRUARY - MARCH 2022



Dive on in.

NO MATTER WHICH PALM LAKE RESORT LOCATION YOU CALL HOME, THE POOLS ARE ALWAYS HUBS FOR EXERCISE, RELAXATION AND ENTERTAINMENT. SO VERSATILE ARE THE RESORT POOLS, THERE ARE SO MANY WAYS YOU CAN ENJOY THEM, BE THAT ALONE OR WITH VISITING FRIENDS AND FAMILY...

Group fitness

There is no shortage of group fitness on offer for the residents of Palm Lake Resort, particularly in the pool. Aqua aerobics is one firm favourite among residents - and for good reason. It is ideal for those who have issues with weight-bearing exercises and helps you increase muscle strength without straining.

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Welcome.

Welcome to the first "Carindale Chatter" edition for 2022. Clive and I hope that everyone has enjoyed the Christmas and New Year festive period and that you all spent it with friends and/or family. It felt like the Christmas decorations came down and the Australia Day ones went straight up! I have checked the calendar (and checked it twice) - our next public holiday after Australia Day is not until Easter, Good Friday being April 15 this year - which is also, coincidentally, the anniversary of the Titanic going down.

While it is great to see visiting families and friends enjoying our facilities, don't forget to stay with your guests while they are enjoying our lovely community. Covid has come to Queensland with all the subtlety of a freight train. The regulations seem to change on a daily basis. Make sure you all continue to socially distance yourselves, where possible, and mask up.

Welcome also to our newest residents. We will be having a morning tea to welcome you in person very soon. Invitations will be delivered to you.

The rain and hot weather has made the grass grow much faster than normal. We look forward to a new grounds person starting very soon. In the meantime, the grass is being cut by the grounds people from Palm Lake Resort Bethania, and we are very grateful for their help.

Stay safe.
Kind regards
Merrilyn and Clive

CONTACT US

Looking for more info about Palm Lake Resort Carindale? Here are five ways you can reach us:

- Online:** palmakeresort.com.au
- Social media:** Follow Palm Lake Resort on Facebook and Instagram.
- Street address:** 2 Ford Court, Carindale QLD 4152
- Phone:** 1800 770 057 or 3907 1000
- Office hours:** Monday-Friday, 9am-noon
- Email:** carindale@palllake.com.au

GET SOCIAL

Follow Palm Lake Resort on Facebook (@palmakeresort) and on Instagram (@palm_lake_resort) to see what's happening right across our 28 Palm Lake Group locations.

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.

News briefs.

COUNCIL CABS

A great transport option for residents who require assistance to Westfield Carindale and/or Cannon Hill Shopping Centre are the council cabs. Here's their timetable:

- Tuesday, Thursday, Saturday pickup:** 10am.
 - Tuesday return:** 1.30pm only.
 - Thursday return:** 12.30pm, 1pm, 1.30pm.
 - Saturday return:** 1.30pm only.
- Phone 3860 9955 to organise your ride. It's just \$1.50 each way.

RECYCLING AND GREEN WASTE NOTES

With your yellow-top recycle bin, please crush, compact or cut up your items as best you can before putting them into these bins. Also, make a diary note for our next green waste collection dates:

- February 7
- March 7
- April 4

Please have green waste out the front ready for pickup on these days. Please do not put green waste in bags.



HOT OFF THE PRESS

Our summer 2021-22 edition of "Your time" magazine is out now, circulating the country. In it, we've covered all the latest news from around the various Palm Lake Resort addresses, with other great summer-infused lifestyle reads too. If you didn't receive a hard copy in your letterbox, you can always read it online at

palmakeresort.com.au

NEED A WITNESS?

If you're looking for a JP, look no further than these helpful Palm Lake Resort Carindale homeowners:

- Ross Pringle (Ext 1049)
- John Black (Ext 1118)
- Gail Fernando (Ext 1039)
- Roni Harvey (Ext 1032)
- Jean Meagher (Ext 1158)

CHECK OUT OUR NEW DIGITAL LOOK

Palm Lake Resort has just unveiled a new-look website. We've got all the information you need on our 25 current resorts as well as those exciting new developments in the pipeline at Pelican Waters (QLD), Old Bar Beach (NSW) and Paynesville (VIC). Check out our new site at palmakeresort.com.au



Home Owners' Association report.



Christmas celebration

The committee members and their families enjoyed a relaxing (self-funded) lunch at the Tingalpa pub in December. It was refreshing to socialise and not discuss issues or concerns that are their usual topics of conversation! It has been a very busy and challenging year with the resignation of Robyn and Phil Rudkin leaving a gap filled by a variety of managers until our new Caretakers, Merrilyn and Clive Jones, were appointed. We urge all residents to contact the Caretakers as your first line of communication regarding any concerns you may have as they are settling into the lifestyle of our community and becoming more knowledgeable about how systems work. Maintenance forms are readily available outside their office or from a Home Owner Committee Member to keep them informed of anything that requires fixing in the common areas and facilities. This form is not for your personal unit maintenance.

Annual General Meeting

Preparations for the AGM are progressing with an update to the Constitution and reports from the Chairman (Michael Muller) and the Treasurer (Bob Langdon) being prepared. The date for the AGM is Tuesday, February 8 and it being held in the Grand Hall at 2pm. All positions will be vacated and nominations are being sort for the following: Chairperson, Vice Chairperson, Treasurer, Secretary and three committee members. If you would like to be an active member of the committee please seek nomination with a seconder (all of whom must be residents of Palm Lake Resort Carindale) on the Nominations Poster on the Notice Board.

Garden Club

The Home Owners' Association is seeking any expressions of interest from willing volunteers to assist with the introduction of a Garden Club. Duties can be as simple as being responsible for watering a particular garden, to light pruning or propagating cuttings, to add some plants to the garden beds around the village. If you are interested add your name to the list on the Notice board and we will get together late January to establish some terms of reference and evaluate the skills on offer by the volunteers.



Choir notes

Choir Director, Carol Ayers, brought great credit to herself and the choir members with the Carols Afternoon Tea in December attracting more than 60 residents and



guests. A sing-a-long with residents of familiar carols was intermingled with popular Christmas songs like: "The Twelve Days of Christmas" and "Six White Boomers" which heralded the arrival of our very own Santa Claus, Allan Wells, on his mobility scooter with Kanga Joey in his basket leading the way! The children received bags of sweets and patiently waited to have their photo taken with Santa who had no need for a false beard. Chris Wilson, our line dancing instructor proved once again that the Dancing Queens were up to the challenge and provided four items with a Christmas theme. "Last Christmas"; "Jingle Bell Rock"; "Silver Bells" and they closed the show with the Choir singing as they danced to "Feliz Navidad". The choir meets at 4pm (for an hour) on Sundays and all are most welcome to join in. If you don't consider yourself a singer, then simply come along and listen. In fact, bring a friend up for an afternoon cuppa.

Welcome to new residents

A 'Welcome' morning tea hosted by our Caretakers and HOA was well supported. Lots of scrumptious food provided by committee members complimented the stimulating conversation as new residents introduced themselves with a little personal background. Residents were encouraged to join in the various activities on offer and given valuable information regarding the Council bus and PLR courtesy bus services, how to register for meals and who to contact with regards personal safety alarms. Entertainment was provided by HOA Secretary on the piano who played a selection of musical favourites.

Dancing Queens

Line dancing is growing with such popularity here at Palm Lake Resort Carindale. It is held on Wednesdays and Saturdays at 9am, followed by a morning coffee with lots of chatter.

Pauline Jacques (Home 146) introduced classes for beginners in January – so there's no reason why anyone who hasn't tried line dancing before, can't come along and give it a go. Perhaps we should name this group, the Dancing Princesses?! If you would like to join the beginners, contact Pauline or add your name to the list on the noticeboard in the Grand Hall.



JOIN IN THE
FUN OF LINE
DANCING!



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Palm Lake Resort personal trainer Di Clapp says, "Aqua aerobics – along with many other styles of water-based fitness – removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler." Keen to try? We have the following classes:

Tuesdays 10.30am: Aqua aerobics (indoor pool)

Thursdays 10.30am: Aqua aerobics (indoor pool)

Soak up the sun

You don't even need to enter the water to enjoy your resort pool – sometimes, just lounging on one of the recliners can prove beneficial. That's because vitamin D (which you gain from spending time in the sun) plays a significant role in regulating your calcium and blood phosphorus levels to help maintain healthy bones. It is also said to support cardiovascular health, lung function and brain health, and is even believed to help protect against diseases like the flu and manage diabetes.

Swim laps

You may not have swum laps since the swimming carnival days of your childhood, but there are a few compelling reasons you may want to start. For one, it offers great cardiovascular exercise without putting stress on your body, particularly your joints. Swimming helps you maintain a healthy weight, heart and lungs, increasing your strength and muscle mass all without injury. You can start slow, but you'll be amazed at how quickly you can increase your swimming distance with consistent practice.

Enjoy the fresh air

Rather than catching up with friends in the Clubhouse, take your party to the outdoor pool to gain the many benefits of fresh air. Spending time in fresh air quite literally makes you happier, stimulating your body's production of serotonin through oxygen inhalation. Experts say it improves blood pressure, digestive system and heart rate, strengthens your immune system and gives you more energy.

Relax and relieve stress

You don't need to go on holiday to relax – our class-leading amenities, in particular our on-site pools and beautiful surrounds help us put the 'resort' in Palm Lake Resort. Head to our sun-soaked outdoor pool to relax by the water and you'll be doing your mind and body a world of good. Studies suggest that just being near water has a psychologically restorative effect, leading to a better mood and less stress – this, in turn, has positive implications for your immune system, heart health and sleep.

Entertain the grandkids

Palm Lake Resort is designed for over-50s, but with green spaces, a cinema, library and a bowling alley on site, visiting grandchildren love our resort just as much. The resort swimming pool in particular is a magnet for little visitors. Next time you're hosting younger generations, why not play a fun pool game with them? There are classics like Marco Polo as well as Sharks & Minnows but why not have fun making up your own games, too? Maybe even stock up on some diving toys?

Catch up with neighbours

At any given Palm Lake Resort location, the pool is a hub for not only exercise but social activity too. Enjoy a poolside drink or lunch with your neighbours, organise to swim laps with a friend or participate in one of the group fitness activities to meet new people. Socialisation is said to improve mental and emotional health, boost confidence, reduce blood pressure and even stave off Alzheimer's.

Entertain friends

Palm Lake Resort residents are a social bunch, often entertaining visiting friends and family from outside our resort. While those visitors will love our Clubhouses and architecturally-designed homes, they will also love paying a visit to our resort pool for a soak and a chat. Much like having your own backyard pool, our resort pools provide an additional spot to entertain and socialise – without any of the upkeep! You don't even need to swim; just being poolside with your guests is special enough.

Just float

When all else fails, just go for a float. It's the perfect way to cool down, take the weight off and enjoy the great outdoors and the many benefits it has to offer. According to experts, time spent floating can help to relax your muscles, aid in better sleep, decrease muscle and joint pain and decrease stress and anxiety.

Social Club update.

MAY CALLS IT A DAY

Thank you to May Ruff who has resigned as Chair of the Social Club. She was great at organising many of our trips and functions and definitely kept us entertained over the last few years! Congratulations to Jude McBrien who is our new Chairperson and Terry Lawson, Vice Chair.



MAKE A DIARY NOTE

Keep these dates in mind for events already planned:

- **Monday, February 14:** Fashion parade and Devonshire morning tea for Valentine's Day
- **Thursday, March 17:** St Patricks Day

Watch the board in the Grand Hall for more information. We also are on the lookout for any new expressions of interest. If you have an idea for an outing or function, please share it with one of our committee members. Likewise, if you are interested in joining the Social Club, we'd love to have you along to our meetings. See Jude or Terry for more info.

MEMORIES...

Among the most recent Social Club activities, we had an informative meeting with Niki from TransitCare. Look out for day excursions coming up. Also, our Pancake Breakfast was a wonderful success. Thanks to Jude for her organisation. Check out these photos.



Weekly activities.

MONDAY

9am Shopping Carindale. Pick-up 12 noon

9am Snooker, Billiards, 8 Ball. Grand Hall.

1pm-4.30pm Cards 500. Grand Hall.

1.30pm Darts. Recreation Room.

6.15pm Bingo. Recreation Room.

TUESDAY

9am Gentle exercise. Grand Hall.

10.30am Aqua aerobics. Indoor heated pool.

4pm Gents' Happy Hour. Recreation Room.

5pm Lawn bowls. On the green.

6.30pm Cards. Recreation Room.

WEDNESDAY

7am Gym instruction with Aubrey. Gym.

9am Snooker, Billiards, 8 Ball. Grand Hall.

9am-10am Line dancing. Grand Hall.

5.30pm Dinner. Grand Hall.

6.30pm Movie night. Theatre.

THURSDAY

9am Tai chi. Grand Hall.

10.30am Aqua aerobics. Indoor heated pool.

1pm Shopping bus. Cannon Hill/Capalaba. Pick up 3.30pm.

4pm Ladies' Happy Hour. Recreation Room.

5pm Lawn bowls. On the green.

FRIDAY

8.30am Friday bus service: Shopping at Westfield Carindale

1pm Cards, Scrabble, Mah-jong. Recreation Room.

1pm Cards. Grand Hall.

SATURDAY

9.30am Cards. Recreation Room.

1pm Cards. Recreation Room.

SUNDAY

9am Mah-jong. Recreation Room.

4pm-5pm Choir. Grand Hall.

Spread the love.

IF THERE'S ONE THING THAT IS FRONT OF MIND DURING FEBRUARY, IT'S LOVE – SPECIFICALLY, ROMANCE. BUT IT'S ALSO A GOOD TIME TO CELEBRATE ALL THE OTHER KINDS OF 'LOVE' IN YOUR LIFE. FROM YOUR PETS TO YOUR NEIGHBOURS, HERE ARE A FEW WAYS YOU CAN SPREAD THE LOVE THIS MONTH (AND BEYOND).



Love thy neighbours

Neighbourly 'love' is often on display at Palm Lake Resort, whether residents are catching up at social events or over the fence, sharing a meal at the Country Club or a drink on their driveways. There are so many ways you can show appreciation to your neighbours – why not offer a hand when you see them outside gardening? Cook an extra-large helping for dinner and drop a plate over to them? Or rally your other neighbours to support someone you know is going through a hard time? Random acts of kindness are some of the best ways to show love.

Love your community

Spread the love beyond your neighbourhood with a charitable project. You could build something, bake something or raise money for a good cause. But if you're in need of specific inspiration, just take a look around your Palm Lake Resort community. Residents across the Palm Lake Group are always doing their bit to help others, and there's no doubt a fundraiser, food drive or charity project underway at your resort.

Love long distance

This is something we've had to become much better

acquainted with, as lockdowns and border closures had made it impossible to visit faraway friends and family. Whether you're separated by sea or state borders, there are so many different ways to spread the love across long distances. Why not post your friend or family member a small item or card that made you think of them, send them a delivery of food (Uber Eats vouchers are great!) or flowers, or simply pick up the phone for a spontaneous chat?

Love your pet

It's time to show love to the family member who loves you unconditionally – your pet. Luckily, there are countless ways to do exactly that, from buying them their favourite food every so often as a special treat to taking a moment to give them a good scratch or pay attention to them and them only. If their favourite activity is going for a walk, take them for an extra one some days – or, when all else fails, simply cuddle up with them on the couch.

Love your partner

Showing love to your significant other seems obvious, but if your relationship spans years (decades, even) romance can easily fall to the wayside. Of course, not all couples show love in the same ways – a good way to keep the spark alive is to learn your partner's 'love language'. Finding out

which of the five love languages they prefer (words of affirmation, physical touch, gifts, acts of service and quality time - Google it!) will help you understand how they give and receive love. This makes you more able to show them the kind of love they most appreciate and notice when they are showing you love in return.

Love yourself

Last but certainly not least, think about how you can show love to the most important person in your life: yourself. You are the person you'll spend the most time with, so it makes sense to nurture that relationship just as you would any other, right? Think about the things that make you genuinely happy – it might be a certain form of exercise, a swim, a relaxing bath, a trip to the day spa or hair salon, even a specific craft activity – and do more of them.

Important phone numbers.

State Emergency Services 132 500
Police Link (non-urgent incident report 24/7) 131 444
Mater Hospital (24-hour emergency) 3840 8111
PA Hospital (24-hour emergency) 3240 2111
QELI (24-hour emergency) 3275 6111
Veteran Affairs 13 32 54
Home Assist 3028 4555

Palm Lake Resort Carindale phone numbers:
Caretaker's office (after hours emergency) 3907 1000
Grand Hall 1196
Recreation Room 1195

Podiatrist (Margaret) 0413 052 557
Chemist: Meadowlands Road 3398 6709
Belmont Pharmacy 3890 3988
Community Flyer 1300 463 593
Yellow Taxi 13 19 24
Black & White Taxi 13 32 22
Bus, Ferries & Trains information 13 12 30

Alex Sharp Appliances (Repairs) 3822 7406
Plumber (Andrew) 0434 018 008
Painter (Stephen) 0414 608 512
Fox Mowing & Gardening 0427 493 005
Wayne's Lawn Mowing Services 0401 136 533
Electrician (Tim) 0427 557 288
Electrical First 0408 750 290
L&GM Electrical (smoke alarms) 0403 667 759
Comms Co. (telephone/Internet problems) 5559 7988
Pest Control (Ben) 0422 978 582
Bev's Mobile Hairdressing 0411 353 446
Wilpac Garage Doors 0433 155 713
Paper delivery 3390 4969
Snake Catcher 0413 028 081
Mobile Dog Wash (Melanie) 0403 194 657

Homes for sale.

Home 104 - \$369,000



Price reduced - motivated seller!

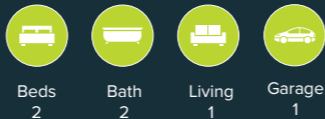
The Islander is our most sought-after design in our range of homes at Palm Lake Resort Carindale. It offers two bedrooms and two bathrooms. This home has been newly painted throughout, has new window furnishings, timber floors and new carpet. It's move-in ready!

Key features:

- Two bathrooms
- Freshly painted
- Front patio
- New floor coverings
- Remote garage



Home 110 - \$389,000



Location, location

This well appointed home is situated across the road from the Recreation Hall (where darts, bingo, trivia and mah-jong are played), the bowling green and putt putt. Step inside to a large lounge room fitted with timber flooring for easy cleaning. The kitchen has Caesarstone benchtops, a large pantry and a little patio where you can sit to have your morning cuppa. There are two bedrooms (main with ensuite and walk-in robe), an air conditioner fitted and near-to-new carpet. The internal laundry leads outside to the backyard giving you access to the lock-up garage and storage area at the end. There's nothing to do except move in and enjoy your new lifestyle!



Helping friends become neighbours.

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase one of our established Palm Lake Resort homes (or a new home from elsewhere in the group, for that matter), you'll receive up to \$500* cash. Easy!

\$500
for a brand new home.

\$250
for an established home.

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 770 057. *T&Cs apply



THE BEST IN OVER-50S LIVING. THIS IS YOUR TIME.
palmakeresort.com.au

Want to book a private tour and find out more about our resort? Phone Kerrie on **0403 680 969**
Email **KerrieB@palmlake.com.au** or visit us online at **palmakeresort.com.au**

Eat, drink and be merry.

There's nothing more enjoyable than spending time with friends, and you can do just that here at Palm Lake Resort.

With many organised weekly activities on-site as well as other outings in our local community, there are dozens of ways to fill your diary alongside your neighbourly friends. Why not start by pulling up a stool with us at Happy Hour this Friday?

We're all about spending quality time with likeminded friends. Here, community is everything.



Palm Lake Resort Carindale. Find us at 2 Ford Court, Carindale QLD 4152
Freecall 1800 770 057



**THE BEST IN OVER-50S LIVING.
THIS IS YOUR TIME.**

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