

Eagleby Star.

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 NO LESS THAN 10 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 newsletter for 2022, and the first edition of our new-look, bi-monthly publication. We hope you love it!

As we are seeing positive COVID cases within the resort, please check the notice boards regularly for updates about how many cases we have and locations where contact has been made with other residents. Please remember to wear your masks at all times when entering the clubhouses. They can be removed for vigorous exercise, eating and drinking only, so at any other times, please keep them on. This helps to keep you safe and protects those around you.

Please feel free to pay us a visit at the office - our opening hours are as follows:

- Monday:** 9.30am – 12 noon
- Tuesday:** 9.30am – 12 noon
- Wednesday:** 11am – 12 noon
- Thursday:** 9.30am – 12 noon
- Friday:** 9.30am – 12 noon

Please note that the office is closed on public holidays. Our sales office hours are 9.30am – 4pm, Monday to Friday and weekends by appointment only.

Michaela
Palm Lake Resort Eagleby Caretaker

CONTACT US

Looking for more info about Palm Lake Resort Eagleby?

Find us:

Online: palmakeresort.com.au

Social media: Follow Palm Lake Resort on Facebook and Instagram to see what's happening right across the group.

Street address: 272 Fryar Road, Eagleby.

Freecall: 1800 781 101



News briefs.

DOCTORS' SURGERY HOURS

Dr Anthony Ting
Wednesday 8am – 9am

Dr Nicholas Ting
Fridays 11.30am – 12.30pm

Please phone Mt Warren Park surgery for an appointment or home visit on 3807 8588.

Podiatrist are available Tuesdays (bookings sheet is in the Lake View Club House).

HOSING HOURS

Please make note of our hosing hours for recycled water:

Mornings: 7am - 8am
Afternoons: 4pm to 5pm

Please hose during these times from Monday to Friday only. Please do not use the recycled water on weekends.

VETERANS GET-TOGETHER

Defence Force Veterans will be delighted to know that the Standeasies are being reformed. Social gatherings will be held on the first Monday of the month in the Lakeview Clubhouse, commencing at 4.15pm. Feel free to come along and join your fellow veterans for like-minded discussions and fellowship. Please contact Jim Simpson (ph. 7892) or Greg Reinke (ph. 7958).

WORKSHOP UPDATE

As foreshadowed in the December Eagleby Star, and directly communicated to members, from the end of February access to the workshop will be restricted to those who have completed the refreshed safety induction. Should you wish to retain access please contact Nigel Harvey (Home 166) or Kevan O'Neill (Home 261) to complete the induction process. Similarly, any resident who would like to join the Workshop Group should also contact Nigel or Kevan.

Bob Beattie
Workshop Group Secretary



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

FIRE WARDENS

Residents, please familiarize yourselves with your fire plan and warden's details. Note your nearest fire warden in case of any emergency.

- Kath Tomlinson** H77 (ph. 7877)
- Joan Scott** H262 (ph. 1462)
- Hans Buckschun** H302 (ph. 1502)
- Ron Clibbon** H127 (ph. 7927)
- John Bowley** H7 (ph. 7807)
- Bob Beattie** H335 (ph. 1535)
- Bruce Tait** H339 (ph. 1539)
- Trevor Whelan** H6 (ph. 7806)
- Nigel Harvey** H166 (ph. 7966)

WASTE PICK UP

Green waste will be collected on February 8 and 22 - please do not put any green waste out with your normal weekly rubbish as it will not be collected. General waste pick up will be February 14, and the trailer will be in the Summer House car park from 9am to 9.30am. We cannot pick up items from your home. Please bring them to the clock tower.

Resident concert.

Our 2021 resident concert took place in November and was quite the production! The colourful performance had us smiling, laughing and cheering - it was a fantastic way to end the year. A huge congratulations to all involved. Look out, Broadway!



Bowls Club report.

Welcome to our first bowls report for 2022. I think it is appropriate to start our year with an extract from President Grace's acceptance speech.

"I am extremely lucky to have a good and willing Committee supporting me in our Aim for the Year as stated in the By Laws, 'To conduct and foster the game of Lawn Bowls within the Resort embracing the laws and etiquette of Bowls Australia.' Your membership means you belong to a club where you can share exercise, socialising and fun with fellow residents and other resorts. I would like to encourage all bowlers to use these fabulous facilities as often as you are able. I personally bowl seven times a week and find it is rewarding for my health and mental wellbeing. A calendar of events will soon be placed on the notice board. Please look at this and all notices throughout the year so you don't miss out on all the activities available. So, join in and make the most of your club and all the organising done providing these activities. And don't forget the members draw and social events where we share a drink and a laugh."

Just a reminder that all residents are free to utilize the bowls green however to participate in the weekly organized games, be in the weekly members cash draw and enjoy the numerous food theme night you must be a member. The annual fee is \$5.

New members are always welcome, with free coaching and club bowls available.

For more information on social memberships or to try your hand at lawn bowls, please contact me on 7922 and I will make you most welcome.

John Colless
Bowls Club Vice President



Important contact numbers.

EMERGENCY NUMBERS (Police - Fire - Ambulance): Remember '0' before the 000

To open gate from your home: 11

Air Conditioning (Connor Harm): '0' 0407 310 767

Police-non emergency: '0' 131 444

Tel/Internet support: '0' 5559 7988

Office: ext. 600

Caretakers/Managers - after hours: '0' 3385 9900

Caretakers/Managers/Sales: 1800 725 652

Beach House: ext. 605

Electrician - Komodo Electrical: '0' 0433 760 105

Gas - smells/leaks: '0' 1800 808 526

Gas-Origin Energy: '0' 132 461

Garage Door Repairs - Steel-Line Garage Doors:
'0' 3713 3100

Glass Repairs and Installation - Peter:
'0' 0448 836 888

Home Assist: '0' 5490 6820

Neil Judge - JP Qualified: ext. 743

Newspapers - The Courier-Mail & The Australian:
'0' 1800 630 130

Painter & Decorator - Andrew McNamara:
'0' 0438 801 320

Palm Lake Aged Care: '0' 3293 5800

Plumber - North West Plumbing: '0' 0418 868 848

Handyman/Builder - Barry Corocher:
'0' 0407 678 419

Poisons Information Centre: '0' 131 126

Prince Charles Hospital: '0' 3139 4000

Redcliffe Hospital: '0' 3883 7777

Royal Brisbane & Women's Hospital: '0' 3646 8111

RACQ Breakdowns: '0' 131 111

State Emergency Service: '0' 132 500

Sports' Club: ext. 603

Taxi - Redcliffe Taxi Service: '0' 131 008



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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:

Tuesday 8.30am and 9.30am: Aqua aerobics

Thursday 8.30am: Aqua aerobics

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.

Road Runners' report.

As our group has not been anywhere and has no plans on going anywhere until March, I have nothing to report on this month. I also believe that nearly everyone feels that it is probably a much better idea to stay at home while this COVID virus is spreading rapidly.

I thought I would share a few photos of some of the places we have been to help us get over not being able to travel too far at the moment. If you would like to know more about our group, then e-mail me at jandsliions@bigpond.com.

John Matheson
RV Road Runners Group Facilitator



Home Owners' Committee report.

The rainy, sunny and humid weather is when I've always developed hay fever, so when I had a slightly itchy nose and sniffles, that's where my mind went – hay fever! Because we had some RAT tests in the cupboard and I had a medical appointment I'd been waiting for some time for, I thought I'd test myself. Not because I might have COVID, but to prove I didn't. I was mightily wrong! I was positive, but did not feel ill. The symptoms were something I was familiar with, so I incorrectly interpreted them. I had been at the Logan Hospital to visit an extremely ill friend (not COVID related) a few days earlier. Perhaps that's where it came from? I trust that those in our community with COVID are doing the right thing and isolating. I've had only casual contact when I've been out and about, and the people who were close to me were notified. I sincerely hope that even as a casual contact I did not pass it on to anyone else.

I share this with you as warning. We all need to be particularly aware of how we're feeling at this time and do all we can to protect ourselves and others. Our next meeting is a General Meeting followed by the AGM on February 22nd. I encourage you all to attend.

Marilyn Goodwin
Home Owners' Committee President

Pool players' report.

Welcome back all pool players and bar volunteers for another year! We held our first get-together on January 15 and we had 22 players join us, giving us 11 teams of two. Everyone enjoyed the day and adhered to wearing masks, which was great to see. There were a few close finishes which turned out to be a three-way draw, however Roly Fahrenhorst and Kevin Swiles drew the winning number, so they were the winners of the day. January 22 saw 24 players turn up, and it was a great afternoon with lots of enthusiasm and laughter. We had some serious and some not so serious players, which added to the atmosphere of the afternoon. It was a six-way draw, however Roly Fahrenhorst and Kevin Swiles drew the winning number, so they were again the winners of the day. Thanks to the players for adhering to wearing masks throughout the afternoon.

We would like to send out heartfelt thoughts to Gerry Swan and wife Chrissie - may he have a speedy recovery, I know we are all thinking of them. To Gerry and Chrissie, we are here for you if and when you need us.

Roly Fahrenhorst
President

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 COMMUNITY 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 Beach House 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 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. Just like using the family heirloom china tea cups, treating yourself should be a daily thing - not only for special occasions!

Weekly activities list.

MONDAY

8.30am Mixed Bowls
9am Gentle Exercise LV
9am Knitting/Crocheting SH
1pm Cards
1pm Paper Craft
1pm Club Bowls
3pm – 4pm Ukulele LV cinema
4.30pm Happy Hour LV

TUESDAY

8.30am & 9.30am Aqua Aerobics
9.30am Mah-jong SH
8am Tennis
8.30am – 11.30pm Line Dancing LV
9am Patchwork Quilting
9.30am Ukulele LV cinema
1pm Ladies Bowls
6.45pm Trivia SH

WEDNESDAY

8.30am Mixed Pool LV
8.30am – 9.30am Zumba SH
9.30am Sewing/Craft SH
1pm Cards SH
1pm Mixed Bowls
1pm – 4.30pm Gym with Aubrey

THURSDAY

8.30am Aqua Aerobics
10.30am Tai Chi SH
12 noon – 3pm Art Group w/shop SH Craft
1pm Mens Bowls
2pm Bingo LV
6.45pm Movie Cinema SH
7pm Indoor Bowls LV

FRIDAY

7am – 1pm Gym with Aubrey
8.30am Table Tennis LV
9am – 2.30pm Embroidery
10am Garden club (first Friday of the month SH)
1pm Club Bowls
4.30pm Happy Hour + LV
5pm Darts LV
8.30pm – 9.30pm Relaxation SH, Cinema (first and second Friday)

SATURDAY

8am Tennis
8am Mixed Bowls
10am – 12.00 noon Trevor on Keys SH
12.45pm HOY at the Bowls Club
12.45pm Pool Players Comp LV
1pm Cards SH
2pm Movie SH
4pm Happy House Bowls Club

SUNDAY





2.30pm – 4.30pm Christian group (fourth Sunday of the month SH)

LOOKING FOR A NEW HOBBY IN 2022?

Homes for sale.

Home 31 - \$460,000

UNDER CONTRACT

 Beds 2
  Bath 2
  Study 1
  Garage 2







A downsizer's dream.

With two bedrooms plus a study, this home is the perfect downsizer. The main bedroom includes an ensuite and walk in robe, so there's no need to compromise on your creature comforts. An entertainer's dream, this home is tiled throughout the living, dining and kitchen spaces and there is a covered entertainment area to the rear. The low maintenance yard is perfect for the green-thumb-in-training, and the double garage offers plenty of storage.



Home 305 - \$490,000

SOLD

 Beds 2
  Bath 2
  Study 1
  Activity Living 1
  Outdoor Living
  Garage 2





Great location.

This lovely, partially renovated home is located close to one of the resort club houses and swimming pools. Freshly painted inside and out. New kitchen appliances. New window coverings throughout. New carpets to the bedrooms. New ceiling fans and lights. Spacious open plan living, dining and kitchen with doors opening onto the covered entertainment area to the rear. Large study with sky light and plenty of storage. Double garage with epoxy flooring. Low maintenance well presented front and rear gardens.



Home 93 - \$350,000

UNDER CONTRACT

 Beds 2
  Bath 2
  Study 1
  Garage 1.5





Well presented.

This stylish and functional home features two good-size bedrooms plus a large study, offering plenty of extra space for storage, entertainment or whatever else you fancy. There is a two-way bathroom and second toilet, as well as an open plan living, kitchen and dining area. Entertainers will love the undercover area to the side of the home, and gardeners and handymen will appreciate the shed and yard in the rear. Finally, a large garden to the side of the home features imitation grass for very easy upkeep, and the enclosed porch at the front of the home is the perfect place to enjoy a cup of tea in the afternoon sun.



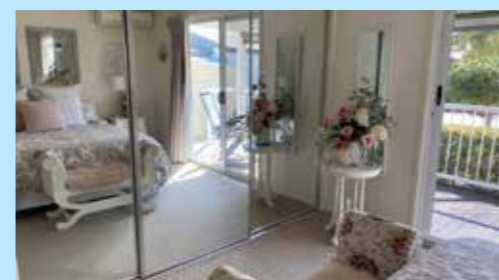
Home 138 - \$435,000

UNDER CONTRACT

 Beds 2
  Bath 2
  Study 1
  Garage 1.5

Home with a view.

Corner property located opposite one of the club houses and swimming pool. Well presented two bedroom plus large study. Main bedroom with ensuite and doors leading to front verandah. Tiled kitchen and dining area. Large living area with views of swimming pool and sugar cane farm. One and a half tandem garage with space at rear for storage or workshop.



Eat, drink and be merry.

There's nothing more enjoyable than breaking bread with friends, and you can do just that here at Palm Lake Resort. With a complimentary meal, per household, every week, prepared fresh on-site by our experienced chefs, there's even more reason to dine with us. We're all about spending quality time with likeminded friends. Here, community is everything.



Palm Lake Resort Eagleby. 272 Fryar Road, Eagleby QLD 4207
Freecall 1800 781 101



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

palmakeresort.com.au