

Eagleby Star.

APRIL - MAY 2023



Fill your diary

Our Weekly Activities program is full to the brim with things to keep you active and social.

Hard workers

Not only is our resort workshop a hub for talented wood and metal workers, but it's also a classroom!

Get caught up

Our resort is home to some thriving social and sporting clubs. Read all about what they've been up to...



Welcome.



Welcome to the latest edition of the Eagleby Star newsletter. As we make our way into autumn, we would like to think the weather would be getting cooler – but that has not been the case lately. Hopefully a break from the heat is on the horizon but, until then, enjoy the air conditioning and swimming pool on offer here at Palm Lake Resort Eagleby.

Speaking of which, I would like to remind residents that you are not allowed in the clubhouses in your wet swimming attire. All visitors to the clubhouses should be appropriately dressed, including tops and shoes.

With the cooler weather coming, it is a great time to get out in your gardens. If you are finding it difficult to maintain your gardens please contact the resort office. We can provide you with contact details for outside contractors who are happy to come and see you to discuss your gardening needs.

The recycling bins are becoming an issue. Please do not put anything that is not recyclable in these bins. For example: tyres and wheels, kettles, vacuum cleaners, iron plant holders and toasters. We are now monitoring the contents of these bins more closely and will remove anything that is not supposed to be there. We have a monthly general waste pick up for these items (except the tyres). If you're not sure what you can put in the recycling bins, please come to the office and ask – we're more than happy to help.

Finally, I would like to extend a big thank you to our many volunteers. No matter how you volunteer, please know that we are extremely grateful for you.

Until next time,

Michaela Gee
Palm Lake Resort Eagleby Caretaker

CONTACT US

Looking for more information about Palm Lake Resort Eagleby? Here's how you can reach us:

FREECALL: 1800 781 101

Street address:
272 Fryar Road
Eagleby QLD 4207

Office hours:
9.30am to 12pm weekdays (11am to 12pm only on Wednesdays)

Email:
eagleby@pallake.com.au

Find us online at:
pallakeresort.com.au

Get social:
Follow us on Facebook
(@pallakeresort) and on
Instagram (@pallake.resort)

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News briefs.

WASTE REMINDER

Green waste (Tuesdays):
April 11, May 2, 16 & 30

General waste (Mondays):
None in April due to Easter,
May 8

DOCTORS' SURGERY HOURS

Dr Anthony Ting
Wednesday 8.30am – 9.30am

Dr Nicholas Ting
Friday 11.30am – 12.30pm

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

Podiatrist is available Tuesday (bookings sheet is in the Lakeview Clubhouse).

SOCIAL CALENDAR

April

Friday April 7 Good Friday
Happy Hour & Villa Draw at Lakeview.

Friday April 14 Happy Hour & Music with Resident Trevor on keyboard at Lakeview

Friday April 21 Happy Hour & Villa Draw at Lakeview

Sunday April 23 Anzac Day Service at Summer House. See notice boards for details.

Friday April 28 Happy Hour & Snack Night at Lakeview

May

Friday May 5 Happy Hour & Villa Draw at Lakeview

Sunday May 7 Birdman Randy & the Ivory St Band – Summer House Concert

Friday May 12 Happy hour & Music night with 'Blonde Chocolate' at Lakeview

Friday May 19 Happy Hour & Villa Draw at Lakeview

Saturday May 20 Resident's Concert – Summer House

Friday May 26 Happy hour & Snack Night at Lakeview.

Sunday May 28 Biggest Morning Tea at Summer House. See notice boards for more details. Come along to support cancer research.

SALON SPECIALS

What better way to celebrate the Easter holidays and Mother's Day than with a fresh hair do? Our resort hair salon is offering two exciting monthly specials. In April, you will get three free foils with any other colour service. Then, in May, their 'Happy Mother's Day' hair package includes a style cut and blow dry, hot towel treatment with massage, eyebrow tint and 300ml care shampoo and conditioner all for just \$69.95. Gift vouchers are available for this package, too.



AUSSIE, AUSSIE, AUSSIE!

Throwback to our Australia Day celebrations, which were soundtracked by some talented performers from right here at the resort. The performance was organised and conducted by Linda Eland, with formalities by Kath Tomlinson and Gary Cummings. Thank you to all involved for making our Australia Day extra special. **Left to right:** Carol Kent, Annyse Armstrong, Ann Shannon, Paul Blake, John Lee, Ann Lee, Christine Johnson, Lynette Frieberg.



Off to work we go.

RETIREMENT PRESENTS THE PERFECT OPPORTUNITY TO PICK UP A NEW HOBBY. HERE, HOMEOWNERS CAN OFTEN BE FOUND IN OUR RESORT WORKSHOP, HONING THEIR SKILLS IN BOTH WOODWORK AND METALWORK.

Located adjacent to the Summer House, the resort workshop comprises spaces for both woodwork and metalwork. Both workshops are fully equipped and supported by Palm Lake Resort management.

“Under agreed terms of reference, responsibility for the day-to-day management of the workshop has been ceded to an elected committee of residents. This group is known as the PLR Eagleby Workshop group,” explains Secretary Bob Beattie. “All residents of the resort are entitled to use the workshop and its equipment, including the major machines and a myriad of hand tools.”

Bob adds that hand tools can even be borrowed to help with projects at home.

“Training is available to assist new members with the safe use of the many machines,” says Bob. “To gain access, residents must complete a safety induction, which includes a set of safety protocols and a short quiz based on those protocols.”

But the resort workshop isn’t just for our homeowners – the Workshop Group also runs a mentoring program for Grade 6 students from Eagleby State School.

“The kids often have limited or no experience working with wood but will complete three projects by the end of each school term,” says Bob. “This program is supported by Palm Lake Resort management, our Homeowners’ Association and workshop member volunteers. The volunteers often admit that they get as much enjoyment from the experience as the students.”

Keen to get involved? Bob says the Workshop Group is always looking for additional help. All you’ll need is a Blue Card (which is arranged through the school), a desire to engage with these kids, and a spare hour once a week.

Of course, you are more than welcome to use the workshop for your own personal projects, too.

“All residents, and especially recent new residents, are urged to consider using this wonderful facility!” says Bob.

- To gain access to the workshop please contact:**
- Chairman Leo Ossendryver (Home 332)
 - Deputy Chairman Nigel Harvey (Home 166)
 - Secretary Bob Beattie (Home 335)
 - Workshop manager Graeme Mant-Old (Home 273)
 - Safety officer Kevan O’Neill (Home 261)

Weekly activities.

- MONDAY**
8.30am Mixed Bowls
9am Gentle Exercise LV, Knitting/Crocheting SH
1pm Cards, Paper Craft, Club Bowls
3pm – 4pm Ukulele LV cinema
4.30pm Happy Hour LV
- TUESDAY**
8am Tennis
8.30am – 11.30pm Line Dancing LV
9am Patchwork Quilting, Aqua Aerobics
9.30am Mah-jong SH, Ukulele LV cinema
10am Aqua Aerobics
1pm Ladies Bowls
6.45pm Trivia SH
- WEDNESDAY**
8.30am Mixed Pool LV
8.30am – 9.30am Zumba SH
9.30am Sewing/Craft SH
9.30am – 11.30am Colouring in SH
1pm Cards SH, Mixed Bowls
1pm – 4.30pm Gym with Aubrey
- THURSDAY**
9am Aqua Aerobics
10.30am Tai Chi SH
12pm – 3pm Art Group workshop 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, SH)
1pm Club Bowls
4.30pm Happy Hour LV
5pm Darts LV
8.30pm – 9.30pm Relaxation SH, Cinema (first & second Friday)
- SATURDAY**
8am Tennis, Mixed Bowls
10am – 12pm Trevor on Keys SH
12.45pm HOY at the Bowls Club, Pool Players Comp LV
1pm Cards SH
2pm Movie SH
4.30pm Happy Hour Bowls Club
- SUNDAY**
2.30pm – 4.30pm Christian group SH (fourth Sunday)

Important contact numbers.

- Ambulance/Police/Fire (Emergency)** 0 000
State Emergency Service 0 132 500
Poisons Information Line 0 131 126
Beenleigh Police 0 3801 0777
Communications Co 0 5559 7988
Doctors Room 0 3489 7983 or 7983
Alfords Plumbing and Gas Services 0411 109 806
Logan City Council 0 3412 3412
Logan Hyperdome Library 0 3209 6133
Locksmith (Blacks Mobile) 0 3382 0755
Logan Hospital 0 3299 8899
Logan Animal Pound 0 3286 5397
RSPCA 0 3462 9999
Air Train 0 3216 3308
QR City Train 0 131 230
RACQ Breakdown Service 0 131 111
Newspaper Delivery 0 1800 630 130
Palm Lake Resort Hair Salon 7988 or 3489 7988
Kitchen (Summer House) 1592 or 3489 1592
Kitchen (Lakeview Clubhouse) 7998 or 3489 7998
Caretakers Office (Micky) 1590 or 3489 1590
Workshop 1594 or 3489 1594
Resort Gym 7993
Bowls Club 7987 or 3489 7987
Local Snake Catcher 0 0434 146 109
JP Dave Murphy (H334) 1534
JP (Qual) Qld June Steinweiss (H305) 1505
Michelle Tavli – Travel Agent 0414 716 443

Pool Club report.

Welcome back to all our pool players. This year we have a new president, Peter Emerson, and a new treasurer, Ian Broadfoot. The pool club would like to thank the outgoing members Roly Fahrenhorst and Kevin Swords for their commitment throughout 2022 and for the time they have spent working behind the Lakeview bar. Here is what we've been up to since our last report:

2022

- **November 12** We had 20 players. Winners were Boyd Everett and Ian Broadfoot in a two-way draw.
- **November 19** Another good turnout with 26 players, and a very good win for Alec Raymer and Ron Clibbon.
- **November 26** This was the last competition for the year. Outright winners were Frank Buckley and Harry Creevey.

2023

- **January 14** 26 players joined the first comp of the new year, though the winners were Peter Emerson and Robert Greenleaf.
- **January 21** The next game drew 24 players, and the outright winners were Bert Edwards and Peter Milivojevic – six games straight, which is not easy to do.
- **January 28** Again we had 24 players. The winners were Bill Lamond and Ron Clibbon.
- **February 4** Winners were Peter Emerson and Harry Creevey – five games straight. We had 20 players this week.
- **February 11** Outright winners were Kevin Swile and Harry Creevey, six games. New player this week was Keith Meiforth.
- **February 18** We had 22 players this week, and the winners were Peter Milivojevic and Peter White. Five games straight. We welcome another new player, Leo Ossendryver.
- **February 25** Outright winners were Kevin Swords and new member Keith Meiforth. This was another good turnout with 24 players.

We would also like to wish Boyd Everett a speedy recovery from his recent illness and hope to see him soon.

Peter Emerson

HOC report.

It was wonderful to see so many residents attend our Annual General Meeting in February – the most we have seen in a long time. We now have a new Homeowners Committee, with several new faces. I would like to take this opportunity to thank the committee members who have stayed on the committee to serve another year: Ann Shannon our Secretary; David Ryland, who has stepped up and is now our Treasurer; Bob Beattie, Bill Lamond and Lester Johnson, all committee members.

We welcome our new members: Linda Eland, Assistant Secretary; June Steinweiss, Assistant Treasurer; Malcolm Anson and Pamela Hancock, committee members.

A big thank you to Faye Cole who was our Treasurer for the past three years – we are pleased to see she will still be working on the Lakeview Bar and in charge of the stock control. Many thanks also to Eddie Whitaker, John Matheson and Gary Cummings who were on our committee.

Currently, we still do not have a President! We are looking for someone who has the interest of Palm Lake Resort Eagleby and its residents at heart, who enjoys working with likeminded team members and is used to running meetings. If anyone is interested or knows anyone who they think might be suitable, please contact either myself or one of our committee members.

Our new bus should be arriving in the next couple of weeks, so keep an eye out for it. I am sure that once it does arrive, there will be plenty of extra people keen to go out on our shopping day trips.

I know that a lot of residents have been away on trips of late – what a great time of the year it's been for holidays. Just a reminder, especially for those travelling overseas, if you have any symptoms of a cough or cold, regardless of whether you have COVID or not, please refrain from attending any of our functions or activities. There are many residents here who cannot afford to get even a cold, so please think of others before attending. Nobody likes to sit next to someone who is coughing, sneezing, or spluttering on them.

Meanwhile, enjoy this amazing weather and all that we have here, and remember what Lucille Ball said: "The secret to staying young is to live honestly, eat slowly and lie about your age."

Rowena Milivojevic
Homeowners' Committee Vice President



Bowls Club report.

Our first club championship game (the triples) was closely contested, with the players all displaying good bowling. The winners were Roly Fahrenhorst, John Matheson, Annie Beecham and Ron Cassels, and the runners up were Graham Howard, Marion Colless and Rowena Milivojevic. The next championship (the pairs) will start on Sunday May 7.

We have played two social inter-resort games in recent months – one against Palm Lake Resort Waterford, the other against Ruby Gardens. Both were won by Eagleby.

If you would like to keep abreast of the Bowls Club activities, a reminder that the program for the year is on the noticeboard. We are starting a monthly open self-select pairs game, which will take place on a Wednesday afternoon. This gives you an opportunity to play with anyone in the club, particularly in male/female teams. It is just \$2 to play, and all money goes to two winning rinks (drawn by a number chip).

In other exciting news, the Saturday night Members' Draw Raffle now has an added prize – Jag the Joker. If your raffle number is drawn, you'll get the chance to select a playing card. If you pick the joker, you will win the prize that has accumulated to that point. It started at \$10 and increases every week until it's won. When the Joker is won, the prize will restart at \$50.

The Resort Challenge starts on Monday April 3, nominations will have closed by the time you are reading this (the cut-off date is Friday March 24). Club Shirts should also be on their way to you soon.

See you on the green and at our upcoming social activities,

Grace Currie (Home 359)
Vice President

Looking ahead...

Sunday April 9 (Easter Sunday) Open Self-Select 2 Bowl Triples

Wednesday April 12 Open Self-Select Pairs

Friday April 15 Memorial Day

Wednesday April 19 Lewani Palms Away

Wednesday April 26 Waterford Away

Sunday May 7 Pairs Championship Starts

Wednesday May 10 Beachmere Bay Home

Wednesday May 17 Open Self-Select Pairs

Wednesday May 24 Halcyon Greens Away

Sunday May 28 Biggest Morning Tea

Friday June 2 Patron's Day

Puzzle power.

DON'T THINK OF A BOX OF JIGSAW PUZZLE PIECES AS A TIME-CONSUMING CHORE – IT'S ACTUALLY AN ACTIVITY THAT WILL PROVE MORE BENEFICIAL THAN YOU THINK.

Building jigsaw puzzles is a pastime that spans the generations. You might remember your own children, as babies and toddlers, joining a handful of large format puzzle pieces to make a simple picture. As they grow, the pieces get smaller, the image gets more detailed and number of pieces in a box rises through the hundreds and eventually, into the thousands.

Building puzzles as a fun family activity can also 'join' you in other ways - the bonding experience and time shared is invaluable. Jigsaw puzzles should definitely be on the activity list when the smallest members of your family come and visit or stay. However, building jigsaw puzzles in the latter years of life, and especially so with likeminded friends, actually has more benefits than you'd think. Here are just some of them:

1. Left brain meets right brain to prevent cognitive decline. Puzzles are a whole-of-brain activity as they exercise both the right and left sides. Our brain's right side sorts creativity, emotion and intuitive thinking while the left side is the logical, objective and methodical side. When you complete a puzzle, both sides communicate and work together, increasing cognitive function. The occipital lobe is the area where the brain connects colours and shapes and it is also activated during puzzle building. Exercising the mind helps prevent cognitive decline.

2. Memory improvement. Picking up a puzzle piece and scanning the rest of them for a match strengthens neural

connections and increases the generation of new connections. This, in turn, increases mental speed and thought processes. You've also got to be visualising the completed image, but in small sections, and when you exercise the part of the brain in charge of storing this kind of information, you're also working a muscle that will ultimately improve your short-term memory.

3. Problem solving and IQ increase. It's true. You can actually become smarter by completing puzzles - and there's research to prove it. A group led by Dr Susanne Jäggi at the University of Michigan found that spending just 25 minutes a day solving puzzles can raise your IQ by four points. Nice. Beyond the brain boost, these enhanced problem-solving skills can be transferred and applied to other areas of life to make you more innovative and adaptive as well as a more critical thinker.

4. Mood enhancement. Solving puzzles increases the brain's production of dopamine. This neurotransmitter is responsible for regulating mood and optimism. It also affects learning, memory, concentration and motivation. Dopamine is released every time we put a puzzle piece in the right place. This encourages us to challenge ourselves and continue to find more and more puzzle-piece matches (many of us know that feeling of becoming 'addicted' to completing a puzzle and finding it hard to walk away from an uncompleted one!).

Jigsaw puzzle mat, \$26.95,
templeandwebster.com.au

Kmart puzzle sorting trays,
\$10, kmart.com.au



Deluxe jigsaw puzzle board
and zip-up storage/carrier (for up
to 1000-piece puzzles), \$73.99,
theboardgamer.com.au



5. Decreased stress through the meditative process of completing a puzzle. When assembling a puzzle, our brains go from 'beta' (or awake) to a state of 'alpha' (which is similar to the state we are in when we are dreaming). This shift in consciousness comes with many benefits, including improvements in mood and self confidence, lower blood pressure and heart rate, as well as stress relief.

6. Better visual-spatial reasoning.

7. Greater attention to detail.

8. Increased productivity.

9. Delaying symptoms of dementia and Alzheimer's disease.

10. Better ability to collaborate and work in a team (when you join friends in puzzle-building).

If you don't have your own puzzles or have done them so many times that you know them too well, head to our resort library and check out the collection there.

And here's a nifty idea: Similar to a Book Club, you could even round up some likeminded puzzle-lovers here within our community and share resources or, more importantly, join forces and puzzle together regularly. Now that sounds like fun!

Do your friends love it here, too?

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 homes you'll receive \$250* cash!

\$250

cash bonus simply for
referring a friend!

For more info or to
refer your friend,
FREECALL
1800 781 101.

*T&Cs apply



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

Homes for sale.

Home 327 - \$400,000

Beds

2

Bath

1

Living

1

Activity

1

Garage

1.5

UNDER CONTRACT

Close to facilities.

This two-bedroom property has loads of space. Two good size bedrooms, one bathroom, two toilets and a spacious tiled living area with cathedral ceiling along with a separate dining and kitchen area. There is also a storage area/workshop behind the garage plus a separate room for study/craft and a good-sized sunroom facing the rear garden. Property is located close to the Summer House Country Club, pools and workshop.

Everything you need.

This two-bedroom Orchid design home has a generous modern feel. It has a large living space with separate kitchen and dining area. This home boasts one bathroom and two toilets. Two good size bedrooms to the rear of the home, looking out onto the rear garden. There is an undercover outdoor entertainment area to the rear, and a covered porch to the front. This property has one and a half-length tandem garage, space for a car and extra space for small workshop or storage. Located close to one of the club houses, swimming pools, cinema and workshop.

Home 366 - \$489,000

Beds

2

Bath

2

Living

1

Garage

2

UNDER CONTRACT

Well presented.

This well presented home has two bedrooms and a large study. There is a large main bedroom with ensuite and walk in robe. The second bedroom has a two way bathroom off. Living and dining area leading to large kitchen with separate laundry. Undercover entertainment area to rear. Low maintenance gardens to front and rear. Double garage.

Corner position.

This well presented two-bedroom home features a large study and lots of storage space. The good size living and dining area flow onto a well-designed kitchen, and the main bedroom has an ensuite and walk in robe. The second bedroom is a good size, too. There is an outdoor entertainment area in the rear yard. Other features include an internal garage and a water tank. The corner position is yet another draw card.

Home 313 - \$365,000

Beds

2

Bath

1

Living

1

Garage

1

UNDER CONTRACT

Close to facilities.

This two-bedroom property has loads of space. Two good size bedrooms, one bathroom, two toilets and a spacious tiled living area with cathedral ceiling along with a separate dining and kitchen area. There is also a storage area/workshop behind the garage plus a separate room for study/craft and a good-sized sunroom facing the rear garden. Property is located close to the Summer House Country Club, pools and workshop.

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Home 348 - \$450,000

Beds

2

Bath

2

Living

1

Activity

1

Garage

1

UNDER CONTRACT

Well presented.

This well presented home has two bedrooms and a large study. There is a large main bedroom with ensuite and walk in robe. The second bedroom has a two way bathroom off. Living and dining area leading to large kitchen with separate laundry. Undercover entertainment area to rear. Low maintenance gardens to front and rear. Double garage.

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Want to book a private tour and find out more about our resort? FREECALL 1800 781 101 or email eagleby@palllake.com.au You can also visit us online at palllakeresort.com.au

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10,000 REASONS TO CELEBRATE

With more than 45 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 1800 781 101 | eagleby@pamlake.com.au
272 Fryar Road, Eagleby QLD 4207

THE BEST IN OVER-50s. THIS IS YOUR TIME.
pamlakeresort.com.au