

Mt Warren Park.

APRIL - MAY 2023



Fill your diary

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

Green and gold

Our resort was the place to be on Australia Day. From thong throwing to barbeques, catch up inside.

Brain boosters

Jigsaw puzzles promise more than just entertainment - they are also great for your mental and even physical wellbeing.



Welcome.

Welcome to the April-May edition of our resort newsletter. We would like to take this delayed opportunity to congratulate the 2023 Residents and Social Committees on your appointments. We look forward to continuing our positive working relationships and are always here for suggestions and assistance.

We are heading into the cooler months of the year and are certainly looking forward to some cooler days and nights. There are some public holidays coming up and the office will be closed over the following days...

- Closed Tuesday April 25 for Anzac Day
- Closed Monday May 1 for Labour Day

If you have an emergency situation, please call 000 and, if required, call the office 9081. Please leave your name, number and a brief message.

Recycling bins are emptied each week. Please ensure you breakdown/unfold boxes, etc. to ensure maximum space is left for all recycling items. The more we recycle, the more we save going into landfill.

Green Waste is emptied fortnightly – again, please break down greenery as much as possible to ensure maximum green waste can be put in the bins.

Believe you can and you are halfway there,

Until next time,

**Rik and Trish,
Palm Lake Resort Mt Warren Park caretakers**



CONTACT US

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

FREECALL: 1800 282 314

Street address:
1 Mt Warren Blvd,
Mt Warren Park QLD 4207

Office hours:
9am to 12pm, Monday to Friday

Email:
mtwarrenpark@palllake.com.au

Find us online at:
palllakeresort.com.au

Get social:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@pall.lake.resort)

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News briefs.

WELCOME NEW REPRESENTATIVES

2023 Committee

- **President** Dennis Douglas
- **Vice President** Chris Moore
- **Secretary** Beryl Douglas
- **Committee Members**
Bob Spencer, Margery Elliot, Dennis Barstow, John Knell

2023 Social Committee

- **President** John Knell
- **Vice President** Chris Moore
- **Secretary** Yvonne Killin
- **Treasurer** Jan Watts
- **Committee Members**
Shirley Knell, Sue Stagg, Pat Burton, Kerrie Saunders

Fire Warden

- Bob Spencer (Home 55)
- Dennis Douglas (Home 29)
- Keith Schloss (Home 31)
- Jim Horan (Home 51)
- Terry Roberts (Home 9)
- John Knell (Home 75)

DINNER IS SERVED

Wednesday dinners start at 5.30pm. Coming up...

- April 5** Cottage Pie
- April 12** Roast Beef
- April 19** Roast Chicken
- April 26** Roast Lamb
- May 3** Beef Sausages
- May 10** Cottage Pie
- May 17** Roast Pork
- May 24** Roast Chicken
- May 31** Roast Lamb

All meals are served with vegetables and followed with dessert.



GRANNY'S LITTLE SINGER

My granny's Singer sewing-machine,
By now well past its peak,
Was taken to the town museum,
Being classed as an antique.
But I remember days gone by
As patiently she stitched –
Embossed in golden leaves on black,
By it I was bewitched.
All her life Grandmother,
Sewing was her passion.
She embroidered and produced
Clothes of every fashion.
I remember well the treadle,
The bobbin and the spool,
The needle which was hard to thread –
'Twas such a useful tool.
Nothing today could ever match
My granny's little "Singer",
It was a beautiful machine,
To me a real humdinger!

Mrs L.H., Cleveland

BUS TRIPS

Hyperdome

9.15am – 11.30am

- Friday April 21
- Friday May 5
- Friday May 19

Beenleigh Market Place

9am - 11.45am

- Tuesday April 11
- Friday April 14
- Tuesday April 18
- **No bus** Tuesday April 25 (Anzac Day)
- Friday April 28
- Tuesday May 2
- Tuesday May 9
- Friday May 12
- Tuesday May 16
- Tuesday May 23
- Friday May 26
- Tuesday May 30

VOLUNTEERS WANTED

Are you looking for a unique place to volunteer? Do you want to give back to your local community? Do you want to lend a hand to a not-for-profit organisation? Why not join our village volunteer team! Be part of a diverse group of people, all ages, backgrounds and experiences, working together to preserve our local history and share it with the public. From restoring heritage buildings and artefacts through to dressing up and demonstrating long lost crafts and skills. You don't need experience, just a friendly can-do attitude! Share your skills with others or learn a lost art from our other skilled volunteers. Centrelink Obligated and Work-cover Volunteers accepted. Contact us today: 07 3382 0608, manager@oldbeenleightown.com.au.



Aussie, Aussie, Aussie!

PALM LAKE RESORT MT WARREN PARK WAS THE PLACE TO BE ON AUSTRALIA DAY. THE PARTY WAS IN FULL SWING, WITH A GREAT TURNOUT OF HOMEOWNERS ALL MEETING UP TO CELEBRATE TOGETHER. HERE'S WHAT THEY GOT UP TO...

A great time was had by all on Australia Day at Palm Lake Resort Mt Warren Park – especially considering the heat wave. The day started with morning tea, giving homeowners a chance to catch up while the draw for competition partners was made. Then, it was game on.

Each game was hotly contested, as usual, with some big surprises eventuating. It was a great chance for homeowners to show off their skills. One of the highlights was seeing Don, one of our oldest homeowners, win the pool – we always said he was the Pool Shark! Well done, Don.

Another highlight was the quoits competition, which saw over 20 homeowners throwing five quoits each. Only one person got one – that is, until Trish came along and threw one, two, three all over the stick! Well done, Trish, on a great effort.

We also played one of our long-time favourite games, which saw homeowners try to roll their bowling ball closest to the spider. This time, we're glad to say the spider managed to avoid any damage.

Overall winner results...

- Ladies Thong Throw: Lyn (Home 10)
- Men's Thong Throw: Dennis (Home 29)
- Bowls (nearest to the spider): Shirley (Home 75)
- Golf: Trish (Home 69)
- Darts: Jan (Home 41)
- Quoits: Trish (Home 69)
- Pool: Don (Home 8)

After the fun and games it was time to cool off with a classic Australian delicacy – an ice cold 'Zooper Dooper'. The refreshment was well welcomed by all. Lunch, which was superbly cooked by John, was tasty sausages and onions eaten on a slice of bread with a selection of toppings available. Of course, there were also traditional lamingtons available to finish off what was a great day for all.



Pictured above: Pat giving 100 percent to the challenge eventuated in the thong being thrown beyond the bowling green and needing retrieving (safely) from the roof.



Continued on Page 6 >>>



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, you'll receive \$250 cash. Easy!

\$250

cash incentive when you refer a friend to buy an **established home** at Palm Lake Resort

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 282 314. T&Cs apply



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

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

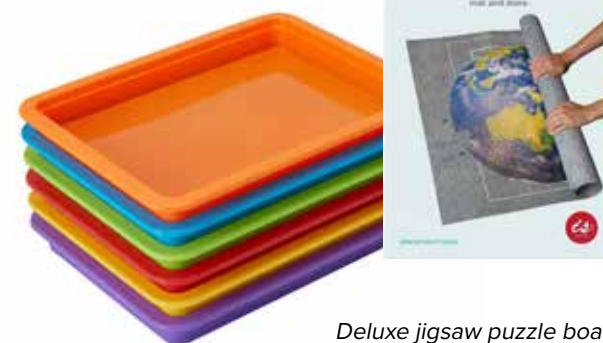
connections and increases the generation of new connections. This, in turn, increases mental speed and thought processes. You've also got to be visualising the completed image, but in small sections, and when you exercise the part of the brain in charge of storing this kind of information, you're also 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!

Weekly activities.

***Please note: Times subject to change.**
Please refer to this list and consult with your
Caretakers and class facilitator.

TUESDAY

9.15am – 11.30am Bus trip to Beenleigh Market Place

9.30am – 10.30am Tai Chi with Shane

3pm Bowls

WEDNESDAY

7am Aqua aerobics with Bec

9.30am – 11am Craft and painting

5.30pm Dinner in the Hall (don't forget your fob!)

THURSDAY

2.30pm Bingo (every second week)

FRIDAY

9.15am – 11.30am Bus trip to Beenleigh Market Place or Hyperdome (alternates weekly - see Page 4 for details)

2pm – 3pm Yoga with Anand

3.30pm – 6pm Happy Hour (BYO drinks)

5pm – 6pm Trivia (last Friday of the month)

SATURDAY

1pm – 4pm Mah Jong (new players are always welcome!)

Hip, hip, hooray!

We have some exciting birthdays coming up in April and May! We hope you all have a wonderful day and feel the love.

APRIL

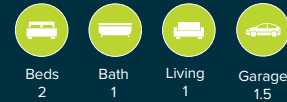
Home 10 Peter
Home 26 Dot
Home 28 Robina
Home 30 Joan
Home 40 Rose
Home 47 Gary
Home 62 Len
Home 65 Jacquie

MAY

Home 3 Rita
Home 43 Frank
Home 60 Lillian
Home 69 Trish

Homes for sale.

Home 48 - \$390,000



Fairhaven II.

This beautifully designed home features two bedrooms, including a master bedroom that connects to a two-way bathroom. The kitchen is conveniently designed with a practical corner pantry, and there is a 1.5 tandem length garage meaning you can store your vehicle and have room to spare. Enjoy the picturesque views and cool breezes from the front veranda. This home is located right across the road from the supermarket, meaning everything you need is within in walking distance – groceries, doctors, chemist and more.

Home 69 - POA



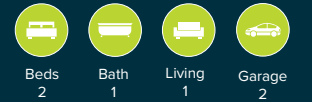
New appliances.

This 'Charisma' design home features two bedroom, large living, separate dining area and brand new kitchen with dishwasher, induction stove top and soft touch closing draws. Home 69 enjoys two outdoor areas and a large private garden space to the rear to enjoy the sun. The property is within close walking distance to the resort facilities and is a short walk from the local supermarket, doctors, pharmacy and more. Features include:

- Brand new kitchen appliances
- Two outdoor alfresco areas
- Spacious bedrooms
- Convenient proximity to resort facilities



Home 25 - \$430,000



Charisma.

This Charisma design home features two bedrooms, a large living space and separate dining and kitchen areas - all with laminated wooden floors. The choice of which outdoor area to use is yours: will it be the front deck, or the large covered area out the back which overlooks the grassed garden and is perfect for entertaining? This property has a covered car parking space with additional space for a boat, trailer or pop-up storage. The home is located close to resort amenities, and is just a short walk across the road to the local shops and medical services.

CASH BUYERS AWAIT.

There has been an unprecedented level of enquiry on homes at Palm Lake Resort Mt Warren Park in recent months - so much so that we are short on properties to sell! It seems our secure resort grounds, the low-maintenance/high- quality homes, world-class facilities, myriad of weekly activities and our welcoming community have made Palm Lake Resort Mt Warren Park a very sought-after local neighbourhood.

If you're a homeowner here and your situation has changed so you are contemplating a move, please let our Sales and Information Centre know. Our Sales Consultants can inspect your home and give you an appraisal to help you make up your mind. We have qualified buyers waiting to hear about any new homes as they hit the market.

To find out more, freecall 1800 282 314 or stop by the Sales and Information Centre anytime from 9am-11am, Monday-Friday.

Want to book a private tour and find out more about our resort? FREECALL **1800 282 314** or email mtwarrenpark@palmlake.com.au or visit us online at palmakeresort.com.au

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 282 314 | mtwarrenpark@palllake.com.au
1 Mt Warren Blvd, Mt Warren Park QLD 4207

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