

AUGUST - SEPTEMBER 2024



The Park Times



Around the grounds

There has been so much happening here these past few months - catch up inside

The Biggest Morning Tea

We raised \$2000 for the Cancer Council (and had lots of fun while doing it)

What's over our back fence

Stay up to date with all the good news from your fellow Palm Lake Resort 'family' members



Welcome.



Where is the year going? It's hard to believe we are already in August, but nice to know that the days are finally getting longer. Now is the time of year when we can begin to enjoy the milder weather conditions - spring is right around the corner!

With the weather warming up, we would like to remind you of our health and wellbeing offering. Please consider attending one of the exercise classes, be it tai chi, chair yoga or aqua aerobics. We have so many fitness classes to keep you active, fit and healthy, and all of our instructors are very well liked and appreciated by current attendees.

It has been busy here at Palm Lake Resort Mt Warren Park over the last few months. We have said goodbye to some dear friends and welcomed in some new members to our resort. It has been wonderful to see our welcoming community in action, and I hope that our new residents have been settling in nicely. If you see them around, be sure to give them a wave and a warm smile! We are so happy to have them here.

If your living situation has changed and you are now considering selling your Palm Lake Resort Mt Warren Park home, please know that we have a lot of interest from people wanting to move into this wonderful community. See Trish in the office - she has a list of people wanting to come in.

A reminder that Palm Lake Care next door is holding an informative morning on Friday September 6 from 9.30am to 11.30am. Morning tea will be provided. Call or text Haley on 0437 639 067 for more information.

"Old age is not a defeat but a victory."

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 (@palllake.resort)

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News in brief.

Dinner is served

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

August 7 Roast Beef
August 14 Roast Pork
August 21 Beef Sausages
August 28 Roast Lamb
September 4 Beef Casserole
September 11 Roast Chicken
September 18 Cottage Pie
September 25 Silverside

Happy Birthday!

We have some exciting birthdays coming up in the next few months. We hope you all have a wonderful day and feel the love.

AUGUST

Home 8 Don
Home 9 Terry
Home 25 Vicky
Home 17 Nola
Home 19 Alan
Home 22 Gordon
Home 35 Elaine
Home 55 Linda
Home 55 Bob
Home 58 Sue
Home 62 Ann
Home 67 David
Home 71 Greg

SEPTEMBER

Home 11 Anna
Home 21 Margery
Home 27 Barbara
Home 36 Jan H
Home 41 Jan W
Home 61 Jennifer
Home 47 Evelyn

OCTOBER

Home 6 Betty
Home 29 Beryl
Home 32 Graeme
Home 74 Gwen
Home 80 Stan

2024 Committee Members

RESIDENTS' COMMITTEE

President Dennis (Home 29)
Vice President Bob (Home 55)
Secretary Beryl (Home 29)
Committee Members:

- John K (Home 75)
- Margery E (Home 21)
- David A (Home 63)

SOCIAL COMMITTEE

President John K (Home 75)
Secretary Jan H (Home 69)
Treasurer Jan W (Home 41)
Committee Members:

- Shirley K (Home 75)
- Sue S (Home 58)
- Kerrie S (Home 14)
- Yvonne K (Home 8)



Resort in bloom

Our hibiscus tree is in full bloom, and the flowers are particularly big this year!



Recycling

Guidelines for red recycle bins need to be followed for health and environmental reasons, especially in this hot weather.

DO:

- Place only recyclable items in the bin.
- Rinse/wash containers and cans before placing in recycle bins.
- Read the packaging to see if it can be recycled.

DON'T:

- Place items that are not recyclable in the bin.
- No used tissues - No dirty food containers - No clothing
- No rubbish that should go in the blue land-fill bins provided to you.

Bus trips

Hyperdome

Fridays, 9.15am – 11.30am

- Aug 9 and 23
- Sep 6 and 20

Beenleigh Market Place

9am - 11.45am

Tuesdays:

- Aug 6, 13, 20 and 27
- Sep 3, 10, 17 and 24

Fridays:

- Aug 2, 16 and 30
- Sep 13 and 27

Below, our shopping group waits for driver John to 'get this show on the road!'.



A big effort.

A great time was had by all who attended this May's 'Biggest Morning Tea' fundraiser. The event was well attended and a total of \$1520 was raised. This amount was raised to \$2000 after the Social Committee's donation.

A huge thank you to all who kindly donated prizes and money. We had a total of 89 raffle prizes up for grabs, meaning only a few missed out (while others took home a 'stash' of winnings!). Pat (Home 46) was this year's lucky winner of the 'Guess the Name of the Teddy' competition - Gummy has now made his way to the United Kingdom.

Thank you to all who supplied the delicious cakes, sandwiches and other delights that were enjoyed with a warm drink and good conversation. Thanks go out to the social committee for their time, effort and hard work on the day.



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
2pm Bowls

WEDNESDAY

5.30pm Dinner in the Hall (remember your password to order on the computer)

THURSDAY

7.30am Aqua aerobics with Julie
10.30am – 11.30am Yoga with Anand
2.30pm Bingo (every second week)

FRIDAY

9.15am – 11.30am Bus trip to Beenleigh Market Place or Hyperdome (alternates weekly - see Page 3 for details)
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!)

OUR BOWLS GROUP MEETS ON TUESDAYS AT 2PM DURING WINTER



Around the grounds.

CATCH UP ON ALL THE FUN THAT'S BEEN TAKING PLACE AROUND OUR RESORT OVER THE PAST FEW MONTHS! PALM LAKE RESORT MT WARREN PARK REALLY IS THE PLACE TO BE...

Monthly morning teas begin!

The social committee thought it a good idea to try out a monthly morning tea get-together. Thanks to those who supported the first event! With your continued support and attendance this will happen on a regular basis, so check the monthly newsletters for the date and mark it in your diary.



Merry Christmas (in July!)

This group of lovely ladies were found gathering around the front entrance, happily waiting to be collected to attend an afternoon out celebrating Christmas in July. What a great excuse to enjoy one another's company and have a great time (as you can see by the big smiles on their faces, they certainly agree!).



Pop-up shopping fun

Thanks to Dee for coming along in June and giving us all a chance to do some 'close to home shopping'. There was plenty to choose from; clothing, shoes, jewellery and an assortment of gifts. Dee was also very generous in supplying morning tea (which is always an incentive). Keep an eye out in the newsletters for the next pop-up shopping event.



Embrace your inner Olympian.

AS THE WORLD TURNS ITS EYES TOWARD THE OLYMPICS, THERE'S NO BETTER TIME TO CHANNEL YOUR INNER ATHLETE AND EXPLORE NEW SPORTS RIGHT HERE AT OUR RESORT. WHETHER YOU'RE A SEASONED SPORTSPERSON OR JUST LOOKING FOR A FUN WAY TO STAY ACTIVE, THERE ARE A SELECTION OF OLYMPIC SPORTS ON OFFER FOR ALL FITNESS LEVELS.

Artistic swimming

Artistic swimming, formerly known as synchronized swimming, combines the best of dance, swimming, and gymnastics. This elegant sport enhances flexibility, strength and cardiovascular health. Did you know, there are a handful of artistic swimming groups already across a number of Palm Lake Resorts. Why not start one at your resort? It's a great way to learn basic routines, improve your breath control, enjoy the rhythm of the water and experience the beauty of moving in harmony with others.

Golf

Golfers will tell you, their game is more than just a sport - it's a serene way to enjoy nature while honing your precision and patience. Some Palm Lake Resort locations have their own golf courses, while most others are just a short drive away from one. From regular tournaments to friendly matches, golf allows you to enjoy the competitive spirit or simply relax with a leisurely game. Consider taking up lessons to help you perfect your swing and lower your handicap.

Swimming

Swimming is an excellent full-body workout that is gentle on the joints and great for cardiovascular health. Your resort swimming pool is ideal for laps, aqua aerobics classes and leisurely swims. Whether you prefer a vigorous workout or a relaxing float, our pool offers a refreshing way to stay fit and cool. Take a dip to improve your technique and enjoy the therapeutic benefits of water exercise.

Table tennis

Table tennis, or ping-pong, is a fast-paced sport that sharpens reflexes, improves hand-eye coordination and provides a fun social activity. Many of our resorts are already equipped with table tennis tables, which are available for casual play and organised tournaments.

Tennis

Tennis is a dynamic sport that combines agility, strength and strategy. Our resorts feature well-maintained tennis courts where you can enjoy singles or doubles matches. If you're new to the sport, ask around to see if there is a seasoned player who is willing to show you the ropes and help you improve your skills. If they aren't taking place already, tee up a few social games to stay fit and engage with fellow homeowners, all while enjoying the outdoors and maintaining a healthy lifestyle.

Break dancing

Did you hear that break dancing is now an Olympic sport? While this style might seem intimidating, dancing in general is a wonderful way to express yourself, stay active and have fun. Many of our resorts offer a variety of homeowner-led dance classes, including Zumba, line dancing and more. Dancing improves flexibility, balance and cardiovascular health while providing a joyful outlet for creativity. Join one of our dance classes – or start your own – to learn new moves, meet new people, and let the music move you.

Note: Check out our regular 'Over the Back Fence' series on Pages 10-11 for Palm Lake Resort's connection to the 2024 Paris Olympics...



Homes for sale.

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 PALMLAKERESORT.COM.AU

Home 56 - \$460,000

UNDER CONTRACT



Charisma.

Spacious and cosy, this inviting home has two comfortable bedrooms, a separate kitchen/dining area, and an expansive living room that perfectly embodies cozy and well-appointed living.

The low-maintenance outdoor area features a small, paved garden, providing a peaceful and tranquil spot to unwind.

Located within the charming Mt Warren Park resort, the home offers the convenience of being just a short stroll away from essential amenities, including shopping and medical services.

Bed

2

Bath

1

Living

1

Study

1

Alfresco

2

Garage

2

Home 66 - \$450,000

SOLD



Waiting for you.

Come and view this freshly decorated home which features two bedrooms, two toilets, two-way bathroom, study/multi-use room and open plan living. New carpets throughout living and bedrooms spaces, give comfort and appeal for a new owner.

Sited close to amenities and resort gates this elevated location catches the sun from morning till late afternoon, with the raked ceilings and cool breezes, keeps cool all year round. Room for your car, with storage/workshop room. No need to mow any lawns here.

Bed

2

Bath

1.5

Living

1

Study

1

Alfresco

1

Garage

1

Home 34 - \$465,000

SOLD



Fairhaven.

With so many living areas in this Fairhaven Design home, you catch the sun or shade all day long. Coming off the main living area are two bedrooms, master with two-way bathroom, two additional living spaces that offer the opportunity for a guest room or office or craft room. The light, bright kitchen has recently had new benchtops installed, general cleaning is easy, with vinyl flooring throughout the living areas and carpet in the bedrooms.

Bed

2.5

Bath

1

Living

2

Study

1

Alfresco

1

Garage

1

Home 72 - \$447,000

Waiting for you.



Discover this charming two-bedroom home boasting a spacious open-plan layout seamlessly integrating living, kitchen, and dining areas. Enhanced by new air conditioning, high-quality kitchen fixtures and abundant natural light, this freshly painted retreat exudes tranquility in every corner. With low-maintenance features throughout and an elevated position offering scenic views, this vacant property is primed for your enjoyment. Situated with-in the quaint Mt Warren Park resort, it offers convenient proximity to shopping and medical services just a short stroll away.

Bed

2

Bath

2

Living

1

Alfresco

1

Garage

1.5

8

9

Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT ADDRESSES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL OUR PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!

A man of many talents.

You will have read about Palm Lake Resort Fern Bay's 10th birthday in the current edition of our company magazine, *'This is Your Time'*. While the 10th birthday party was a celebration of the resort as a whole, the unofficial 'man of the hour' was homeowner Steve Carroll. Some 86 years young, Steve wrote two poems about his time at Palm Lake Resort Fern Bay (read aloud at the party by Lloyd Hynd) and completed portraits of event guest speakers Amanda Clements (Palm Lake Group's Executive Manager People & Operations) and Meryl Swanson (Federal Member for Paterson). Both were delighted to receive their portraits at the end of the ceremony.

But Steve's talents don't stop at poetry and portraiture. Having served in four wars, he is passionate about working alongside his fellow veterans



to better the lives of those abroad – particularly in Laos, which is home to 15,000 amputees thanks to landmines leftover from the Vietnam War. Steve began collecting prosthetic limbs from clinics in Australia (discarded because regulations say they can't be reused) and sending them to Laos. For the first five years, he did this on his own dime – which, at around \$700 in postage for three boxes soon added up. More recently, he has linked up with another

veteran in Queensland who helps him send the prosthetics to Laos for free. As part of their local Rotary Club, Steve and his wife Doreen have also taken on impressive fundraisers – namely, a motorbike ride around Australia. They rode 20,000 kilometres, slept on the ground of countless Rotary Clubs and raised \$30,000 for malaria research. Yes, the people of Palm Lake Resort really are very special indeed. Well done, Steve and Doreen.

Sharing a cuppa, for charity.

Right across our 27 Palm Lake Resort addresses, we bet there's a jug boiling right now! Coming together over a piping hot cup of tea or a reinvigorating mug of coffee is what we all love best. It's not so much the drink itself as it is the enjoyment when the moment is shared with friends, family and likeminded neighbours. So, it's little wonder why the Cancer Council's annual 'Biggest Morning Tea' fundraiser seems to strike a chord across all our resorts, year after year. Not only do we all know someone who has been affected by cancer, we know that supporting a worthy cause like this will support the future of cancer research and patient care. And to do it by sharing a cuppa? Too easy!

At the time of printing this newsletter, more than \$14 million has been raised across Australia at Biggest Morning Tea events in 2024 alone. Here are just some of the fundraising results we've seen across our own Palm Lake Resort addresses that helped to raise that \$14 million total figure:

- **Banora Point:** \$1700
- **Bargara:** \$5138
- **Beachmere Sands:** \$5977
- **Carindale:** \$2906
- **Cooroy-Noosa:** \$1000
- **Eagleby:** \$6000
- **Forster Lakes:** \$8000
- **Mt Warren Park:** \$2000
- **Phillip Island:** \$2272
- **Truganina:** \$2320
- **Upper Coomera:** \$1790
- **Waterford:** \$1700
- **Willow Lodge:** \$3500 (pictured, right)

**\$44,300+
RAISED FOR
CANCER RESEARCH
WITH THANKS
TO PALM LAKE
PEOPLE!**



Our Thelma reigns supreme.

When it comes to volunteering, there's one Palm Lake Resort homeowner who is quite literally top of the pops - and that's Thelma Hansen of Willow Lodge. Thelma has been at the resort since 2000 and has clocked up 23 years of volunteer work in that time. While this queen of volunteering is 95 years young, she's quite happily living on her own and heading to The Lodge Country Club on Tuesday and Saturday mornings each week to lend a helping hand. Thelma is a true inspiration, selflessly giving back to her community for more than two decades, which is why she's the inaugural winner of her resort's new Volunteer Recognition prize. Keep up the great work, Thelma! We appreciate you.

Green and gold for grandie.

There's going to be one proud Palm Lake Resort Tweed River homeowner with her eyes glued to the television come the 2024 Olympic Games. Laurie Galloway's granddaughter, Kaitlyn Torpey (pictured right), has been selected to play for the Australian Matilda's soccer team at the Paris Olympics. Well done to Kaitlyn! The whole of Palm Lake Resort will be cheering you on.



What's happening over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the greater Palm Lake Resort community? Are you and your neighbours doing something special that you're proud of - and you know we'd be proud of too? We'd love to hear from you.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com

Where friends become family



FREECALL 1800 282 314 | mtwarrenpark@palllake.com.au
1 Mt Warren Blvd, Mt Warren Park QLD 4207

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