

# Mt Warren Park.

AUGUST - SEPTEMBER 2022

## Dance the night away.

WHAT BETTER WAY TO WARM UP ON A COOL WINTER'S NIGHT THAN WITH A GOOD DANCE? TURN TO PAGES 4 & 5 TO READ ALL ABOUT HOW OUR RESIDENTS BUSTED A MOVE DURING OUR ANNUAL CONCERT.





# Welcome.

How the time is flying by! We are heading into spring, which will bring welcome relief from the cold, short days. Time to start thinking about lighter clothing and making plans for barbeques and outdoor activities.

We are excited to welcome new residents Jan and Bryan to the resort, along with little Tara who is very excited to be making new friends. We trust that you will enjoy being at Palm Lake Resort Mt Warren Park, make new friends and exploring the area. Say hello to some of our four-legged residents on Pages 8 and 9, while also reading all about how to take care of your pets during the winter months.

We enjoyed a break in July and managed to get some much-needed relaxation and fun time with our grandchildren. A reminder that August 8 is the Logan City Public Holiday, so our office will be closed.

Another friendly reminder about speed in the resort – we have a 10kmph maximum on the shared path and roadways. Please ensure your visitors and tradesmen are aware of this, too, for the safety of pedestrians, dog walkers and drivers alike.

If you have any questions, concerns or suggestions with anything in the resort, please come to the office. We are here to listen, investigate and see what can be done.

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



## CONTACT US

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

**Online:** [pamlakeresort.com.au](http://pamlakeresort.com.au)

**Social media:** Follow Palm Lake Resort on Facebook and Instagram.

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

**Phone:** 1800 282 314

## GET SOCIAL

Follow Palm Lake Resort on Facebook (@pamlakeresort) 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.

### FIRE WARDENS WANTED

We are still looking for someone to be a Fire/Emergency Warden in the resort. The chances are we will never need to use you – but, if we do, we would be truly grateful for the help. Please contact Trish in the office for more information and forms. Also, if you would need extra assistance in the event of an emergency, please return your Personal Emergency Evacuation Forms to the office or via the caretaker letterbox ASAP.

### RECYCLING

Please do not put broken glass in the recycle bins. An accident was avoided recently where a broken bottle was put in the recycle bin and noticed just in time to avoid a possible badly-cut hand or wrist. Any broken glass must be well-wrapped and laid flat in the bin. Please also collapse cardboard boxes.

### GET SOCIAL

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

**Facebook:** @pamlakeresort  
**Instagram:** @palm\_lake\_resort

### GREEN WASTE REMINDER

Bins are provided for general green waste – please do not load them up with dirt and stones. The following are permitted in the bins: garden prunings, grass clippings, shrubs and weeds (shake off the soil), leaves and loose bark, palm fronds (fronds must be cut so they can fit into the bin – bent palm fronds can get stuck in the bin preventing it from being emptied), small branches (no more than 15 centimetres in diameter and 40 centimetres in length). Please also consider others in the community on return of empty bins to ensure all get a chance to put their green waste in the shared bins.

### READ ALL ABOUT IT



If you haven't already received a copy of the Winter 2022 edition of our company magazine, Your Time, you should check it out online. In the Winter edition, we have a special feature on the "Pets of Palm Lake" – a collection of stories on our amazing residents and their amazing pets. You'll also catch up on all the news from around our many Palm Lake Group locations, find tasty winter recipes and discover a few fun ways to spice up your life. To read the edition online, visit [www.pamlakeresort.com.au](http://www.pamlakeresort.com.au) and click on the 'News & Events' tab in the menu.

### WEDNESDAY NIGHT DINNERS

Join us for Wednesday night dinner at 5.30pm. We will serve the following rotation:

- **August 3** Cottage Pie
- **August 10** Roast Chicken
- **August 17** Roast Lamb
- **August 24** Roast Beef
- **August 31** Roast Pork
- **September 7** Cottage Pie
- **September 14** Roast Chicken
- **September 21** Roast Lamb
- **September 28** Roast Beef

Note: All meals are served with vegetables and dessert.





# Bust a move.

A great time was had by all who attended the annual Palm Lake Resort Mt Warren Park Concert. We didn't realise we had so many excellent dancers in our midst!

This year, the theme was to have entirely dance-based performances. We started the evening off with the 'Loco-motion' – needless to say, it was a great way to kick off the night.

After that, we had a wonderful dance display from our very own line dancers. This was followed by a performance of Swan Lake like you have never seen before... and will certainly never see again. They were clearly encouraged by the laughter received from the audience, too!

There were a few jokes in between acts, then it was onto the next part of the show. The lights went out and we were treated to a dance from the 'Glow Stick Girls'. With a few things wobbling about, there were many giggles and bouts of laughter that could be heard.

For the next dance, top hats were put on for an old favourite, 'Hello Dolly'. Some of our line dancers were back on stage for this special number.

Next, it was time for some fun audience participation. Residents joined in for the 'Funky Cha Cha Slide' – great work to everyone on that dance.



The final act was a version of 'Billie Jean' with a moon-walk included, of course. The performers were a bit taken up with the white gloves as they slid across the floor in socks. It was very impressive!

A final dance of 'Let's Twist Again' ended a very successful show.

Our shared supper and drinks at the end of the night went down very well. It was great to see so many residents supporting this event – there were about 45 people in attendance. Thanks to everyone for their help. Great fun night was had by all.





# Around the grounds.



## All aboard.

Our resort bus departs on Fridays and will visit the following locations:

**9.15am – 12pm:** Bus trip to Hyperdome on August 12 & 26 and September 9 & 23

**9.15 am – 11.30am:** Bus trip to Beenleigh Market Place on August 5 & 19 and September 2, 16 & 30.

Also, every Tuesday, the bus will go to Beenleigh Market Place from 9.15am – 11.30am.

**Pictured above:** Recently, a group of residents enjoyed a Christmas in July bus trip to the Fox and Hounds English pub. It was a great day spent socialising and enjoying a tasty meal.



**Pictured above:** Being a pet-friendly resort, you can always guarantee that you will bump into some happy dogs going on their daily walk. Check out little Dino being greeted by Misty and Poncho! Being new here they are happy to make new friends.

TURN THE PAGE FOR WINTER PET CARE TIPS!



Pictured below: Ladies dancing to stay warm, fit and happy on a Monday evening.

## Weekly activities list.

**\*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

**3pm** Bowls

### WEDNESDAY

**9.30am – 11am** Craft and painting

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

### THURSDAY

**7.30am** Aqua aerobics

**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 August and September! We hope you all have a wonderful day and feel the love.

### AUGUST

**Home 5** Joan

**Home 8** Don

**Home 9** Terry

**Home 15** Shirley

**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

**Home 72** Ana

### SEPTEMBER

**Home 11** Anna

**Home 21** Margery

**Home 27** Barbara

**Home 36** Jan H

**Home 41** Jan W

**Home 61** Jennifer

**Home 47** Evelyn

**Home 66** Neville

**Home 68** Lynn

## Upcoming events.

In addition to our jam-packed activities list, we also have some exciting events coming up here at Palm Lake Resort Mt Warren Park.

### Trivia

Friday August 26

Friday September 30

### Bingo

Thursday August 7

Thursday August 21

Thursday September 8

Thursday September 22





# Vet's winter caution.

YEP, IT'S STILL COLD. WHILE YOU'VE BEEN PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, DON'T FORGET THAT YOUR PET NEEDS SPECIAL CARE DURING WINTER, TOO. KEEP THESE TIPS IN MIND FROM PET-STOCK VET DR KATHY MACMILLAN.

## Beating the winter blues

Just like humans, pets are also at risk of developing the winter blues. Household pets, especially cats and dogs, are highly intuitive and can sense when owners are feeling lazy or unmotivated. Despite being covered in fur, even for our pets it can be tempting to stay cooped up indoors throughout winter. As an owner, staying motivated to maintain your pet's daily exercise regime is critical during the winter months for your pet's mental and physical wellbeing. Playing with your pet indoors or mixing in training sessions is also recommended.

## Hydration

Keeping your pet hydrated is always important but it is usually something that pet owners are more aware of during the warmer months. Make sure that your pet always has access to fresh water even if it's cool.

## Drinking standing water

This winter has brought more rain than we're used to and, therefore, more puddles. When you're on your daily walks, monitor your dog closely and avoid letting them

drink any standing water. Leptospirosis is an infectious disease that can be contracted by dogs that drink or swim in contaminated water, such as puddles, ponds, rivers or dams. It can cause them to become extremely sick and, in some cases, be fatal. Symptoms include fever, vomiting, diarrhea, refusal to eat, weakness, depression and stiffness. Always take a fresh bottle of water and a travel bowl with you on all outdoor adventures – that way your pet will stay hydrated and will be less likely to pick up unwanted, harmful diseases.

## Sleeping indoors

No matter their age, consider allowing your pet to sleep indoors during winter. Not only will they be more comfortable, but they will use less energy maintaining their body temperature. Chilly nights can make the joints of pets suffering from arthritis more painful and breathing cold air can exacerbate respiratory problems such as bronchitis or collapsed trachea. If you have a puppy, this is the perfect opportunity to try indoor crate training and, if you have a senior pet, winter is a great time to invest in a soft, thick bed that will be easy on their joints.

## Heater safety

While it is encouraged to keep your pet indoors more often than not during winter, it is important to ensure they stay safe. If you have a gas heater, have it serviced at the start of the season, prior to using it, to ensure it is not leaking carbon monoxide. And, of course, whether you're using a gas or electric heater, make sure it is always in a safe place where Fido won't knock it over.

# Don't weight too long.

**UH OH – YOUR DOG'S BODY WEIGHT HAS CREPT UP. BEING OVERWEIGHT CAN PREDISPOSE PETS TO JOINT INJURIES, BREATHING PROBLEMS, HEART ISSUES AND SOME CANCERS. HERE'S HOW TO GET THEM FIGHTING FIT ONCE AGAIN.**

Just like humans, dogs can be at risk of a plethora of health problems if they're overweight. If your pooch is showing signs of a podginess, don't stress. You are not alone. Research shows that around 40 per cent of Aussie pets are overweight. The most important thing you can do for your pet is to acknowledge the problem before it gets out of hand and start them on a path to better health. Here are some tips to help your dog lose weight healthily and gradually.

## Determine your dog's weight loss target

If your dog is generally healthy and only mildly overweight, the first thing you should do is determine their current Body Condition Score (BCS) and implement a weight loss program around this. BCS is a number assigned to your pet based on evaluation of fat at a few key areas on their body. A BCS can range from 1 to 5, with 1 being severely underweight and 5 being dangerously overweight. You can Google some very helpful BCS charts online that will help you assess your pet's silhouette from above and from the side – evaluating the ribs, spine, hip bones, waist, abdomen, muscle mass and overall fat covering. At an ideal weight you should be able to see your pet's waistline (an hourglass shape) when standing above them, looking down. And your pet's abdomen should be tucked up behind their rib cage when viewing them from the side. You should also feel your pet to evaluate their weight. Place your thumbs on their backbone, spreading both hands across the ribcage. You should be able to feel each rib under a thin layer of fat – just like you can feel the bones on the back of your hand. Be sure to reassess them every week or two until they're at their ideal condition.

Of course, if you're feeling unsure, or if your dog is significantly overweight or has pre-existing health issues, book in a consultation with your vet for further assessment and advice.

## Adjust their diet

Mildly overweight pets may be able to lose weight with adjustments to their regular diet, such as cutting out most treats and any unhealthy table scraps, and reducing their meal portions by 10 to 20 per cent. Significantly overweight pets are generally best switched to a prescription weight-loss diet. Not only do these diets provide helpful staged feeding guides, but they also help ensure your pet will not suffer any nutrient deficiencies or excessive feelings of hunger whilst their calories are being restricted.

## Encourage regular, appropriate exercise

Whilst weight loss will largely rely on your pet's diet, regular healthy exercise is important for keeping their metabolism chugging, and helping them to maintain strong muscle support. Gentle-to-moderate intensity, low impact daily exercise (such as walking or wading in shallow water) is safest. If your pet is panting heavily, stop them for a rest and offer water. Avoid exercising your pet in hot or humid conditions, as this puts them at risk of heat stress. Remember that what your dog loses in grams, they'll gain in health and vitality!



**PALM LAKE RESORT IS PET FRIENDLY!**



# Homes for sale.

## Home 36 - POA

**SOLD!**

-   
Beds  
3
-   
Bath  
2
-   
Living  
1
-   
Garage  
1





### Everything you need.

This smart, beautifully-kept home is the ultimate downsizer. The front facade has been recently updated in a bright white with black contrasting trims, providing the perfect backdrop for a flourishing garden. With three bedrooms and two bathrooms, you don't need to compromise on space in order to get the most out of your retirement. The best part is, beyond your front door, you'll find a heated pool, Clubhouse, bowling green and more. Beyond the resort, there is a shopping centre with medical facilities and a bus stop just across the road.

## Home 65 - POA

**SOLD!**

-   
Beds  
3
-   
Bath  
1
-   
Living  
1
-   
Garage  
2



### Open plan at its best.

Featuring two bedrooms (with built in robes) plus a third bedroom/study, this home also offers a very private, covered courtyard. The open-plan, air-conditioned living area lets in natural light via the large windows, while the raked ceiling creates air flow and visual appeal. This home also features a walk-through bathroom, large shower and separate toilet, plus a generous laundry with internal access to garage. The modern kitchen is even equipped with great storage and a breakfast bar.



# 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.**  
palmakeresort.com.au

For more, phone **1800 282 314** or email [mtwarrenpark@palmlake.com.au](mailto:mtwarrenpark@palmlake.com.au) or visit [palmakeresort.com.au](http://palmakeresort.com.au)



# Life is cruisy

at Palm Lake Resort.

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Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our homeowners have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort.

**This is your time.**



Palm Lake Resort Mt Warren Park. 1 Mt Warren Blvd, Mt Warren Park QLD 4207  
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