

Mt Warren Park.

DECEMBER 2022 - JANUARY 2023



Fill your diary

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

Memory lane

Reminiscing is good for you, so we're looking back. How many of these 70s and 80s moments do you remember?

And they're off!

Melbourne Cup Day means only one thing at our resort - fun, and lots of it. See our celebrations inside.

Welcome.

Well, here we are again. The Christmas season is upon us, and a brand-new year is just around the corner. We would like to take this opportunity to thank you for your support and kindness this past year. It has been trying at times with COVID, but hopefully we are back on the right track to enjoying our lives and time with family and friends with ease.

We would also like to extend a big thank you to all the volunteers who get things done around the resort and on the committee. Your help is very much appreciated by us and the Palm Lake Resort management. It's all about helping each other out.

To all the new residents who have moved in this year, we trust your Christmas will be filled with happiness and joy. Come along and join us for Christmas Dinner on December 14, and make sure you walk around and enjoy the spectacular Christmas lights displays. It is well worth it!

It has been great to receive the positive response to the past couple of newsletters. We are glad that you are enjoying the photos of events, people, and gardens around the resort. Please if you have an interesting story (with a photo), any photos of special events or occurrences that are ordinary or photos of our beautiful gardens, we would really appreciate them.

Please take the time to check out the New Briefs on the opposite page as there are lots of items to be noted.

We would like to take this opportunity to wish you all a blessed Christmas filled with joy and happiness. We look forward to a new year of caring for and sharing with one another in this wonderful community. May you know peace, love and light as we celebrate Christmas and enter 2023.

Merry Christmas,

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 2pm, 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.

OFFICE CLOSURES

December 23 9am to 12pm

December 26 and December 27 Closed

December 28 to December 30 9am to 12 pm

January 2 Closed

January 3 Normal office hours resume

During the Christmas break please ensure that, in an emergency, you call 000. Where caretakers are required, please call the office 3441 9081 (9081). If requested, please leave a contact name and phone number for instant response.

DINNER IS SERVED

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

- **December 14** Christmas Dinner
- **December 21 & 28** No meals until January 4
- **January 4** Roast Chicken
- **January 11** Roast Lamb
- **January 18** Cottage Pie
- **January 25** Roast Pork

Note: All meals are served with vegetables and dessert. Please ensure your name is on the list to attend dinner. Please take all matters - other than portal or meal enquiries - to the office during office hours (see opposite page). The focus for our kitchen staff is on ensuring your meal is ready and served on time. For health and safety reasons, only kitchen staff have access to the kitchen.

PET OWNERS

A friendly reminder to please ensure your pet is always on a leash and under your control when out of the house. Droppings must be picked up and disposed of and are not permitted in or close to the communal facilities (all buildings, pools, etc.). Please ensure your pet does not interfere with the peace, comfort or privacy of other homeowners. For more, please refer to the Residential Park Rules (July, 2017).



AUSTRALIA DAY

Get ready to party on Thursday, January 26. We had a great time in 2022 - why not come along and celebrate in 2023? Expect indoor games, plenty of food, prizes and many happy memories to take home with you. Keep an eye on the noticeboard for more information. We would love for you to come along and join the fun and laughter. Laughter is the best medicine, after all!

BUS TRIPS

Hyperdome

9.15am – 11.30am

- Friday December 16
- Friday December 30
- Friday January 13
- Friday January 27

Beenleigh Market Place

9am - 11.45pm

- Friday December 23
- Friday January 6
- Friday January 20

Beenleigh Market Place

- Tuesday December 13
- Tuesday December 20
- Tuesday January 10
- Tuesday January 17
- Tuesday January 24
- Tuesday January 31

CAR PARKING

Concessional car parking is available at Logan Hospital for age pensioners, allowing up to 50 percent off standard parking. For more information, please see the noticeboard.

FOOD FOR THOUGHT?

Bird feeding is an increasingly popular activity, with an estimated 30 to 60 percent of Australian households feeding backyard wild birds. But is it a good idea? An overwhelming majority of people who feed birds care deeply (and often passionately) about 'their' birds, but there are some genuine concerns. The provisioning of bird food can lead to dependence, with birds relying on people rather than foraging naturally. Most birds visiting feeders obtain only a small proportion of their daily diet this way – the majority of their food remains entirely natural. Growing a variety of native plants is an effective form of bird feeding, and it also provides habitat and cover for them to live. Having leftover food or throwing it on the ground can also encourage vermin and wild animals to forage in the area. If you are feeding any wildlife, please consider the impact on our local area and the impact on people in the area.



Off and racing.

IT'S KNOWN AS THE RACE THAT STOPS THE NATION, AND IT CERTAINLY STOPPED THOSE OF US CELEBRATING MELBOURNE CUP DAY AT PALM LAKE RESORT MT WARREN PARK ON TUESDAY, NOVEMBER 1.

Once again, our annual race day party was heralded as a great success by those in attendance. We were off and racing from the start of the day, with 12 ladies in our 'Fashions on the Field' competition. Picking that winner was very difficult as all the ladies looked beautiful, but there could only be one winner – this year Beryl took out the prize for Best Dressed. Well done.

The hobby horse racing was also in full swing early on. What proved to be a successful event for some was less successful for others, as they didn't get out of the starting gate. Not good for some (eh, Shirley!).

We also think the dice were weighted in favour of some horses, so new dice are in order for next year. Eight horses qualified for the cup but the winning trainer was Doreen (Home 52) and 'Soreen Doreen', who finally won after about 10 years of trying! Congratulations.

The cherry on top of the day was a delicious lunch. A huge thanks to the catering crew for their help.



Singing the night away.

In October, we enjoyed a great night of entertainment with the lovely Simone – a singer who, by all reports, was one of the best we’ve had perform here. We enjoyed a delicious dinner and afterwards, Simone entertained those who stayed on. Everyone thoroughly enjoyed the night. Based on the positive feedback from those in attendance, we will definitely be booking her again. Although, we think we need to practice our dance moves for the next event!

The lucky draw also went down very well, with 17 envelopes being claimed and a total value of \$150 in prize money handed out.

Thank you to the Social Club for being so generous and to all who assisted in arranging, setting up and tidying up after the event. We’re all looking forward to the next one.



Pictured above: Our resort gardens are in full bloom! What a beautiful place to live.

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
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 October and November! We hope you all have a wonderful day and feel the love.

- | DECEMBER | JANUARY |
|-----------------------|-------------------------|
| Home 2 Kata | Home 2 Stipo |
| Home 11 Nick | Home 23 Margaret |
| Home 38 Gerry | Home 31 Keith |
| Home 42 Penny | Home 51 Jenny |
| Home 45 Rod | Home 63 Syd |
| Home 53 John B | Home 70 Phyllis |
| Home 59 John S | Home 79 Margriet |
| Home 80 Brenda | |





Step back in time.

WE'RE ALWAYS BEING TOLD NOT TO LIVE IN THE PAST, BUT DID YOU KNOW THAT CERTAIN TYPES OF REMINISCING CAN ACTUALLY BE GOOD FOR YOU? FROM REDUCING THE IMPACTS OF DEMENTIA TO PROMOTING POSITIVE PERSONAL GROWTH, FIND OUT WHY AND HOW TO GET A HEALTHY DOSE OF NOSTALGIA.

Dwelling on the past is no longer seen as a sign of senility – in fact, therapists have harnessed the power of reminiscing to treat people with Alzheimer's and other kinds of memory loss. In 1963, psychiatrist Robert Butler first introduced the idea that reminiscing in old age could be positive. Since then, 'reminisce therapy' has been developed as a non-pharmacological intervention for seniors, especially those with impaired short-term memory. Here's why...

It can improve your day

According to Psychology Today, researchers from Loyola University found that thinking of good memories for just 20 minutes a day can make you more cheerful than you were the previous week. Just think about the feeling that comes over you when you see, smell or hear something familiar, or when you look back through photos from happy times.

It can make you feel safe

Nostalgia is often associated with melancholia, but it can also make us feel comfortable. Next time you're in a new place or experiencing feelings of displacement, try thinking or writing about your favourite people and places. Psychologist Tim Wildschut found that people who write about a nostalgic event are more cheerful after the exercise, and feel more positively about their friendships and close relationships. This gives us a comforting sense of belonging.

It brings you closer to your loved ones

Reminiscing on memories is an important way to ground yourself and stay true to your roots. This is because your special memories almost always feature special people.

Studies have shown that people with nostalgia-prone personalities cope with problems more effectively as they are more likely to receive social support after experiencing stress, and see their families more often.

It can motivate you

Drawing from memories of your past accomplishments is a common way to stay motivated – you may not even realise you're doing it. Have you ever thought to yourself, "If you got through that, you can get through this"? Of course, try not to ruminate too long on difficult times – focus instead on how you got through them, and how you felt on the other side.

It can benefit those around you

We gain wisdom from our own experiences, but also from the experiences of others. Reminiscing on your past can shine a light on important lessons you learnt – lessons that you can pass on to your children, grandchildren and even friends. Flipping through old photo albums can be a helpful way to spark these conversations; turn to the following page to find out how to best document your memories.

Remember: reminiscing is all about how you perceive the past. The same memory can promote positivity or pain depending on how you look at it. Psychologist Sonja Lyubomirsky says it best: "It's what you focus on. Do you focus on how positive it was then, or that it's over now?". As some people say, 'Don't cry because it's over, smile because it happened' – it's cheesy, but it's true.

Do you remember?

Homeowners at Palm Lake Resort's over-50s communities all lived through the '70s and '80s. But how much can you recall from that time period? Whether you were closer to 10 years old or 30, you'll likely remember these moments and memories from 1975 to 1985. There are some great conversation starters here for our next weekly meal!

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On the big screen...

These were among the highest grossing movies released from 1975 to 1985. Did you see them in the cinemas, and have you watched them since? Perhaps a nostalgic screening is in order!

- Jaws (1975)
- Rocky (1976)
- Star Wars (1977)
- Grease (1978)
- The Amityville Horror (1979)
- Star Wars: The Empire Strikes Back (1980)
- Superman II (1981)
- E.T. the Extra-Terrestrial (1982)
- Risky Business (1983)
- Ghostbusters (1984)
- Back to the Future (1985)

On the radio...

Billboard magazine named these as the number one songs from 1975 to 1985. How many can you remember the words to? Can you remember your favourite songs from those years?

- 'Love Will Keep Us Together' by Captain & Tennille (1975)
- 'Silly Love Songs' by Wings (1976)
- 'Tonight's the Night' by Rod Stewart (1977)
- 'Shadow Dancing' by Andy Gibb (1978)
- 'My Sharona' by The Knack (1979)
- 'Call Me' by Blondie (1980)
- 'Bette Davis Eyes' by Kim Carnes (1981)
- 'Physical' by Olivia Newton-John (1982)
- 'Every Breath You Take' by The Police (1983)
- 'When Doves Cry' by Prince (1984)
- 'Careless Whisper' by Wham! (1985)

On the front page...

Can you remember these history-making moments that took place between 1975 and 1985? Or, better yet, can you remember where were you when you first heard about them?

- In 1975, the Vietnam War ends with the surrender of South Vietnam to Communist forces.
- In 1975, Nadia Comaneci wins three gold medals at the Montreal Olympics with seven perfect scores.
- In 1977, Elvis Presley dies at the age of 42.
- In 1978, the first test tube baby is born in the US.
- In 1979, Sony releases the Walkman.
- In 1980, John Lennon is assassinated at age 40.
- In 1981, NASA launches the first Space Shuttle mission.
- In 1982, the first episode of Late Night with David Letterman debuts on NBC.
- In 1983, the first mobile phones are introduced by the public by Motorola. The final episode of 'M*A*S*H' airs to a record 125 million viewers.
- In 1984, the first Apple Macintosh personal computer goes on sale.
- In 1985, the Rainbow Warrior is sunk by French foreign intelligence services off the coast of NZ.

Organising your memories.

LIFE IS FULL OF PHOTO-WORTHY MOMENTS – SO MUCH SO, MOST OF US END UP WITH A BAZILLION HAPPY SNAPS SPREAD ACROSS A HANDFUL OF DEVICES, ALBUMS AND HARD DRIVES.

Thankfully, website and app developers know the struggle, so there are a number of programs you can use to help you on your photo-organising quest. And with the holiday season upon us and family generally around, why not sort out your memories once and for all - for everyone's benefit.

Gather them up

Before you can organise your photos, you need to see them all in one place. This may mean scanning physical photos to create digital copies, which you can either do using a scanner or via your smartphone – a quick Google will explain how. You can then save them directly to your camera roll or to an app like Dropbox. You'll also want to find old CDs, USBs or hard drives that could house more pictures. Don't forget to go through your smartphone and any of its backups to find additional images, and check your camera's SD cards if you have one.

Find the perfect place

Where you store your photos is up to personal preference, but using a cloud-based service is generally the safest, most convenient place. If you use an iPhone and computer, iCloud may be your best bet – it works with your phone to sync images across all devices, and it's relatively affordable if you need to upgrade your storage. Alternatively, Dropbox or Google Drive can be used on the computer and your phone via the app. If you're not a fan of cloud storage, consider an external hard drive for your computer. They're relatively inexpensive but localised – meaning you can only access those photos when you're at your computer.

Set up a system

Depending on your needs, every system has its benefits. While some people prefer to create folders for different events – like, say, 'Japan trip' or 'Emma's first birthday' – this may not lend itself to the more spontaneous snaps. It may be better to create a folder for each year, then a folder for each month. If a particular event happened in a certain month, you could then create a folder solely for that event in the month's folder; for example, your "2019" folder will include a "May" folder, which will include a "Mother's Day Lunch" folder with photos from that event.

Make physical mementos

If you love the idea of having each of your children's baby photos in one place, or a holiday album from a family trip, why not make photo books? Websites like Snapfish, Chatbooks, Blurb and Picture Postie make it super easy to turn your photo collections into physical photo albums, which you can proudly put on display or give as gifts to your children, parents or relatives.

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, sep- arate 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



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



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.
palllakeresort.com.au

Life is cruisy

at Palm Lake Resort.

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.



To find out which homes are available right now, **FREECALL** 1800 282 314
email mtwarrenpark@palllake.com.au or **visit us** at 1 Mt Warren Blvd, Mt Warren Park QLD 4207



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