

# Mt Warren Park.

FEBRUARY - MARCH 2022



## Dive on in.

OUR RESORT POOLS ARE MAGNETS FOR HOMEOWNERS. IN THIS ISSUE, WE SHARE WAYS TO MAKE THE MOST OF THESE PRIZED FACILITIES. WHAT ARE YOU WAITING FOR? HAVE A SPLASH (OR A SOAK) AND ENJOY THE LAST OF THE WARM WEATHER WHILE IT'S STILL HERE.





# Welcome.



We are particularly excited to deliver this February-March newsletter to our Palm Lake Resort Mt Warren Park community because, as you will have noticed, we have a new newsletter-styled booklet. This will be delivered to your letterbox as usual but will be bi-monthly from now on. Should you have any interesting stories or photos from around the resort, we would love to see them. Also, if you have notice of an event, it will need to be sent to us by mid-month prior to delivery (i.e., by mid-March for the April-May edition). We trust that you will be happy with the new presentation.

On the COVID front, we are still in the thick of the pandemic and we appreciate that a lot of people are tending to minimize contact. We do ask that, if you contract the virus or are in isolation as a close contact, you advise the office so we can assist you wherever possible. This information will be kept on a record sheet with active cases, new cases and cleared cases numbered only – no names will be given out under any circumstances, and it will be confidentially recorded.

Please ensure all trades/contractors are checking in via the Check In QLD app or registered on the sheets at the office entry. Please also ensure visitors are checking into the resort via the QR code. A friendly reminder that masks are to be worn in the Clubhouse at all times, unless eating, drinking or engaging in strenuous exercise. Again, please scan or sign in.

In more exciting news, there are two long weekend breaks coming up in April. We just want to remind you that, like any weekend, if you have any emergency please phone (0) 000 for emergency services and, where required, notify the caretakers by the office phone 07 3441 9081 or internal 9081.

Please also note that on the latest Resident Phone List, the office and hall numbers are reversed. Please could you amend your lists, and we will update again shortly on our end.

May your day be filled with good thoughts, kind people and happy moments.

**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:** [palmakeresort.com.au](http://palmakeresort.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 (@palmakeresort) 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.

## RECYCLING REMINDER

We would like to ask all residents to please collapse any cardboard boxes placed in the recycle bins. Unfortunately, too much space is being wasted with intact boxes.

## FOOTY TIPPING

Our resort NRL tipping competition starts on Thursday March 17. If you would like to get involved, please put your name on the sheet in the hall. The cost is \$25 and is payable to Chris V34 by March 4. Tipping sheets with your name on them will be in the folder for you to collect from March 8. Game on!

## WEDNESDAY NIGHT DINNERS

Our Wednesday night dinner menu has been finalised, and will feature the following rotation:

- **February 23:** Roast pork
- **March 2:** Roast beef
- **March 9:** Roast chicken
- **March 16:** Shepherds pie
- **March 23:** Roast lamb
- **March 30:** Roast pork

Note: All meals are served with vegetables and dessert. Dinner will be served at 5.30pm.

## CHECK MATE?

Are you interested in playing chess? We would like to hear from you! Please contact the office to let us know about your interest and find out more information.



## HOT OFF THE PRESS

Our summer 2021-22 edition of "Your time" magazine is out now, circulating the country. In it, we've covered all the latest news from around the various Palm Lake Resort addresses, with other great summer-infused lifestyle reads too. If you didn't receive a hard copy in your letterbox, you can always read it online at [palmakeresort.com.au](http://palmakeresort.com.au)

## CHECK OUT OUR NEW DIGITAL LOOK

Palm Lake Resort has just unveiled a new-look website. We've got all the information you need on our 25 current resorts as well as those exciting new developments in the pipeline at Pelican Waters (QLD), Old Bar Beach (NSW) and Paynesville (VIC). Check out our new site at [palmakeresort.com.au](http://palmakeresort.com.au)





# Dive on in.

NO MATTER WHICH PALM LAKE RESORT LOCATION YOU CALL HOME, OUR POOLS ARE ALWAYS HUBS FOR EXERCISE, RELAXATION AND ENTERTAINMENT. SO VERSATILE ARE THE RESORT POOLS, HERE ARE NO LESS THAN NINE WAYS YOU CAN ENJOY THEM, BE THAT ALONE OR WITH VISITING FRIENDS AND FAMILY...

## Group fitness

There is no shortage of group fitness on offer for the residents of Palm Lake Resort, particularly in the pool. Aqua aerobics is one firm favourite among residents and for good reason. It is ideal for those who have issues with weight-bearing exercises and helps you increase muscle strength without straining.

Palm Lake Resort personal trainer Di Clapp says, "Aqua aerobics – along with many other styles of water-based fitness – removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler." Keen to try? Join in on an aqua aerobics session on Thursdays at 7.30am.

## Soak up the sun

You don't even need to get your heart rate up - sometimes, simply relaxing in the sun after a refreshing swim can prove beneficial. That's because vitamin D (which you gain from spending time in the sun) plays a significant role in regulating your calcium and blood phosphorus levels to help maintain healthy bones.

It is also said to support cardiovascular health, lung function and brain health, and is even believed to help protect against diseases like the flu and manage diabetes.

## Swim laps

You may not have swum laps since the swimming carnival days of your childhood, but there are a few compelling reasons you may want to start. For one, it offers great cardiovascular exercise without putting stress on your body, particularly your joints. Swimming helps you maintain a healthy weight, heart and lungs, increasing your strength and muscle mass all without injury. You can start slow, but you'll be amazed at how quickly you can increase your swimming distance with consistent practice.

## Relax and relieve stress

You don't need to go on holiday to relax – our class-leading amenities, in particular our on-site pools and beautiful surrounds help us put the 'resort' in Palm Lake Resort. Head to our pool to relax by the water and you'll be doing your mind and body a world of good. Studies suggest that just being near water has a psychologically restorative effect, leading to a better mood and less stress – this, in turn, has

positive implications for your immune system, heart health and sleep.

## Entertain the grandkids

Palm Lake Resort is designed for over-50s, but with green spaces, a library and a craft room on site, visiting grandchildren love our resort just as much. The swimming pool in particular is a magnet for little visitors. Next time you're hosting younger generations, why not play a fun pool game with them? There are classics like Marco Polo as well as Sharks & Minnows but why not have fun making up your own games, too? Maybe even stock up on some diving toys (pictured right).

**Please note:** Out of consideration for your fellow residents, please note that children are only allowed in the pool between 2pm and 5pm.

## Catch up with neighbours

At any given Palm Lake Resort location, the pool is a hub for not only exercise but social activity too. Organise to swim laps with a friend or participate in one of the group fitness activities to meet new people. Socialisation is said to improve mental and emotional health, boost confidence, reduce blood pressure and even stave off Alzheimer's.

## Entertain friends

Palm Lake Resort residents are a social bunch, often entertaining visiting friends and family from outside our resort. While those visitors will love our communal spaces and architecturally-designed homes, they will also love paying a visit to our resort pool for a soak and a chat. Much like having your own backyard pool, our resort pool provides an additional spot to entertain and socialise – without any of the upkeep!

## Read a good book

Is there anything more relaxing than reading a book by the pool? Or better yet, in the pool?! Modern innovation has made it possible for your book to float alongside you, meaning you can sit on the pool step or lie face down on a pool float and read without your arms getting sore. Genius. You'll not only be sharpening your mind, but also scoring all the (above) benefits of being in the pool.

## Just float

When all else fails, just go for a float. It's the perfect way to cool down, take the weight off and enjoy the water and the many benefits it has to offer. According to experts, time spent floating can help to relax your muscles, aid in better sleep, decrease muscle and joint pain and decrease stress and anxiety. There's no wonder every Palm Lake Resort location features a pool!

## Splashing good fun!



1. Morgan & Finch whale diving toys, \$13.55 [www.bedbathntable.com.au](http://www.bedbathntable.com.au)
2. AquaReader floating book and tablet caddy, \$182 [www.amazon.com.au](http://www.amazon.com.au)
3. Sunnylife floating bed, \$89.99, [www.theiconic.com.au](http://www.theiconic.com.au)
4. Hydgenos swimming headphones, \$279 [www.hydgenos.com](http://www.hydgenos.com)

# Australia Day fun.

PALM LAKE RESORT MT WARREN PARK WAS THE PLACE TO BE ON OUR NATIONAL DAY, WITH AN AUSTRALIA DAY CELEBRATION FOR THE AGES. IT HAD ALL THE TRIMMINGS OF A TRADITIONAL AUSSIE DO – GREAT FOOD, PLENTY OF LAUGHTER AND EVEN A THONG THROWING COMPETITION.

Australia Day has been and gone, and congratulations are certainly in order for the residents who organised this year's celebration. What a day!

There was a great turnout, with plenty of residents coming along to celebrate Australia Day together. Even though the weather was less than ideal, it didn't stop the fun.

We made the decision to bring the games indoors, which proved to be successful – not only for staying dry, but also for encouraging more residents to get involved.

We had more people taking part than usual, and also had about 40 people enjoying morning tea, lunch, games, a few laughs and even an ice cream.

It wouldn't be an Australia Day celebration without traditional Aussie fare, and the Social Club did an excellent job putting on a spread.

A warm thank you to everyone who assisted on the day. Your help was much appreciated and the day would not have run as smoothly as it did without you.

As for the competition, there were some hard battles fought during the games - and some unexpected winners! Congratulations to the champions, who are listed to the right.

And while there was a bit of a mix up with the darts draw, it just means everyone was a winner this year!

Well done everyone,  
**Social Club Committee**



## Winner, winner.

Here are the official results for the 2022 Palm Lake Resort Mt Warren Park Australia Day games:

- **Thong Throwing, Ladies' Champion**  
Jan Home 41
- **Thong Throwing, Mens' Champion**  
John Home 75
- **Bowls (nearest the spider)**  
Terry Home 9
- **Golf**  
Kerrie Home 14
- **Quoits**  
Bev Home 77
- **Pool**  
John Home 75

## Hip, hip, hooray!

Here are the birthdays coming up in February and March. We hope you all have a wonderful day!

### February

- Home 1 Brian
- Home 10 Lyn
- Home 34 Chris
- Home 43 Molly
- Home 44 Aileen
- Home 51 Jim
- Home 54 Denise
- Home 56 Edith
- Home 68 Warren
- Home 76 Alison
- Home 77 Fay

### March

- Home 4 Suzana
- Home 22 Ann
- Home 37 Gwen
- Home 38 Ann
- Home 39 Bob
- Home 46 Pat
- Home 49 Brian
- Home 73 Seja
- Home 75 John K
- Home 78 Beverley



## Mark it in your diary.

### Bingo

Looking for some fun and some friendly competition? Join us for bingo in the Clubhouse on Thursday afternoons! New players are always welcome. Arrive in time for eyes down at 2.30pm. Books are \$10.

**Bingo dates are as follows:**

- Thursday February 17
- Thursday March 3
- Thursday March 17
- Thursday March 31

### Residents' Committee AGM

A reminder to all residents that the Residents' Committee AGM will take place on Wednesday February 23. The meeting will start at 4.30pm, and a list of the 2022 committee members will be posted on the board. We look forward to seeing you there, and to working together this year to make our resort even better.

Please note that our Social Club Committee AGM will also take place on Wednesday February 23, immediately after the Residents' Committee AGM.

### Trivia

Are you ready to test your trivia talents? Come along to the clubhouse on the last Friday of the month for this fun activity. Please note the new starting time - trivia will now run from 5pm to 6pm.

**Trivia dates are as follows:**

- Friday, February 25
- Friday, March 25

### St Patrick's Day

Don your best green outfit, down a pint of Guinness and bask in the luck of the Irish all day long this coming St Patrick's Day!

Here at Palm Lake Resort Mt Warren Park, our St Patrick's Day celebrations will take place on Wednesday March 16. Keep an eye on the board for more details.

# Spread the love.

IF THERE'S ONE THING THAT IS FRONT OF MIND DURING FEBRUARY, IT'S LOVE – SPECIFICALLY, ROMANCE. BUT IT'S ALSO A GOOD TIME TO CELEBRATE ALL THE OTHER KINDS OF 'LOVE' IN YOUR LIFE. FROM YOUR PETS TO YOUR NEIGHBOURS, HERE ARE A FEW WAYS YOU CAN SPREAD THE LOVE THIS MONTH (AND BEYOND).

## Love thy neighbours

Neighbourly 'love' is often on display at Palm Lake Resort, whether residents are catching up at social events or over the fence, sharing a meal at the Clubhouse or a drink on their driveways. There are so many ways you can show appreciation to your neighbours – why not offer a hand when you see them outside gardening? Cook an extra-large helping for dinner and drop a plate over to them? Or rally your other neighbours to support someone you know is going through a hard time? Random acts of kindness are some of the best ways to show love.

## Love your community

Spread the love beyond your neighbourhood with a charitable project. You could build something, bake something or raise money for a good cause. But if you're in need of specific inspiration, just take a look around your Palm Lake Resort community (or head to Page 4)! Residents across the Palm Lake Group are always doing their bit to help others, and there's no doubt a fundraiser, food drive or charity project underway at your resort.

## Love long distance

This is something we've had to become much better

acquainted with, as lockdowns and border closures had made it impossible to visit faraway friends and family. Whether you're separated by sea or state borders, there are so many different ways to spread the love across long distances. Why not post your friend or family member a small item or card that made you think of them, send them a delivery of food (Uber Eats vouchers are great!) or flowers, or simply pick up the phone for a spontaneous chat?

## Love your pet

It's time to show love to the family member who loves you unconditionally – your pet. Luckily, there are countless ways to do exactly that, from buying them their favourite food every so often as a special treat to taking a moment to give them a good scratch or pay attention to them and them only. If their favourite activity is going for a walk, take them for an extra one some days – or, when all else fails, simply cuddle up with them on the couch.

## Love your partner

Showing love to your significant other seems obvious, but if your relationship spans years (decades, even) romance can easily fall to the wayside. Of course, not all couples show love in the same ways – a good way to keep the

spark alive is to learn your partner's 'love language'. Finding out which of the five love languages they prefer (words of affirmation, physical touch, gifts, acts of service and quality time - Google it!) will help you understand how they give and receive love. This makes you more able to show them the kind of love they most appreciate and notice when they are showing you love in return.

## Love yourself

Last but certainly not least, think about how you can show love to the most important person in your life: yourself. You are the person you'll spend the most time with, so it makes sense to nurture that relationship just as you would any other, right? Think about the things that make you genuinely happy – it might be a certain form of exercise, a swim, a relaxing bath, a trip to the day spa or hair salon, even a specific craft activity – and do more of them.

LOOKING FOR A NEW HOBBY IN 2022?

## 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  
**6.30pm** 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 (first and second Friday)  
**9.15am – 12 noon** Bus trip to Hyperdome (second and fourth Friday)  
**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 welcome!)

# 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 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-3pm, Monday-Friday.



# Helping friends become neighbours.

Home 24 - \$260,000

**UNDER CONTRACT**



### Features:

Enjoy the view from the front veranda looking at your flourishing garden, this two bedroom, one bathroom home features spacious living with wooden and carpeted areas. The kitchen offers plenty of storage, room for a large fridge and the garage has space for two small cars.

This lovely home enjoys an elevated position with cool breezes and is located right by the heated pool, Clubhouse, bowling green and more. Just across the road is a shopping centre with medical facilities and a bus stop.

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@palllake.com.au](mailto:mtwarrenpark@palllake.com.au) or visit [pallmakeresort.com.au](http://pallmakeresort.com.au)

# Eat, drink and be merry.

There's nothing more enjoyable than breaking bread with friends, and you can do just that here at Palm Lake Resort.

With a complimentary meal, per household, every week, prepared fresh on-site by our experienced chefs, there's even more reason to dine with us.

We're all about spending quality time with likeminded friends. Here, community is everything.



Palm Lake Resort Mt Warren Park. 1 Mt Warren Blvd, Mt Warren Park QLD 4207  
Freecall 1800 282 314



**THE BEST IN OVER-50S LIVING.  
THIS IS YOUR TIME.**

[pallakeresort.com.au](http://pallakeresort.com.au)