

FEBRUARY - MARCH 2026



The Park Times



A happy and healthy 2026?

If you're chasing health and wellness, you have the power right in your own hands

Christmas comes to our resort

From lights to bites, catch up on all the festive fun we had over Christmas

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Welcome.

Welcome to the February-March edition of our newsletter. Resort activities are back on, and exercise classes are all up and running again with increased numbers. It's great to see everyone getting involved – time to shake off the festive season and keep that fitness up!

Congratulations to our awesome tai chi group for taking out the 2025 trophy with the highest number of hits on the ball – and by a huge margin! It's no easy task to keep the ball from touching the ground while sitting on a chair. See Page 7 for the story.

A warm welcome to Carol and Neil (Home 77). This marks a wonderful change in lifestyle and a great opportunity to make new friends. Please take a moment to say hello and help them feel at home if you see them around the resort.

- A friendly reminder to observe parking rules around the resort:
- No parking is available for motorhomes or caravans – please park off site.
 - Visitors must use designated visitor car parking spaces.
 - Tradespeople may park a vehicle and trailer outside your home (safely) while attending to service work.
 - Please ensure that hydrants are not blocked and that emergency vehicles have direct access at all times.
 - Carers, please use the many visitor parking spaces available around the resort.

Finally, a contractors list is available on the clubhouse notice board. If you engage a contractor and are happy with their service and pricing, let us know – they can be added to the list for others to benefit from.

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:

Phone: 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.

Social Committee

Welcome to our new Social Committee members, and thank you for your service.

President John Knell

Secretary Jan Hutton

Treasurer Jan Watts

Committee Members:

- Sue Stagg
- Kerrie Saunders
- Shirley Knell
- Yvonne Killin

On the menu...

Wednesday dinners start at 5.30pm. All meals are served with vegetables and followed with dessert. Coming up...

February 4 Silverside
February 11 Roast Pork
February 18 Chicken Thighs
February 24 Roast Beef
March 4 Lasagna
March 11 Roast Lamb
March 18 Cottage Pie
March 25 Beef Casserole
April 1 Roast Chicken
April 8 Beef Sausages
April 15 Silverside
April 22 Roast Pork
April 29 Chicken Thighs

Please ensure you are putting your order in via the portal system before the cut-off time (12pm on the Friday before the meal). As supplies for the meals are ordered on Friday afternoon, no further orders can be taken if you miss this cut-off time. If there are any cancellations, we may be able to add you to the list. Where for any 'unexpected reason' meals are cancelled, please ensure that you re-order for the next sitting. The list does not roll over.

Waste reminder

Please ensure all household rubbish is placed inside your bin for Wednesday collection, and recycle what you can using the red bins. If you have bulky items, the local refuse facility is just three minutes away.

A quick note on green waste: please place all palm fronds and garden clippings in the green waste bins provided around the resort, not on front lawns.

And finally, please flatten cardboard boxes before recycling to help make space for everyone. Thank you for helping keep our community tidy!

Bus trips

Hyperdome

Fridays, 9.15am – 11.30am

- February 13 and 27
- March 13 and 27
- April 10 and 24

Beenleigh Market Place
9am - 11.45am

Tuesdays:

- February 3, 10, 17 and 24
- March 3, 10, 17 and 24
- April 7, 14, 21 and 28

Fridays:

- February 6 and 20
- March 6 and 20
- April 17 (not 3)

Residents Committee

President

Denise Brown (Home 63)

Vice President

Patricia Burton (Home 46)

Secretary

Frances Scull (Home 24)

Committee Members:

- Rodney Elms (Home 45)
- Janice Hutton (Home 69)
- John Ramsden (Home 65)
- Rose Ruttlely (Home 40)

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.

Fire wardens

In an event emergency, please call 000 first, then alert your caretakers (ph. 9081) or wardens.

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

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).



Tons of festive fun.

FROM DELICIOUS FEASTS TO BEAUTIFUL LIGHT DISPLAYS, OUR RESORT WAS THE PLACE TO BE THIS FESTIVE SEASON.

A happy, healthy New Year.

A HAPPY, HEALTHY NEW YEAR DOESN'T HAVE TO MEAN BIG CHANGES – IN FACT, SMALL, EVERYDAY HABITS CAN MAKE THE BIGGEST DIFFERENCE. FROM WEARABLE HEALTH TRACKERS TO MINDFULNESS AND LEARNING APPS, THESE SMART, TECHY TOOLS CAN HELP SUPPORT YOU'RE YOUR MENTAL AND PHYSICAL WELLBEING IN THE YEAR AHEAD.

DUOLINGO APP

Learning a new language is a powerful way to keep the mind active, and Duolingo makes it both accessible and enjoyable. With short, engaging lessons and a game-like approach, it encourages consistency without pressure. Even just a few minutes a day can boost memory, concentration and confidence, and open the door to new cultures and experiences. How long will your streak last?



FITBIT

Fitbit is a simple, motivating way to stay active and mindful of your health throughout the year. From tracking daily steps and heart health to monitoring sleep and offering gentle reminders to move, this small but mighty gadget helps turn good intentions into achievable habits. Progress is easy to follow, goals are personal, and every small win is captured – making it ideal for building consistency, rather than chasing perfection.



KINDLE

A Kindle makes reading easier, more comfortable and wonderfully convenient. With adjustable text size, soft lighting and thousands of books in one lightweight device, it removes the barriers to reading more often. Whether you're revisiting old favourites, discovering new authors or setting a simple daily reading goal, a Kindle supports quiet moments of focus, relaxation and lifelong learning.



HEADSPACE APP

Headspace helps create calm and clarity, with guided practices designed to reduce stress and improve wellbeing. Choose from meditation courses, single-session exercises, breathing techniques, mindful movement and sleep soundscapes to support better rest. There are themed collections for anxiety, focus, relationships and work, plus quick "SOS" meditations for moments of overwhelm. Whether you have five minutes or twenty, Headspace makes prioritising your mental health easy.



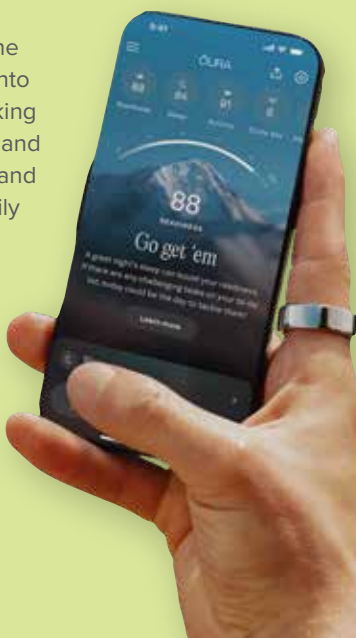
ELEVATE APP

Elevate focuses on strengthening everyday cognitive skills such as memory, focus, reading comprehension and problem-solving. Through short, targeted brain-training games, it turns mental fitness into a simple daily habit. Progress is tracked over time, helping you stay motivated while keeping sessions manageable. It's an easy way to challenge your mind, stay sharp and support long-term cognitive health.



OURA RING

Small, discreet and powerful, the Oura Ring offers deep insight into your overall wellbeing. By tracking sleep quality, recovery, activity and readiness, it helps you understand how your body responds to daily routines. Rather than pushing harder, Oura encourages balance – reminding you when to rest, recharge and move mindfully, so your health goals feel sustainable all year long.



TRIED ONE OF THESE TOOLS? LET US KNOW! TO SHARE YOUR EXPERIENCE WITH US, EMAIL BELINDA@BELLEPR.COM.



We like to move it, move it.

FROM LAWN BOWLS TO AQUA AEROBICS, THERE ARE SO MANY WAYS TO MOVE AT OUR RESORT. BELOW, WE SHARE SOME OF OUR HOMEOWNERS' FAVOURITES...

HANDS UP FOR YOGA

Hands up for yoga — and hands up for Anand! Our yoga instructor is greatly appreciated and very well liked by everyone who attends the class. If you'd like to get fit, stay healthy, or simply discover a new you, come along on Thursday morning and give it a try!

ZUMBA

This friendly and welcoming group is still fairly new and would love for you to join them to have fun and keep fit. The class runs for around half an hour, including a 20-minute workout tailored to your own pace and ability. Spend this year getting active and feeling great about yourself!

TAI CHI BALL CHAMPIONS

Drum roll please... The grand winners of the 2025 Inter-Resorts Tai Chi Ball Competition are our very own tai chi group! With steady hands, great teamwork and plenty of laughs, they won with a grand total of 5903 (Victoria Point came in second with 4480). To quote the instructor, "They showed obvious skill and determination with lots of laughs to come out on top." The benefits of the Tai Chi Ball are improved reflexes, flexibility, co-ordination, use of peripheral vision, relaxation, cardiovascular exercise and a good laugh. The 2026 competition has already started, and we're leading with a score of 244.



Weekly activities.

TUESDAY	
9.15am – 11.30am	Bus trip to Beenleigh Market Place
9.30am – 10.30am	Tai Chi with Shane
6.30pm	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!)

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

Happy birthday!

We have some exciting birthdays coming up in the next few months. Happy birthday to all! We look forward to celebrating you on your special day.

FEBRUARY	Home 63 Denise
Home 1 Brian	Home 73 Seja
Home 5 Gwen	Home 75 John K
Home 10 Lyn H	Home 78 Beverley
Home 44 Aileen	
Home 51 Jim	APRIL
Home 54 Denise	Home 10 Peter
Home 68 Warren	Home 15 Sandra
Home 76 Chris	Home 26 Jill
	Home 28 Robina
MARCH	Home 30 Joan
Home 3 Terry	Home 33 Isobell
Home 4 Suzanna	Home 40 Rose
Home 22 Anne	Home 47 Gary
Home 36 Bryan	Home 49 Rose
Home 37 Gwen	Home 62 Len
Home 38 Ann	Home 64 Dianne
Home 39 Bob	Home 65 Jacquie
Home 46 Pat	

Homes for sale.

Home 77 - \$499,000



SOLD

Low-maintenance living.

This elevated corner-site home offers bright, open-plan living and a welcoming sense of space. The large kitchen features an electric oven and cooktop, breakfast bar, and abundant storage – perfect for everyday cooking and entertaining. Off the main living area are two spacious bedrooms, including a master with a two-way bathroom. The home also includes a separate laundry and toilet for convenience. Raked ceilings enhance the sense of openness and help maintain a comfortable temperature year-round. Recent upgrades include new carpets, air-conditioner, and a gas continuous-flow hot water system.



WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT? PHONE 1800 282 314 OR EMAIL MTWARRENPARK@PALMLAKE.COM.AU OR VISIT US ONLINE AT PALMLAKERESORT.COM.AU

Cash buyers await.

Listings wanted

Word has spread about our secure resort grounds, low-maintenance/high-quality homes, world-class facilities, myriad weekly activities and welcoming coastal community - so much so, we have a number of buyers looking to purchase at Palm Lake Resort Mt Warren Park.

If you're a homeowner here and your situation has changed, call our Sales Team for a free market appraisal. We have qualified buyers waiting to hear about any new homes as they hit the market. To find out more, phone 1800 648 868 or stop by the Sales and Information Centre between Monday to Friday, by appointment.

Commission-free transition

Did you know that if you are a resident of any Palm Lake Resort and relocate to a new home in a different Palm Lake Resort location, you won't pay any agent's commission on the sale of your original Palm Lake Resort home?



Marketing and advertising services include:

- Professional photography of your home
- Listing on realestate.com.au
- Listing on Palm Lake Resort website
- Presented in our sales newsletter
- Printed professional flyers included in our information packs
- Homes for sale emailed to potential buyers on our database

ONLY \$550

Over the back fence.

THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS.



The Toy Boys make prime time TV

WE'VE COVERED THE WONDERFUL WORK OF "THE TOY BOYS" AT PALM LAKE RESORT WATERFORD IN THESE PAGES BEFORE, BUT DID YOU KNOW THAT THE BOYS MADE TV HEADLINES OVER CHRISTMAS?

This group of merry toymakers spend all year in their **Palm Lake Resort Waterford** workshop constructing wooden toys for underprivileged local children. At Christmastime annually, they gather a year's worth of handmade goodies and make a large heartfelt donation to Beenleigh Special School as well as The Mitre 10 Beenleigh Christmas tree appeal. And they've been doing this for 15 years!

7News Brisbane heard about The Toy Boys' pending 2025 donation and sent out a camera crew to capture their story. So taken with the Boys' dedication to their cause were producers of the 'Sunrise' television show that they then live-crossed to Palm Lake Resort Waterford to interview the Boys live on air. Workshop President Ray Johnstone says the group was grateful for the recognition and praise, and they look forward to many more years spent in their resort workshop, building wooden treasures for local kids.

HANDMADE
TOYS SPREAD
CHEER TO
NEEDY KIDS

Step inside Santa's Workshop

PALM LAKE RESORT CALOUNDRA CAY HOMEOWNERS PUT THEIR MANY TALENTS TO GOOD USE, COLLECTING (AND MAKING) DONATIONS FOR THE ANNUAL SALVOS CHRISTMAS APPEAL.

In the lead-up to Christmas, **Palm Lake Resort Caloundra Cay** homeowners worked together to assemble 81 Christmas hampers for families in need across the Sunshine Coast. Retired Salvation Army Major and homeowner Maree Strong helped coordinate the effort, which evolved from a simple neighbourly suggestion into a well-organised collection and distribution process.

"What began as one small idea quickly grew into something incredibly meaningful," Maree told Tony Durkin for the Caloundra Cay newsletter, recalling the steady flow of donated food items that filled collection boxes in the library and required regular sorting and storage ahead of final packing.

Adding a new element to this year's appeal, members of the Caloundra Cay Workshop also contributed 40 handmade wooden toys for children from recipient families. Suggested by workshop member Bruce Angus, the project involved hours of sanding, painting and finishing, with each toy requiring several hours of careful work. The toys were distributed alongside the hampers, complementing the food donations and no doubt promising a joyful surprise for recipients with children.



Doing good in The Long Run

Homeowners at **Palm Lake Resort Barga** recently came together for a meaningful fundraising event. As part of Prostate Cancer Awareness Month, homeowners formed a team for 'The Long Run', inviting neighbours to join a ride around the resort grounds to raise funds and spark conversation around prostate cancer awareness.

The ride saw 37 participants cycle a combined distance of more than 300km along the resort's streets, cheered on by fellow homeowners who generously donated along the way. The morning concluded with a well-earned morning tea and a raffle, with the event raising \$1975 for Prostate Cancer Foundation Australia.

The ride also shone a spotlight on the Barga Prostate Cancer Support Group, which now supports men and families across the Coral Coast. Most importantly, it reinforced a vital message: early detection saves lives, and regular conversations with your GP are key.

Think pink, for a cause

Palm Lake Resorts across Queensland turned pink late last year, coming together to raise funds and awareness for the McGrath Foundation and breast cancer.

At **Palm Lake Resort Upper Coomera**, homeowners enjoyed a lively evening event that raised \$1515, thanks to generous donations from homeowners, the Toucan Club, and local service providers. **Palm Lake Resort Bethania** hosted a beautifully curated Pink Morning Tea, led by homeowner Lorraine Sommerville, raising more than \$2000 with the help of volunteers, prizes and home-baked treats. Meanwhile, at **Palm Lake Resort Cooroy-Noosa**, around 70 homeowners filled the Pavilion Country Club with pink, raising \$1152 and enjoying music, food, costumes and plenty of community spirit as well.

Congrats on these big birthday milestones

Best wishes to Palm Lake Resort's latest nonagenarians and even a centenarian, who all celebrated a birthday milestone recently..

Jan Cuskelly from **Palm Lake Resort Barga** marked her 90th birthday alongside 70 of her family, friends and neighbours. Everyone in attendance enjoyed finger food and refreshments in the Ocean Breeze Country Club.

Palm Lake Resort Caloundra Cay's 'Big' John Williams celebrated his 90th birthday with the help of his regular bowling mates, who put together an afternoon of activities in his honour. Cake was eaten, rounds of drinks were shouted (even by the birthday boy himself!) and many laughs were shared.

And finally, **Palm Lake Resort Phillip Island** birthday girl Joan Menzies just turned 100! She spent the day surrounded by family, many of whom she hadn't seen for years, with friends joining in the festivities later on. What a milestone!

A very special visitor

Residents at **Palm Lake Resort Ballina** recently enjoyed a rare wildlife surprise – a Great Bowerbird, well outside its usual Queensland range. The striking visitor built an intricate bower beside the walking track, decorating it with stones, pegs, marbles and even chilli peppers! While no female arrived to admire his efforts, the bowerbird's unexpected stay sparked curiosity, conversation and delight, offering a fascinating glimpse into Australia's extraordinary birdlife.



What's over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? We'd love to include it in the next editions of our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**

Better, together.



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