

JUNE - JULY 2024



The Park Times



Meditation in motion

You don't always need to break a sweat to get the benefits of exercise

We're all hopping mad!

Catch up on all the fun of our resort's Easter celebrations inside, on Pages 4 & 5

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for a cash reward



Welcome.

Isn't it wonderful to experience a change in the weather? After enduring the humidity and rain, this time of year brings a pleasant coolness and beautiful sunny days that we have all been enjoying.

We had a very restful time away, enjoying the sunshine and spending some much-needed moments with our toes in the sand. Upon our return, we had a productive meeting with Palm Lake Resort Liaison Manager Keith Arnfield and committee members. The discussions were positive, and several improvement requests were put forward for consideration.

We'd like to extend a warm welcome to our new homeowners. June and Tom moved in a few months ago, and we have been enjoying seeing them settle in and make new friends. A heartfelt welcome also goes out to Kevin, Jan and Mike, who have all recently moved in. We hope you all feel at home and enjoy everything our community has to offer.

The Sales Office has been busy over the past few months, with homes selling. If you are considering selling your home, please contact Trish in the office. She can provide you with an appraisal and answer any questions you might have.

As we transition into this new season, let's embrace the changes and continue to build a strong and welcoming community. Whether you're new to the resort or have been here for years, these sunny days and cooler temperatures are the perfect backdrop for making memories and enjoying our beautiful surroundings.

Look for the good in every person and every situation. You'll always find it.

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@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

Get social:
Follow us on Facebook
(@pallmlakeresort) and on
Instagram (@pallm.lake.resort)

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News in brief.

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 Yvonne K (Home 8)
temporary
Treasurer Jan W (Home 41)
Committee Members:

- Shirley K (Home 75)
- Sue S (Home 58)
- Kerrie S (Home 14)
- Jan H (Home 69)

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

- June 14 and 28
- July 12 and 26
- Aug 9 and 23

Beenleigh Market Place

9am - 11.45am

Tuesdays:

- June 4, 11, 18 and 25
- July 2, 9, 16, 23 and 30
- Aug: 6, 13, 20 and 27

Fridays:

- June 7 and 21
- July 5 and 19
- August 2, 16 and 30



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.

JUNE

Home 18 Jill
Home 20 Lynda
Home 25 Ray
Home 32 Emily
Home 33 Clive
Home 39 Adie
Home 52 Doreen
Home 57 June
Home 75 Shirley

JULY

Home 8 Yvonne
Home 16 Gail
Home 63 David
Home 44 Bill
Home 46 Dennis
Home 65 John R
Home 73 Frank
Home 74 Eric
Home 76 George

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

Dinner is served

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

July 3 Roast Pork
July 10 Silverside
July 17 Cottage Pie
July 24 Christmas in July
July 31 Chicken
August 7 Roast Beef
August 14 Roast Pork
August 21 Beef Sausages
August 28 Roast Lamb

All meals are served with vegetables and followed with dessert.

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.



Easter egg-stravaganza!

This year's Easter celebration may have come a bit later than usual, but it was certainly worth the wait. Everyone had a fantas-tic time, with many attendees seizing the opportunity to don fes-tive Easter headgear. Some sported elegant designs, others chose classic Easter themes, and a few opted for humorous, pop-up ears that brought plenty of laughter.

The tables were littered with Easter eggs, the ultimate festive, col-ourful décor. For dinner, partygoers enjoyed a delicious meal of roast lamb accompanied by both roasted and fresh vegetables. Dessert was a delightful pavlova, topped with cream, fresh straw-berries, and a chocolate Easter egg. Safe to say, it provided a sweet finishing touch to the feast.

After dinner, the excitement built up in anticipation of the raffle draw. This year's big winners came from table five, who took home most of the prizes. Throughout the evening, guests were en-tertained by the talented Laura Doolan, whose singing and en-gaging performances encouraged everyone to get up and dance.

Special thanks go to the Social Club, who did a fantastic job or-ganizing the event. They managed the raffle draw and distribut-ed the much-appreciated prizes and cash rewards. Their efforts ensured the evening was a resounding success, filled with joy, laugh-ter, and memorable moments. Everyone left with happy hearts and cherished memories. We're already looking forward to next year's celebration.



Relaxation matters.

NEVER UNDERESTIMATE THE POWER OF RELAXATION; IT CAN LOWER THE RISK OF DEPRESSION, ANXIETY AND HEART- RELATED PROBLEMS, BOOST OUR IMMUNITY AND IMPROVE OUR MOOD, BRAIN FUNCTION AND MEMORY. BUT WHAT'S THE BEST WAY TO RELAX?

Tai chi

A favourite for people young and old, tai chi is a weight-bearing exercise (that is, one done while on your feet, so you bear your own weight) and a form of Chinese martial art. Much like acupuncture and herbs, it is an important part of Chinese medicine – it is an holistic experience, increasing blood and energy flow through the gentle contraction and relaxation of the muscles, while promoting a state of meditation through deep breathing and concentration. With an emphasis on balance, tai chi works both sides of the body equally and, unlike other forms of exercise, is done very gently. It's relaxing and enjoyable, and will leave you feeling calm, energised and in complete balance by the end of your class.

Yoga

Yoga dates back thousands of years, but it only really gained popularity in the Western world around the 1980s. In layman's terms, yoga is a practice of body postures, meditation and breathing control, and there are a number of different varieties of the ancient discipline, all with different focuses, intensity and methods. Almost all of these varieties, however, focus on some core principles: breathing exercises and simple meditation, and most incorporate poses and stretches to flex and strengthen different muscles. The purported benefits of yoga include improved flexibility and muscle strength, better posture, the prevention of cartilage and joint breakdown, protection of the spine, improved bone health, increased blood flow, draining of lymph fluids and it's also an immunity booster. For those who find it harder to get down on the floor, you can even do yoga in a chair!

Meditation

Lauded as one of the best ways to reduce stress, control anxiety and find calm, meditation has grown increasingly popular as more and more people discover its incredible benefits. You don't require much to meditate – just a few spare minutes, a comfy, quiet spot and maybe (if self-meditation isn't your speed) a meditative audio track or podcast to listen to. Lovers of meditation claim it helps improve their self-image, gives them a more positive outlook on life, enhances self-awareness, lengthens their attention span and even reduces age-related memory loss. Physically, meditation can improve your sleep and help you control pain, while also decreasing your blood pressure. In short, there's no reason not to give meditation a try sometime.



JOIN OUR
YOGA CLASS ON
THURSDAY AT
10.30AM

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
6.30pm Bowls (under lights)

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!)



Do your friends love it here, too?

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 homes you'll receive \$250* cash!

\$250

cash bonus simply for
referring a friend!

For more info or to
refer your friend,
FREECALL
1800 338 333.
*T&Cs apply

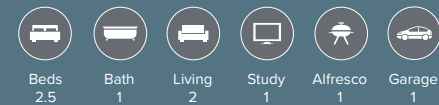


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palmakeresort.com.au

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 34 - \$465,000



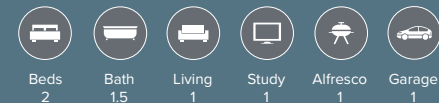
UNDER
CONTRACT

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.



Home 66 - \$450,000



UNDER
CONTRACT

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.



Home 57 - \$465,000



SOLD

Fairhaven III.

This popular style home with 2 Bedrooms, 2 toilets and study is waiting for you. Living and dining areas are open plan, a well-sized kitchen with abundant drawer and pantry storage. Master bedroom has its own toilet, adjoins, two-way bathroom. Wood-look flooring through the living and bathroom areas and carpet in the additional rooms. The multi-purpose room leads out to a peaceful, colourful, easily managed garden with spacious under cover dining area. Abundant car space with double length garage, also additional cover to the back yard.



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.



Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT COMMUNITIES 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 NEW 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 PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!

Resort workshop put to amazing charitable use.

IT HAS BEEN A BUSY 12 MONTHS FOR A DEDICATED GROUP OF PALM LAKE RESORT BALLINA RESIDENTS WHO HAVE BEEN HELPING THE ROTARY CLUB OF BALLINA-ON-RICHMOND WITH THEIR TEMPORARY HOUSING PROJECT FOR PEOPLE DISPLACED BY THE BIG 2022 FLOOD.

The waters may have subsided long ago, but many people still remain in very poor living conditions after the severe flooding of 2022. Thankfully though, a project from the local Rotary Club is providing warm, safe, secure and compact homes for people to live in while they are either waiting to have their original homes restored or until they find alternative accommodation.

Palm Lake Resort Ballina resident Col Lee is the coordinator of the Rotary Club of Ballina-on-Richmond's Flood Recovery group. He engaged members of the Ballina Satellite Club, based at Palm Lake Resort Ballina, to assemble kitchenettes in the resort workshop and help with the fit outs of the temporary homes across the Northern Rivers region. All up, 38 homes have been erected, housing more than 100 people across seven affected local government areas.

The satellite assembly team – led by resident Michael Sherlock, a former cabinetmaker – put together the kitchen packs, adding plumbing, sink and hardware to the cupboards. The well-equipped Palm Lake Resort workshop made the job much more efficient and less confined than it would be in a normal garage. Once completed, the kitchenettes are then installed into the temporary homes to

make them ready for occupancy. Under State Government legislation, each temporary home can be occupied for up to five years and must have running water, some form of electricity and a working toilet. A development application is not required, being a temporary dwelling.

Palm Lake Resort Ballina's Resort Manager, Rick Stewart, says it is wonderful to see our residents engaging in such a worthwhile community project.

"The fellowship and sense of commitment among the members has given everyone so much pleasure in our workshop," says Rick.

"Projects such as this give a genuine purpose to all involved in our Resort where we strive to have a close connection to major community projects."

The last of the six homes were erected in the Nimbin area, which many feel has been forgotten by government authorities. This area was very badly affected by landslides – landholders' properties and homes were swept into sunken valleys and roads were covered with up to 15 metres of rock, soil and trees. Their homes and contents have been totally destroyed, never to be seen again. This Palm Lake Resort-based project has been a life changer for those who have suffered severely from the total devastation of their properties and livelihood – finally, thanks to this dedicated, community-focused group, they can begin to move forward. Through their work and expertise, these volunteers have lifted the morale and self-esteem of many people who had all but given up hope. Well done, all!



Leona is driven.

GOSH, WE HAVE A VIBRANT COMMUNITY OF RESIDENTS ACROSS BOTH OUR PALM LAKE RESORT AND PALM LAKE CARE COMMUNITIES - AND OUR TEAM MEMBERS ARE PRETTY VIBRANT THEMSELVES!

Case in point: Leona from Palm Lake Care Mt Warren Park. When she's not heading up the Lifestyle Team, she's generously giving her time to others, including charity. Leona has just returned from the "Shitbox Rally" - an aptly named annual Cancer Council fundraiser that requires participants to drive a car valued at less than \$1500 across various states of Australia. The rally saw her and husband Scott drive a 1989 VN Commodore from Brisbane to the starting line in Adelaide, through the centre of Australia, and over to Perth. Although the rally finished in Perth, the pair managed to complete a return trip and got their 'shitbox' back home to Brisbane - some 12,000km in total! This was Leona's fifth time in the Shitbox Rally, which has raised \$45 million for the Cancer Council in its 14-year history (Leona and her fellow Autumn 2024 rally participants raised \$3 million alone this trip!). Incredible! Leona's residents at Palm Lake Care Mt Warren Park followed her progress throughout the trip online, via a tracker she had in her car. There was loads of excitement across the community as she and Scott made it to each checkpoint. Bravo Leona - what fun, and what a great cause!

Inter-resort good sports.

Palm Lake Resort Eagleby hosted a team from Palm Lake Resort Waterford who put up a good fight, with some great lawn bowls played. However, Eagleby proved to be too strong and ran out winners 91 to 55.

Our Palm Lake Resort Cooroy-Noosa bowlers also took on visitors from Palm Lake Resort Beachmere Sands in a recent inter-resort bowls comp. After the morning session, Cooroy-Noosa were only up one point and one game. After a bit of banter and encouragement over lunch, the Cooroy teams lifted and won six out of eight games and scored 99 to 58 points to comfortably win the day. Final results were: Games won 10.5 to 5.5 and Points won: 196 to 154

Finally, Palm Lake Resort Bethania lawn bowlers took on their counterparts at Waterford recently. Although the final score was 102 to 63, it was no indication of the game. Both teams won three rinks each however one Waterford team won 34 to 5 with a very rare score of 9 on one end. This doesn't happen often - it's a bit like a hole in one in golf. It was a great game that all enjoyed whether playing or spectating.

They're sew good.

The talented crafters at Palm Lake Resort Deception Bay held their 10th annual Quilt Show in recent weeks. A few of the handmade quilts went home with lucky raffle winners – the rest are to be donated to local charities. Special mention to quilter Coral Welham, who turned fabric that wasn't suitable for quilting into pouches for rescued wildlife. Our Deception Bay homeowners really are sew good.



Cindy trains pups to empower.

Palm Lake Resort Beachmere Bay homeowner Cindy is spending her free time in a brilliant way - training pups to become Assistance and Therapy Dogs. Cindy has opened up her Beachmere Bay home to support this fantastic cause and has an ever-changing variety of the most gorgeous pooches staying with her, via the "Empower Assistance Dogs" organisation. Well done, Cindy!

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? We'd love to hear from you! **Simply email the details to belinda@bellepr.com**

We're all good sports.



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