

JUNE - JULY 2025



The Park Times



Big fundraising efforts

Our Biggest Morning Tea was about more than having fun - it was about raising money, too

Tons of fun (and chocolate!)

Find out what happened when our resort came together to celebrate Easter

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 our newest residents who have recently moved in: Rose (Home 49) and Terry and Bea (Home 3). We know that you will enjoy your new lifestyle here at the resort and we all look forward to getting to know you.

You will be aware of the gas meters being renewed throughout the resort. Thank you for accommodating the short disturbance and ensuring easy access for completion on inspection.

Thank you to all the kind people who showed and expressed kindness after my fall resulted in a broken hip. Recovery has progressed very well and my appreciation goes to those who helped along the way – particularly John (Home 75) and Dennis (Home 29) for their additional help, and Linda and Nicola who helped with meals while I was unable to be there. It's so nice to know that people care.

We have a new resort map at the entrance. This has been some time in the making and, with a new design, took longer than expected, but it was certainly worth the wait. The design is much easier to view and house locations are now much easier to find.

We hope you enjoy reading through this edition. In the following pages, we have a catch-up on our resort's Easter celebration, happy snaps from our recent Biggest Morning Tea (which was a huge success!) and so much more.

Be kind, for everyone you meet is fighting a battle you don't know about.

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@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.

Bus trips

Hyperdome

Fridays, 9.15am – 11.30am

- June 13 and 27
- July 11 and 25
- August 8 and 22

Beenleigh Market Place

9am - 11.45am

Tuesdays:

- June 3, 10, 17 and 24
- July 1, 8, 15, 22 and 29
- August 5, 12, 19 and 26

Fridays:

- June 6 and 20
- July 4 and 18
- August 1, 15 and 29

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.



Car parking reminder

Parking in the roadways is not permitted in the resort, unless you are picking up or dropping off someone, unloading a car or are a tradesman who needs tools. In all other circumstances, please park your car in the garage. Likewise, visitors are to use visitor parking in the resort.

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 Hattan (Home 69)
- John Ramsden (Home 65)
- Rose Ruttlely (Home 40)

Social Committee

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

President John Knell

Secretary Jan Hatton

Treasurer Jan Watts

Committee Members:

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

Fire wardens

In the event of an 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)

Rubbish collection

Just a friendly reminder for your Wednesday rubbish collection: please make sure that all rubbish is placed inside the bin. Remember to recycle what you can using the red bins. For any bulky items, you can take them to the local refuse facility, which is conveniently just three minutes away around the corner. Thank you for helping keep our community clean!

Don't bin your batteries

We were recently informed by JJ's Waste & Recycling of a serious incident where a fire started inside one of their trucks - the result of batteries being placed in a bin.

Batteries don't belong in bins.

To help prevent fire, damage and risk to communities, dispose of your batteries responsibly. You can drop them off at Bunnings and Battery World stores or find additional drop-off locations (including Coles, Woolworths and other retailers) at www.bcycle.com.au/drop-off.

Our Biggest Morning Tea yet.

THE HIGHLIGHT OF MAY WAS THE WONDERFULLY SUPPORTED 2025 BIGGEST MORNING TEA - OUR ANNUAL CANCER FUNDRAISER, WHICH WAS PROUDLY HOSTED BY THE PALM LAKE RESORT MT WARREN PARK SOCIAL COMMITTEE.

This year's event was our best attended yet, thanks in part to the residents from our neighboring Palm Lake Care community. It was heartwarming to see former residents reconnecting over tea and cake, meeting new friends and enjoying a truly memorable morning filled with laughter and conversation.

Thanks to our generous community, nearly everyone took home a prize! The introduction of a new Blind Auction added a fun twist, sparking excitement and bringing in extra prizes.

Together we raised an impressive \$2149, and the Social Committee kindly donated additional funds to bring the grand total to \$2500. An outstanding result for our small but spirited resort!

A heartfelt thank you to all who donated, attended and supported this special event. Your kindness and community spirit continue to make a real difference.



Happy birthday to you!

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.

- JUNE**

Home 18 Jill

Home 20 Lynda

Home 25 Ray

Home 29 Dennis

Home 32 Emily

Home 33 Clive

Home 39 Adie

Home 52 Doreen

Home 57 June

Home 75 Shirley
- Home 63** David

Home 65 John R

Home 74 Eric

Home 76 George
- AUGUST**

Home 9 Terry

Home 17 Nola

Home 19 Alan

Home 22 Gordon

Home 25 Vicky

Home 35 Elaine

Home 55 Linda

Home 55 Bob

Home 58 Sue

Home 62 Ann

Home 67 David

Home 71 Greg
- JULY**

Home 8 Yvonne

Home 15 Wilf

Home 16 Gail

Home 44 Bill

Home 46 Dennis

Home 60 Ian

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
- 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!)

Easter extravaganza!

A GREAT TIME WAS HAD BY ALL WHO REMAINED BEHIND AFTER WEDNESDAY NIGHT DINNER FOR THE EASTER EGGSTAVAGANZA SOCIAL GATHERING.

The Social Committee decorated the tables to suit the occasion, with Easter placemats and Easter eggs on the tables for everyone to enjoy. Some of our homeowners even donned Easter headwear to add to the festive vibes.

Mike Bennett entertained with music from the 60s to 90s, and guests sang along in tune and danced the evening away on the dancefloor. There were quite a few lucky attendees - some won money in their lucky envelopes, others took home Easter gift packs full of chocolate. Congratulations to the lucky winners!

Thanks go to the Social Committee for yet another successful, enjoyable event.



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



THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
palmakeresort.com.au

On the menu.

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

- June 4** Cottage Pie
- June 11** Chicken Thighs on Rice
- June 18** Silverside
- June 25** Roast Pork
- July 2** Beef Casserole
- July 9** Lasagna
- July 16** Roast Lamb
- July 23** Beef Sausages
- July 30** Cottage Pie
- August 6** Roast Chicken
- August 13** Silverside
- August 20** Roast Pork
- August 27** 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.



Winter immunity boosters.

PROTECTING OUR HANDS AND HOME FROM GERMS IS IMPORTANT, ESPECIALLY COME WINTER, BUT STRENGTHENING OUR IMMUNE SYSTEM IS ONE OF THE BEST WAYS TO SAFEGUARD OUR HEALTH. HERE ARE SOME OF THE BEST INGREDIENTS FOR A STRONG IMMUNE SYSTEM.



Vitamin C

It will come as no surprise that vitamin C tops the list of immune-supporting ingredients – it's a superhero when it comes to protecting the body from harm. Vitamin C is necessary for the growth, development and repair of all body tissues. It acts as an antioxidant, protecting cells from damage caused by free radicals – unstable atoms produced either from normal cell metabolisms or external sources like pollution, cigarette smoke and radiation. Vitamin C is also involved in the formation of collagen, wound healing and the maintenance of bones and teeth, and encourages the production of white blood cells, which help protect the body against infection. As if all that wasn't enough, vitamin C also plays a part in helping white blood cells function more effectively by protecting them from damage by free radicals – it may help to reduce the severity and length of infection, too.

Where you'll find it: Blackberries, strawberries, lemons and capsicums are great sources of vitamin C.

Zinc

The second-most-abundant trace mineral in your body, zinc is present in every cell – but, your body doesn't naturally produce it, so you must obtain it through food or supplements. When paired up, zinc and vitamin C are extremely effective at fighting off infection. Even mildly low levels of zinc may impair your immune function, so you want to make sure you keep your zinc levels high – especially in the coming colder months.

Where you'll find it: Eat your beans! Beans, and especially chickpeas, are a great source of zinc, as are eggs, oats, quinoa, cashews, pumpkin seeds and meat or shellfish.

Turmeric

Turmeric has been the go-to spice in the wellness world for some time now – and, for good reason. The active ingredient in turmeric is curcumin, which may help lower anxiety levels

by reducing inflammation and oxidative stress in the body. Inflammation often increases in people experiencing depression or anxiety, and research has concluded that an increase of curcumin in the diet also increased DHA levels and reduced anxiety.

Where you'll find it: Find turmeric powder in the spice section at your local supermarket and add it to your morning smoothie or to curry or soup, for example. You can also make delicious turmeric lattes with cinnamon and steamed milk, or sip on some turmeric tea.

Ginger

Ginger is a potent anti-inflammatory that may help ease a cold or the flu. It's interesting to note that researchers reviewed the effects of fresh and dried ginger on one respiratory virus in human cells and results showed fresh ginger may help protect the respiratory system, while dried ginger did not have the same impact. Ginger may also help with nervous system function and digestive health – and it's delicious!

Where you'll find it: Use ginger in teas, to make immunity shots or throw it in your stir fry, for example. You can buy whole ginger root at the supermarket, or the minced variety in a jar – just ensure there are no additives.

Magnesium

Magnesium acts as a nervous system relaxant and is a great mineral to assist with anxiety, irritability and restlessness. It can also help alleviate tension by relaxing the muscles. Low magnesium intake has been linked to chronic inflammation, which speeds up the ageing process and can cause chronic disease. Studies have shown that magnesium supplements can reduce markers of inflammation in adults.

Where you'll find it: Foods like leafy greens, avocados and bananas are a great source of magnesium – you can quite literally eat it for breakfast, lunch or dinner.

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, freecall 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 30 RESORT ADDRESSES 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 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 COMMUNITY OR JOINING FORCES FOR FUN.

Neighbours lend a hand as Alfred comes to town.

The strength of our Palm Lake Resort communities, and the Palm Lake Group as a whole - was put on show when Tropical Cyclone Alfred rolled into Queensland's south-east corner recently. In scenes reminiscent of the Covid pandemic, our Palm Lake Resort homeowners rallied to support one another and ensure their communities were not only prepared for the hit, but also quickly mopped up afterwards.

Palm Lake Resort Carindale Caretakers Wayne and Karen said that while 28 homeowners left the resort to be with their families, more than 200 stayed in the resort throughout the cyclone.

"For the first time ever, the flood waters came into our community from Wright Street (pictured above)," Karen says. "We constantly checked the levels there and in the creek. We had Stuart (Home 168) monitoring the creek and reporting in to us and trusty Ken (Home 113) reporting from the other end of the resort. What an incredible team.

"Those who stayed were in good hands, as we had many many homeowners checking on their older neighbours, boiling them water on gas stoves when they lost power. Our communal halls were left open so homeowners could gather together with other homeowners. Luckily we had arranged some extra food for sandwiches, as well as milk



and water so we could all meet at the Grand Hall and have toasties - mostly made by Bob (Home 98).

"Some homeowners were scared - mainly because of the fast flood waters - as they live on their own, but we made sure that someone kept dropping in on them regularly to keep them in the loop.

"We are actually so proud of our caring homeowner network," Karen smiles. "Our beautiful Palm Lake Resort Carindale community certainly comes together well in tough times."

The same types of stories were heard right across the Palm Lake Group - with our resort homeowners even supporting their local Palm Lake Care aged caring communities. For example, the sleepy seaside town of Beachmere does not have its own local police station, so officers were brought in to keep an eye on local residents during the storm. When the power in that neighbourhood went out, our Palm Lake Care staff returned the favour and offered the police officers hot meals and coffee, which they gratefully accepted. What's more, three volunteers (retired registered nurses) from Palm Lake Resort Beachmere Bay and Beachmere Sands - located just across the road - provided support and personal care to the elderly aged care residents. A lovely gesture of selfless care that embodies the PLR spirit!



Wedding bells ring loud and clear.

THERE HAVE BEEN NEW WEDDING BELLS RINGING ACROSS PALM LAKE RESORT AS WELL AS CELEBRATIONS FOR MARRIAGE LONGEVITY - ALL WE KNOW IS THAT WE LOVE, LOVE STORIES!

Palm Lake Resort Bethania

Pictured above left, check out the new "Mr and Mrs Remy" (also known to homeowners at Palm Lake Resort Bethania as Steve and Kate), who tied the knot on February 15. Their official ceremony was held at their resort - how wonderful! We wish the Remys the best for their future life together.

Palm Lake Resort Yamba

Shirley Foley married Denis Kelly on May 15, 1965, at Tumut, New South Wales. Little did they know, 136km away on that very same day, their future friends (and future neighbours) Carole Wilson and John Joyce were also tying the knot. In the late 1960s, the Joyces moved to Tumut and, sure enough, met the Kellys. The couples have been firm friends ever since. And they have more in common than just their wedding anniversary - nowadays, you'll find Denis and Shirley in Home 4 at Palm Lake Resort Yamba, and John and Carole in Home 63 (all four pictured above right, including a photo of the Kellys on their wedding day).

Palm Lake Resort Eagleby

It all began in Liverpool, England, in the early 1960s. The school dance was in full swing when John, who was working as a roadie for the band that night, spotted Joan across the dance floor. He winked at her and, as he fondly recalls, "that was it". The couple married on March 27, 1965, in Liverpool and in 1976, John and Joan made the bold decision to move to Australia, with their young family in tow. After more than two decades in Sydney, they moved to Queensland in 2000, making Palm Lake Resort Eagleby their home in 2009. Pictured above (middle), six decades on from their wedding day, family remains at the heart of their lives through six grandchildren and six great-grandchildren.

Palm Lake Resort Cooroy-Noosa

Long-time Sunshine Coast locals, David and Nola, just marked 60 years with their proud family, including nine grandies and 11 great-grandies (with more on the way!).

Fiona is 102 years young

One of our oldest homeowners at Palm Lake Resort Willow Lodge is Fiona Ryan. She turned 102 years young in April. The Lodge Country Club hosted a party for Fiona, with many of her family and Palm Lake Resort friends stopping by. What a milestone for this resort matriarch!



Tell us what's happening 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? Are you and/or your neighbours doing something special that you're proud of - and you know we'd be proud of too? We'd love to hear from you and include your story in these pages in the next editions of all our resort newsletters.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com

You're always
warmly
welcomed.



FREECALL 1800 282 314 | mtwarrenpark@pallake.com.au
1 Mt Warren Blvd, Mt Warren Park QLD 4207

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