

Mt Warren Park.

OCTOBER - NOVEMBER 2023



Early Christmas

Homeowners donned red and green and got into the festive spirit to celebrate Christmas in July this year.

Spring is here

As if there was any doubt, the blooming gardens around our resort are proof that spring has well and truly sprung.





Welcome.



It has been a busy time here at the resort. We have had some of our homeowners move away from Palm Lake Resort Mt Warren Park and into aged care, after spending many happy years loving the lifestyle here. We wish them all the best on this next chapter.

As such, we would also like to take this opportunity to welcome a few new homeowners: Jan (Home 69), Wayne (Home 48), Vicky and Ray (Home 25), John (Home 64) and David and Denise (Home 63). We are so happy to have these new members to our community, and we trust that you will feel most welcomed. We look forward to getting to know you.

In other resort news, you may (or may not) have noticed the physical address of the resort has now been added to the main entrance Palm Lake Resort signage.

The new library computer is also ready to go now, so feel free to stop by and use it as needed. Please note that the system operates as a GUEST only to ensure the security of any of your personal details. If you want to save any work you do on the computer, you just need to take a personal USB with you and transfer from the computer onto the USB. We are also moving the ordering of meals onto the library computer, though you can continue to order on your personal computers at home.

The new, improved internet program is up and running now, and we trust you are happy with the service. If you have any questions, please call 5607 4030.

Friendship is the ability to laugh and cry together at life's twist and turns.

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 (@pall.lake.resort)

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News briefs.

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.

OCTOBER

Home 6 Betty
Home 9 Beryl
Home 32 Grahame
Home 74 Gwen
Home 80 Stan

NOVEMBER

Home 13 Judith
Home 31 Noela
Home 55 Nicola
Home 67 Ruth

DECEMBER

Home 2 Kata
Home 11 Nick
Home 38 Gerry
Home 42 Penny
Home 45 Rod
Home 53 John B
Home 59 John S
Home 80 Brenda

BUS TRIPS

Hyperdome

9.15am – 11.30am
• Friday October 6 and 20
• Friday November 3 and 17
• Friday December 1, 15 and 29

Beenleigh Market Place

9am - 11.45am

Tuesdays:

• October 3, 10, 17, 24 and 31
• November 7, 14, 21 and 28
• December 5, 12 and 19

Fridays:

• October 13 and 27
• November 10 and 24
• December 8 and 29

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

9.30am – 11am Craft and painting
5.30pm Dinner in the Hall (remember your password to order on the computer)

THURSDAY

7am Aqua aerobics with Kaye
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)
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!)

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



COMMUNITY TALK

Thank you to the those who attended the presentation on scam awareness. A lot of valuable information was shared. We all now have a good understanding of how to protect ourselves.



DINNER IS SERVED

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

October 4 Roast Lamb
October 11 Beef Meatballs
October 18 Pork Sausages
October 25 Roast chicken
November 1 Roast Pork
November 8 Cottage Pie
November 15 Casserole
November 22 Silverside
November 29 Beef Sausages

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.





Christmas came early.

Our homeowners came together for a Christmas in July celebration, and what a celebration it was. It was a wonderful opportunity to get together with each other in the warmth, enjoy some tasty Christmas delights and just celebrate being together.

The dining room and tables were adorned with Christmas colour, and festive lighting was hung up around the room. There was Christmas music playing in the background which, combined with the sparkling new Christmas tree, created a very joyful atmosphere.

A dinner of turkey and ham was served, accompanied by roasted vegetables. For dessert, plum pudding, custard and cream were enjoyed by all in attendance.

But the fun didn't stop there. The Social Committee arranged lucky number raffles and prizes, which were delightfully accepted by the winners. Simone once again entertained the homeowners in attendance with sing-alongs and music. Everyone danced the night away.

It was very quiet around the resort the next day... Maybe the dancing feet were resting, or partygoers were catching up on lost sleep? Well done to the committee and thank you to the homeowners for attending and supporting such a great night.



Spring snacks from the Blue Zones.

THERE ARE FIVE PLACES IN THE WORLD WHERE PEOPLE LIVE EXCEPTIONALLY LONG, HEALTHY LIVES, AND THEY ALL HAVE SOMETHING IN COMMON – DIET IS A HUGE PART OF THEIR SECRET TO LONGEVITY.

Have you heard of blue zones? Trademarked by author and explorer Dan Buettner, they're the five places in the world where people live the longest, healthiest lives. The five Blue Zones are Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), Ikaria (Greece), and Loma Linda (USA).

Buettner's Blue Zone theory primarily centres on what and how these people eat. All five diets are mostly plant-based, with beans (including fava and black beans, as well as soy beans and lentils) the cornerstone of many centenarian diets. They also eat no more than three eggs a week, consume minimal dairy and very little meat – when they do, it's usually pork.

We can also learn from how people in the Blue Zones eat. For example, the Okinawans live by an '80 percent rule' that is inspired by a 2500-year-old Confucian mantra. It reminds us to stop eating when our stomachs are 80 percent full; the 20 percent 'gap' is believed to be the secret to weight management and, therefore, better health. People in the blue zones will even eat their smallest meal in the late afternoon or early evening, and then won't eat any more for the rest of the day.

So, with all of that in mind, here are three Blue Zone-inspired snack recipes that are perfect for spring and summer time.



MASON JAR SALADS

Ingredients

Take your pick from the following options (or have fun finding your own).

- Dressing: Hummus, pesto, vinaigrette
- Hard vegetables: Carrots, cucumbers, peppers, celery, onion
- Softer fruits and vegetables: Avocado, berries, tomatoes
- Grains, beans, nuts, seeds: Chickpeas, quinoa, black beans, sunflower seeds, brown rice
- Greens: Arugula, kale, spinach, romaine, mixed spring greens

Directions

1. Assemble with dressing on the bottom.
2. Add a layer of hard vegetables, a layer of softer fruits and veggies, then grains, beans, nuts, or seeds.
3. Finally, add in your chosen greens and you're set.

VIETNAMESE SUMMER ROLLS

Ingredients

- 2 medium carrots, peeled and cut into thin sticks
- ½ cup of white vinegar 1 tsp of sugar
- ½ tsp of salt
- ½ cup of water
- 10 rice paper wrappers
- 120 gram) thin rice noodles or rice vermicelli
- ¾ cucumber cut into thin sticks
- ½ cup of shredded cabbage
- 10 small lettuce leaves
- 1 bunch of fresh mint leaves
- 1 bunch of fresh cilantro leaves (optional)



For the peanut sauce...

- ½ cup of smooth peanut butter
- 1 ½ tablespoons of soy sauce
- 1 tablespoon of maple syrup or honey
- ½ teaspoon hoisin sauce
- 1 teaspoon of sriracha
- 1 teaspoon of sesame oil

Directions

1. First, make the pickled carrots. In a medium bowl, combine the sugar, water, salt, and vinegar. Add the carrots to the mixture, toss to coat well, and then let the carrots soak for at least 1 hour.
2. In the meantime, prepare the noodles according to the package instructions.
3. Fill a wide, shallow bowl with about 1 inch of warm water. Soak one wrapper at a time in the warm water for 10 to 15 seconds, just until it becomes soft and pliable.
4. Transfer the wrapper to a plate or cutting board and add a lettuce leaf on top in the center. Next add a few carrot sticks, a few cucumber sticks, some of the shredded cabbage, some of the noodles, and then a few leaves of mint and cilantro. Add edible flowers, too, if using.
5. Fold one side of the rice paper wrapper over the filling and then the other side. Roll the wrapper up around the filling, making sure it is tight, but being careful not to tear the wrapper.
6. Set the filled rolls on a platter, seam side down. Repeat this process until all of the filling and wrappers have been used up.
7. To serve, cut each roll in half. Garnish with extra herbs and edible flowers, if you like. Serve immediately with peanut sauce for dipping.



For the peanut sauce...

8. In a medium bowl, stir together all of the ingredients until well combined.
9. Serve at room temperature.

STRAWBERRY VANILLA CHIA SEED PUDDING

Ingredients

- 3 cups unsweetened almond milk
- 2 tsp vanilla extract
- 3 tbsp maple syrup
- ½ tsp cinnamon
- ½ cup + 2 tbsp chia seeds
- 3 cups fresh strawberries

Directions

1. In a bowl, whisk together unsweetened almond milk, vanilla extract, maple syrup, and cinnamon. Pour liquid mixture over the chia seeds and stir until seeds are incorporated. Make sure to stir it well, so that none of the chia seeds are sticking together. This ensures they're all able to absorb the liquid and create a pudding-like consistency.
2. Let sit for an hour or in the refrigerator overnight. Mixture will thicken substantially. Soaking time is vital for the end product!
3. In the morning, rinse and slice fresh strawberries. Stir chia pudding and top with fresh strawberries.

Recipes courtesy of Blue Zones – visit www.bluezones.com for more.



Gardens abound in colour.

Enjoying the lifestyle our beautiful resort has to offer includes getting out in the garden. There is no shortage of natural colour to be found around this amazing community. Some of the gardens pictured on this page showcase the results of residents' labour and diligent watering – and, of course, our abundant Queensland sunshine. Thank you to all who care for our gardens, they are greatly enjoyed by anyone walking around (both homeowners and visitors alike).



Homes for sale.

Home 5 - \$375,000



Willow.

This compact home is located immediately inside the resort gates, close to facilities. Crimsafe on all windows and doors. Separate closed-off area behind the garage is suitable for an office, craft room or library. Combined dining/kitchen area gets the morning sunshine, rear outdoor area has a large undercover, tiled area. There is also a garden shed.



Home 25 - \$430,000



Charisma.

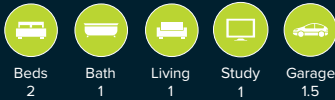
This home has laminate wooden floors throughout, two bedrooms, a large living space and separate kitchen and dining areas. There are two outdoor areas - a front deck and a large covered area out the back. There is also a covered car parking space with additional space for a boat, trailer or pop-up storage.



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

Homes for sale.

Home 48 - \$390,000

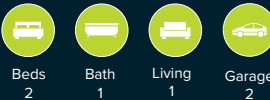


SOLD

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. There are new fans throughout the home. 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 64 - \$415,000

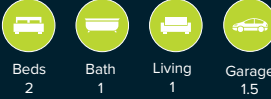


SOLD

Charisma.

This 'Charisma' design home offers all you need and more. Two spacious bedrooms, a large, extended, secure garage area, garden beds, external shades and security screens all feature in this home. A combined dining and kitchen area boasts morning sunshine, and there are lots of cupboards and a dishwasher.

Home 63 - Offers over \$375,000

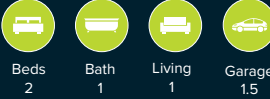


SOLD

Glenrowan.

Move in and enjoy not having to do anything to this stand-alone home. It features carpet throughout, open plan living and large bedrooms. The kitchen is tucked away but still part of the large, open-plan space – it has a double sink, generous storage and bench space and a light and airy atmosphere. There are also two spacious bedrooms, master with air conditioning, a spacious bathroom and spacious living areas also with air-conditioning you will never feel closed in. There is room in the garage for your vehicle and storage or workshop, and you'll love sitting out on the large front patio – or out the back, overlooking the large yard.

Home 69 - \$427,000



SOLD

Charisma.

This 'Charisma' design home features two bedroom, large living, separate 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

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10,000 REASONS TO CELEBRATE

With more than 46 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 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