

The Reef

Jan/Feb 2019

Love our display homes?

You can buy one this summer!

Colour your world

Dulux unveils key colour trends for 2019

Bath time bliss

Palm Lake Resort bathrooms are sanctuaries in your own home

Welcome

We were delighted to welcome more new residents to our location in recent weeks, all settling into their beautiful Palm Lake Resort Bargara homes in time for the festive season. The resort itself has been a hive of activity these past few months. We had the big fat man himself – yes, Santa! – come visit our neighbours at Palm Lake Care Bargara in December and many residents and their families used the opportunity to get their photos taken and whisper their Christmas wish lists in his ear!

With summer now in full swing, it's important to stay cool. We encourage residents to utilise our three beautiful resort pools for a cooling dip. Make sure you also stay hydrated if you are out and about with your guests, visiting the gorgeous Bargara beaches that are close by.

Did you know, we have a selection of summer-ready homes available for purchase right now, that you can move in to almost immediately? They are fully finished and just need your furniture. If you do visit us at Palm Lake Resort Bargara over the summer break and fall in love with our tropical location and our resort offering, you can join our community straight away. All new Palm Lake Resort homes come with \$30,000 of luxury inclusions as standard – all there to enhance your retirement lifestyle. Think European appliances, stone benchtops, ducted air con and fully landscaped gardens.

We encourage you to stop by this summer and see just what everyone is raving about! Phone the Sales Centre on 1800 501 119 to organise your tour. If you already live here in paradise, well, lucky you! We hope you all have a prosperous New Year.

The Sales Team

What's on around Bargara

Australia Day breakfast

Come along and celebrate Australia Day at Woodgate Beach with a complimentary breakfast in the community hall followed by an address by a well known and respected local identity who will announce the Woodgate Citizen of the Year and present the award. The Woodgate Ladies Choir will lead the National Anthem followed by various Australiana songs including "Waltzing Matilda". Breakfast is hosted by the Woodgate Community Events Inc and supported by the Bundaberg Regional Council and runs from 7am-10.30am.

Australia Day

It doesn't get much more Aussie than this. Bundaberg Regional Council's official Australia Day celebrations will be held at Bucca Retreat, Kleidons Road, Bucca, hosted by Community Lifestyle Support. Enjoy Australiana-themed activities, water activities with lifeguard supervision and for a small fee you can book to use the popular Bucca Retreat waterslide. Kick back with live music and roving entertainment along with a Community Volleyball Challenge with a \$1000 cash prize. Come along and meet Paw Patrol - they'll be performing two shows. The event runs from 9.30am-5pm. Gold coin donation for admission.

Bargara's Got Talent

Keep your eyes peeled for more details about the Palm Lake Resort 'Bargara's Got Talent' resident talent show, to be held on February 16. It'll no doubt be a memorable and fun event!

JANUARY / FEBRUARY

What's happening



Chinese New Year

Welcome in the Year of the Pig at Bundaberg's 2019 Chinese New Year Celebrations. Celebrations will be held in Bundaberg's CBD at various venues including the Moncrieff Entertainment Centre, Buss Park and the Civic Centre, Bourbong Street, on February 16 from 3pm-9pm. Experience the colour and spectacle of Lion and Dragon dancing, a dazzling lantern parade, a fun-filled Zodiac Animal Trail for children, and a dazzling display of fireworks. Alluring craft markets and enticing food vendors add to the festive atmosphere.

U3A info day

Fill your mind, move your body and nourish your soul. Be challenged, motivated and stimulated. U3A is an organisation specifically for over-40s. U3A offers locals a great variety of more than 60 classes that you can access with the one membership fee of \$35 per year. Come and meet the volunteer tutors at their Information Day on January 22, Avenell Heights Hall, Thabeban Street, Avenell Heights. Visit www.u3abundaberg.org.au

Movie under the stars fundraiser

See *Sherlock Gnomes* on the big screen under the stars and support a local charity, The Friendlies Foundation on January 19 at Alexandra Park West, Quay Street, Bundaberg. It'll be a great family event, for just a gold coin donation, with funds raised going towards The Friendlies Foundation (the charitable fundraising arm of the Friendly Society Private Hospital). There will be twilight markets, face painting and live music from 3.30pm and a barbecue, popcorn and fairy floss to purchase, with *Sherlock Gnomes* starting at 6.45pm.

Staying connected

Here are some of the regular activities we offer here at Palm Lake Resort Bargara:

- Yoga
- Tai chi
- Zumba/Light & Easy
- Line dancing
- Bridge, Rummikub, 500
- Mah-jong
- Bingo
- Knit and Knatter
- Craft
- Pottery
- Art group
- Scrapbooking
- Walking group
- Golf simulator
- Tennis
- Table tennis
- Golf
- Mixed lawn bowls
- Ladies-only lawn bowls
- Aqua aerobics
- Darts
- Billiards/Pool



Flowering beauty

Love our display homes?
You can buy them now!



Floorplan and images are indicative only, conceptual in nature and subject to change.

Bargara beachside beckons...

Welcome to Palm Lake Resort Bargara. This is a place to slow down and soak in the tropical sun. A place to wander leisurely along the beach and trail your toes in the sand. Palm Lake Resort Bargara is your seaside haven with a heart and community spirit at its centre, enveloped in the laid back, salt-tinted atmosphere of a coastal dream. Feel it tug at your soul and whisper in your ear, like the echoes of far off waves curled into a seashell, calling you home.

We know you'll love the Bargara area as well as our resort lifestyle. But don't let us tell you that. Here's some of what our residents are saying as well...

“Why do I love the resort? Well, everybody is so friendly and I think the facilities are great and I really love the craft section, it's my favourite!” - **Antoinette Freason**

“I love living here because of the other residents. It's not like the 'outside world' here - if I needed help, my neighbours would be there. They are the best part about living here.” - **Robyn Van Gool**

Welcome to our Hibiscus display home. Our Bargara homes have been designed to capture the essence of their coastal surroundings. Innovative floorplan designs take advantage of the beachside climate and outdoor living areas are positioned to soak up the golden sun and channel the soft seaside breeze. Hibiscus is a two-bedroom, two-bathroom beauty and available for your inspection today. Phone our Sales Centre on 1800 501 119 to arrange a tour this summer.

BATHS
2

BATHS
2

LIVING
1

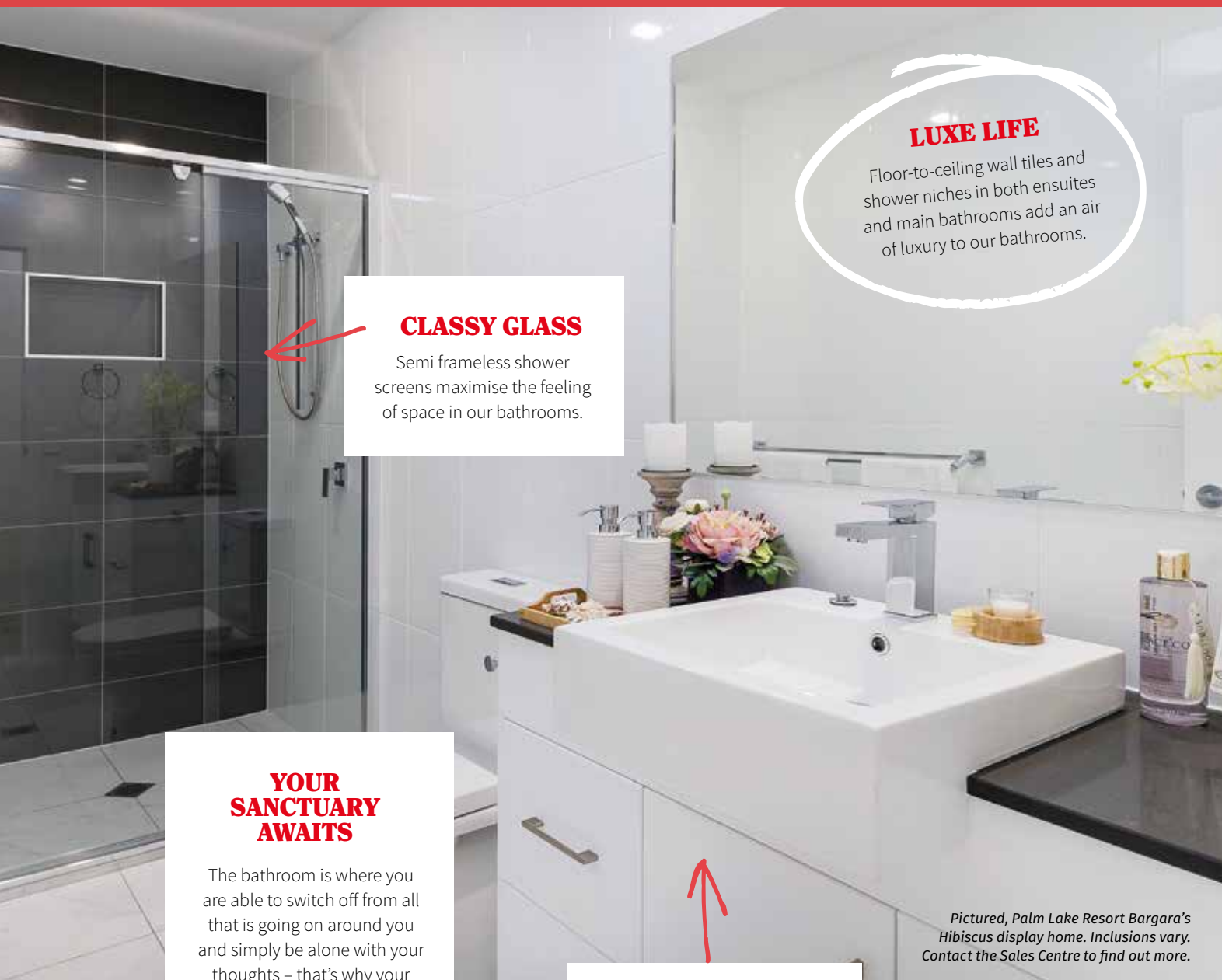
ACTIVITY

OUTDOOR LIVING

GARAGE + CARAVAN STORAGE

Bath time bliss

Did you know, you'll spend about 1.5 years of your life in the bathroom? That's exactly why Palm Lake Resort puts so much emphasis on creating idyllic bathroom sanctuaries. Here are just some of the features...



LUXE LIFE

Floor-to-ceiling wall tiles and shower niches in both ensuites and main bathrooms add an air of luxury to our bathrooms.

CLASSY GLASS

Semi frameless shower screens maximise the feeling of space in our bathrooms.

YOUR SANCTUARY AWAITS

The bathroom is where you are able to switch off from all that is going on around you and simply be alone with your thoughts – that's why your bathroom is usually where inspiration strikes!

TOO GOOD!

20mm stone bench tops and two-pac cabinetry come as standard in all Palm Lake Resort bathrooms.

Pictured, Palm Lake Resort Bargara's Hibiscus display home. Inclusions vary. Contact the Sales Centre to find out more.

Golf is good

Avid golfers will agree that a day on the green is more than just a sport or a hobby – it's the key to living a happy, healthy life. You may think that sounds extreme, but it turns out they're not wrong.



When it comes to getting your heart rate up, you don't always have to sweat it out in a cardio session. Finding a low-impact activity that you enjoy, and are happy to do regularly, is a sure-fire way to ensure that you are getting in enough exercise. A few rounds of golf every week could be all you need to keep fit and healthy.

Did you know that you can walk up to seven kilometres playing an 18-hole golf course? Reports state walking can benefit your health in more ways than one – it can reduce your risk of heart disease, improve the fitness of your heart and lungs, help to manage conditions like muscle and joint stiffness, high cholesterol and diabetes, strengthen your bones and even improve your balance. Regular exercise – as we all know – can

also help you to keep fit and trim, particularly if you're ditching the golf cart and rolling your clubs from hole to hole yourself (rather than carrying them, which can cause stress to your back and shoulders). Plus, breathing in the fresh air benefits your digestive system, strengthens your immune system and gives you more energy and a sharper mind. And we can't forget the power of good old Vitamin D from the sun for promoting bone growth and strength by helping our bodies to absorb calcium – just ensure you stay protected by wearing sunscreen and a hat when you're out on the green. Above all this, golf is a great way to keep in touch with friends – and also to make new ones. So, grab your clubs, hit your local green and enjoy a day spent doing your body some good. It turns out, a golf session is just what the doctor ordered!

What they say...

“ We always harboured the ambition to return to the warmer climes of Queensland and a visit to Bargara in June convinced us that perhaps it was the time to bite the bullet and fulfill this long-held ambition. We were of the view that we would miss our children and grandchildren much more than they would miss us as they are all at stages of their lives where they no longer need us to help out quite so much. We also believed that our move to Bargara creates opportunities for our family to enjoy new, and possibly less expensive, family holidays going forward. And you know, we do not have a problem with the two overnight stops it takes to drive back to Morningson for milestone birthdays, graduations and special occasions. So last June was when Palm Lake Resort came into our lives and we simply cannot speak highly enough of the exemplary help, advice and guidance we have received in making the transition 'up north'. Nothing has ever been too much trouble for our consultants Lea, Dot and Isobel, and the guidance provided by Jual, particularly in respect of the multitude of variations we made to our home, has been nothing short of amazing. Over the years, we have met many successful women in the work force, but we suggest Jual rates among the best of them. Upon arrival we were made welcome by Christine who has also provided us with the best attention. So, sure, we have left some great friends and great memories just 2000km down the road, but you know what? We reckon that in next to no time we will establish a whole new bunch of friends and more memories than we can jump over amid these beautiful surroundings of Palm Lake Resort Bargara. We consider ourselves privileged to become part of this family. - Bob and Di Langford ”

Meet your neighbour: Diann

Losing a life partner and with retirement imminent, many would choose a quieter lifestyle and start to slow down. Not Diann Buchbach. She went out and bought a Harley Davidson!

Diann Buchbach is not your stereotypical grandma. Living in the Bundaberg/Bargara area for much of her life, Diann and (late) husband Robert were known locally for providing roofing and guttering solutions to many Bundy homes and businesses. Bob was a blacksmith by trade who fell into his roofing business through chance back in 1984. It was an ad in *The Courier-Mail* newspaper that started the fateful journey. Bob and Diann grew their business substantially over the years. While they started business in Bargara (and the head office remains here), Diann says Roofin Spot went on to have offices in Gladstone, Hervey Bay, Sunshine Coast, Brisbane, Lismore and more. Roofin Spot even provides the Colorbond roofs and fences for Palm Lake Resort. Unfortunately, Bob succumbed to a brain tumour in 1998 and while Diann continued in the business for years, she was happy to see it shared with (and then taken over by) her daughter and son-in-law. Diann recalls the time when Bob passed away. She didn't want to wallow in her sadness and decided she'd try something bold and new. She went out and bought a Harley Davidson. It would be the first of three Harleys she'd own over her decade of motorcycle ownership.

"Oh, I loved my Harleys!" Diann enthuses. "I rode a Harley through Tasmania and along the Great Ocean Road. I was a member of the Hog Club and had great times on my bikes."

While a serious accident ("that wasn't my fault" Diann insists) saw her "bust up" her leg and then laid up in hospital for four months, it didn't dampen her enthusiasm. It took this spirited grandma 12 months to walk again.



"If Bob was here he'd say I was bloody mad for wanting to ride a Harley!" she laughs. "But I love action. I love being spontaneous."

Now 72, Diann says her life is complete since moving into Palm Lake Resort in May 2018.

"I love it here. I had absolutely no intention of moving into a retirement village. I'd been living with my son in a granny flat out the back of his house, and I got to watch my grandkids grow up which was great."

However, a friend moved into Palm Lake Resort Bargara and, with her knowledge of the resort through Roofin Spot, Diann was encouraged by her daughter to check it out.

"I came for a look and paid my deposit on the same day – that's how much it grabbed me!" Diann says.

"I loved the pools and the activities on offer. It's hard to be lonely here. You just walk out your front door and there's always someone around to talk to. I do like my time alone, but I also like the activities – I do water aerobics and swim laps. Everything I want is right here."

Caretakers' report

It's been an interesting year with a few changes, a few challenges and quite a lot of fun here at Palm Lake Resort Bargara. Activities and events have seen many of the residents showcasing their talents, which has been good and interesting! Our resident volunteers are already planning a great calendar of events and activities for 2019 so make a New Year's Resolution to maximise your fun and continue enjoying our sharing and caring community. A special note to all those volunteers who sacrifice their time. A very big thank you - you are really appreciated by us all.

We would like to welcome the following residents to Palm Lake Resort Bargara who, we are sure have already been made to feel very welcome. We encourage our new residents to use as many of the wonderful facilities and join in as many activities as possible, to get a real introduction to our community and lifestyle on offer: Keith & Jan Anderson (Villa 337), Stuart McGrail (Villa 63), Robert & Diane Langford (Villa 323), Janice Rowell (Villa 47), Alan & Betty Jenkins (Villa 342) and Shirley Ann Miller (Villa 173).

And remember: "Treat retirement like a camera by focusing on what's important. Be sure to capture the good times, develop from the negatives and if things don't turn out the way you expected, take another shot."

John & Christine
Resort caretakers

Around the grounds

BURGERS AND BOWLS

It was a combination of three things that made our most recent event so successful – burgers, bowls and fun!

For our Burgers & Bowls function, we had a specialist bowls instructor visit, as well as our talented resident bowlers on hand to show our guests how to bowl. There were quite a few new faces here on the day, as well as a number of deposit holders. Guests were treated to live music, barista-made coffee, burgers, salads and sweets. It was great to receive so much positive feedback and praise about our display homes and resort facilities.



Around the grounds



BUSY BEES

Check out just some of the events and activity we've seen here at Palm Lake Resort Bargara over the past few months. We enjoyed Melbourne Cup, Symphony Orchestra, a sponsored day at Bargara Golf Club as well as loads of Christmas celebrations.



Dulux unveils key colours for 2019

If ever there was an authority on colour, it's Dulux. The premium paint brand (which is also the paint brand of choice for Palm Lake Resort), has just released its top colours for 2019.

Every day we're bombarded with new ways to shop, eat, work and be our best selves and the effect can be exhausting. With the ever-present glow of screens, rapid taps and swift swipes of our digital devices, our brains are in overdrive. With so much background noise, it's easy to lose touch with what's important. According to Dulux, the paint brand of choice for Palm Lake Resort homes and facilities, design trends for 2019 will be influenced by a desire for stillness, simplicity and honesty. Dulux colour expert Andrea Lucena-Orr says in 2019, we should expect to see organic shapes, frayed edges, contrasting textures and repurposed vintage pieces set against a backdrop of earthy neutrals, saturated greens and citrus brights – "a palette perfect for nurturing and empowering and as diverse as the stories we have to tell".

Inspired by extensive global trends research, the 2019 Dulux Colour Forecast (entitled 'Filter') is a multi-faceted collection that draws together soothing neutrals, exhilarating brights and deep, decadent hues that hint at the grace of a bygone era. It comprises four carefully curated themes – one of which is 'Wholeself' which we find a perfect palette for summer and the perfect theme for the New Year. It sees a turn away from pink and into a more sophisticated palette of nudes and warm neutrals, through shades of apricot, with pops of gold and even a mix of mauve-greys.

"From our global research it's clear there will be an emphasis on wellness and mindfulness in 2019 and the Wholeself palette really plugs into these themes," says Andrea. "With its soft, light tones and subtle layerings of texture, it's a palette to ignite the senses and revive a tired spirit. It's also easy to decorate with existing whites and cool neutrals, which I believe will make it a popular choice for home enthusiasts."

If you are craving simplicity and silence, or in search for wellness and 'wholeself' to clear the mental clutter, maybe you can take a leaf out of Dulux's book to make your home a calming, distraction-free temple with some of the 2019 paint colours?



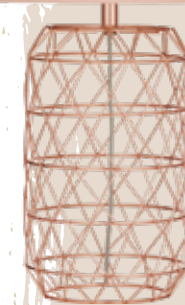
DULUX:
GOLD DUST



DULUX:
LAMA



DULUX:
SHETLAND
LACE HALF



Above: indie art & design "Polka" ceramic bottle, \$32, www.indie.com.au, Cranmore Home "Sentosa" leather chair, \$923, www.cranmorehome.com.au, Zanui "Ezra" table lamp (set of two) \$299.95, www.zanui.com.au



Summer READY HOMES *move in today*

BE IN YOUR NEW READY-BUILT HOME FOR SUMMER FULLY FINISHED, JUST FURNISH

If you're dreaming of an over 50's resort lifestyle for summer, then we have gorgeous ready-built homes ready to move into today. All of our homes are fully finished, complete with \$30,000* of luxury inclusions as standard including stone benchtops, European appliances and fully landscaped gardens. Just furnish and enjoy your summer.

Contact us today to arrange your personal tour.



SALES CENTRE & DISPLAY HOMES OPEN 7 DAYS

FREECALL 1800 501 119 | 39 WEARING ROAD, BARGARA QLD | PALMLAKERESORT.COM.AU

THE BEST IN OVER 50's LIFESTYLE RESORTS. IT'S TIME FOR YOU.

*Subject to change without notice. Conditions apply. Images may depict fixtures, finishes and features such as furniture, homewares, refrigerators, window coverings and decorative lighting which are not supplied by Palm Lake Resort. Whilst every endeavour has been made to ensure the accuracy of this information, Palm Lake Resort cannot be held responsible for any consequences resulting from misdescription or inadvertent errors contained herein.