

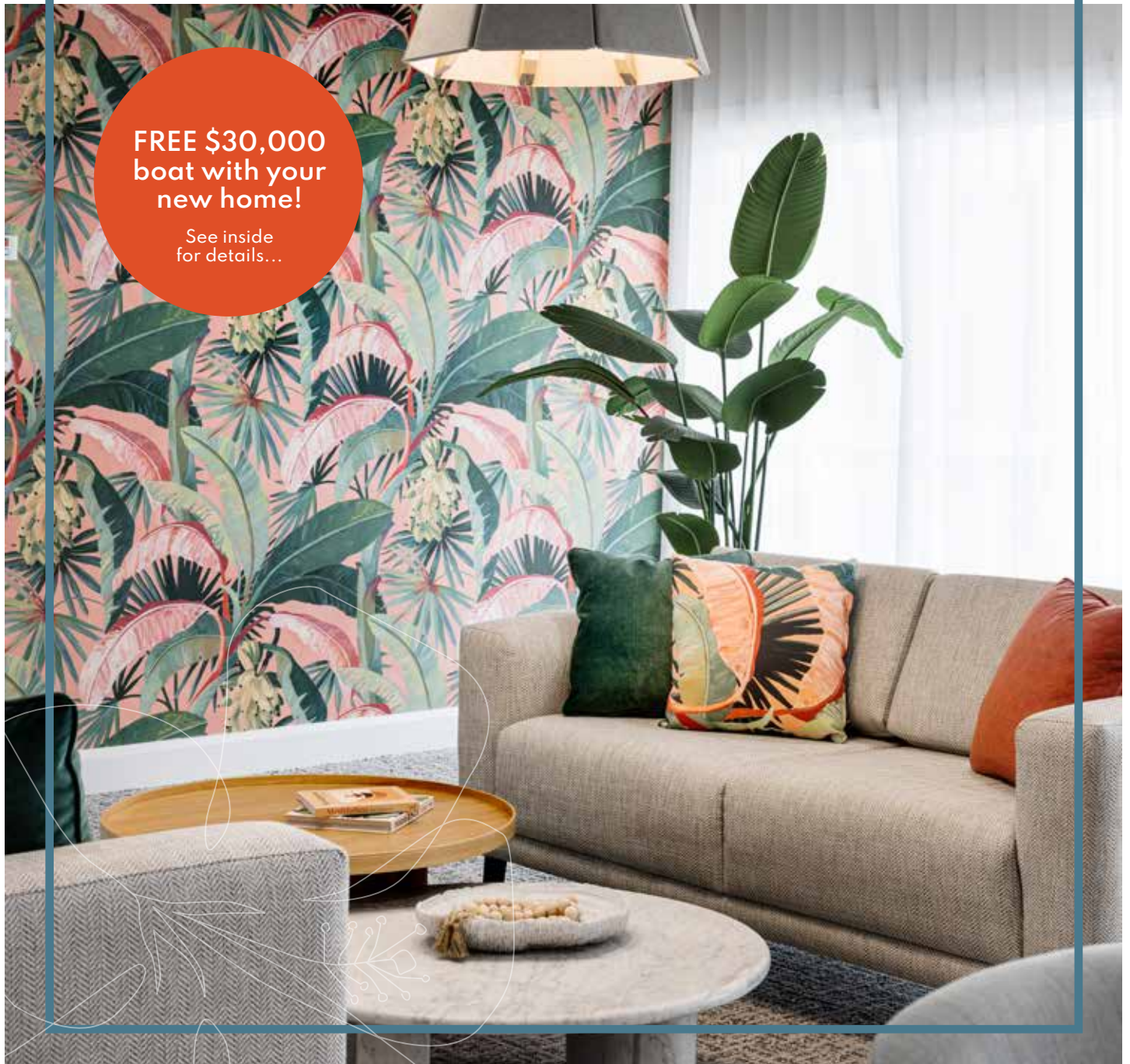
The Reef

March-April 2022



**FREE \$30,000
boat with your
new home!**

See inside
for details...



New horizons

We are loving our new Horizons Country Club – the third clubhouse for our growing resort! Come for a walk through it, inside

Working wonders

The rise of the internet and digital connectivity has made working from home easy. Set up a successful home office with these tips

Choc-fuelled fun

It feels like we've just packed away the Christmas tree and now Easter's here! With an influx of visiting grandies expected, share in our Easter eggstravaganza



Welcome

Welcome to our latest edition of *The Reef* newsletter for Palm Lake Resort Bargara. It's been a wonderful start to 2022 for us here at Bargara. The most exciting thing has been the opening of our new Horizons Country Club, within the resort extension, and the joy this facility has brought to our community in recent months. This impressive facility brings to three the total number of Country Clubs on offer across our resort grounds - the most in any Palm Lake Resort in the country!

Horizons is full to the brim with options for our homeowners to gather and connect with their neighbours and also host their visiting family and friends. With the extension of the Queensland summer school holidays by two weeks into February, we had a lot more little people around the resort and they were definitely making the most of our new Country Club. I've seen many residents making good use of the outside area (hosting BBQs and the like) and enjoying our big pool out the back. We've seen our homeowners gather there for regular card games and more. One of the most wonderful aspects is that it's drawing a crowd of new nearby homeowners and other longer-term residents from across the resort grounds, which has provided a means for more people to get to know each other.

What has been insanely popular is the four-lane tenpin bowling alley. At four lanes, this is the largest tenpin bowling facility in any Palm Lake Resort in the country - again, another jewel in the crown for Bargara! It's been such an excellent addition, especially for those visiting family members we were just talking about! There's also been talk around the grounds of a tenpin bowling league forming, so if you are looking for a new sporting pursuit, keep your ear out for details of that, as they emerge. It is definitely a most beautifully designed and decorated building. There's such wow factor! If you've been thinking about a move to Palm Lake Resort Bargara but haven't been for a visit lately, now is a great time to check out how the resort is growing and also have a tour through Horizons. It's a big selling point for the new homes. And don't forget that if you buy a home here before June 30, 2022, we'll throw in a \$30,000 Quintrex boat for FREE! There's never been a better time! See you here soon.

Kim Cankar
Palm Lake Resort Bargara Sales Team

Contact US

Call us and we will book you in for a tour of our amazing display homes and world-class facilities!

Freecall: 1800 501 119

Email: salesbargara@palllake.com.au

Find us at:
24 Rifle Range Road,
Bargara QLD

Visit:
palllakeresort.com.au

Get social:
Follow us on Facebook
(@palllakeresort)
and also on Instagram
(@pall_lake_resort).

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News briefs



Refer a friend to come join you

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 a new or established Palm Lake Resort home, you'll receive up to \$500 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales and Information Centre.

Make a date

Here are some important upcoming dates to note in your diary:

Queensland school holidays: Saturday, April 2 to Monday, April 18 inclusive

Easter long weekend: Friday, April 15 to Monday, April 18

Anzac Day (including public holiday): Monday, April 25

Labour Day public holiday: Monday, May 3



Read all about Care

As part of the Palm Lake Group, Palm Lake Care offers six modern aged caring communities across South-East Queensland. Catch up on all things Palm Lake Care in the company's most recent magazine, *The Difference*. It features all the winners from our annual caregiver awards, as well as updates on every location. Visit palllakecare.com.au

What's on at Moncrieff Ent Cent

Some great shows are coming up. Stick these on your planner:

March 23: Mornings @ the Moncrieff presents "I'm Just Wild About Harry". Renowned Australian tenor Jonathon Welch AM brings to life the music and life of one of the most popular Welsh tenors and comedian, Sir Harry Secombe.

March 26: Creedence Clearwater Collective brings to the stage a six-piece band with a guest saxophonist and a vocalist who emulates John Fogerty's distinct vocals, to capture the unique CCR sound.

April 2: "Three Legends in Concert". Catch music legends Normie Rowe AM, Dinah Lee and Jade Hurley OAM together for one show only.

April 10: "Glamazonia". Australia's favourite showgirl, Rhonda Burchmore, celebrates 40 years from stage to jungle with her dazzling new show.

April 20: "Cinderella". The Metropolitan Opera presents a new instalment in its series of abridged opera adaptations for family audiences - a 90-minute English version of Massenet's Cendrillon.

April 23: "The World of Musicals". This concert has graced stages across the globe and features a world-class ensemble of multi-talented performing artists who exquisitely recreate classic hits, fused with emotive ballads, big-screen anthems and iconic show tunes. Think "The Phantom of the Opera", "Les Miserables", "We Will Rock You", "Sister Act" and many more.

Land this prized catch

WITH A RESORT LOCATED NEAR WONDERFUL WATERWAYS, IT'S ONLY FITTING THAT WE'D CAST THE NET A LITTLE WIDER FOR A 'WELCOME HOME' GIFT FOR OUR NEWEST HOMEOWNERS THIS YEAR.

Homeowners who buy a brand new Palm Lake Resort home are always delighted by their luxury new digs, complete with architectural design details and premium fitting and fixtures. But in 2022, there's even more reason to celebrate your new home purchase. When buying into Beachmere Bay, homeowners will land a prized catch: a \$30,000 boat package!

Among the details of this 'reel deal', homeowners will enjoy their very own 4.57m Quintrex 430 'Fishabout' model complete with a 40hp Mercury 4-stroke on the back, all packaged up on a Telway alloy trailer, as pictured here.

Here are some of the further inclusions in this great boating package:

- **Bimini top**
- **12 months' registration on the boat and trailer**
- **12 months' insurance**
- **Marine M50 battery and switch**
- **Navigation lights**
- **Bilge pump**
- **Rear boarding step**
- **Anchor well**
- **Standard inshore safety gear package**
- **White painted finish, with decals**

Quintrex says the interior of their Fishabout boats is designed with a car-like layout and dash with "maximum space for days of fishing, cruising, skiing and diving or everything combined".

"Their large open deck area is perfect for family boating and the wrap around windscreen keeps out the weather. Get set for fun and adventure aboard your Quintrex runabout!" Quintrex says.

This package is worth \$30,000 and is yours FREE with your new home purchase before June 30, 2022*.

To find out more about how to land this prized catch, phone our Sales Information Centre on 1800 501 119.

**FREE \$30,000
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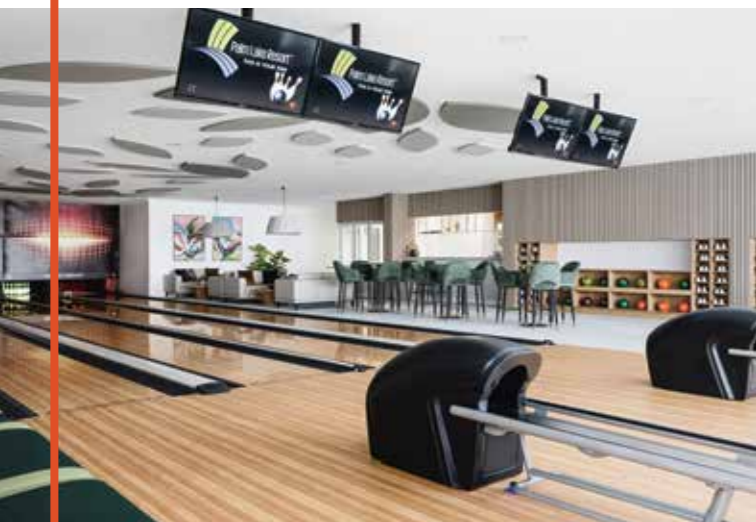
T&Cs apply

Walk through our new Horizon

HORIZONS COUNTRY CLUB IS LIVING UP TO EXPECTATIONS - BRINGING OUR NEWEST RESIDENTS TOGETHER WITH OUR LONGER-TERM HOMEOWNERS FOR SOCIAL AND SPORTING FUN! JOIN US AND TAKE A WALK THROUGH THIS FABULOUS NEW FACILITY...



Three resort
Country Clubs -
and counting!



Set up for success

PEOPLE ALL OVER THE WORLD HAVE BECOME A LOT MORE FAMILIAR WITH WORKING FROM HOME IN THE PAST FEW YEARS – SOME PALM LAKE RESORT RESIDENTS INCLUDED. HAVE YOU EVER THOUGHT ABOUT SETTING UP YOUR HOME'S SECOND (OR THIRD) BEDROOM AS AN OFFICE? WHETHER IT'S A BASE FOR YOUR BUSINESS OR JUST A DEDICATED PLACE TO GET THOSE HOME ADMINISTRATION JOBS SORTED, HERE'S HOW...



Purge

Before you embark on your office set-up, you need to cull anything you don't need anymore. Be ruthless about the things you hold onto and go digital wherever you can. For example, your smartphone probably has a built-in scanner, so use that instead of finding space for a dedicated desktop scanner. Once you've found a home for everything, invest in a good labeller. Think ahead: which trays, baskets or bins are likely to fill up first? Should you make that one bigger, or commit to culling it more often? Remember that decluttering isn't a 'one time and done' task – you'll need to embark on regular decluttering missions in the future; the aim of your first big one is to make the rest relatively simple.

Feng shui

What if we told you that the way you configure your office could contribute to your productivity? The goal of feng shui is to use energy to harmonise us with our surrounding environment, and there are certain feng shui rules that you should keep in mind when organising your office. Removing clutter – including hiding cords, doing paperwork daily and keeping 50 per cent of your desk space clear – is one example, but you can apply feng shui to how you configure your office furniture, too. You should be able to see the door from your chair, putting you in a powerful, commanding position, and if you are planning to share your office and have two chairs, avoid sitting back-to-back or face-to-face. Where possible, avoid furniture with sharp edges and leave plenty of space between desks for energy to move slowly around your office.

Ergonomics

Tight neck? Sore wrists? Achy lower back? Sounds like you could use a lesson in ergonomics – and don't worry, you're not alone. Fifty per cent of Aussie workers have jobs that require full or part-time desk work, and studies show that most of us aren't sitting correctly. Find your natural posture by pushing your chair away from your desk and sitting comfortably; your feet should be on the floor in front of you, your shoulders relaxed and your behind should be... well, behind you. This position is the foundation for building an ergonomic desk – from here, your keyboard should be one to two inches above your thighs, your screen should touch the tip of your middle finger and your chair should support your back comfortably. And don't forget to get up and move around regularly.

Colour therapy

Whether or not you believe in colour therapy, there is plenty of science to show that colours can have a psychological impact on our minds and the way we work. You don't have to go out and paint all of the walls in your office – instead, invite the following colours (and their psychological benefits) into your office with rugs, wall art, stationery and more, for example.

- Blue is ideal for staying focused – particularly in repetitive industries. Accountants, this is your colour.
- Yellow stimulates emotion, evoking feelings of happiness and brightening spirits. It's a perfect colour for those who work in the creative industries.
- Green is the colour of balance, calm and reassurance. Lawyers and financial workers should 'go green'.



Weekly activities

MONDAY		
8.45am	Diet Club	Ocean Breeze Lounge
9am	Photography Club	Craft room
9am	Outdoor Aqua	Lap Pool, near Gym
9am	Choir	Horizons CC
9.30am	Calligraphy	Art Room
12.30pm	Cards	OBCC
12.30pm	Men's Cards 500	OBCC
12.30pm	Patchwork Group	Craft Room
12.30pm	Knit & Natter	Oasis Lounge OBCH
4pm	Line Dancing (Begin.)	SBCC
5pm	Line Dancing (Advance)	SBCC
7pm	Scroungers	Bowling Green
TUESDAY		
7am	Men's Bowls	Bowling Green
9am	Pottery	Pottery room
9.15am	Light & Easy	SBCC
11am	Tai Chi	OBCC, upstairs
12.30pm	Rummikub 500	OBCC
1pm	Art Group	Art Room
1pm	Card Making/Scrap-booking	Craft Room
1.30pm	Billiards/Pool	SBCC
2pm	Dementia Support	Oasis Lounge, OBCC
WEDNESDAY		
7.30am	Golf	Coral Cove Resort
8am	Pilates	OBCC
9am	Line Dancing (Advance)	SBCC
9am	Yoga	
9.45am	Aqua Aerobics	SBCC
12.45pm	Mah-jong (Beginners)	SBCC
1pm	Bingo (fortnightly)	OBCC
1.30pm	Billiards/Pool	SBCC
1.30pm	Mixed Bowls	Bowling Green
4pm	Tennis	Tennis courts
7pm	Table Tennis	OBCC

THURSDAY		
7am	Men's Bowls	Bowling Green
8.30am	Ladies' Bowls	Bowling Green
12.30pm	Canasta – Hand & Foot	OBCC
1pm	Tenpin Bowling (on bus)	Bundy Bowl
1.30pm	Light & Easy	OBCC, upstairs
1.30pm	Billiards/Pool	SBCC
2.30pm	Indoor Carpet Bowls	SBCC
7pm	Movie Night	Cinema
FRIDAY		
7-11am	Gym Instruction	Milon Gym
8.30-10am	Line Dancing (\$5 Fee)	SBCC
9.15-11am	Choir	Cinema
10am	Table Tennis	SBCC
12.45pm	Mah-jong (Advanced)	SBCC
1pm	Mixed Bowls	Bowling Green
1pm	Afternoon Movie	Cinema
1.30pm	Billiards/Pool	SBCC
4.30pm	Night bowls	Bolwing Green
	Happy Hour	Oasis Bar
SATURDAY		
7am	Bowls	Bowling Green
12.30 pm	Cards	OBCC
1pm	Cards (5 Crowns)	SBCC
1pm	Indoor Carpet Bowls	SBCC
1pm	Bowls (Self-select pairs)	Bowling Green
1.30pm	Billiards/Pool	SBCC
6pm	Evening Movie	Cinema
SUNDAY		
8am	Tennis	Tennis Courts
9.30am	Table Tennis	SBCC
1.15pm	Mixed Bowls	Bowling Green

*Subject to change without notice. Information correct as at January 2022. If there are any changes to days/times please notify our Caretakers.

Five fun ways to celebrate Easter



EASTER IS ALL ABOUT FAMILY, DELICIOUS FOOD AND CELEBRATION. WHETHER YOUR GRANDKIDS ARE COMING TO TOWN, YOU'RE HEADING OUT TO VISIT THEM, OR YOU'RE ENJOYING A MORE LOW-KEY EASTER CELEBRATION AT HOME, HERE ARE A FEW WAYS YOU CAN SPEND THE LONG WEEKEND.

Easter baking

Baking is one of those skills that is passed on from grandparent to grandchild. With all the extra chocolate going around, this is a great time of year to get your grandkids in the kitchen. Choose simple recipes (with minimal sharp knives and hot surfaces) if you're working with younger kids, or consult your recipe archives to pass on a family favourite if you feel your grandchildren are old enough. The easiest dish to make with children is definitely rocky road – see the opposite page for a simple recipe.

Get giving

Christmas is usually associated with gifting, but who says you can't give out Easter presents, too? The perfect alternative to chocolate (should your gift recipient have allergies or dietary requirements) your Easter gift might include a baked treat, a small card, a cute decoration or craft item or even some potpourri or homemade soaps. If the grandkids are in town, have them help you assemble these small gifts and deliver them around the resort.

Fun crafts

Everyone loves a good craft activity, and Easter is full of inspiration. Why not make a small nest for some faux

baby chickens or Easter basket for your next resort egg hunt? For something a bit more functional, why not make beautiful homemade cards to help you spread the love around your resort? The internet is full of inspiration for Easter crafts of all kinds.

Decorate

Decorating your home is a great way to get into the Easter spirit! Soft pastel tones are the obvious choice, but you could play with fresh flowers and greenery to liven things up a bit too. If you're hosting Easter brunch, lunch or dinner, it's all about your table setting. Light colours will be your best friends, as will natural textures like wicker, rattan and straw. Balance them out with gleaming glass and silverware, add some fresh florals and a beautiful spread and you're sorted.

Sunday fun

How do you spend Easter Sunday itself? Maybe this year is the year to try a new tradition? If you're spending it with your grandchildren, you could start the day with a special Easter breakfast followed by an egg hunt (utilising those baskets they made, of course!). Grandchildren or no grandchildren, you could also spend the day playing fun board games, relaxing with a good book and a cup of tea, or enjoying some time outdoors. Your traditions are exactly that – yours.

Recipe: Rocky road

Ingredients:

- 100g biscuits, roughly crushed
- 400g dark chocolate, chopped
- 200g milk chocolate, chopped
- 200g strawberries and cream sweets
- 250g pink and white marshmallows, quartered
- 100g milk chocolate hollow eggs
- 100g slivered almonds, toasted (or peanuts, optional)

Method:

1. Line a 20cm square cake pan with baking paper, leaving sides to overhang.
2. Place dark and milk chocolate in a heatproof bowl over a saucepan of simmering water. Stir with a metal spoon until melted and smooth. Remove from heat.
3. Reserve some of the marshmallows, sweets and Easter eggs for decorating. Stir the remaining ingredients into the chocolate until combined.
4. Spoon mixture into pan. Top with reserved sweets and Easter eggs, pressing them into the chocolate. Chill for two hours or until set.
5. Remove from pan by lifting out paper. Cut into pieces to serve.

Caretakers' column

Hello again to you all,

What a fabulous start to 2022! Even though some restrictions came into place over the holiday season, we were all still able to get around our beautiful resort and enjoy events and activities among friends. The residents of Palm Lake Resort Bargara have hit the ground running this year, full of enthusiasm and eager for all the upcoming events.

Our amazing four-lane tenpin bowling alley, in our beautiful new Horizons Country Club, has become the "place to be". So many residents are enjoying this newest addition to our facilities list, and are happily playing socially between each other, with visiting family and friends, or simply just strolling over to get a few training sessions in. The newest facilities have been so popular that our wonderful residents have already organised an event with fellow Palm Lake Resorts for a visiting weekend or two, of ten pin, tennis and bowls - so it'll be an "us versus them" event for the months of March and April (cheerleading squads may even be on the cards!). Hopefully, it might become a reoccurring event, with regular dates and even more games and groups joining in.

In mentioning the fun stuff, we cannot go past congratulating our newly formed resident band. These wonderfully talented people have come together to form an amazing band - they're all very talented musicians and vocalists. They rehearse each Monday for approx. five hours and enjoy playing for their fellow residents and friends. We heard their first performance was an absolute success and was very well attended, with dancing well into the evening!

With so many facilities available, activities each week and upcoming events planned, we anticipate a very busy year ahead. How good is over-50s resort living?!

Until next time, keep smiling and enjoying life!

Wayne & Aileen
Resort Caretakers



Get your FREE BOAT!

Yes, it's true! With so many of our resorts located near wonderful waterways, it's only fitting that we'd cast the net a little wider for a 'Welcome home' gift for our newest homeowners. From now until June 30, 2022, Palm Lake Resort is giving away a Quintrex aluminium boat, valued at over \$30,000, FREE with any new home purchased! To find out more about how to land this prized catch, phone our Sales Information Centre on 1800 501 119



**FREE \$30,000
boat with your
new home!**

T&Cs apply



Palm Lake Resort Bargara
Freecall 1800 501 119 / 24 Rifle Range Rd, Bargara QLD 4670

THE BEST IN OVER-50S LIVING. THIS IS YOUR TIME.
pallmlakeresort.com.au