

The Reef

May - June 2023



Flametree fave

Our Flametree home design makes it easy to enjoy the 'Sunshine State' lifestyle. Alfresco dining, soaring ceilings, it's all here...

Meet our newest big blue bows

Meet your newest neighbours - those people who've just enjoyed their 'big blue bow' moment

Salon service, right here

Our new salon is a real beauty - have you enjoyed the convenience of this slick new on-site gem?



Welcome



Hello all - Welcome to another edition of our Palm Lake Resort Bargara community newsletter, *The Reef*.

We are proud to say that this current project is coming to an end now that our 130 homes are almost all sold - did you know that we only have 10 properties left to sell? These remaining homes are all designs offering an RV garage - they've proven to be popular options for those of you who enjoy your weekends and spare time either on the road in your caravan or motorhome, or out on the water in your boat or other watercraft. RVs of all shapes and sizes really add a wonderful element to their owners' lifestyle - and we know how 'big' our Palm Lake Resort homeowners generally like to live!

You will have noticed that the gardens at the newest resort entry gates have been completed and the area is looking amazing - a lovely welcome to those who pass through there. We are just now patiently waiting for the sleeves to come off the palm trees. A lovely walking track has also been completed, adding even more convenience to those who utilise it. On the whole, I can say that this project really has been a great one to work on. And I know our newest homeowners will agree that they now live in one of Queensland's best locations!

Don't forget that if you are a Palm Lake Resort Bargara homeowner who has a friend or family member who loves visiting you here, we offer a 'Refer a friend' incentive. You could earn fast cash for referring that person to our office, when they complete their purchase. With those 10 homes the last remaining, now is the time to secure a Palm Lake Resort lifestyle for your loved one and a cash bonus for yourself. If you'd like more information about this promotion, simply drop into our Sales Information Centre and speak to one of the team.

Enjoy the read!

**Sandy Martin and the Sales Team,
Palm Lake Resort Bargara**

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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

Street address:
24 Rifle Range Road,
Bargara QLD

Hours: 9am-4pm,
seven days a week

Email: salesbargara@
palmlake.com.au

Find us online at:
palmakeresort.com.au

Get social:
Follow us on Facebook
(@palmakeresort)
and also on Instagram
(@palm.lake.resort)

News briefs



Autumn edition, out now

The Autumn 2023 edition of our quarterly company magazine, *Your Time*, is circulating our country. Have you received a copy in your mailbox yet? If not, you can always check it out at palmakeresort.com.au (from the home page, simply click on the 'News' tab). In this current edition, we celebrate all things people. Did you know that 10,000 people call a Palm Lake Group address home? You'll get to meet some of our longer-term homeowners and staff in the pages. You can also walk through some of our latest construction projects at Forster Lakes and Willow Lodge, read recipes from our residents at Beachmere and catch up on all the Palm Lake Group company news.

Get social, with us

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @palmakeresort
Instagram: @palm.lake.resort

Refer a friend to 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.

Roll up, roll up!

After taking over Kingaroy in 2019 and Dalby in 2021, the big biennial Palm Lake Resort inter-resort bowls comp is back in 2023! Organised by Palm Lake Resort Bargara homeowner Joy Williams, this year's event will take over Biloela Bowls Club and it's officially time to get your nomination forms in.

"If you are expecting big prizemoney and serious competition, this is not for you," she smiles.

As Joy explains, this is a friendly, social event for any likeminded Palm Lake Resort homeowners based in Queensland. The week will kick off on Monday, August 28, with a meet and greet at the Bowls Club, followed by three days of bowls and a presentation dinner on Thursday, August 31. Games will consist of teams of three players, playing three bowls each over 15 or 17 ends (depending on the number of teams that nominate).

If previous years are anything to go by, while there will be loads of on-green action, the off-green fun will prove to be just as good! To refresh your memory, the last time this event was held in 2021, we had a dual-resort winning team (a combination of players from two locations - two from Beachmere and a third from Bargara). This winning team was a literal representation of what Palm Lake Resort is all about - likeminded people coming together to support one another and enjoy a shared interest.

"These comps not only showcase what Palm Lake Resorts are all about to these small towns, but bring together likeminded residents in a social environment in smallish towns that need visitor support to thrive. The dollars we bring into these towns does not go unnoticed," Joy says.

Nominations close July 31 or earlier if rinks are filled. Camping and accommodation options, as well as nomination forms, are all available direct from Joy on 0409 792 912 or email her at bundabergjoy@gmail.com



Flame Tree RV: The 'great' outdoors

SOARING CEILINGS AND ALFRESCO ENTERTAINING FOR DAYS... IT'S LITTLE WONDER THAT OUR FLAME TREE RV HOME DESIGN IS A FAVOURITE AMONG THOSE WANTING AN AUTHENTIC 'SUNSHINE STATE' LIFESTYLE.

With our Flame Tree RV home design, there's no doubting that wonderful feeling of space. It starts at the very front, with an impressive four-car garage that also offers an extra-high opening so you can drive your RV in with ease. Head to the back and you'll find a spacious deck that extends the full width of this home, providing plenty of alfresco dining and entertaining options. It's the Queensland way of life, right?!

With its high skillion roof combined with large glass sliding doors, Flame Tree RV homeowners enjoy bright sunny spaces inside their home and that wonderful feeling of open-plan living by being seamlessly connected to their breezy back deck. There's direct access to the back deck from the living area as well as the master bedroom. And, of course, you get all those luxury home inclusions, fittings and fixtures that come standard at Palm Lake Resort. When you talk about "the great outdoors" RV lifestyle, this home literally offers it all.

Want more info? Our floor plans are online at pallmlakeresort.com.au or simply FREECALL our Sales Information Centre on 1800 501 119 to speak with one of our team members.

MEET FLAMETREE RV

235.09sqm /
25.3 squares

Two bedrooms
Activity room
Two bathrooms
Four-car garage



Welcome home!

Big blue bows

WE LOVE A BIG BLUE BOW HERE AT PALM LAKE RESORT BARGARA – IT MEANS THERE'S ANOTHER LUXURY NEW HOME THAT'S BEEN CLAIMED BY A LUCKY NEW HOMEOWNER OR TWO! WELCOME TO YOU ALL!



Cathy & Trevor



Christine & Gordon



Doug & Del



Ken & Vicky



Mick & Barbara



Nicky & John



Sue & Garry



Tony & Jan



Trish & Bill



Looking great, feeling fab!

FOR PALM LAKE RESORT BARGARA HOMEOWNERS, THERE'S NO EXCUSE NOT TO LOOK AS GREAT AS YOU FEEL IN YOUR LUXURY NEW HOME, ESPECIALLY NOW THAT TRACY GABLE HAS COME TO TOWN!

Tracy is the hairdresser tasked with managing our recently extended and renovated on-site hair salon. It's a modern and welcoming space, befitting the resort it calls home.

With a fully professional fit out now featuring even more styling chairs and more basins, Tracy's clients are forgiven for thinking they're in a big-city hairdressing salon when, in fact, they are just a conveniently short stroll from the own front door!

Tracy has been working at our Palm Lake Resort Bargara salon since January and brings with her more than 40 years of hairdressing experience. She's owned and operated eight salons over the course of her career across Brisbane, Bundaberg and Bargara.

Tracy offers all types of hairdressing services and tells us that even after four decades, she doesn't have a



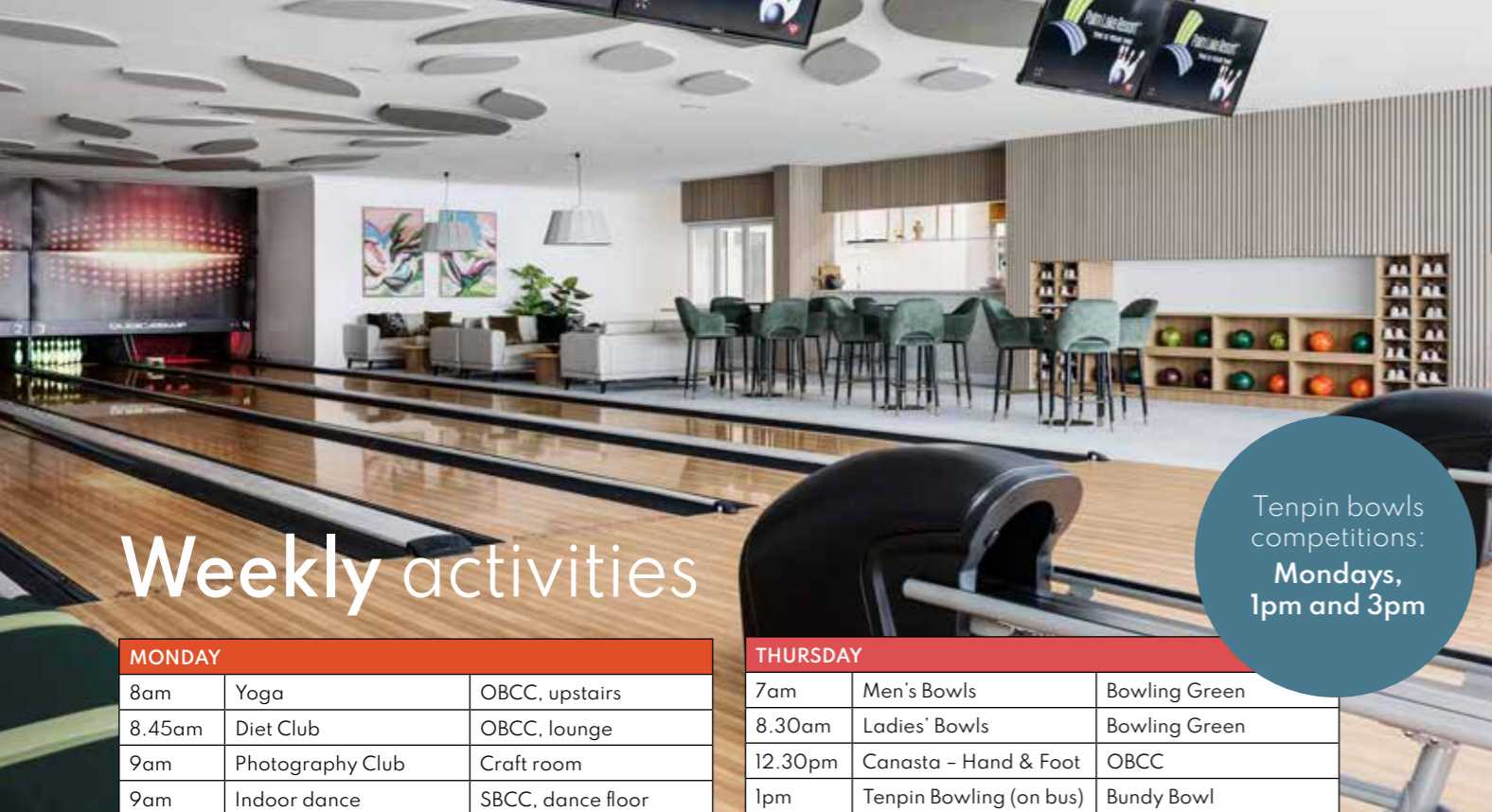
favourite or a speciality service - she enjoys helping her clients look and feel special however they need her to.

"I can do everything - cuts, colours, perms, foils, streaks, even facial waxing and tinting - whatever they need," she says. "It's a lovely salon. We also have a retail space if anyone needs product."

And did you know that when Tracy's not tending to her hairdressing clients, she runs an alpaca farm called 'Weowna Homestead' at Gin Gin - hers is definitely an interesting life!

Palm Lake Resort Bargara homeowners can phone Tracy direct on 0437 715 187 to make a salon appointment (friends and family are also welcome to book with a Palm Lake Resort homeowner).

Tracy's salon hours are Tuesday, Wednesdays and Thursdays, from 930am-330pm, although she says she is flexible. You can find the newly extended and renovated salon over near the resort tennis courts.



Weekly activities

Tenpin bowls competitions:
Mondays, 1pm and 3pm

MONDAY		
8am	Yoga	OBCC, upstairs
8.45am	Diet Club	OBCC, lounge
9am	Photography Club	Craft room
9am	Indoor dance	SBCC, dance floor
9am	Choir	HCC, outside
9am	Fun Tenpin Bowling	HCC, Kingpins
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	OBCC, Oasis Lounge
1pm	Pool/billiards	SBCC
1pm, 3pm	Tenpin bowling comps	HCC, Kingpins
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
1pm	Pool/billiards	SBCC
2pm	Tenpin bowling	HCC, Kingpins
2pm	Dementia Support	OBCC, Oasis Lounge
7pm	Movie	SBCC, Theatre
WEDNESDAY		
7.30am	Golf	Coral Cove Resort
8am	Pilates	OBCC
9am	Line Dancing (Advance)	SBCC
9.45am	Aqua Aerobics	HCC, pool
12.45pm	Mah-jong (Beginners)	SBCC
1pm	Bingo (fortnightly)	OBCC
1pm	Pool/billiards	SBCC
1.30pm	Mixed Bowls	Bowling Green
4pm	Tennis	Tennis courts
7pm	Table Tennis	SBCC

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
1pm	Pool/billiards	SBCC
1.30pm	Light & Easy	OBCC, upstairs
2.30pm	Indoor Carpet Bowls	SBCC
7pm	Movie Night	SBCC, Theatre
FRIDAY		
7-11am	Gym Instruction	Milon Gym
8.30-10	Line Dancing (\$5 Fee)	SBCC
9.15-11am	Choir	SBCC, Theatre
10am	Table Tennis	SBCC
12.45pm	Mah-jong (Advanced)	OBCC, upstairs
12.45pm	Afternoon Movie	SBCC, Theatre
1pm	Mixed Bowls	Bowling Green
1pm	Pool/billiards	SBCC
4.30pm	Night bowls, triples	Bowling Green
	Happy Hour	Oasis Bar
SATURDAY		
7am	Bowls	Bowling Green
12.30pm	Cards	OBCC
1pm	Cards (5 Crowns)	SBCC
1pm	Indoor Carpet Bowls	SBCC
1pm	Bowls, Self-select pairs	Bowling Green
1pm	Pool/billiards	SBCC
6pm	Evening Movie	Theatre
SUNDAY		
8am	Tennis	Tennis Courts
9.30am	Table Tennis	SBCC
12.45pm	Mixed Bowls	Bowling Green
1.30pm	Afternoon movie	SBCC, Theatre
EVERY WEEK DAY (excluding weekends)		
6.50am	Walk, walk, walk	SBCC, Dance Floor

OBCC = Ocean Breeze Country Club
SBCC = Sea Breeze Country Club
HCC = Horizons Country Club

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

Caretakers' notes



Welcome to another edition of The Reef. We can't believe where the time has gone. It has been great seeing so many of our wonderful homeowners enjoying the fantastic facilities we have here at Palm Lake Resort Bargara.

Our Social Committee have held a few wonderful events with plenty more to come. The resort Triathlon was a great hit and although we could not be there for the entire event, we managed to pop in to see how it was going and it looked to be a great success. Without the wonderful volunteers who organise and assist with the running of these events, they would not be possible, so we would like to thank them all for volunteering their time. It is a lot of hard work running these events, so we would like you all to know your efforts are greatly appreciated.

We love seeing so many smiling faces attending our lunch and dinner services. The positive feedback we have had about the meals since we have been here has been well received, and we know our wonderful hard-working staff all love hearing the great feedback. A special mention to our kitchen team (Sharon, Amanda and Shella) who work tirelessly to present fabulous meals for our homeowners four times a week.

It has been a pleasure to welcome so many new homeowners to our beautiful resort. We are lucky to be able to meet every new neighbour when they move in on handover, and it is something we look forward to. We do understand moving day can be quite stressful for some, so we try to make the transition to resort life as easy as possible. Trying to remember everyone's names is still a challenge for us both, but we are sure in time it will become easier. Again, we would like to take this opportunity to welcome our new homeowners - we are sure you will settle in well.

What a wonderful place we live in. Since we have been here, we have had a little time to explore the Bargara/Bundaberg area. From the beaches and the macadamia farms, to the Rum Distillery and Ginger Beer factory, there is always something new to explore. We feel privileged to be able to live and work in such a beautiful part of the world. The welcoming we have had from many wonderful homeowners is a warm reminder of how lucky we are to experience not only our wonderful resort and the physical surrounds, but its community too. Thank you to our fantastic team and homeowners who make Palm Lake Resort Bargara such a wonderful place.

Until the next edition, take care.

Enza and Mark
Palm Lake Resort Bargara



Pictured top: Around the resort grounds. Our lush tropical gardens help make it feel like we're on holidays every day. **Pictured middle:** With so many great facilities available right here on-site, you don't really need to leave. But when you do, our resort buses can help take you there. **Pictured above:** Sharon, Amanda and Shella know exactly how to impress our homeowners during weekly meal sittings - yum!

Puzzle power.

DON'T THINK OF A BOX OF JIGSAW PUZZLE PIECES AS A TIME-CONSUMING CHORE - IT'S ACTUALLY AN ACTIVITY THAT WILL PROVE MORE BENEFICIAL THAN YOU THINK.



Building jigsaw puzzles is a pastime that spans the generations. You might remember your own children, as babies and toddlers, joining a handful of large format puzzle pieces to make a simple picture. As they grow, the pieces get smaller, the image gets more detailed and number of pieces in a box rises through the hundreds and eventually, into the thousands.

Building puzzles as a fun family activity can also 'join' you in other ways - the bonding experience and time shared is invaluable. Jigsaw puzzles should definitely be on the activity list when the smallest members of your family come and visit or stay. However, building jigsaw puzzles in the latter years of life, and especially so with likeminded friends, actually has more benefits than you'd think.

Here are just some of them:

1. Left brain meets right brain to prevent cognitive decline

Puzzles are a whole-of-brain activity as they exercise both the right and left sides. Our brain's right side sorts creativity, emotion and intuitive thinking while the left side is the logical, objective and methodical side. When you complete a puzzle, both sides communicate and work together, increasing cognitive function. The occipital lobe is the area where the brain connects colours and shapes and it is also activated during puzzle building. Exercising the mind helps prevent cognitive decline.

2. Memory improvement

Picking up a puzzle piece and scanning the rest of them for a match strengthens neural connections and increases the generation of new connections. This, in turn, increases mental speed and thought processes. You've also got to be visualising the completed image, but in small sections, and when you exercise the part of the brain in charge of storing this kind of information, you're also working a muscle that will ultimately improve your short-term memory.

3. Problem solving and IQ increase

It's true. You can actually become smarter by completing puzzles - and there's research to prove it. A group led by Dr Susanne Jäggi at the University of Michigan found that spending just 25 minutes a day solving puzzles can raise your IQ by four points. Nice. Beyond the brain boost, these enhanced problem-solving skills can be transferred and applied to other areas of life to make you more innovative and adaptive as well as a more critical thinker.

4. Mood enhancement

Solving puzzles increases the brain's production of dopamine. This neurotransmitter is responsible for regulating mood and optimism. It also affects learning, memory, concentration and motivation. Dopamine is released every time we put a puzzle piece in the right

Jigsaw puzzle at, \$26.95, templeandwebster.com.au

Kmart puzzle sorting trays, \$10, kmart.com.au



Deluxe jigsaw puzzle board and zip-up storage/carrier (for up to 1000-piece puzzles), \$73.99, theboardgamer.com.au



place. This encourages us to challenge ourselves and continue to find more and more puzzle-piece matches (many of us know that feeling of becoming 'addicted' to completing a puzzle and finding it hard to walk away from an uncompleted one!).

5. Decreased stress

This occurs through the meditative process of completing a puzzle. When assembling a puzzle, our brains go from 'beta' (or awake) to a state of 'alpha' (which is similar to the state we are in when we are dreaming). This shift in consciousness comes with many benefits, including improvements in mood and self confidence, lower blood pressure and heart rate, as well as stress relief.

But wait, there's more...

6. Better visual-spatial reasoning
7. Greater attention to detail
8. Increased productivity
9. Delaying symptoms of dementia and Alzheimer's
10. Better ability to collaborate and work in a team.

If you don't have your own puzzles or have done them so many times that you know them too well, head to our resort library and check out the collection there. And here's a nifty idea: Similar to a Book Club, you could even round up some likeminded puzzle-lovers here within our community and share resources or, more importantly, join forces and puzzle together regularly. Now that sounds like fun!



Do your friends love it here, too?

We know your friends love coming to visit your Palm Lake Resort Bargara 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 home, you'll receive up to \$500* cash. Easy!

\$500*

cash bonus simply for referring a friend!

For more info or to refer your friend, FREECALL 1800 501 119. *T&Cs apply

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



10,000 REASONS TO CELEBRATE

With more than 45 years' history, did you know that 10,000 people call a Palm Lake Group address home? We are celebrating this milestone in 2023 by giving you \$10,000 off the purchase price of your new Palm Lake Resort home PLUS we'll throw in another \$10,000 worth of home upgrades. Come join our 10,000-strong community in 2023. Welcome home.

\$10,000
OFF YOUR NEW HOME*

+

\$10,000
TOWARDS UPGRAGES*

*Terms and conditions apply



SALES INFORMATION CENTRE OPEN 7 DAYS | FREECALL 1800 501 119
salesbargara@palmlake.com.au | 24 Rifle Range Rd, Bargara QLD 4670

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palmakeresort.com.au