

MAY - JUNE 2025



The Reef



Winter immunity boosters

The colder weather is approaching so it's time to up the ante with these natural immunity boosters

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for fast cash



Welcome.

Wow - how the months are flying by! Welcome to another edition of 'The Reef' - your resort newsletter and update on all things happening at Palm Lake Resort Bargara. We would like to start by sharing with you some exciting news: Kaine has been appointed the position of Assistant Caretaker! If you see him around the resort grounds, make sure to congratulate him.

In recent months, we have had Poolwerx attend weekly to service the pools and spas within our resort, and they have now finished the first stage of upgrades to bring the pools and spas up to a higher standard of chlorination and sanitisation. We look forward to continuing to work with them and to get Stage 2 approved for some additional upgrades to be done. On the topic of maintenance, coming into the cooler months, we will commence mulching the gardens around the resort.

As you may know, we have a newly appointed Residents' Committee and would like to welcome them all. We look forward to working with them in the future:

- President – Lyn Tate (Home 426)
- Vice President – Julie Thompson (Home 375)
- Treasurer – Dean Murray (Home 405)
- Secretary – Sue Wright (Home 494)
- Committee Member – Trevor Barrett (Home 478)
- Committee Member – John Murfett (Home 143)
- Committee Member – Bernie Bainbridge (Home 414)
- Committee Member – Marianne Alhovirta (Home 409)
- Committee Member – Warwick Baxter (Home 509).

Until next edition, take care.

Michelle and Michael,
Palm Lake Resort Bargara Caretakers

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.

Contact us.

Looking for more information about Palm Lake Resort Bargara?
Here's how you can reach us:

FREECALL: 1800 501 119

SALES OFFICE ADDRESS:
24 Rifle Range Road, Bargara QLD

CARETAKERS' OFFICE ADDRESS:
39 Wearing Road, Bargara QLD

OFFICE HOURS:
Monday-Friday, 8am-3pm.
Resident hours, 9am-11am (outside of these hours by phone or appointment).

EMAIL:
bargara@palmlake.com.au

ONLINE: Visit our website
palmakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@palmakeresort) and on
Instagram (@palm.lake.resort)



News in brief.

Office closure

Please note that the Caretakers' office will be closed on Thursday, May 29 for the Bundaberg Show holiday. We hope you all enjoy your show day holiday!

Don't forget to check your speed

Please remember the speed limit around our community grounds is 10km/h. It is not hard to keep your foot off the accelerator so please keep an eye on your speed as it is very easy for someone to have a mishap. Please slow down - and make sure to remind your visitors and/or invited tradespeople to do the same.

Looking for care?

There are limited vacancies at Palm Lake Care Bargara available now. Vacancies come and go quickly and Palm Lake Care prioritises Palm Lake Resort homeowners and their families. If you have someone needing high quality 24-hour nursing care in this award-winning community, FREECALL Care Solutions on 1800 24 66 77.



Get social with us!

Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@palmakeresort) and also over on Instagram (@palm.lake.resort) to see what's happening right across our dozens of Palm Lake Resort locations. We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both social platforms (@palm.lake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!

What's on around Bargara, and beyond

Here's a snapshot of some events happening in our region in the coming months. Weather-wise, it's a great time of the year to get out and explore...

- **May 16:** Robertson Brothers 60's TV Variety Show at the Moncrieff Entertainment Centre. Geoff and Ben Robertson are your charming and cheeky hosts for this nostalgic night of entertainment as they pay tribute to the musical giants of the 1960's – The Beatles, Petula Clark, Del Shannon, Beach Boys, The Hollies, Bee Gees and the Everly Brothers.
- **May 17:** Heritage Car, Truck, Bike & Machinery Show, 9am-2pm, at Bundaberg Recreational Precinct. This is an annual event run by the Bundaberg Vintage Vehicle Club Inc
- **May 28-30:** Bundaberg Regional Show. The perfect family fun day out. Visit www.bundabergshow.com.au
- **June 6:** 2025 Seniors Lifestyle and Care Expo, 9am-1pm, at Bundaberg Recreational Precinct, University Drive, Branyan
- **June 21:** The Beach Boys Experience tribute show at the Moncrieff Entertainment Centre.
- **June 28-July 13:** Queensland state school holidays
- **July 4-6:** Bundaberg Volunteer Marine Rescue Fishing Classic, all in aid of VMR Bundaberg. Visit www.vmrbundabergfishingclassic.com.au
- **July 5:** The Music of Peter Allen at the Moncrieff Entertainment Centre.

Refer a friend, earn cash

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 Palm Lake Resort home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.

Winners and losers.

SUNDAY, MAY 4, SAW OUR ANNUAL PALM LAKE WORKS/SALES TEAM SPONSORED LAWN BOWLS EVENT HELD FOR ANOTHER YEAR.

We had a full turn out on the day, with 82 bowlers involved. There were four teams of winners who each received a \$25 voucher and then four teams of 'losers' who each received a \$15 voucher.



Pictured above, from left: Our full house! Wendy, Cathy and John (Winners); and Shirley, Patrick and Helen (also Winners).



ROLL UP,
ROLL UP.



ANOTHER GREAT AFTERNOON OF BOWLS WAS NOTED IN MARCH, SPONSORED BY CLEAR OPTOMETRY.

It was nice to have Geoff and Glenda (pictured above) on hand to present the lucky winners with their prize money. Three winning teams drawn out of the hat included Sandra, Richard and Ann, as well as Mal, Joan and Rob, along with Terry, Merv and Brian. The three losing teams drawn out included Geraldine, Jim, Colleen and Faye, along with Rod, Pamela and John, and also Fred, Patrick and Colleen (absent). A huge thanks to all those who give their time and energy - including our Clear Optometry sponsors - to make these days such a success!



TO BE
SURE. TO BE
SURE!

50 shades of... green!

WELL, WE ASKED FOR GREEN AND EVERYONE DELIVERED. WHAT A FUN NIGHT WAS ENJOYED BY ALL FOR ST PATRICK'S DAY THIS YEAR!

Illness prevented the pizza van from attending but hats off to Marianne for suggesting we ask the RFL. A huge shout-out to these wonderful volunteers for cooking up a storm for us all at such short notice! What an amazing community we all share. Speaking of great people, we enjoyed plenty of Irish entertainment. Our PLR Choir, together our own Barnacles lead the sing-along. Our Irish Line Dancing Ladies danced up a storm and the Barnacles sang some great Irish ballads. Oh, and the tasty green beverages served by our amazing Horizon's Bar volunteers went down a treat! My wonderful husband Lloyd spent hours setting up and taking down all the sound equipment - again! Thank you to Lloyd. This was the first function organised by our new Social Club Sub-Committee and they have shown that we can all be confident of a great year ahead. And to all our many homeowners who attended and made the night such a success, we thank you!



Pictured above, from left: Eddie, Tony and John (Winners); John, TD (Terry) and Rod (Winners); Laurie, Terry and Bruce (Losers).



Pictured above, from left: Greg, Alan and Ray (Losers); Lynette, Faye and Diane (Losers); Marilyn, Waza (Warren) and Ann.



Weekly activities.

MONDAY

6.50am Aerobics, SB dance floor
8.30am Yoga, OB upstairs
8.30am Health & Wellness, OB
8.30am Photography Club, Craft Room (every second Monday)
9am Art Club, Art Room
9am Outdoor Aqua, Horizons pool
9.30am Qi-Gong, OB upstairs
12.30pm Cards, OB
12.30pm Men's cards 500, OB
12.30pm Knit & Knatter, OB lounge
1pm Patchwork Group, Craft Room
1pm Pool/billiards, SB
1pm Tenpin competition, Horizons
2pm Prostate Cancer Support Group
2.30pm Line dancing absolute beginners, SB
4pm Barnacles Choir rehearsal, SB
4pm Line dancing beginners, SB
4.15pm 5km walk, OB entrance
5pm Line dancing advanced, SB
5.30pm Tennis (under lights)
6.45pm Scrungers, Bowls Green

THURSDAY

6.50am Aerobics, SB dance floor
7-10am Men's bowls, Bowls Green
8.30am Ladies bowls, Bowls Green
10am Genealogy (first Thursday of the month)
12.30pm Canasta Hand & Foot, OB
1pm Tenpin bowling (via bus), Bundy Bowl and Leisure Complex
1pm Pool/billiards, SB
1pm Mah-jong, Horizons
1.30pm Light and easy, OB upstairs
2pm Karaoke, SB Cinema
2.15pm Indoor carpet bowls, SB
2.30pm Indoor carpet bowls, SB
3.30-7pm Bar open, OB
4.15pm 5km walk, OB entrance

SATURDAY

7-10am Men's bowls, Bowls Green
12.30pm Cards: Canasta, OB
1-4.30pm Mah-jong, Horizons
1pm Bowls self-selected pairs
1pm Pool/billiards, SB
1.30pm Afternoon movie, SB Cinema (latest releases)
3.30-7pm Oasis Bar open, OB
5-8pm Bar open, Horizons
6.10pm Villa draw, OB Bar

TUESDAY

6.50am Aerobics, SB dance floor
7am Men's bowls, Bowls Green
8am Pilates, OB
9am Guitar/ukulele jam, SB Cinema
9am Pottery, Pottery Room
9.15am Light and easy, OB
11am Tai chi, OB upstairs
12.30pm Rummikub 500, OB
1pm Card making/scrapbooking, Craft Room
1pm Musos Club, SB Cinema
1pm Pool/billiards, SB
1.30pm Tenpin bowling, Horizons
2pm Table tennis, SB
2pm (monthly) Dementia Support Group, OB lounge
2.30pm Line dancing beginners, SB
4.15pm 5km walk, OB entrance

FRIDAY

6.50am Aerobics, SB dance floor
7-10am Milon Gym induction (first Friday of the month by appointment)
7.30am Tennis, Tennis courts
8.30-10am Line dancing (\$5), SB
9-11am Choir, SB Cinema
10-11.30am Table tennis, SB
11.30am-4pm Clock Works Band, SB Cinema
12.45pm Mahjong, SB
1pm Mixed bowls, Bowls Green
1pm Pool/billiards, SB
1-4pm Canasta, Horizons
2pm Ukulele, OB meeting room
3.30-7pm Oasis Bar open, OB
4pm Friday Fun Darts
4.15pm 5km walk, OB entrance
5-7pm Bar open, Horizons

SUNDAY

7.30am Tennis, Tennis courts
9.30am Table tennis, SB
1pm Mixed bowls, Bowls Green
1.30pm Movie Matinee, SB Cinema (classic movies from the 1940-1970s)
2pm Bridge (1st, 3rd Sundays), OB
3.30-6pm Oasis Bar open, OB
4-7pm Bar open, Horizons (first Sunday of the month)
4.15pm 5km walk, OB entrance

OB: Ocean Breeze Country Club
SB: Sea Breeze Country Club

WEDNESDAY

6.50am Aerobics, SB dance floor
7.30am Golf, Coral Cove Resort
7.30am Tennis, Tennis courts
8am Pilates, OB
9am Art Club, Art Room
9am Line dancing advanced, SB
9.30am Aqua aerobics, SB pool
10.30am Aqua aerobics, SB pool
12.45pm Mahjong beginners, Horizons
1pm Pool/billiards, SB
1pm Bingo, OB
1.30pm Mixed bowls, Bowls Green
3.30-6pm Bar open, OB
4pm Twilight bowls, Bowls Green
4.15pm 5km walk, OB entrance
7pm Table tennis, SB

HOMEOWNER CONTACTS

Workshop induction and key:

Harold (Home 41)

Community gardens:

Helen (Home 74)

Russell (Home 473)

Tennis/ball machine:

Helen (Home 297)

David (Home 511)

FACILITY HOURS

7am Golf simulator (see Brian, Home 186)

6am-8pm Indoor pool (children are allowed 11am-1pm)

7am-9pm Outdoor graduated pool

7am-9pm Outdoor lap pool (homeowners only)

6.30am-9pm Milon gym (for homeowners' use only)

7am-9pm Horizons outdoor pool (please note: closed for cleaning Tuesdays, 9am-11am)

7am-9pm Mini golf (equipment can be found in King Pins)

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.

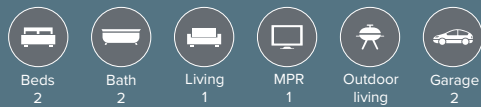


Homes for sale.

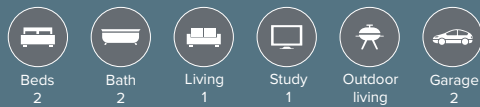
TO BOOK A PRIVATE INSPECTION AND FIND OUT MORE ABOUT OUR RESORT,
FREECALL 1800 501 119 OR EMAIL SALESBARGARA@PALMLAKE.COM.AU
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU



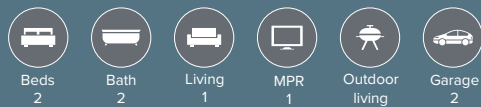
Home 304 (Hibiscus): \$699,000+



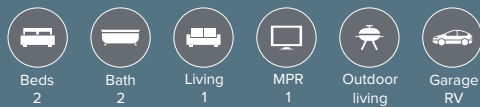
Home 221 (Outlook): \$670,000



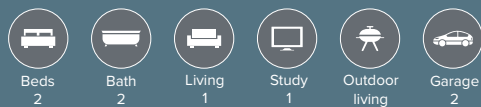
Home 251 (Gardenia): \$680,000



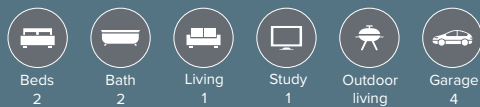
Home 368 (Flame Tree RV): \$820,000



Home 517 (Lotus): \$790,000



Home 486 (Pandanus RV): \$865,000



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!

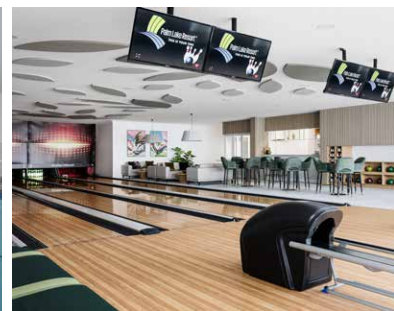


Tell us what's happening over your back fence.

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.



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