

The Reef

November - December 2022



Big blue bows

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

Fill your diary... or don't!

What we love about our Palm Lake Resort lifestyle is that you can do as much or as little as you please. See our weekly activities list inside

Final few homes

Did you know there's only 17 per cent of our resort left to sell? Act quickly to secure your slice of tropical paradise



Welcome



Hello all - Are you getting as excited as our team members and I are for the festive season? It's almost upon us and there's definitely merriment in the air.

It's the most wonderful time of the year to be catching up with friends and family. Whether you decide to travel to see your special people in their homes, or you invite them to come and spend some of the holiday season with you, there are so many options here at Palm Lake Resort Bargara. Our coastal location is a holiday Mecca so it's understandable that our homeowners would be fielding more and more requests from their friends and family for summer holiday sleepovers. And our spacious homes and many resort facilities are geared to assist in this regard. But likewise, when our homeowners need to pack up and leave for a trip away, their homes and belongings are safe and secure here while they're gone. Community lifestyle resorts like ours definitely prove their value and benefit at this time of the year. Talking to new homeowners Doug and Helen recently, they say they've had more visitors stop by their home in the three months they've spent at Palm Lake Resort Bargara, compared to the previous 12 years in their family home in Mackay!

There are so many trades on-site currently and it is great to see so much activity and daily changes to our growing development. As the homes pop up, so too do the 'Big blue bows' - meet your newest neighbours on Page 6 and make sure to give them a warm Palm Lake Resort welcome when you see them around the grounds.

On the subject of new homes, we have just six different designs remaining in our extension - some designs with only one home left to build. If there was a time to act quickly, if you were contemplating a change of pace here at Palm Lake Resort, it's now. We'd hate for you to miss out on your preferred pick of the available sites and designs.

We hope everyone enjoys some downtime time with their family and friends this Christmas and New Year - we look forward to seeing how abundant 2023 will be! Merry Christmas from all of us here in the Palm Lake Resort Bargara Sales Team.

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

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

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(@palm.lake.resort)

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News briefs

Reasons why we like retirement...

Question: How many days in a week?

Answer: 6 Saturdays and 1 Sunday

Question: When is a retiree's bedtime?

Answer: Two hours after falling asleep on the couch

Question: How many retirees does it take to change a light bulb?

Answer: Only one, but it might take all day!

Question: What's the biggest gripe of retirees?

Answer: Not enough time to get everything done

Question: Among retirees, what is considered formal attire?

Answer: Tied shoes



Bowlers represent us well

Pictured above: Check out our tenpin bowlers who played in the state over-50s comp in September. Palm Lake Resort Bargara entered two teams and one of them came second - congratulations!

Welcome home gift awaits

While there are PLENTY of great reasons to buy a new home here at Palm Lake Resort Bargara, we're giving you one more for a limited time only. Score a \$30,000 Quintrex 'Fishabout' aluminium boat, with all the bells and whistles, completely free when you buy a new home here at our resort. Now that's the perfect welcome-home gift for anyone who loves Bargara for its aquatic wonders! FREECALL 1800 501 119 for more.



Fashions on the Field - and on the resort grounds

Pictured above: You'd be forgiven for forgetting that there was that annual 'race that stops a nation' on the first Tuesday in November - we were having too much fun dressing up and socialising! Well done to all our Fashions on the Field entrants - you'd really did put in a big effort. Our Best Dressed winners on the day were newcomers, Darrell and Jeannie Maher. Welcome to resort life, you guys - it's definitely fun!

The final few

WE'VE ONLY GOT 17 PER CENT OF THE RESORT LEFT TO SELL AND THESE ARE THE SIX HOME DESIGNS REMAINING - ACT NOW!



MEET PANDANUS RV

221.31sqm /
23.82 squares

Two bedrooms
Activity room
Two bathrooms
Four-car garage



MEET FLAMETREE RV

235.09sqm /
25.3 squares

Two bedrooms
Activity room
Two bathrooms
Four-car garage



ACT FAST:
ONLY ONE
LUPINE
REMAINS!

MEET LUPINE

213.07sqm /
22.93 squares

Two bedrooms
Activity room
Two bathrooms
Two-car garage



MEET LOTUS

187.01sqm /
20.12 squares

Two bedrooms
Activity room
Two bathrooms
Two-car garage



MEET MAGNOLIA

181.22sqm /
19.5 squares

Two bedrooms
Activity room
Two bathrooms
Two-car garage



MEET HIBISCUS

179.82sqm /
19.35 squares

Two bedrooms
Activity room
Two bathrooms
Two-car garage

ACT FAST:
ONLY ONE
HIBISCUS
REMAINS!



Leanne & John

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!



Carolyn & Stephen



Jeannie & Darrell



John & Ruth



Carol & Malcolm



Paul & Sandra

Refer a friend

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.



Step back in time

WE'RE ALWAYS BEING TOLD NOT TO LIVE IN THE PAST, BUT DID YOU KNOW THAT CERTAIN TYPES OF REMINISCING CAN ACTUALLY BE GOOD FOR YOU? FROM REDUCING THE IMPACTS OF DEMENTIA TO PROMOTING POSITIVE PERSONAL GROWTH, FIND OUT WHY AND HOW TO GET A HEALTHY DOSE OF NOSTALGIA.

Dwelling on the past is no longer seen as a sign of senility – in fact, therapists have harnessed the power of reminiscing to treat people with Alzheimer's and other kinds of memory loss. In 1963, psychiatrist Robert Butler first introduced the idea that reminiscing in old age could be positive. Since then, 'reminisce therapy' has been developed as a non-pharmacological intervention for seniors, especially those with impaired short-term memory. Here's why...

It can improve your day

According to Psychology Today, researchers from Loyola University found that thinking of good memories for just 20 minutes a day can make you more cheerful than you were the previous week. Just think about the feeling that comes over you when you see, smell or hear something familiar, or when you look back through photos from happy times.

It can make you feel safe

Nostalgia is often associated with melancholia, but it can also make us feel comfortable. Next time you're in a new place or experiencing feelings of displacement, try thinking or writing about your favourite people and places. Psychologist Tim Wildschut found that people who write about a nostalgic event are more cheerful after the exercise, and feel more positively about their friendships and close relationships. This gives us a comforting sense of belonging.

It brings you closer to your loved ones

Reminiscing on memories is an important way to ground yourself and stay true to your roots. This is because your

special memories almost always feature special people. Studies have shown that people with nostalgia-prone personalities cope with problems more effectively as they are more likely to receive social support after experiencing stress, and see their families more often.

It can motivate you

Drawing from memories of your past accomplishments is a common way to stay motivated – you may not even realise you're doing it. Have you ever thought to yourself, "If you got through that, you can get through this"? Of course, try not to ruminate too long on difficult times – focus instead on how you got through them, and how you felt on the other side.

It can benefit those around you

We gain wisdom from our own experiences, but also from the experiences of others. Reminiscing on your past can shine a light on important lessons you learnt – lessons that you can pass on to your children, grandchildren and even friends. Flipping through old photo albums can be a helpful way to spark these conversations; turn to the following page to find out how to best document your memories.

Remember: reminiscing is all about how you perceive the past. The same memory can promote positivity or pain depending on how you look at it. Psychologist Sonja Lyubomirsky says it best: "It's what you focus on. Do you focus on how positive it was then, or that it's over now?". As some people say, 'Don't cry because it's over, smile because it happened' – it's cheesy, but it's true.

Do you remember?

Residents at Palm Lake Resort's over-50s communities all lived through the '70s and '80s. But how much can you recall from that time period? Whether you were closer to 10 years old or 30, you'll likely remember these moments and memories from 1975 to 1985. There are some great conversation starters here for our next weekly meal!

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On the big screen...

These were among the highest grossing movies released from 1975 to 1985. Did you see them in the cinemas, and have you watched them since? Perhaps a nostalgic screening is in order!

- Jaws (1975)
- Rocky (1976)
- Star Wars (1977)
- Grease (1978)
- The Amityville Horror (1979)
- Star Wars: The Empire Strikes Back (1980)
- Superman II (1981)
- E.T. the Extra-Terrestrial (1982)
- Risky Business (1983)
- Ghostbusters (1984)
- Back to the Future (1985)

On the radio...

Billboard magazine named these as the number one songs from 1975 to 1985. How many can you remember the words to? Can you remember your favourite songs from those years?

- 'Love Will Keep Us Together' by Captain & Tennille (1975)
- 'Silly Love Songs' by Wings (1976)
- 'Tonight's the Night' by Rod Stewart (1977)
- 'Shadow Dancing' by Andy Gibb (1978)
- 'My Sharona' by The Knack (1979)
- 'Call Me' by Blondie (1980)
- 'Bette Davis Eyes' by Kim Carnes (1981)
- 'Physical' by Olivia Newton-John (1982)
- 'Every Breath You Take' by The Police (1983)
- 'When Doves Cry' by Prince (1984)
- 'Careless Whisper' by Wham! (1985)

On the front page...

Can you remember these history-making moments that took place between 1975 and 1985? Or, better yet, can you remember where were you when you first heard about them?

- In 1975, the Vietnam War ends with the surrender of South Vietnam to Communist forces.
- In 1975, Nadia Comaneci wins three gold medals at the Montreal Olympics with seven perfect scores.
- In 1977, Elvis Presley dies at the age of 42.
- In 1978, the first test tube baby is born in the United Kingdom.
- In 1979, Sony releases the Walkman.
- In 1980, John Lennon is assassinated at age 40.
- In 1981, NASA launches the very first Space Shuttle mission.
- In 1982, the first episode of Late Night with David Letterman debuts on NBC.
- In 1983, the first mobile phones are introduced by the public by Motorola. The final episode of 'M*A*S*H' airs to a record 125 million viewers.
- In 1984, the first Apple Macintosh personal computer goes on sale.
- In 1985, the Rainbow Warrior is sunk by French foreign intelligence services off the coast of New Zealand.

Organising your memories

LIFE IS FULL OF PHOTO-WORTHY MOMENTS – SO MUCH SO, MOST OF US END UP WITH A BAZILLION HAPPY SNAPS SPREAD ACROSS A HANDFUL OF DEVICES, ALBUMS AND HARD DRIVES.

Thankfully, website and app developers know the struggle, so there are a number of programs you can use to help you on your photo-organising quest. And with the holiday season upon us and family generally around, why not sort out your memories once and for all – for everyone's benefit.

Gather them up

Before you can organise your photos, you need to see them all in one place. This may mean scanning physical photos to create digital copies, which you can either do using a scanner or via your smartphone – a quick Google will explain how. You can then save them directly to your camera roll or to an app like Dropbox. You'll also want to find old CDs, USBs or hard drives that could house more pictures. Don't forget to go through your smartphone and any of its backups to find additional images, and check your camera's SD cards if you have one.

Find the perfect place

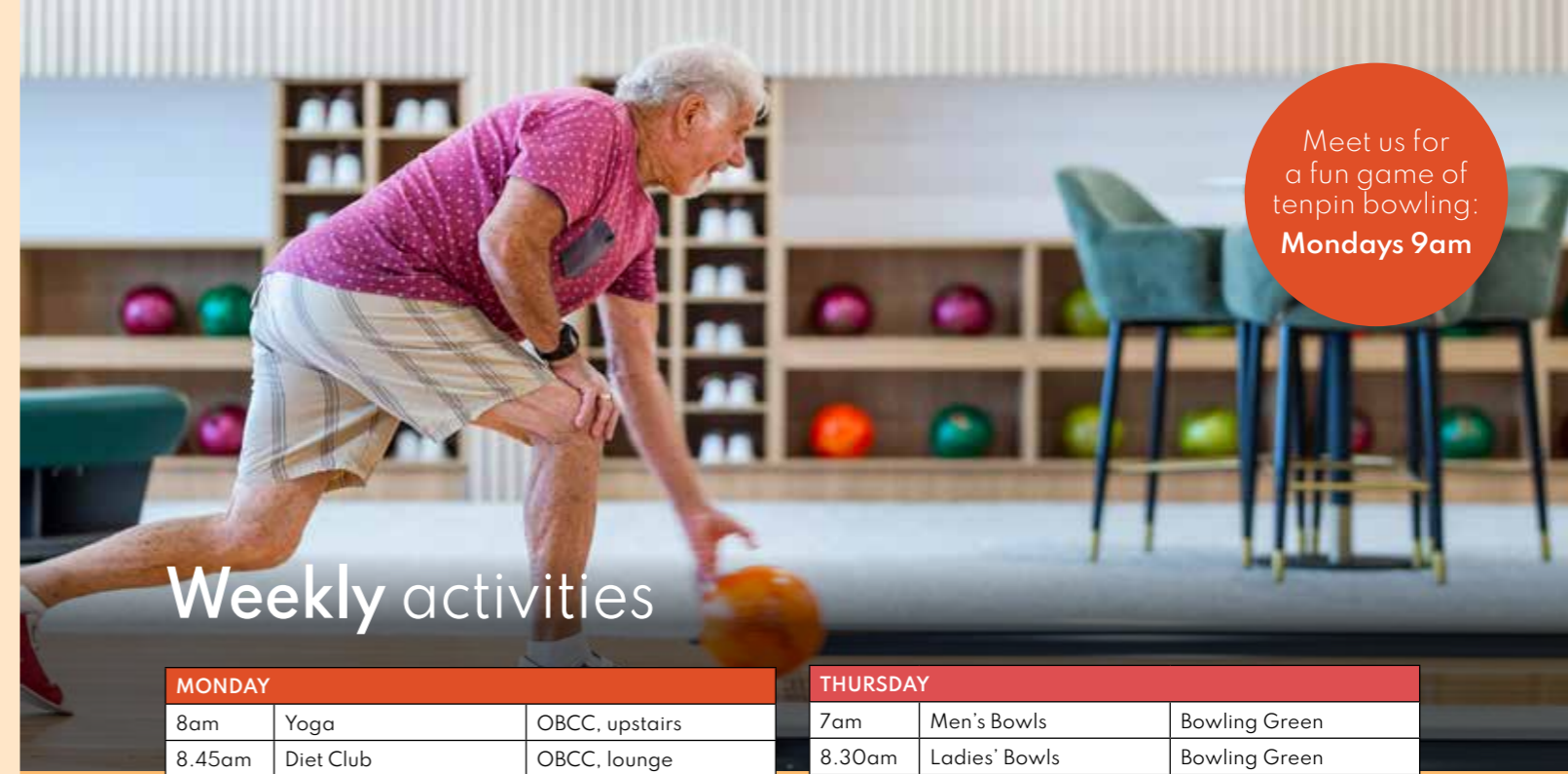
Where you store your photos is up to personal preference, but using a cloud-based service is generally the safest, most convenient place. If you use an iPhone and computer, iCloud may be your best bet – it works with your phone to sync images across all devices, and it's relatively affordable if you need to upgrade your storage. Alternatively, Dropbox or Google Drive can be used on the computer and your phone via the app. If you're not a fan of cloud storage, consider an external hard drive for your computer. They're relatively inexpensive but localised – meaning you can only access those photos when you're at your computer.

Set up a system

Depending on your needs, every system has its benefits. While some people prefer to create folders for different events – like, say, 'Japan trip' or 'Emma's first birthday' – this may not lend itself to the more spontaneous snaps. It may be better to create a folder for each year, then a folder for each month. If a particular event happened in a certain month, you could then create a folder solely for that event in the month's folder; for example, your "2019" folder will include a "May" folder, which will include a "Mother's Day Lunch" folder with photos from that event.

Make physical mementos

If you love the idea of having each of your children's baby photos in one place, or a holiday album from a family trip, why not make photo books? Websites like Snapfish, Chatbooks, Blurb and Picture Postie make it super easy to turn your photo collections into physical photo albums, which you can proudly put on display or give as gifts to your children, parents or relatives.



Meet us for a fun game of tenpin bowling: Mondays 9am

Weekly activities

MONDAY			THURSDAY		
8am	Yoga	OBCC, upstairs	7am	Men's Bowls	Bowling Green
8.45am	Diet Club	OBCC, lounge	8.30am	Ladies' Bowls	Bowling Green
9am	Photography Club	Craft room	12.30pm	Canasta - Hand & Foot	OBCC
9am	Indoor dance	SBCC, dance floor	1pm	Tenpin Bowling (on bus)	Bundy Bowl
9am	Choir	HCC, outside	1pm	Pool/billiards	SBCC
9am	Fun Tenpin Bowling	HCC, Kingpins	1.30pm	Light & Easy	OBCC, upstairs
9.30am	Calligraphy	Art Room	2.30pm	Indoor Carpet Bowls	SBCC
12.30pm	Cards	OBCC	7pm	Movie Night	SBCC, Theatre
12.30pm	Men's Cards 500	OBCC	FRIDAY		
12.30pm	Patchwork Group	Craft Room	7-11am	Gym Instruction	Milon Gym
12.30pm	Knit & Natter	OBCC, Oasis Lounge	8.30-10	Line Dancing (\$5 Fee)	SBCC
1pm	Pool/billiards	SBCC	9.15-11am	Choir	SBCC, Theatre
1pm, 3pm	Tenpin bowling comps	HCC, Kingpins	10am	Table Tennis	SBCC
5pm	Line Dancing (Advance)	SBCC	12.45pm	Mah-jong (Advanced)	OBCC, upstairs
7pm	Scroungers	Bowling Green	12.45pm	Afternoon Movie	SBCC, Theatre
TUESDAY			1pm	Mixed Bowls	Bowling Green
7am	Men's Bowls	Bowling Green	1pm	Pool/billiards	SBCC
9am	Pottery	Pottery room	4.30pm	Night bowls, triples	Bowling Green
9.15am	Light & Easy	SBCC		Happy Hour	Oasis Bar
11am	Tai Chi	OBCC, upstairs	SATURDAY		
12.30pm	Rummikub 500	OBCC	7am	Bowls	Bowling Green
1pm	Art Group	Art Room	12.30pm	Cards	OBCC
1pm	Card Making/Scrap-booking	Craft Room	1pm	Cards (5 Crowns)	SBCC
1pm	Pool/billiards	SBCC	1pm	Indoor Carpet Bowls	SBCC
2pm	Tenpin bowling	HCC, Kingpins	1pm	Bowls, Self-select pairs	Bowling Green
2pm	Dementia Support	OBCC, Oasis Lounge	1pm	Pool/billiards	SBCC
7pm	Movie	SBCC, Theatre	6pm	Evening Movie	Theatre
WEDNESDAY			SUNDAY		
7.30am	Golf	Coral Cove Resort	8am	Tennis	Tennis Courts
8am	Pilates	OBCC	9.30am	Table Tennis	SBCC
9am	Line Dancing (Advance)	SBCC	12.45pm	Mixed Bowls	Bowling Green
9.45am	Aqua Aerobics	HCC, pool	1.30pm	Afternoon movie	SBCC, Theatre
12.45pm	Mah-jong (Beginners)	SBCC	EVERY WEEK DAY (excluding weekends)		
1pm	Bingo (fortnightly)	OBCC	6.50am	Walk, walk, walk	SBCC, Dance Floor
1pm	Pool/billiards	SBCC			
1.30pm	Mixed Bowls	Bowling Green			
4pm	Tennis	Tennis courts			
7pm	Table Tennis	SBCC			

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



Hello all - Welcome to another edition of *The Reef*. We are so excited to be celebrating our first Palm Lake Resort Christmas with you all in the coming weeks - and it's gearing up to be something special. The Christmas bookings are coming in daily to our Caretakers' Office, which is wonderful to see. Our homeowners are also making the most of the beautiful areas around our resort grounds where they can host a family barbecue or get togethers - we hope to see many visiting family members and friends enjoying our facilities, with you, over summer. Our Palm Lake Resort Choir will also be singing Christmas carols at the Friendly Hospital next month to share the Christmas spirit with patients and staff. And there are plans underway to mark the festive season here at the resort, so keep your eye on the noticeboards for more info in the coming weeks.

In other Caretaker news, Gate 2's garden has had a makeover which involved removing the water fountains and installing new garden beds, giving a welcome pop of colour to our entry. We have also been working with our Workplace Health & Safety team at Head Office to update our Emergency Management Plan so that we are prepared in any emergency. There's also been

ongoing maintenance work completed including new lighting in our Seabreeze Country Club, replacement airconditioning in the Ocean Breeze Country Club and our pool pumps have also been replaced.

It was wonderful to see our kitchen staff receive a standing ovation by dining homeowners last month, for their efforts in providing quality meals each week - what a lovely gesture! We know the kitchen team members always appreciate any feedback and, of course, the well-deserved praise.

It was also wonderful to host 13 residents from Palm Lake Resort Hervey Bay in October. The visitors enjoyed some tenpin bowling against our Palm Lake Resort Bargara homeowners and it wouldn't be a proper visit if we didn't extend some Palm Lake Resort hospitality and share a meal with our 'cousins'. It's so great to be able to share our facilities and watch friendships emerge between the different Palm Lake Resort locations.

**Trish and Chris Allen,
Palm Lake Resort Bargara Caretakers**



Pictured above: A spectacular amount of spooky fun was had here at Palm Lake Resort Bargara in celebration of Halloween. We'll take any excuse for a fun dress-up event, right?!

Rug rules

A WELL-CHOSEN RUG CAN BE ONE OF THE HARDEST WORKING PIECES IN YOUR HOME, TYING A ROOM TOGETHER, CREATING NEW SPACES AND ELEVATING YOUR HOME'S DESIGN. HERE ARE FIVE EASY HACKS FOR PERFECT RUG PLACEMENT.

Go big where you can

A good rule of thumb when choosing a rug is to make sure it will extend beyond the key pieces of furniture you will place on it. For a dining room, this means it should be bigger than your table and chairs, even when they're tucked in. In a bedroom, this will typically mean it should be bigger than your bed and bedside tables. If this isn't possible - for example, if you have a particularly large couch - just place the front legs of the furniture item onto the rug. Just ensure the entirety of all smaller pieces of furniture will fit on the rug.

Aim for equality

If possible, try to make sure your rug has equal distance on all sides. Interior design expert Darren Palmer says you should aim for 30cm on each side of your rug. This will usually mean placing it in the exact centre of your room or chosen space. With diagonal walls or large furniture items surrounding it, this can be tricky - it may be worth investing in a slightly smaller rug in this case, or opting for an irregularly shaped rug instead of a classic square or rectangle.

Consider your colours

A rug really can make or break a room, especially when it comes to colour. Take a look at the largest textured items in your room - your couch, bed linen and curtains, for example - and consider whether a printed or plain rug would complement them better. Plain items may look better with a printed rug, and vice versa. Consider also how warm or cool the colours in your room are. A good rule of thumb is that warm colours will 'come towards you', and cool ones will move 'away from you'. Having a balance of both can elevate your room, so keep this in mind when choosing a rug.



For art's sake

YOU DON'T NEED TO BE AN EXPERT TO KNOW HOW TO DISPLAY ART PROPERLY AND SAFELY, BUT IT DOES HELP TO KNOW A FEW BASICS. FROM WHERE TO HANG YOUR CHOSEN ARTWORK TO HOW, KEEP THESE MUST-KNOW TIPS IN MIND.

Pick the perfect position

Generally, pictures should be hung at eye level - about 1.5m up the wall - and away from direct sunlight or heat sources, as these can damage them. When hanging pieces behind furniture, aim for the base of the frame to sit four to six inches above the highest point of the piece of furniture. If you are hanging multiple artworks together (like a gallery wall) treat the group as one piece of artwork and apply these same rules.

Decide how you will hang it

If you are hanging a heavy picture on a plaster wall, find a stud on which to safely anchor the wall hook. Lightweight pictures can simply be hung with adhesive hooks, which can typically be removed from the wall without damaging the paint. Will your painting be hung by picture wire or a metal hook? Wire will need screw eyes to be attached to the frame, and these screw eyes should be positioned on the inner right and left-hand edge of the frame a third of the way down from the top of the frame.

Get to work

Though you will be more accurate using a stud finder to hang your large or heavy pictures on, you can go without. Simply tap your knuckles along the wall until you feel and hear a solid backing - this will be your stud. To hang your picture, hold it up where you would like it and mark a line along the top of the frame. Then, on the frame, measure the distance from the top of the frame to the hook or picture wire (be sure to pull the picture wire taught to determine where it will sit when the frame is hung). Measure down that distance from the pencil mark you made on the wall to find where your chosen picture hook needs to be secured. Hang your picture and behold your home art gallery.



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. 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, FREECALL our Sales Information Centre on 1800 501 119.



**FREE \$30,000
boat with your
new home!**
T&Cs apply

SALES INFORMATION CENTRE OPEN 7 DAYS / FREECALL 1800 501 119
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