

Bethania.

APRIL - MAY 2023



Jigsaw falling into place

Here's a new idea on how to pass the time - and benefit your health while you're at it

Sell your home with us

Has your situation changed? We are looking for listings as we have many wanting to join us

News update

Check out the reports from your volunteer community groups and reps, inside



Welcome.

Hello once again,

Well, winter is on the way although I think someone forgot to change the season switch, still very warm days!

I would like to extend a warm Palm Lake Resort welcome to our new homeowners Stephen and Cate from 25 Lake Court. I hope lots of your new neighbours have greeted you with a smile and a wave hello.

It's nice to see the bistro back in action with our new caterers, Sandy and Michelle. The meals are wonderful and at great prices, too. Please give them your support by coming and enjoying a lovely meal on a Tuesday night, or stopping by for Thursday and Friday lunches. Soon you will also be able to enjoy coffee and cake for morning tea as the bistro will be open from 10.30am.

Our knitting ladies have been going strong again with some beautiful knitting for the emergency services and the children's hospital. They produce a little something special for the kids in need after a trauma.

Our lawn bowls events, down on the outdoor green, have been a success with new members joining our Bowls Club and up to four rinks in operation. Lawn bowls takes place each Wednesday and Saturday mornings from 8.30am. Come down and learn how to bowl, make some new friends and join in the fun with morning tea supplied for the bowlers.

See you around the resort!

**Charna and Phil,
Palm Lake Resort Bethania 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 Bethania? Here's how you can reach us:

FREECALL: 1800 774 866

Street address:
43 Goodooga Drive,
Bethania QLD 4205

Office hours:
7am to 3pm, Monday to Friday

Email:
bethania@palllake.com.au

Find us online at:
palllakeresort.com.au

Get social:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@palllake.resort)



News briefs.

GET SOCIAL WITH US

Follow Palm Lake Resort on Facebook (@palllakeresort) and on Instagram (@palllake.resort) to see what's happening right across our 28 Palm Lake locations.

REFER A FRIEND

We know your friends love coming to visit your Palm Lake Resort Bethania 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 an established Palm Lake Resort home, you'll receive \$250 cash. Easy!

GO SLOW

Sometimes when we are in a hurry, we forget the limits and our speed creeps up but, for the safety of all including our wildlife, please stick to the 10km/h speed limit. Also, to those owners of bikes, buggies and motorised scooters, you also need to respect the road rules whilst moving around our resort grounds.

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 palllakeresort.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.



GIVING BACK

Do you have some spare time and want to give back to our local community, while also making a difference in someone's life? Palm Lake Care Mt Warren Park and Bethania (both owned and operated by the Palm Lake Group) are looking for volunteers to either visit their aged caring community and spend time with the residents, or assist the Lifestyle Team members in running some fun resident activities. If this sounds like something you'd like to do, please call Palm Lake Care Mt Warren Park's Lifestyle Coordinator, Leona Counsell, on 3444 6000 or to connect with our Bethania community, phone 3086 3000.

GREEN WASTE DATES AND BIN COLLECTION

Pop these dates in your diary to remember to put out your green waste (fortnightly on Mondays):

- May 1, 15 and 29
- June 12 and 26

Also, for household weekly bin collections, rubbish bins are to be put out the evening before the rubbish run, ie. Monday nights for Tuesday morning household waste collection. All bags must be in your bin, not beside it. Please keep your bins clean.

ROSA'S GOT THE MOVES!

One of our homeowners, Rosa Cullen, and her dance troupe went to Sydney in recent weeks and won third place in the Masters Division of the DrillDance, Australian National Championships. What an achievement! Go Rosa!



Important phone numbers.

Caretakers' Office, for homeowners' enquiries: 3200 9622 (for after-hours emergencies, leave a message and your phone number)

Police Link (Non-urgent incident report): 131 444

Community flyer: 1300 463 593

Mater Hospital (24-hour emergency): 3840 8111

PA Hospital (24-hour emergency): 3240 2111

QELI (24-hour emergency): 3275 6111

Logan Hospital: 3299 8899

Logan City Council: 3412 3412

Veteran Affairs: 13 32 54

Snake catcher: 0413 028 081

MHIA Insurance: 1800 676 700

Buses and trains information: 13 12 30

Home Assist: 1300 366 836

Seniors Qld: 1300 135 500

Palm Lake Care: 1800 246 677

Yellow Taxis: 131 924

Doctor Ting: 3807 8588

Origin: 136 262

Cleaning/Dog walking (Andrea): 0407 028 614

Electrician (Cooper @ Coastline): 0422 879 620

Plumber (Nick @ Alfords): 0411 109 806

Podiatrist (Cameron): 0404 857 479

Palm Lake Resort Hair Salon: 3805 2617

Handyman (Barry): 0414 686 342

Alterations (Carol): 3805 7858

JP (Lynne Venczel): 3200 4758

Lawn mowing (Brian): 3299 9405

Phone/Internet problems (Bow Street only)
Comms Co: 3216 5700

Car washing (Cliff): 3299 9421

Painter (Dennis): 0413 643 572



HAVE YOU
TRIED LAWN
BOWLS?

Weekly activities.

Monday

8.45am Shopping bus to Browns Plains, Clubhouse

10am Indoor bowls, Clubhouse

1.30pm Bible Studies, Clinic Room

2pm Housie cards, Clubhouse

Tuesday

8am Tai Chi with Shane, Clubhouse

1.30pm Dr Ting, Clinic rooms

5.15pm Residents' dinner, Clubhouse

6.15pm Trivia, Clubhouse

Wednesday

8am start Podiatrist (fortnightly), Clinic Rooms

8.30am start Lawn bowls, Bowls Club

8.45am Shopping bus to Waterford (pickup 11am)

6pm Billiards competition, Clubhouse

Thursday

7am-12noon Gym with Aubrey

8.45am Shopping at the Hyperdome (second Thursday of the month)

9am-10am Gentle exercise, Clubhouse

11.30am-1.30pm Bistro lunch, Clubhouse

6.30pm Bingo, Clubhouse

Friday

8.45am Shopping bus to Beenleigh

9am-10am Aqua aerobics, Indoor Pool

11.30am-1.30pm Bistro lunch, Clubhouse

Sunday

9am Church service, Clubhouse

What's on around South-East Qld.

April 30: *Cruisin' Caboolture* will feature an awesome Show & Shine car show (with more than 120 vehicles taking part) as well as live music and family activities across the James St precinct. Visitors can also enjoy a range of local craft brews and food trucks, to delight your taste buds. Cruisin' Caboolture is set to be a family-friendly afternoon in the heart of Caboolture and the perfect opportunity to enjoy elegant cars and quality local entertainment. Entry is free. Visit caboolturefestival.com.au

May 6: *Ipswich Dog Day* is the city's premier event where the community and their furry best friends gather to celebrate all things that get them woofing excited. The inaugural 2022 DogFest event welcomed more than 8500 visitors, along with their pooches, and this year's event is set to be bigger and better. It will include market stalls, workshops and demonstrations, competitions, food trucks, live music and guest dog show judges. Visit nicholasst.com.au

May 14: A week after the King's coronation in Westminster Abbey, ***The Queensland Choir*** presents "The King Shall Rejoice" - a program of gloriously majestic coronation music in the appropriately splendid ambience of St John's Cathedral, Ann St, Brisbane CBD. Enjoy music by Handel, Mozart, Parry, Vaughan Williams and Elgar. Visit qldchoir.com/concerts for tickets.

May 19-21: For more than two decades, the beautiful island of Bribie has celebrated its rich and bountiful maritime history on the backdrop of this postcard-perfect coastline. The 24th annual ***Bribie Classic Boat Regatta*** will this year see classic and wooden boats, from 50ft to 8ft in size, meet to cruise Pumicestone Passage in Moreton Bay. There will be public access to on-water and hard stand displays and a Grand Parade to Sylvan Beach, Bellara, on the Sunday morning. It will be a wonderful festival of boating activities. Visit bace.org.au

May 26: Without a doubt, Queen is among the greatest rock bands of the 20th Century and Freddie Mercury is hailed by many as the most charismatic and flamboyant performer in contemporary rock. An all-new ***Queen tribute show*** from well-known Australian Freddie Mercury impersonator Thomas Crane hits the Logan Entertainment Centre in May for one show only. Visit loganarts.com.au for tickets.

Roll up, roll up.

THE BIG BIENNIAL PALM LAKE RESORT INTER-RESORT BOWLS COMPETITION IS BACK IN 2023 AND WILL BE HITTING BILOELA BOWLS CLUB WITH GUSTO. WILL YOU BE THERE?

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 Joy Williams of Palm Lake Resort Bargara, 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



Above: Some of our Palm Lake Resort players at Dalby in 2021.

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.

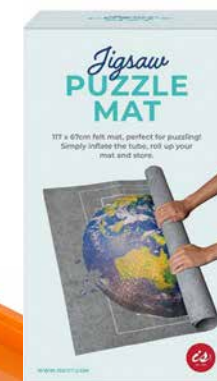
3. Problem solving and IQ increase. It's true. You can actually become smarter by completing puzzles - and there's research to prove it. A group led by Dr Susanne Jäggi at the University of Michigan found that spending just 25 minutes a day solving puzzles can raise your IQ by four points. Nice. Beyond 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 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 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.

Jigsaw puzzle mat, \$26.95, from 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



6. Better visual-spatial reasoning.

7. Greater attention to detail.

8. Increased productivity.

9. Delaying symptoms of dementia and Alzheimer's disease.

10. Better ability to collaborate and work in a team (when you join friends in puzzle-building).

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 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 one of our established homes you'll receive \$250* cash!



For more info or to refer your friend, simply FREECALL 1800 774 866.
*T&Cs apply



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



Small yard, big furry love.

DOWNSIZERS DON'T TYPICALLY MOVE TO PALM LAKE RESORT WITH CHILDREN IN TOW, BUT FUR KIDS ARE A WHOLE OTHER STORY! IF YOU'RE CONSIDERING GROWING YOUR FAMILY, TRY THESE SMALL-YARD BREEDS.

If there's one type of resident we love here at Palm Lake Resort it's the furry, four-legged variety. When the actual kids grow large enough to fly the coop, pets can fill in a big void left by the children's departure. The joy of owning a pet isn't new to most Australians - we have one of the highest rates of pet ownership in the world.

Here at Palm Lake Resort, we've built our communities to be pet friendly because we know just how important pets are for the majority of our over-50s residents, too. Palm Lake Resort pooches who enjoy a spot of exercise and that all-important social interaction with their four-legged neighbours, give their humans a great social outlet as well. Regular doggo walks provide our homeowners with some great incidental exercise (fresh air and vitamin D are just cherries on top). If you're looking to add a furry, four-legged friend to your family, why not try one of the following breeds - each proven perfect for compact yards.

Dachshund

Dachshunds are energetic, loveable and loyal, promising to be the perfect companion for any retiree. Their medium-level exercise needs mean they prefer homes with a small backyard, but also enjoy daily walks and space to run outside the confines of your home. They are highly playful and likely to bark but are certainly trainable, showing intelligence and energy. You just need to consider that though their coats are short, they can still shed.

Cavalier King Charles Spaniel

Small and sophisticated, don't let the Cavalier King Charles Spaniel's petit size fool you - this regal breed is tough to beat. With an even temper and gentle disposition, the Cavalier will often adapt easily to its owner's lifestyle; they can be active and inactive in equal measure. Bred to be a beloved lap dog, they are also descendants of sporting breeds and will enjoy moderate exercise and outdoor activities. You'll find a Cavalier enjoys an afternoon walk just as much as an evening on the couch.

Yorkshire terrier

The Yorkshire Terrier, affectionately known as a 'Yorkie,' is small and quiet, making them the perfect housemate. Their friendly nature means they don't mind company and are typically relaxed around other pets and people, making them perfect for social owners who would enjoy spending time at the dog park. While they have a lot of energy, it can be well spent in a small backyard - though they will never say no to an afternoon stroll. Bonus: they look like puppies for most of their life, making them perfect for owners who never want their fur babies to grow up.

Boston terrier

Commonly confused with a French Bulldog, the Boston Terrier boasts tall, upright ears and a flat face, with black and white markings sometimes referred to as a 'tuxedo jacket'. Originating from, you guessed it, Boston, the Boston Terrier requires active exercise (throwing a ball or a toy, or agility training) and can become frustrated when left alone for long periods of time. Considering adopting your very own? Be warned: their big, round eyes will surely win you over, promising love at first sight.

Maltese

Small but mighty, don't be fooled by the Maltese's prim and proper appearance - behind the white, fluffy exterior is a dog you're sure to love. Their small stature makes them ideal for small backyards, while their soft coat is unlikely to shed, making them a great choice for indoor living. Their coat is even considered hypoallergenic, meaning they will fit seamlessly into almost any family. Your Maltese will love running around in your backyard but will also never say no to a trip to the dog park or a walk.

Big hearts support littlest kids.

THERE'S A GROUP OF BIG-HEARTED PALM LAKE RESORT BETHANIA HOMEOWNERS WHO GET TOGETHER REGULARLY TO CREATE 'TRAUMA TEDDIES' FOR DONATION TO OUR LITTLEST COMMUNITY MEMBERS IN NEED.

These toys are donated to our local emergency service stations and offices, as well as children's hospitals, for distribution to kids in traumatic situations, just to give them an unexpected lift and some comfort in that trying time. Pictured below, aren't these toys the most adorable things?! If you'd like to get involved in this wonderful cause, simply stop by our Caretakers' Office for details.



Homes for sale.

Want to book a private tour and find out more about our resort?
Phone Charna or Phil on **3200 9622**, email bethania@palllake.com.au
or visit us online at palllakeresort.com.au

3 Palm Court - \$395,000

Beds

2

Bath

1

Living

1

Garage

1



Hidden gem

Home 3 Palm Court is a wonderful hidden gem at Palm Lake Resort Bethania. This home has been beautifully renovated with no expense spared and features two bedrooms, one with built-in robes, one bath, air conditioning and ceiling fans throughout.

Enjoy a large, versatile deck at the front of the property; perfect for entertainers or simply enjoying the evenings.

Key features:

- Wonderful low-maintenance living
- Beautifully renovated with luxury features throughout
- Mobility access ramp at rear of home
- Spacious entertainment deck at front
- Single lock-up garage

30 Bow Street



17 Cocas Court



25 Cedar Court



Cash buyers await.

There is always an increased level of enquiry on homes at Palm Lake Resort Bethania in the New Year - so much so that we are currently short on properties to sell! It seems our low-maintenance/high-quality homes, world-class facilities, myriad weekly activities and our welcoming community have made Palm Lake Resort Bethania a very sought-after local neighbourhood. If you're a homeowner here and your situation has changed so you are contemplating a move, please let our Caretakers know. They can inspect your home and give you an appraisal to help you make up your mind. We have qualified buyers waiting to hear about any new homes as they hit the market. To find out more, FREECALL 1800 774 866 or stop by the office 7am-3pm, Monday-Friday.

10

11

10,000 REASONS TO CELEBRATE

With more than 45 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 1800 774 866 | bethania@pallmlake.com.au
43 Goodooga Dr, Bethania QLD 4205

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