

AUGUST - SEPTEMBER 2024



The View



Staying socially connected

Being social is not just about keeping up appearances - it's important for your wellbeing, too

What's happening over the back fence

Stay up to date with all the good news from your fellow Palm Lake Resort 'family' members

Palm Lake Resort homes for sale

Do you know someone looking to make the move? We might have just the abode for them...



Welcome.

Welcome again to another edition of *The View* newsletter.

Well, with the weather now a little bit of warmer, the wildlife here at Palm Lake Resort Bethania is starting to make an appearance, including our slithery snake friends. We have had a few spotted around the resort grounds lately including a carpet python in a verandah roof and a keelback (water snake) down in Fern Court. Both of these types of snakes are harmless but the keelback can be mistaken for an eastern brown. Please know that the keelback is a friendly snake that will run from us rather than attack. They are also known to eat the cane toads, which is a good thing. Keep an eye out around the resort grounds while you're walking around.

Don't forget we have chair yoga by Mary every Thursday at 2pm in the Country Club at a very low cost of \$10 p/p for a one-hour class. We have a great turn out over the past few weeks, now that the weather is warming up an we start to shake off our winter hibernation. Everyone in attendance at chair yoga has enjoyed the class immensely. So tell your neighbours - the more, the merrier!

Charna and Phil,
Palm Lake Resort Bethania Caretakers

PS. Editor's note: Check out this beautiful photo of lovebirds Charna and Phil (and Charlie!) on their wedding day in May, at Hidden Creek Winery in Ballandean, near Stanthorpe. It was too gorgeous a photo not to share. Palm Lake Resort management wishes the couple a wonderfully long and happy marriage!



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

ONLINE: Visit our website
palllakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@pallm.lake.resort)



News in brief.

New day for weekly bin collection

An important note for all Palm Lake Resort Bethania homeowners: Your household weekly bin collection day is now MONDAY. Please ensure you have your bin out on a Sunday night for collection the next morning. And, don't forget to use the wheelie bin liners. Thank you!

Green waste dates, for your planning

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

- Monday, September 2, 16, 30
- Monday, October 14, 28
- Monday, November 11, 25

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 speedo 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.

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

Giving back to the community

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 (owned and operated by the Palm Lake Group) is always looking for volunteers to either visit a local 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, contact Palm Lake Care Mt Warren Park's Lifestyle Coordinator, Leona Counsell, on 3444 6000 or phone Palm Lake Care Bethania on 3086 3000.

Get social with us

Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@palllakeresort) and also over on Instagram (@pallm.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 (@pallm.lake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!

Weekly activities.

MONDAY

8.45am - 11.30am Shopping bus to Browns Plains
(meet in the front carpark)
10am Carpet bowls (Clubhouse)
1.30pm Bible Studies (Clinic Room)
1.30pm for 2pm Housie cards (Clubhouse)

TUESDAY

8am Tai Chi with Shane (Clubhouse)
9am - 12 noon Craft (Clubhouse)
9.30am Pool players (Clubhouse)
1.30pm Dr Ting (Clinic Room)
5pm Homeowners' dinner (Clubhouse)

WEDNESDAY

8am start Podiatrist visits fortnightly (Clinic Room)
8.30am start Lawn bowls (Bowling green)
8.45am - 11am Shopping bus to Waterford (meet in the front car park)
6pm Cards and games (Clubhouse)
6pm Pool player competition (Clubhouse)

THURSDAY

7am-12 noon Gym with Aubrey (Gym)
8.45am - 12 noon Shopping at the Logan Hyperdome
(monthly, meet in the front car park)
9am - 10am Gentle exercise (Clubhouse)
11.30am - 1.30pm Bistro lunch (Clubhouse)
6pm for 6.30pm Bingo (Clubhouse)

FRIDAY

8.45am - 10am Shopping bus to Beenleigh
(meet in the front carpark)
9am - 10am Aqua aerobics (Indoor Pool)
11.30am - 1.30pm Bistro lunch (Clubhouse)
1pm Card making with Lorraine (Bowls Club)

SATURDAY

8.30am Lawn bowls (Bowling green)
12 noon Christian lunch (monthly, Clubhouse)

SUNDAY

9am Church service (Clubhouse)



***Pictured above and left:** Christmas in July at the Clubhouse was a festive affair. Poor old Santa had a knee operation this year, so the elves had to put a protective barrier around him so no-one would sit on his knee! Fun and frivolity were had by everyone! There was lots of dancing to the great sounds of Dave Clayton and a delicious Christmas meal featuring a roast dinner and Christmas pudding for dessert, served by our girls from Tasty Treats. The evening was enjoyed by all those homeowners and friends who attended from Palm Lake Resorts Bethania and Waterford.*



Around the grounds.

***Pictured this page:** Palm Lake Resort Bethania's Social Bowls Club played the Qld Buffalos for a Christmas in July event at Beaudesert Bowls Club recently. Great lawn bowling was on show, and there was plenty of fun had across the all-day event.*



***Pictured left:** Happy 90th Birthday Tom! Tom Smith, one of our beloved care residents and member of Bethania Social Bowls Club just turned 90. A celebration morning tea was enjoyed before some lawn bowls fun.*



***Pictured right:** Our wonderful Ladies' Craft Group has been giving back to the community knitting beanies, scarves and gloves for the homeless and dolls for the children's hospital. These items are all donated by the ladies to the various charities and people in need. If you would like to help, donations of wool would be greatly received or if anyone would like to purchase a beanie, they are just \$10. Money goes towards more wool for knitting and to buy stuffing for the dolls. You can find the Craft Group on Tuesdays, from 9am, in the clubhouse.*



**BOWLS
BRINGS US
TOGETHER**

The importance of staying socially connected.

MAKING THE DECISION TO MOVE INTO A PALM LAKE RESORT STARTS BY FINDING JUST THE RIGHT HOME. BUT LONG-TIME PALM LAKE RESORT HOMEOWNERS WILL BE QUICK TO TELL THEIR NEWBIE NEIGHBOURS THAT THEIR DECISION WILL ULTIMATELY PROVE TO BE LESS ABOUT THE PHYSICAL 'BRICKS AND MORTAR' AND MORE ABOUT THE LIFESTYLE COMMUNITY THAT COMES ALONG WITH IT.

The benefits of buying into a Palm Lake Resort community extended well beyond what you can physically see. Yes, your home will be a low-maintenance safe haven in a gated community with caretakers to support you on a day-to-day basis. And, yes, you'll also have access to a raft of onsite community facilities strategically chosen for the over-50s demographic. But one of the greatest returns on your Palm Lake Resort investment will, in fact, be something a lot less tangible - and that's your 'membership' into this welcoming, likeminded community.

Scientific research proves we humans live longer, happier, healthier lives when we feel part of something bigger than just ourselves – that is, part of a social/community group. There has been much research completed and reported across the last decade about the benefits of staying socially connected as we age. Here are just some of them:

Improved cognitive function: Social engagement can help maintain and even improve cognitive functions. Studies have shown that social interaction can help protect against cognitive decline. Engaging in social activities stimulates the brain, which can enhance memory and cognitive skills.

Reduced risk of mental health issues: Social connectedness significantly reduces the risk of depression and anxiety among older adults. Having a strong social network provides emotional support, which is crucial for mental health. Interacting with others can also provide a sense of purpose and belonging.

Enhanced physical health: Older adults with strong social ties in general have lower risks of chronic illnesses such as heart disease, hypertension and diabetes. Studies show that socially engaged individuals are also more likely to be physically active, which contributes to overall health. Having a team of friends to inspire you to go for a walk together, play sport, join in a group training session or even just try activities that you would otherwise overlook is motivating.

Longevity: Socially active individuals tend to live longer. Research has indicated that loneliness and social isolation are linked to higher mortality rates. Having a robust social network can encourage healthier behaviours and provide emotional support, both of which contribute to a longer life.

Improved immune function: Funnily enough, social engagement can strengthen the immune system. Positive social interactions can reduce stress and its negative impact on immune function. Reduced stress levels are associated with better immune responses and lower inflammation.

Greater emotional wellness: Being socially connected can enhance emotional wellbeing. Regular interactions with friends and family can increase feelings of happiness and decrease feelings of loneliness. Emotional support from social networks can also help individuals cope with life's challenges more effectively.

Increased sense of purpose and belonging: Engaging in social activities can provide a sense of purpose and belonging. Volunteering, participating in community events, or simply spending time with likeminded friends and loved ones can give older adults a meaningful role and a reason to stay active and involved.

So, now that we know why it is beneficial to stay social as we age, let's look at how we can achieve and maintain those all-important social connections. As a homeowner in a Palm Lake Resort, you've made the biggest and most important first step by joining our community. Congrats, you! But don't expect the benefits to simply come flowing in through your front door – some definitely will, but you've also got to invest a little time and effort to chase down those social opportunities.

Here's how you can very easily bolster your social connections at Palm Lake Resort:

Join a club, find your tribe: Everyone has some kind of passion, hobby, interest or creative streak within them. Maybe there was something you enjoyed in your earlier years before life and work and family commitments got in the way? Maybe you just want to learn something brand new (there are additional cognitive benefits to being a lifelong learner!). Start by taking a look at our resort's Weekly Activities list to see if something there resonates. You can also stop by our Caretakers' office and ask them if they know of any other homeowners interested in the same thing you are interested in. Beyond that, simply ask around your neighbourhood, at weekly meals, in the resort's private Facebook group etc. We guarantee you'll find a likeminded neighbour with just a little digging and if our resort isn't already supporting your chosen hobby, we'd love to know how we can start!

Play a sport: This is the obvious one. We've got the resort facilities to support many different sporting pursuits. Not only will you benefit from being physically active, you'll find strong social

connections among likeminded sporting friends. We've seen likeminded sporting neighbours join forces to play their chosen sport outside the resort grounds (inter-resort games, played across multiple local Palm Lake Resort addresses are all-too common). Some have even organised group holidays interstate and internationally to indulge a shared sporting passion. Trust us, sometimes the post-match drinks can be more fun than the match itself!

Volunteer: If you've got time on your hands, volunteering will no doubt connect you with likeminded neighbours. Maybe you are a social butterfly with a background/flair for event planning? Our resort Social Committee would love to have you onboard. Maybe you enjoy driving and could help shuttle our homeowners around on the resort bus? Maybe your calling is even bigger than that? Maybe there's a charitable organisation that would benefit from you and your neighbours' combined volunteering support? It might be knitting or sewing items in groups to support a local hospital or the underprivileged? Or maybe you could organise a resort fundraiser for a charity? If this kind of work tickles your fancy, finding others who share the same interest will definitely uncover wonderful social connections for you, beyond the feel-good bonus of selflessly helping others.

Jump online: It can be nerve-wracking for some to make new friends in real life. Maybe, also, you're not as mobile as you used to be? Either way, the internet has the power to bring social connections right into the palm of your hand so you have no excuses not to stay socially connected from wherever you are. If you're new to social media, our Palm Lake Resort community's private Facebook group might be just the (safe and secure) place to uncover a Palm Lake Resort neighbour with similar interests? Beyond our resort gates, you could try searching Facebook for community groups based in our geographic area? You could even find a Facebook group dedicated to your particular interest or hobby? The sky really is the limit here.

Get a dog: It's amazing how dog owners automatically connect with one another over their beloved pooches! If you haven't already got a four-legged best mate in your life, maybe now is a great time to get one? Palm Lake Resorts are dog friendly so there's no drama there. You'll also find yourself more physically active as a dog owner, given the extra walking (and playing!) that you'll do. And you'd be surprised just how many incidental social connections you'll make when you're out and about with your pooch. A dog is the gift that keeps on giving, in so many different ways.

FIND OUR
WEEKLY
ACTIVITIES LIST
ON PAGE 3



Homes for sale.

WANT TO BOOK A PRIVATE INSPECTION AND FIND OUT MORE ABOUT OUR RESORT?
FREECALL 1800 774 866 OR EMAIL BETHANIA@PALMLAKE.COM.AU
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU

35 Bow Street - \$430,000

Beds

2

Bath

2

Living

1

Study

1

Outdoor living

Garage

1



Loads of space

Sunny, spacious two bedroom plus study home in our pet-friendly enclave. The master bedroom has air conditioning, a ceiling fan, large built-in mirrored robes and a well-appointed en-suite. The second bedroom comes complete with built-in robes and a ceiling fan. There is an open plan lounge with sliding glass doors that leads to the sunny front verandah. Separate dining area with servery from the kitchen which features a four-burner gas cooking, electric wall oven and a new LG dishwasher. This property is close to the indoor heated swimming pool and pets are welcome.

20 Palm Court - \$385,000

Beds

2

Bath

2

Living

1

Outdoor living

Garage

1



A home to delight in

Delightful two bedroom home located in Palm Court and a short stroll from the clubhouse with lovely front porch to watch the world go by. Large master bedroom complete with ensuite and dual built-in robes. Second bedroom has plenty of storage and a nook for a desk. Beautifully renovated main bathroom with large walk-in shower. Separate dining area off the modern kitchen complete with servery window. Light-filled enclosed sunroom with shutters makes a lovely extra sitting area that leads to the rear garden and clothesline area. Long carport complete with large shed and ramp to front door for easy access.

20 Fern Court - \$370,000 negotiable

Beds

2

Bath

1

Living

1

Outdoor living

Garage

1



Bright and airy

This bright and airy two bedroom, two bathroom property is located only a short distance from the resort's heated pool. The master bedroom has an ensuite and dual built-in robe. The main bathroom is tidy and complete with bath/shower combination. There is an open-plan lounge with a separate dining area leading off the light-filled kitchen. Ceiling fans throughout and an air-con in the lounge for those warm summer days. Enjoy timber laminate flooring in the main areas and carpet in the bedrooms for warmth in the winter months, and an internal laundry leading out to a low-maintenance line area and carport complete with a ramp for easy access to the front door.

6 Princess Court - Offers over \$460,000

Beds

2

Bath

1

Living

1

Outdoor living

Garage

1



Beautifully presented

This spacious two bedroom home located in quiet Princess Court has a large main bedroom complete with walk-in robe and ensuite. Second bedroom complete with built-in robe has a study area-come-office attached or possible third bedroom. The lounge area is very spacious, plenty of room for a large TV screen. Separate dining area off the kitchen which has great storage and leads outside to extensive decking and seating areas around the house, perfect for the outdoor BBQ with family and friends. Property has enough room to park a small caravan or boat and has three sheds in the yard. This property is also pet friendly and the yard area would lend itself to a small pet.

8

9

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 GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL OUR PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!

A man of many talents.

You will have read about Palm Lake Resort Fern Bay's 10th birthday in the current edition of our company magazine, *'This is Your Time'*. While the 10th birthday party was a celebration of the resort as a whole, the unofficial 'man of the hour' was homeowner Steve Carroll. Some 86 years young, Steve wrote two poems about his time at Palm Lake Resort Fern Bay (read aloud at the party by Lloyd Hynd) and completed portraits of event guest speakers Amanda Clements (Palm Lake Group's Executive Manager People & Operations) and Meryl Swanson (Federal Member for Paterson). Both were delighted to receive their portraits at the end of the ceremony.

But Steve's talents don't stop at poetry and portraiture. Having served in four wars, he is passionate about working alongside his fellow veterans



to better the lives of those abroad – particularly in Laos, which is home to 15,000 amputees thanks to landmines leftover from the Vietnam War. Steve began collecting prosthetic limbs from clinics in Australia (discarded because regulations say they can't be reused) and sending them to Laos. For the first five years, he did this on his own dime – which, at around \$700 in postage for three boxes soon added up. More recently, he has linked up with another

veteran in Queensland who helps him send the prosthetics to Laos for free. As part of their local Rotary Club, Steve and his wife Doreen have also taken on impressive fundraisers – namely, a motorbike ride around Australia. They rode 20,000 kilometres, slept on the ground of countless Rotary Clubs and raised \$30,000 for malaria research. Yes, the people of Palm Lake Resort really are very special indeed. Well done, Steve and Doreen.

Sharing a cuppa, for charity.

Right across our 27 Palm Lake Resort addresses, we bet there's a jug boiling right now! Coming together over a piping hot cup of tea or a reinvigorating mug of coffee is what we all love best. It's not so much the drink itself as it is the enjoyment when the moment is shared with friends, family and likeminded neighbours. So, it's little wonder why the Cancer Council's annual 'Biggest Morning Tea' fundraiser seems to strike a chord across all our resorts, year after year. Not only do we all know someone who has been affected by cancer, we know that supporting a worthy cause like this will support the future of cancer research and patient care. And to do it by sharing a cuppa? Too easy!

At the time of printing this newsletter, more than \$14 million has been raised across Australia at Biggest Morning Tea events in 2024 alone. Here are just some of the fundraising results we've seen across our own Palm Lake Resort addresses that helped to raise that \$14 million total figure:

- **Banora Point:** \$1700
- **Bargara:** \$5138
- **Beachmere Sands:** \$5977
- **Carindale:** \$2906
- **Cooroy-Noosa:** \$1000
- **Eagleby:** \$6000
- **Forster Lakes:** \$8000
- **Mt Warren Park:** \$2000
- **Phillip Island:** \$2272
- **Truganina:** \$2320
- **Upper Coomera:** \$1790
- **Waterford:** \$1700
- **Willow Lodge:** \$3500 (pictured, right)

**\$44,300+
RAISED FOR
CANCER RESEARCH
WITH THANKS
TO PALM LAKE
PEOPLE!**



Our Thelma reigns supreme.

When it comes to volunteering, there's one Palm Lake Resort homeowner who is quite literally top of the pops - and that's Thelma Hansen of Willow Lodge. Thelma has been at the resort since 2000 and has clocked up 23 years of volunteer work in that time. While this queen of volunteering is 95 years young, she's quite happily living on her own and heading to The Lodge Country Club on Tuesday and Saturday mornings each week to lend a helping hand. Thelma is a true inspiration, selflessly giving back to her community for more than two decades, which is why she's the inaugural winner of her resort's new Volunteer Recognition prize. Keep up the great work, Thelma! We appreciate you.

Green and gold for grandie.

There was one especially proud Palm Lake Resort Tweed River homeowner with her eyes glued to the television during the 2024 Olympic Games. Laurie Galloway's granddaughter, Kaitlyn Torpey (pictured right), was selected to play for the Australian Matilda's soccer team at the Paris Olympics. Well done to Kaitlyn and the team!



What's happening over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the greater Palm Lake Resort community? Are you and 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.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com

Where friends become family



FREECALL 1800 774 866 | bethania@palllake.com.au
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THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
palllakeresort.com.au