

THE ESSENCE

Feb/Mar 2018



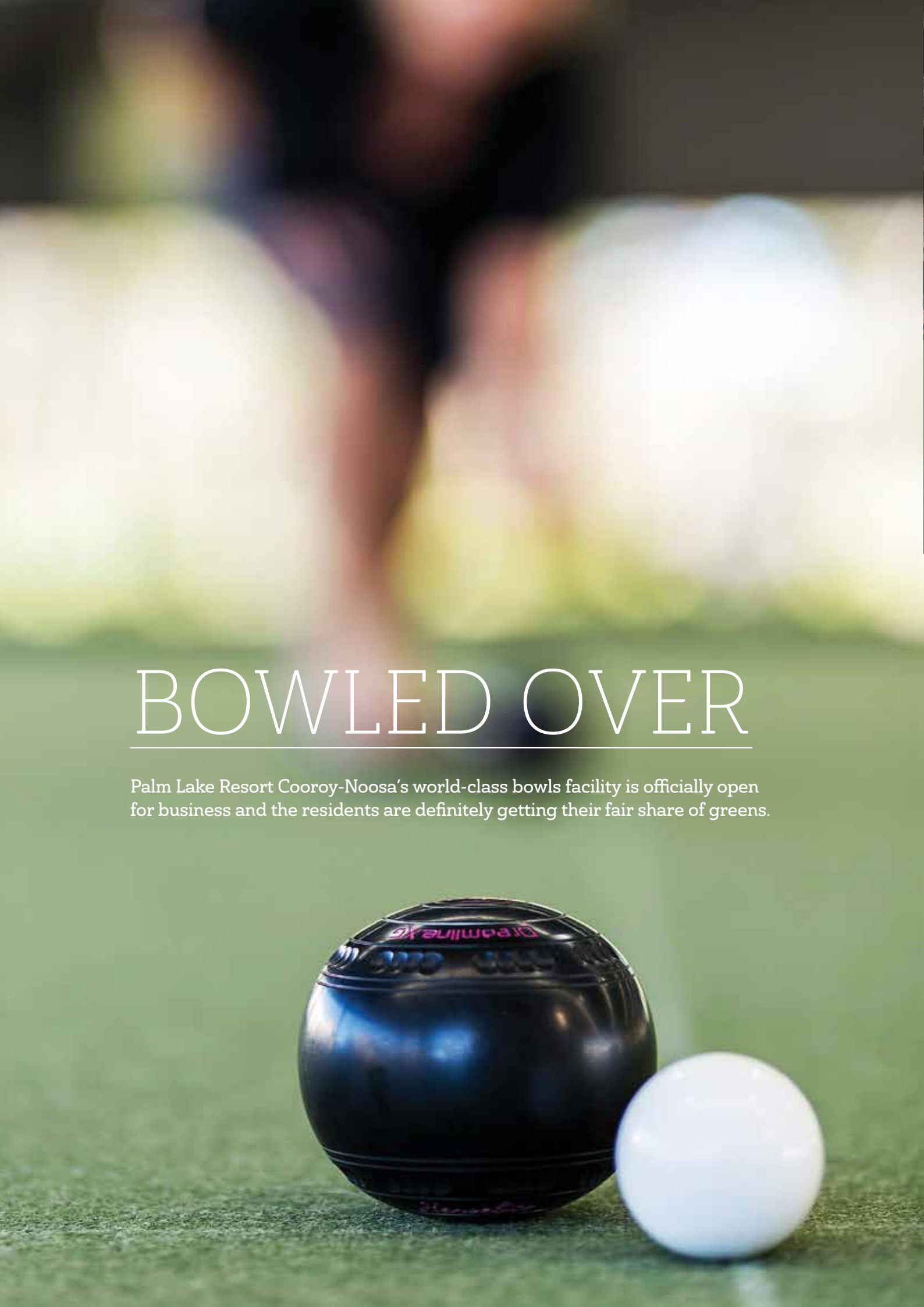
BOWLED OVER

Our world-class lawn bowls club is now open

PEREGIAN STYLE

You'll fall in love with our newest display homes





BOWLED OVER

Palm Lake Resort Cooroy-Noosa's world-class bowls facility is officially open for business and the residents are definitely getting their fair share of greens.



Palm Lake Group definitely doesn't build lawn bowls facilities by halves. Right across the group of more than 20 lifestyle resort communities, there are highly celebrated world-class lawn bowls facilities offering residents the chance to stay active, competitive and social as well.

Palm Lake Resort Cooroy-Noosa's brand new eight-rink undercover lawn bowls green and its associated clubhouse were officially opened at Christmas. The response from eager residents has been impressive.

A friend of Palm Lake Resort, Julie Keegan is a current Queensland state lawn bowls representative but may be better known for representing Australia from 2006-2011 (playing 121 games for this country) as well as being 2006 Australian Open Singles Champion, 2007 World Team Cup winner, gold medallist in the 2008 World Champion Fours and World Team Ladies, silver medallist in the 2008 World Champion Triples and Commonwealth Games silver medallist in 2010.

Having experienced the best greens in the world, Julie has also played Palm Lake Resort lawn bowls greens and highly rates them – and the lifestyle on offer here at Palm Lake Resort.

"I would definitely consider a Palm Lake Resort for my husband and I one day down the track and have talked a lot about its benefits to our parents, children and lots of our friends!" Julie says.

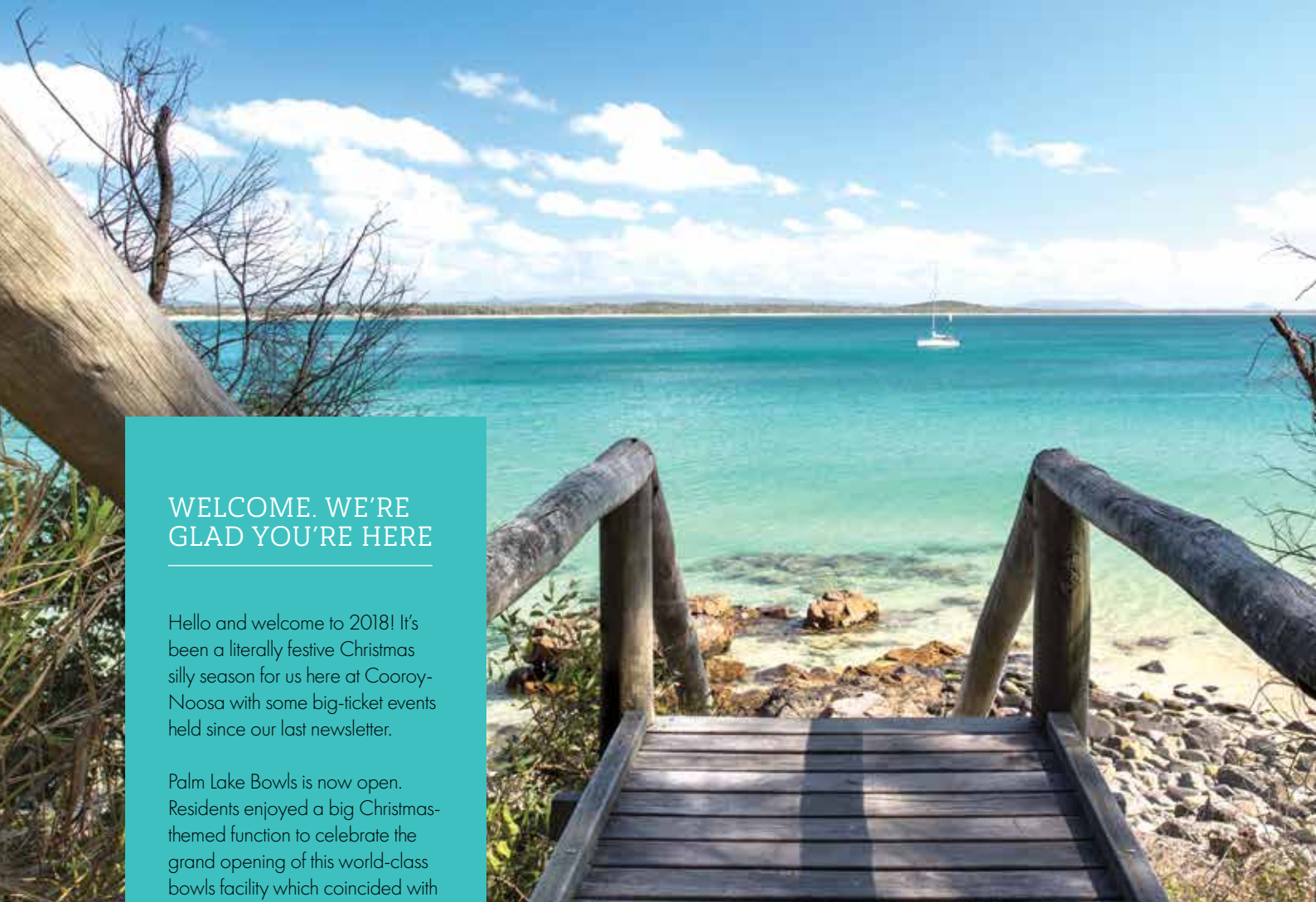
Sportcrete is the company tasked with installing the surfaces for all Palm Lake Group lawn bowls facilities. Spokesperson Ben Sutcliffe says the world-renowned Greengauge woven bowls surface is used at all Palm Lake Resorts, including Cooroy-Noosa, for its performance, durability and consistency.

"It's a surface that's renowned for providing consistent speeds of 15-16 seconds, which is ideal for all levels and styles of bowling," Ben explains.

Coupled with the Sportcrete Bowls Base System, which utilises the latest laser technology and environmentally friendly polymer bonding, the greens at all Palm Lake Resorts are truly top of the range.

"The outcome is a precision bowls base built to the finest tolerances, designed to perform year in and year out," says Ben.





WELCOME. WE'RE
GLAD YOU'RE HERE

Hello and welcome to 2018! It's been a literally festive Christmas silly season for us here at Cooroy-Noosa with some big-ticket events held since our last newsletter.

Palm Lake Bowls is now open. Residents enjoyed a big Christmas-themed function to celebrate the grand opening of this world-class bowls facility which coincided with the first anniversary of the opening of the Pavilion Recreational & Wellness Centre

We also have two brand new and simply stunning display homes now open - Peregian and Surfside. Turn over for more information.

The Sales Office has also been busy with Stage 2 almost sold out. Be quick to secure your preferred design, if you are keen on this section of the resort development. Stage 4 has also been released and construction commenced early in February. We have introduced two new designs for this stage which is really exciting!

We have many functions planned for this year so make sure you are signed up to our database and keep your eye on our website and social media as there is always something to look forward to here at Palm Lake Resort Cooroy-Noosa.

Brittany Baldwin
Regional Sales Manager



STAY A NIGHT

Many of our Palm Lake Resort Cooroy-Noosa enquiries come from people in far-flung locations right around Australia. If you are coming to visit us from out of town, freecall 1800 885 851 to arrange a resort tour and a complimentary night's accommodation on us. This offer is subject to availability and conditions apply, but there's never been a better excuse to indulge in a Sunshine Coast stopover to properly inspect our world-class facilities and welcoming homes.



HAPPY DAYS

Did you know that March 20 is the International Day of Happiness? The event was created in 2013. A profound shift in attitudes is underway all over the world. People are now recognising that 'progress' should be about increasing human happiness and wellbeing, not just growing the economy. All 193 United Nations member states have adopted a resolution calling for happiness to be given greater priority. Visit www.dayofhappiness.net

FEBRUARY / MARCH

WHAT'S HAPPENING



EXPOS BRING THE
RESORT TO YOU

Meet the friendly team behind Palm Lake Resort Cooroy-Noosa at these expos:

Brisbane Retirement Village Expo
February 25-26
10am to 3pm, daily
Broncos Leagues Club,
98 Fulcher Rd, Red Hill
Admission is free

Sunshine Coast Retirement Village Expo
March 11-12
10am to 3pm, daily
Maroochy RSL Club,
Memorial Avenue, Maroochydore
Admission is free

WHAT THEY
ARE SAYING

"The quiet country atmosphere of Cooroy, is just what the doctor ordered. The amenities are breathtaking and we are proud to own a piece of this resort and look forward to knowing the other residents."
- Frank Puglisi

"Of course it was the large garage that would fit his toys that really sold it for my husband Ken! We are now here and loving it as we now have a new life and the facilities are wonderful. We are meeting new people every day to add to the enjoyment. We couldn't be happier."
- Ken and Cheryl Beer

"We arrived, just for a quick look and ended up leaving a deposit within the hour. The amenities of this resort outshone all the others we had viewed. They are delicately tasteful with an eye for detail. They have all the great things needed to indulge in one's retirement."
- Colleen Puglisi



NOOSA'S WAVE OF GOOD TIMES AHEAD

Now in its 27th year, the Noosa Festival of Surfing has firmly established itself as the leading surf cultural event in the world. It is also the biggest surfing event in the world by competitor numbers (there were more than 900 entries from almost 20 countries and regions in 2017). From humble beginnings, the festival has grown into a week of fun and entertainment for surfers, surf enthusiasts and families from all over the world. The action can be found at First Point and Noosa Main Beach, at beautiful Noosa Heads from March 10-17. Visit www.noosafestivalofsurfing.com



COME CRUISE WITH US

Palm Lake Resort Cooroy-Noosa deposit holders will be deservingly spoilt with a two-hour cruise along the Mooloolaba River on February 22. With drinks flowing and a buffet lunch to enjoy, we're sure it'll be an event to remember. Stay tuned for all the photos in our next newsletter edition.





Below: Throw cushions are a simple yet effective way to make any chair more visually appealing and downright cosy as well. Change them with the seasons.

GOLDEN GLAMOUR

OUR LATEST DISPLAY HOME, PICTURED, PROVIDES A BIRD'S EYE VIEW INTO HOW GLAMOROUS THE GOLDEN YEARS CAN BE HERE AT COOROY.

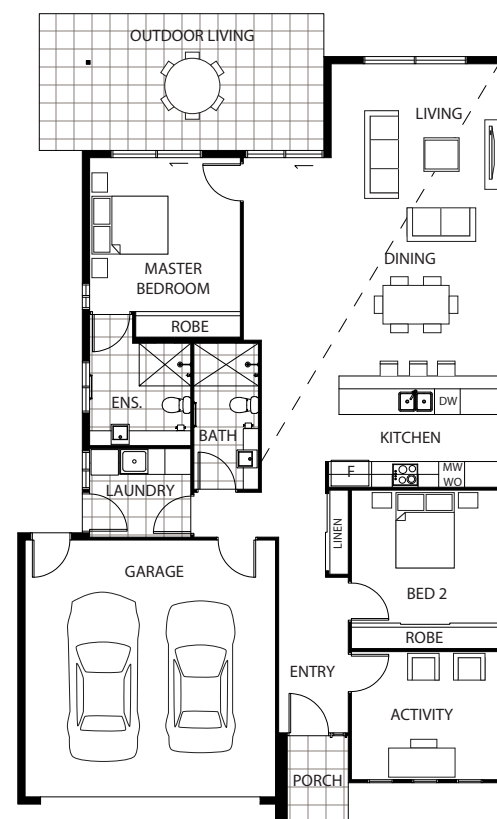
STUNNING PEREGIAN NOW OPEN

Palm Lake Resort Cooroy-Noosa features homes that are a statement of elegance designed for the Queensland coastal climate. Living areas blend effortlessly into alfresco outdoor rooms, letting gentle breezes sweep through. Each design comes with luxury fittings and finishes, stone benchtops, Smeg appliances and pure, natural colour palettes.

Just opened onsite are two gorgeous new display homes including the Peregian (pictured). This design's list of features matches the exacting requirements of our savvy Sunshine Coast investors.

Think two bedrooms plus activity room with an open-plan living and dining area that seamlessly floats out to a second entertaining area offering alfresco appeal, perfect for our balmy climate. The ensuite master is a delightful retreat at the end of any weary adventure seeker's day.

If you love our Peregian design, don't forget that as a Palm Lake Resort resident, you gain exclusive access to our gold standard country club, The Pavilion, with ten pin bowling, movie theatre, swimming pools, a new undercover bowls green and more.



Above: Using solid black features in your interior styling brings instant drama and sophistication.

Right: For more inspiration, Palm Lake Resort's own interior design expert has used on-trend black and gold theming in our newest display home. Glamour plus!



Above: Don't forget the little details. Arrange coordinating objects into vignettes, or groupings, atop tables and shelves to give your theme impact.



RESORT PROGRESS UPDATE

Palm Lake Resort Cooroy-Noosa's construction team has definitely hit the ground running early in 2018. Cooroy-Noosa site administrator Tracy Batley says all construction is on track.

"The tennis courts are now complete and it's good to see residents already enjoying a game," Tracy says.

"The adjacent tennis grand stand will be finished in February, and the residents' workshop should also be completed around the same time."

The tennis courts bring Cooroy-Noosa residents an additional opportunity to put their health and wellness first by staying active - alongside the Pavilion Recreational and Wellness Centre's exclusive Milon gym and the newly opened eight-rink lawn bowls green. But it's the social aspect of the game of tennis that keeps these community-minded residents coming back for more.

Similarly, the residents' workshop will be a magnet for those social craftspeople. In other Palm Lake Resort sites, these workshops have been the location for the sharpening of skills and the sharing



of lifelong knowledge. Over the years, many Palm Lake Resort workshops have also seen the manufacture of quality handmade items for charity and other altruistic purposes.

As far as Palm Lake Resort Cooroy-Noosa homesites go, Stage 1 villas are 100 per cent complete and the construction team is three-quarters of the way through Stage 2.

Stage 4 will be the next to be released with 52 homes to be built, including some exciting new architectural designs.



AROUND THE GROUNDS



Above and right:

More than 130 people attended our Spring Soiree sales event recently with guests treated to a Polynesian dance performance (some were even brave enough to try their hula moves on the dance floor!). The Malibu chicken and pineapple glazed ham lunch delighted, as did the local ukulele group. The sweet tooths were rewarded with frozen beverages, a morish candy buffet and even a visiting ice cream truck!



Left: The cool sounds of jazz filtered through Palm Lake Resort Cooroy-Noosa for our recent luncheon event. Some 80 attendees dined on a delicious lunch spread before exploring the grounds of this paradise we call home.

CARETAKERS' NOTES

2018, here we come! The New Year brings on new plans, new events and new facilities for us. The opening of the Bowls Club was a huge success with coaching clinics, social days and competitions ensuring it's in use every day. Having such a world-class facility at our fingertips is a real highlight of life here at our resort.

The festive season brought with it many opportunities for celebration. Residents put together a live music evening featuring local band 'Days Gone By' and there was not a spare spot on the dance floor! Our resident Christmas dinner was a real hit with free champers on arrival and even a visit from the man in red himself. One resident made the comment that the evening felt like one big happy family get together.

The arts and craft room is going from strength to strength. Our craft group has been busy making some funky carry bags out of recycled materials for fundraising purposes and residents have also enjoyed art classes, with more to come in the New Year. In the upcoming months, we looking forward to the opening of the residents' workshop and golf simulator.

As we grow, we are looking forward to many more activities and events in our resort. Every new resident brings new ideas and skills that only enhance our lifestyle here.

Mick & Deb
Resort caretakers

GOOD READS



Reading is such a great relaxer. Why not spend time with books that'll teach you a thing or two about, well, everything? Trivia buffs can sharpen their skills with these new-release titles:

THE BUMPER BOOK OF THINGS THAT NOBODY KNOWS

by William Hartston

Do animals have a sense of humour? Why do we have five fingers? Can robots become self-aware? This bumper volume takes readers on a tour of 1001 gaps in our knowledge of cosmology, mathematics, animal behaviour, medical science, music, art and literature. \$29.99.



BLOWFISH'S OCEANOPEdia

by Tom 'Blowfish' Hird

The seas cover more than 70 per cent of the Earth, but still remain shrouded in mystery. This entertaining and enlightening new book lifts the lid on a treasure chest of fascinating facts to reveal what lurks beneath the waves. \$32.99.



STRAYAPEDIA

by Dominic Knight

Strayapedia is the certified true dinkum, 100 per cent Australian made (albeit foreign owned) answer to Wikipedia. It provides essential alternative facts about Tony Abbott, the ABC, the Akubra, Canberra, cask wine, Kylie Minogue, Bob Hawke, Hey Hey It's Saturday, Ned Kelly, koalas and Shane Warne, among many other indispensable topics. \$29.99.

MINDFOOD

Looking for convenient meditation courtesy of your smartphone? Look no further than Headspace Guided Meditation.

Perhaps one of the best meditation apps around, Headspace offers guided meditations for all stages of your meditation journey. Let co-founder and former Buddhist monk Andy Puddicombe's soothing voice walk you through daily mindful exercises everyday and get ready to see a massive difference in how you live, think and feel.

STAYING CONNECTED

Here are some of the regular on-site activities we offer here at Palm Lake Resort -Cooroy-Noosa:

- Walking groups
- Aqua aerobics
- Lawn bowls & Carpet bowls
- Social tenpin bowling
- Billiards
- Line dancing
- Knitting & Learn to crochet
- Chair yoga, stretching, meditation
- Mah-jong & Card nights
- Movie nights
- Residents' dinners & Bistro lunches
- Bus shopping trips
- Happy Hour
- Milon gym sessions with a PT

CRAFT WITH PURPOSE

With an abundance of knitting needles, two sewing machines and an overlocker, the craft group at Palm Lake Resort Cooroy-Noosa has been busy. Resident Joan Boreham says in the 12 months she has lived at Palm Lake Resort Cooroy-Noosa the small craft group had had a big impact on the local community.

"In the winter time we were given a lot of wool and knitting needles and just began knitting," Joan says. "I think we've sent away around 270 beanies of all shapes, sizes and colours for premature babies in local hospitals.

"As the weather warmed up, and with plastic bags about to be banned in Queensland, we decided to sew bags and sell them for \$5 each. So far we have raised around \$180 for charity."

Beyond the beanies and bags, Joan says the group has also produced some gorgeous blankets for local nursing homes by knitting a variety of different types of squares and piecing them together. When reflecting on



the group's efforts, Joan says they all enjoy what they are doing and it's good therapy for members to get together to knit or sew - and socialise.

While the group's impact has been felt by many local families, they are already planning ahead for 2018.

"We can't keep doing bags forever so we are now trying to think of what we can do next with all of our material," Joan says. "Next winter we might knit trauma teddies for local paramedics to give to kids when they have accidents."

THE WRITE STUFF

Pauline Johnston might have spent her career in banking (being held up on two occasions, no less!) but it would seem she's discovered an interesting talent in her golden years.

Pauline wrote a story titled 'Life in the 1950s' and it was selected to be included in the book "Seniors' Stories Volume 3" an initiative of the NSW Seniors Card organisation, which invited its members to contribute a written piece to the compilation of 100 short-stories. Being chosen among the many, many submitted entries was no mean feat for Pauline. Among the other 99 stories published was one by 67-year-old former television personality Rory O'Donoghue, who tells the tale of becoming an ironman triathlete at 59 years of age. The book was launched at Government House by Minister for the Ageing, Tanya Davies.

"I encourage everyone to download a copy of the book or find it in your nearest library," Ms Davies said. "You will not be disappointed."

Unfortunately, the Johnstons were unable to attend the official launch in person, however a signed copy of the book will no doubt become a treasured family heirloom in years to come.





It's time for you.

Our 25 lifestyle resorts across Australia are driven by a philosophy of inspired luxury surrounded by world class facilities and home design.

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