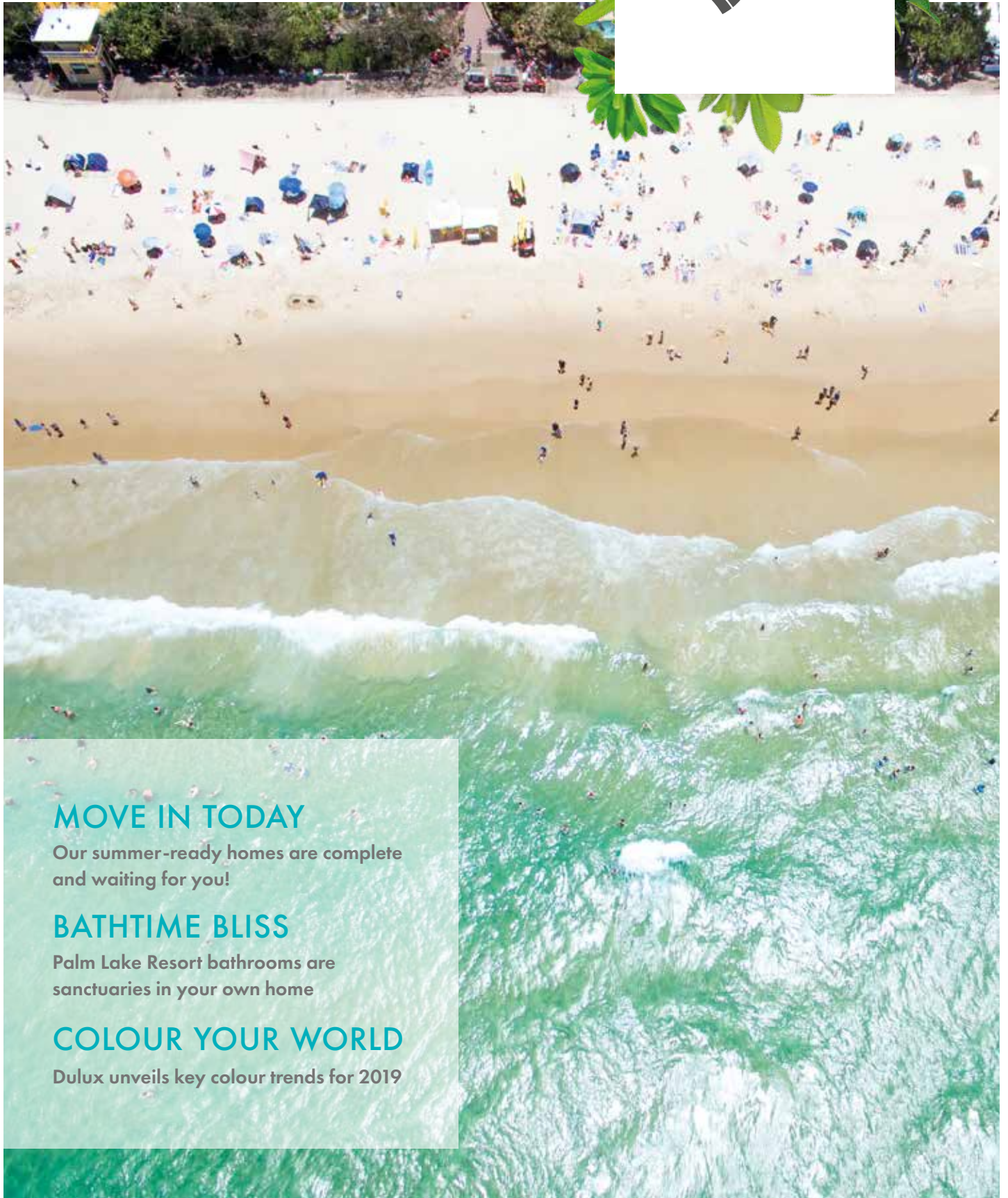


THE ESSENCE

Jan/Feb 2019



MOVE IN TODAY

Our summer-ready homes are complete and waiting for you!

BATHTIME BLISS

Palm Lake Resort bathrooms are sanctuaries in your own home

COLOUR YOUR WORLD

Dulux unveils key colour trends for 2019



WELCOME

Hello everyone... Welcome to our summer newsletter - the magazine that keeps everyone in the loop as to what's happening at our amazing resort here at Cooroy-Noosa.

First of all, let me say hello to everyone - it's great to be back in sales. Cooroy-Noosa is now my new home. I know some of you are thinking 'OMG, Sandy - you get around!' and yes, I do! I love my job and the company I work for. Call in and say hello when you are in the area. I would love to see you.

Lots of great things are happening here at Palm Lake Resort Cooroy-Noosa. Coming very soon are three brand new display homes - we are excited about these new designs.

Our 'coffee and cake' resort special is also back. Give us a call, book a tour of our amazing resort and the shout's on us!

2019 is here. Start the New Year off with a bang. Maybe it's time to consider a new home and lifestyle? We have new homes ready for you to move straight into - you will not be disappointed. See Page 8 of this newsletter for more details.

The sales team, including Joanne, Julie-Anne Melita and I, would like to wish everyone a safe and prosperous New Year - enjoy your summer break with family and friends. We look forward to seeing you all in 2019. We are planning some wonderful functions - look for your invite, it's on its way.

Remember, we also have a complimentary accommodation offer for those travelling from out of town to visit us. Freecall the Sales Centre on 1800 885 851 to find out more and book your personalised tour.

Sandy Martin
Cooroy-Noosa Sales Manager

60 YEARS MILESTONE!

Residents Frank and Robyn White (pictured below) celebrated an impressive milestone recently - 60 years of marriage! The pair was married on December 12, 1958, in Wollongong. This gorgeous couple have two daughters, six grandchildren and two foster great grandchildren. We had to ask the Whites their secret to a long and happy marriage. Robyn says, "You have to work together". Frank says, "You have to do as you're told!". Palm Lake Resort congratulates the Whites on this wonderful milestone and wish them many more happy and healthy years together.



FREE FEED

Did you know that every home here at Palm Lake Resort Cooroy-Noosa receives a complimentary meal to be redeemed in the resort dining area each week? Fifty-two vouchers are issued to each home annually and here at Cooroy-Noosa, our weekly residents' dinner is held on a Tuesday night. It's a great way to meet some new neighbours and spend quality time with likeminded local friends. Don't forget that there's also a residents' bistro lunch held each Thursday as well.

JANUARY / FEBRUARY

WHAT'S HAPPENING



THE RATTLER IS BACK ON TRACK

The Mary Valley Rattler is a heritage rail experience operating with a fleet of fully restored steam and diesel locomotives and carriages each with their own unique character and story. And she's back on track!

With scheduled departures every Wednesday, Saturday and Sunday you can join the journey in Gympie or Amamoor and travel through the stunning Mary Valley and discover the history of the century-old Mary Valley Rattler line and its people. The historical Gympie Station has been beautifully restored and is one of the most stylish and elaborate examples of timber railway architecture in Queensland. The Station houses the popular Platform No. 1 Café, a gift shop and a historical display. Visit www.maryvalleyrattler.com.au

CONTACT US

If you have any questions about Palm Lake Resort Cooroy-Noosa, if you are interested in touring our inspired display homes and world-class facilities, or if you would like to come along to one of our special events, simply contact us!

Freecall: 1800 885 851 **Email:** salescooroy@pallmlake.com.au
Find us at: 19 Trading Post Rd, Cooroy QLD 4563 **Visit:** www.pallmlakeresort.com.au

WHAT THEY ARE SAYING

"I chose Palm Lake Resort because I was looking for time for myself. I had been looking after a two-acre paradise by myself and I was ready to meet new people. The facilities I love here are the gym, the snooker room, the pools and the sauna. The activities I enjoy at the clubhouse are the dinners and lunches as well as morning teas spent chatting with new friends. My villa is modern and easy-care with a comfortable living area."

- Steve Moon (Villa 59)

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 & Carpet bowls
- Social tenpin bowling
- Billiards
- Line dancing
- Art classes
- Chair yoga, stretching
- Meditation
- Mah-jong & Card nights
- Movie nights
- Residents' dinners
- Bistro lunches
- Bus shopping trips
- Happy Hour
- Milon gym, with PT

YOUR SANCTUARY AWAITS

The bathroom is where you are able to switch off from all that is going on around you and simply be alone with your thoughts – that's why your bathroom is usually where inspiration strikes!

LUXE LIFE

Floor-to-ceiling wall tiles and shower niches in both ensuites and main bathrooms add an air of luxury to our bathrooms.

IN SINK

Semi-recessed vanity basins and high quality chrome tapware give a polished finish.

WARM & WONDERFUL

Heat lamps keep you comfortable all year 'round

CLASSY GLASS

Semi frameless shower screens maximise the feeling of space in our bathrooms.

TOO GOOD!

20mm stone bench tops and two-pac cabinetry come as standard in all Palm Lake Resort bathrooms.

BATH TIME BLISS

DID YOU KNOW, YOU'LL SPEND ABOUT 1.5 YEARS OF YOUR LIFE IN THE BATHROOM? THAT'S EXACTLY WHY PALM LAKE RESORT PUTS SO MUCH EMPHASIS ON CREATING IDYLIC BATHROOM SANCTUARIES. HERE ARE JUST SOME OF THE FEATURES.

Pictured, Palm Lake Resort Coory-Noosa, Beaches display home. Inclusions vary. Contact the Sales Centre to find out more.

GOLF IS GOOD

AVID GOLFERS WILL AGREE THAT A DAY ON THE GREEN IS MORE THAN JUST A SPORT OR A HOBBY – IT’S THE KEY TO LIVING A HAPPY, HEALTHY LIFE. YOU MAY THINK THAT SOUNDS EXTREME, BUT IT TURNS OUT THEY’RE NOT WRONG.



When it comes to getting your heart rate up, you don’t always have to sweat it out in a cardio session. Finding a low-impact activity that you enjoy, and are happy to do regularly, is a sure-fire way to ensure that you are getting in enough exercise. A few rounds of golf every week could be all you need to keep fit and healthy.

Did you know that you can walk up to seven kilometres playing an 18-hole golf course? Reports state walking can benefit your health in more ways than one – it can reduce your risk of heart disease, improve the fitness of your heart and lungs, help to manage conditions like muscle and joint stiffness, high cholesterol and diabetes, strengthen your bones and even improve your balance. Regular exercise – as we all know – can also help you to keep fit and trim, particularly if you’re

ditching the golf cart and rolling your clubs from hole to hole yourself (rather than carrying them, which can cause stress to your back and shoulders). Plus, breathing in the fresh air benefits your digestive system, strengthens your immune system and gives you more energy and a sharper mind. And we can’t forget the power of good old Vitamin D from the sun for promoting bone growth and strength by helping our bodies to absorb calcium – just ensure you stay protected by wearing sunscreen and a hat when you’re out on the green.

Above all this, golf is a great way to keep in touch with friends – and also to make new ones. So, grab your clubs, hit your local green and enjoy a day spent doing your body some good. It turns out, a golf session is just what the doctor ordered!

THE IMPORTANCE OF FITNESS AS WE AGE

Recent research from the University of Birmingham has found that fitness in older people relates to a decrease in what we call ‘tip of the tongue’ moments – like those moments when you can’t quite remember the name of someone or something. While the study recognised that cognitive decline is an inevitable part of getting older, we can slow the decline and protect ourselves from a further decline in our language capabilities by staying fit.

Fitness and general physical activities are also known to reduce the risk of a number of diseases, which include type-2 diabetes and some cancers. Specific types of regular exercise can also be used to maintain balance.

When considering the different ways you or your loved ones can stay fit, there are two types of exercise to include in everyday life. Planned exercise is your more traditional workouts including classes at the gym or group activities outdoors, whereas incidental movements are the activities you might not realise are helping you stay active. From walking to the shops, to gardening and housework, these are ways you can stay more active day to day.



BETTER YOUR BOWLING GAME

TENPIN BOWLING ALLEYS ARE POPPING UP ALL ACROSS THE PALM LAKE GROUP. IT’S A GREAT MULTI-GENERATION GAME TO ENJOY WITH VISITING FAMILY AND AMONG YOUR NEIGHBOURS.

Whether you’re a regular strike scorer or can barely manage a spare, any tenpin bowler can do with tips from an expert. We asked Gail Torrens and Dick Ritger from the Ten Pin Bowling Association of Queensland to share their advice for bettering your ten-pin bowling game.

How do I keep the ball in the lane and increase my scores? After you deliver your ball, continue the swing until your arm is in an ‘answer the phone’ or a ‘having a drink of water’ position. If you do this ‘follow through’ action your ball will stay on the lane for longer and you will be rewarded with higher scores.

Sometimes I release the ball at the bottom of my swing, and other times I release it somewhere else. How can I release at the same point each time? When you are about to release the ball, try to imagine where your forward knee is. Let your thumb out of the ball at this point every time. A consistent release point will allow you consistent scoring ability!

I’ve noticed that good bowlers seem to bowl without any effort at all – how do I do that? Without holding the ball, lean forward slightly and let your arm drop in a back and forth “Pendulum motion”. Concentrate on the gravity

feeling from the top of the backswing through to where you would release the ball – at the knee. When you bowl, try to remember that feeling. All top-average bowlers allow gravity to guide the ball rather than push and pull the ball prior to release. When you bowl, release the ball by just keeping your fingers bent. If you have trouble swinging the ball you may need to lean slightly forward while bending the knee deeply.

Why is my swing crooked? Lower your bowling shoulder, keep your head over the ball to align with your targets, push the ball forward while relaxing your arm but keeping tension in your shoulder, and then relax and swing your arm. Practice without the ball first to get the movement and ensure your swing is straight – this is a must for any good bowler! – and make sure you complete a practise swing every time you bowl, as this pre-swing allows you to maintain a consistent, straight swing feeling. Concentrate on keeping the swing nice and even without pushing and pulling the ball in the swing. This will ensure a straight swing every time.

I have trouble hitting my target – how can I get better? Every time you deliver your ball onto the lane, keep your back toe on the floor and bend your forward knee deeply. By improving the balance of your upper and lower body you will be able to hit your target more often.

SUMMER-READY HOMES - MOVE STRAIGHT IN!



MAKE A NEW YEAR'S RESOLUTION TO CHASE THAT SEACHANGE DREAM. IT'S EASY, HERE AT PALM LAKE RESORT COOROY-NOOSA. IN FACT, THIS IS A SEACHANGE AND TREECHANGE PARADISE ALL IN ONE.

Looking to give yourself the ultimate new home and new beginnings this New Year? Palm Lake Resort Cooroy-Noosa has a selection of summer-ready homes available right now. These homes are fully finished – they just need your furniture. There is absolutely nothing left for you to do. Buy it and move in tomorrow!

Our new Palm Lake Resort homes benefit from the culmination of our company's 40 years of expertise and first-hand knowledge in crafting designer resort-style living. With our finger forever on the pulse of new and emerging residential design trends, we ensure that these Palm Lake Resort homes offer carefully considered floorplans for ultimate comfort, lifestyle and security. To top it all off, our ready-built homes come complete with \$30,000 worth of luxury inclusions as

standard including ducted air-conditioning, stone benchtops, European appliances and fully landscaped gardens.

The best way to see your future self living the Palm Lake Resort Cooroy-Noosa lifestyle is by taking a guided tour of our display homes as well as the resort grounds and facilities here. Phone our Sales Centre on 1800 885 851 to find out more about which ready-built home could be yours this summer.

And remember, when you buy a Palm Lake Resort home, you are not just buying bricks and mortar. The amazing world-class facilities, vast array of regular on-site activities, resident hobbyist groups and other social events make your decision more about a complete lifestyle change, than just a real estate purchase.

DULUX UNVEILS KEY COLOURS FOR 2019

IF EVER THERE WAS AN AUTHORITY ON COLOUR, IT'S DULUX. THE PREMIUM PAINT BRAND (WHICH IS ALSO THE PAINT BRAND OF CHOICE FOR PALM LAKE RESORT), HAS JUST RELEASED ITS TOP COLOURS FOR 2019.

Every day we're bombarded with new ways to shop, eat, work and be our best selves and the effect can be exhausting. With the ever-present glow of screens, rapid taps and swift swipes of our digital devices, our brains are in overdrive. With so much background noise, it's easy to lose touch with what's important. According to Dulux, the paint brand of choice for Palm Lake Resort homes and facilities, design trends for 2019 will be influenced by a desire for stillness, simplicity and honesty.

Dulux colour expert Andrea Lucena-Orr says in 2019, we should expect to see organic shapes, frayed edges, contrasting textures and repurposed vintage pieces set against a backdrop of earthy neutrals, saturated greens and citrus brights – "a palette perfect for nurturing and empowering and as diverse as the stories we have to tell".

Inspired by extensive global trends research, the 2019 Dulux Colour Forecast (entitled 'Filter') is a multi-faceted collection that draws together soothing neutrals, exhilarating brights and deep, decadent hues that hint at the grace of a bygone era. It comprises four carefully curated themes – one of which is 'Wholeself' which we find a perfect palette for summer and the perfect theme for the New Year. It sees a turn away from pink and into a more sophisticated palette of nudes and warm neutrals, through shades of apricot, with pops of gold and even a mix of mauve-greys.

"From our global research it's clear there will be an emphasis on wellness and mindfulness in 2019 and the Wholeself palette really plugs into these themes," says Andrea. "With its soft, light tones and subtle layerings of texture, it's a palette to ignite the senses and revive a tired spirit. It's also easy to decorate with existing whites and cool neutrals, which I believe will make it a popular choice for home enthusiasts."

If you are craving simplicity and silence, or in search for wellness and 'wholeself' to clear the mental clutter, maybe you can take a leaf out of Dulux's book to make your home a calming, distraction-free temple with some of the 2019 paint colours?



DULUX:
GOLD DUST



DULUX:
LAMA



DULUX:
SHETLAND
LACE HALF

Above: indie art & design "Polka" ceramic bottle, \$32, www.indie.com.au
Cranmore Home "Sentosa" leather chair, \$923, www.cranmorehome.com.au
Zanui "Ezra" table lamp (set of two) \$299.95, www.zanui.com.au

STANLEYS FIND THE PERFECT FIT

DECADES OF VOLUNTEER WORK AND FULL-TIME CARE MEANT THAT CHRIS AND SUE STANLEY HAD A FEW CONDITIONS FOR THEIR NEXT HOME. THEY WANTED SOMEWHERE NEAR THEIR BELOVED COOROY, THEY WANTED TO BE ABLE TO LOCK THEIR DOOR AND HIT THE ROAD, AND THEY NEVER WANTED TO HAVE TO MOVE AGAIN. PALM LAKE RESORT WAS THE PERFECT FIT.

Chris and Sue Stanley had driven past Palm Lake Resort Cooroy-Noosa every day for years. When they took a resort tour after finally deciding to downsize, it took them just one week to put down a deposit on the villa they now call home.

"We used to drive past Palm Lake Resort to our property on Black Mountain every day, so when it came time to downsize, we decided to go and have a look," says Sue. "We were fortunate enough to be greeted by Joanne Jessop who proudly showed us through the facility, and went to great lengths with her honesty and professional knowledge to make our first visit one to remember."

A well-known and respected family within Cooroy and the wider Sunshine Coast community, Chris and Sue have worked tirelessly over the years fundraising for Children with Disabilities. They've particularly focused on improving opportunities in sport for people with intellectual disabilities, and together they've been a catalyst for improved access and equity in that area – a cause close to both of their hearts. Chris and Sue have two boys, Ben (who lives in New South Wales) and Clinton. Clinton is known locally as the "Aussie Super Fish" – a fitting nickname, considering his impressive national and international swimming achievements. He's an Olympic gold medallist and was the Olympic Queen's Baton carrier for Noosa and, as both a Down syndrome athlete and a star in Masters swimming, is a prominent role model in the local and national community.

"Clinton has represented Australia seven times, and was inducted into the Sunshine Coast Sports Hall of Fame," says Sue. "He was a finalist for the Australian of the Year a few years ago, and he's been a lifesaver here on the Sunshine Coast for 14 years. He just doesn't stop, he does it all."



And Chris and Sue have been behind both him and Ben every step of the way. Sue even formed the Down syndrome Australian Swimming Organisation and, through her work with the Special Olympics, coordinated Queensland's first dedicated Down syndrome tennis team. "I've been doing voluntary work for 26 years on a full-time basis," Sue says.

Moving from the five-acre property they'd called home for three decades into Palm Lake Resort Cooroy-Noosa didn't just signal a downsize for Chris and Sue, but also a chance to finally wind down after years of care, fundraising and community work.

"Our work load has reduced quite considerably, and we've got more time to spend together now, as well as with the friends we've met during weekly dinners," says Sue. "We just love it here, and it's because of all of the beautiful people."

And, with Palm Lake Care due to build an aged caring community right next door in the coming years, Chris and Sue already know they don't have to go through the stress of another move. They've got everything they need right here.

CARETAKERS' REPORT

If there's one thing that residents here at Palm Lake Resort Cooroy-Noosa certainly know how to do, it's have a great time!

Christmas was a great celebration with our gorgeous Christmas decorations up in the Pavilion Recreational and Wellness Centre, our Christmas Dinner and Show featuring singers and other musicians, as well as the Bowls/Sports Club Christmas Gala Day with bowls competition, a great spread and live music from our resort band, Trading Post Rock.

But resort celebrations are not just saved for the festive season. New Year's Eve, Australia Day, Melbourne Cup, Easter Parade, our Annual Opening Party and Christmas in July are just some of the other ways we love to celebrate life here!

There really is nothing better than marking those special occasions of life with family and friends. Sharing a drink, sharing a laugh or even sharing the dance floor is certainly good for your overall health!

Whether it is a national celebration or one of life's milestones, residents of Palm Lake Resort Cooroy-Noosa are always up for a party. We look forward to raising a glass (or three) with you all in 2019!

Deb & Mick
Resort Caretakers

AROUND THE GROUNDS



BAREFOOT BOWLS

Check out just some of the action of our recent Barefoot Bowls Barbecue – what a great combination for a great social event.





\$30,000* OF LUXURY INCLUSIONS AS STANDARD

At Palm Lake Resort Cooroy-Noosa, our homes and resort features are designed to enhance a luxurious over 50's designer lifestyle. That's why \$30,000* worth of luxury inclusions come as standard with every home. From European appliances, stone benchtops, ducted air conditioning and fully landscaped gardens, our homes come fully finished, simply ready to move in and furnish to begin creating your new resort lifestyle.

- Caesarstone benchtops
- European appliances
- 2 pac cabinetry
- Bathrooms tiled to ceiling
- Anticon blanket
- Flyscreens and front door barrier screen
- Fencing, landscaping, pathways and driveways
- Luxury selection of carpet and tiles
- Quality window furnishings
- Ducted air conditioning
- Dulux Wash & Wear paint
- Solar power panels



SALES CENTRE OPEN 7 DAYS

Freecall 1800 885 851 | 19 Trading Post Road, Cooroy | pallmlakeresort.com.au

THE BEST IN OVER 50's LIFESTYLE RESORTS. IT'S TIME FOR YOU.

*Subject to change without notice.