

The Essence

March–April 2022



REFER A
FRIEND AND
SCORE A CASH
INCENTIVE!
DETAILS INSIDE...



WORKING WONDERS

The rise of the internet and digital connectivity has made working from home easy. Set up a successful home office with these tipsprized facilities!

FESTIVE FUN

There's no doubt Cooroy-Noosa residents love to come together and celebrate. This past summer was no exception – check out the photos inside!

CHOC-FUELLED FUN

It feels like we've just packed away the Christmas tree and now Easter's here! With an influx of visiting grandies expected, share in our Easter eggstravaganza



Pictured: Lucky strike! Stop by the lanes anytime you like for a roll!



Welcome

Welcome to our second edition of *The Essence* for 2022. We can barely believe it, but March marks our one-year anniversary as Caretakers here at Palm Lake Resort Cooroy-Noosa. Time sure flies when you're having fun! We are thoroughly enjoying our time here at Palm Lake Resort and would like to thank all of the residents and our wonderful staff for making us feel welcome and a part of this wonderful community.

In this edition of *The Essence*, make sure you check out some of the photographic memories of our festive gatherings including our first Carols by Candlelight event (see Page 4) and the Billabong Street 'Big Bash' Christmas Street Party (see Page 5). We love when our community comes together like this to enjoy some quality time together while also having fun!

With the Christmas decorations packed away, how quickly the hot cross buns are spotted in the grocery stores! Those visiting grandies will be here for the Easter school holidays before we know it. Turn to Pages 8-9 for some ways to entertain them and also some ideas for how to use up all that excess chocolate that somehow always ends up accumulating. It's not a bad problem to have, right?!

We look forward to another great year ahead.

**Natalie Harrison and Bradley Naughton, Caretakers
Palm Lake Resort Cooroy-Noosa**

Contact us

If you have any questions about Palm Lake Resort Cooroy-Noosa or if you are interested in touring our resort grounds and world-class facilities, simply contact us!

Freecall: 1800 885 851

Email: salescooroy@palllake.com.au

Find our Sales Information Centre:

15 Pearsons Road, Cooroy QLD.

We're open five days a week, 9am-4.30pm.

Visit: palmakeresort.com.au

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News briefs

Social butterflies

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @pallmakeresort
Instagram: @pall_lake_resort

Refer your friends

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 an established Palm Lake Resort Cooroy-Noosa home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre or check out Page 10 of this newsletter for more information.



Green thumbs spread community veggie cheer

Check out how our community garden vegetable patch is doing after all this rainy, humid summer weather! The raised beds, which were installed mid-last year, are absolutely flourishing right now. We encourage all homeowners to pop by and lend a hand in return for a share in the green bounty!

Make a date

Here are some important upcoming dates to note in your diary:

- **Queensland school holidays:** Saturday, April 2 to Monday, April 18 inclusive
- **Easter long weekend:** Friday, April 15 to Monday, April 18
- **Anzac Day** (including public holiday): Monday, April 25
- **Labour Day public holiday:** Monday, May 3

Read all about Care

As part of the Palm Lake Group, Palm Lake Care offers six modern aged caring communities across South-East Queensland. Catch up on all things Palm Lake Care in the company's most recent magazine, *The Difference*. It features all the winners from our annual caregiver awards, as well as updates on every location. Read it online at: www.palllakecare.com.au



Picture perfect evening of song

Our very first Carols by Candlelight resort event was held in the lead up to Christmas. We could not have wished for a more perfect night. We had the lake as a backdrop, framed by all the Christmas lights bought from donations from our Social Club, The Binnies and LAC, as well as beautiful full moon rising. It was, to say the least, picture perfect.

The evening was very well attended with more than 250 residents plus their visiting family and friends helping to celebrate this wonderful community event. We enjoyed performances by our very own newly formed choir, The Harmoniacs, and 'The Strumpets' our resident ukulele band, plus a very special appearance from Santa and his sidekick elf.

It was a wonderfully festive event that will no doubt become a regular on the resort's calendar.



Big Bash, big fun

Early in December, the residents of Billabong Street hosted their second Big Bash Christmas Street Party. Six teams of nine players competed in five disciplines including darts, quoits, a golf putting competition, corn bag toss and the very popular street cricket competition. The residents of Billabong Street were joined by many other residents within our community to take part in this wonderful afternoon of fierce banter and rivalry.

Unfortunately, the gathered teams barely got started with presentations when the heavens opened. However, it took more than a bit of rain to dampen the spirits of our revelers. Thanks to several gazebos set up in Billabong Park and a couple of residents who provided shelter in their garages, the Big Bash after party continued well into the night!





Set up for success

PEOPLE ALL OVER THE WORLD HAVE BECOME A LOT MORE FAMILIAR WITH WORKING FROM HOME IN THE PAST FEW YEARS – SOME PALM LAKE RESORT RESIDENTS INCLUDED. HAVE YOU EVER THOUGHT ABOUT SETTING UP YOUR HOME'S SECOND (OR THIRD) BEDROOM AS AN OFFICE? WHETHER IT'S A BASE FOR YOUR BUSINESS OR JUST A DEDICATED PLACE TO GET THOSE HOME ADMINISTRATION JOBS SORTED, HERE'S HOW...

Purge

Before you embark on your office set-up, you need to cull anything you don't need anymore. Be ruthless about the things you hold onto and go digital wherever you can. For example, your smartphone probably has a built-in scanner, so use that instead of finding space for a dedicated desktop scanner. Once you've found a home for everything, invest in a good labeller. Think ahead: which trays, baskets or bins are likely to fill up first? Should you make that one bigger, or commit to culling it more often? Remember that decluttering isn't a 'one time and done' task – you'll need to embark on regular decluttering missions in the future; the aim of your first big one is to make the rest relatively simple.

Feng shui

What if we told you that the way you configure your office could contribute to your productivity? The goal of feng shui is

to use energy to harmonise us with our surrounding environment, and there are certain feng shui rules that you should keep in mind when organising your office. Removing clutter – including hiding cords, doing paperwork daily and keeping 50 per cent of your desk space clear – is one example, but you can apply feng shui to how you configure your office furniture, too. You should be able to see the door from your chair, putting you in a powerful, commanding position, and if you are planning to share your office and have two chairs, avoid sitting back-to-back or face-to-face. Where possible, avoid furniture with sharp edges and leave plenty of space between desks for energy to move slowly around your office.

Ergonomics

Tight neck? Sore wrists? Achy lower back? Sounds like you could use a lesson in ergonomics – and don't worry,

you're not alone. Fifty per cent of Aussie workers have jobs that require full or part-time desk work, and studies show that most of us aren't sitting correctly. Find your natural posture by pushing your chair away from your desk and sitting comfortably; your feet should be on the floor in front of you, your shoulders relaxed and your behind should be... well, behind you. This position is the foundation for building an ergonomic desk – from here, your keyboard should be one to two inches above your thighs, your screen should touch the tip of your middle finger and your chair should support your back comfortably. And don't forget to get up and move around regularly.

Colour therapy

Whether or not you believe in colour therapy, there is plenty of science to show that colours can have a psychological impact on our minds and the way we work. You don't have to go out and paint all of the walls in your office – instead, invite the following colours (and their psychological benefits) into your office with rugs, wall art, stationery and more, for example.

- Blue is ideal for staying focused – particularly in repetitive industries. Accountants, this is the colour for you.
- Yellow stimulates emotion, evoking feelings of happiness and brightening spirits. It's a perfect colour for those who work in the creative industries.
- Green is the colour of balance, calm and reassurance. Lawyers and financial workers should 'go green'.

Weekly activities

Monday

- 7am** Walking group (The Pavilion)
- 10am** Crochet, knitting, sewing group
- 1.30pm** Members' lawn bowls

Tuesday

- 7am** Casual tennis
- 7.15am** Meditation, with Lee
- 9am** Lawn bowls coaching
- 9am** Aqua aerobics (indoor pool)
- 10am** Aqua aerobics (indoor pool)
- 1pm** Art class (Craft Room)
- 1pm** Mah-jong (Library)
- 1pm** Indoor bowls (The Pavilion)
- 6pm** Residents' dinner
- 7.30pm** Cards (The Pavilion)

Wednesday

- 8am** Table tennis (The Pavilion)
- 9am** Bus shopping trip
- 1.30pm** Casual bowls
- 3pm** Board games
- 4pm** Pickleball
- 6.30pm** Lawn bowls

Thursday

- 1pm** Mah-jong (Library)
- 6pm** Residents' dinner

Friday

- 7am** Walking group (meet at The Pavilion)
- 7.30am** Aqua aerobics (Indoor Pool)
- 8.30am** PT at Milon gym (bookings essential)
- 8.30am** Aqua aerobics (Indoor Pool)
- 5pm** Happy Hour (the Bar)

Saturday

- 9am** Lawn bowls
- 1.30pm** Members' lawn bowls

Sunday

- 3pm** Board games
- 3pm** Casual tennis



Five fun ways to celebrate Easter



EASTER IS ALL ABOUT FAMILY, DELICIOUS FOOD AND CELEBRATION. WHETHER YOUR GRANDKIDS ARE COMING TO TOWN, YOU'RE HEADING OUT TO VISIT THEM, OR YOU'RE ENJOYING A MORE LOW-KEY EASTER CELEBRATION AT HOME, HERE ARE A FEW WAYS YOU CAN SPEND THE LONG WEEKEND.

Easter baking

Baking is one of those skills that is passed on from grandparent to grandchild. With all the extra chocolate going around, this is a great time of year to get your grandkids in the kitchen. Choose simple recipes (with minimal sharp knives and hot surfaces) if you're working with younger kids, or consult your recipe archives to pass on a family favourite if you feel your grandchildren are old enough. The easiest dish to make with children is definitely rocky road – see the opposite page for a simple recipe.

Get giving

Christmas is usually associated with gifting, but who says you can't give out Easter presents, too? The perfect alternative to chocolate (should your gift recipient have allergies or dietary requirements) your Easter gift might include a baked treat, a small card, a cute decoration or craft item or even some potpourri or homemade soaps. If the grandkids are in town, have them help you assemble these small gifts and deliver them around the resort.

Fun crafts

Everyone loves a good craft activity, and Easter is full of inspiration. Why not make a small nest for some faux baby

chickens or Easter basket for your next resort egg hunt? For something a bit more functional, why not make beautiful homemade cards to help you spread the love around your resort? The internet is full of inspiration for Easter crafts of all kinds.

Decorate

Decorating your home is a great way to get into the Easter spirit! Soft pastel tones are the obvious choice, but you could play with fresh flowers and greenery to liven things up a bit too. If you're hosting Easter brunch, lunch or dinner, it's all about your table setting. Light colours will be your best friends, as will natural textures like wicker, rattan and straw. Balance them out with gleaming glass and silverware, add some fresh florals and a beautiful spread and you're sorted.

Sunday fun

How do you spend Easter Sunday itself? Maybe this year is the year to try a new tradition? If you're spending it with your grandchildren, you could start the day with a special Easter breakfast followed by an egg hunt (utilising those baskets they made, of course!). Grandchildren or no grandchildren, you could also spend the day playing fun board games, relaxing with a good book and a cup of tea, or enjoying some time outdoors. Your traditions are exactly that – yours.

How to use up all that Easter chocolate

EASTER, OBVIOUSLY, MEANS TONNES AND TONNES OF CHOCOLATE. EVEN WITHOUT THE EASTER BUNNY PAYING YOU A VISIT, YOUR EXTENDED FAMILY MEMBERS, FRIENDS AND NEIGHBOURS WILL LIKELY GIVE YOU A FAIR AMOUNT OF CHOCOLATE THIS WEEKEND. INSTEAD OF ENDING UP IN A CHOCOLATE COMA, PUT YOUR EASTER CHOCOLATE TO BETTER USE WITH THESE CLEVER IDEAS.

Make a bunny milkshake

Those tall Easter bunny-shaped chocolates also make for awesome milkshake holders! Mix up your favourite flavour, bite off the bunny's ears and pour it inside (just be sure to keep most of the wrapping on, to prevent your fingers melting all the chocolate). Then, grab a straw and get sipping! This idea is perfect for the visiting littlies (or the big kids, at heart!)

Chocolate bark

It's so simple, but so tasty. Chocolate bark is simply just melted chocolate poured onto a baking tray, sprinkled with whatever toppings you like and re-refrigerated. Dried fruit and nuts make it ever so slightly healthy, but you can also get experimental and make it taste like your favourite chocolate bars – sprinkle desiccated coconut for a Bounty Bar effect, or caramel and crushed up biscuits if you love Twix.

Chocolate-dipped fruit

Make the most of the fact that you've got a near-endless

supply of quality chocolate and melt it all together to make the most delicious chocolate dip. You can make chocolate strawberries or bananas, or even throw some blueberries, goji berries or raspberries in there and make a tasty, chocolatey snack that everyone will love. Just pop them in the fridge and enjoy them whenever you like!

Homemade chocolate topping

Is there anything better than ice cream and chocolate sauce? Yes – ice cream with Easter egg-flavoured chocolate sauce! Simply melt all that chocolate together and pour it over your favourite ice cream flavour for an easy dessert idea (and an easy way to get through the Easter egg supply).

Hijack your baking

Whether you bake up a batch of cookies, muffins or cupcakes, toss a couple of Easter eggs into the mix to take it to the next level. Your grandkids or neighbours will love biting into their favourite baked goods and discovering an oozy, melted Easter egg inside. Who wouldn't?!

Recipe: Rocky road

Ingredients:

- 100g biscuits, roughly crushed
- 400g dark chocolate, chopped
- 200g milk chocolate, chopped
- 200g strawberries and cream sweets
- 250g pink and white marshmallows, quartered
- 100g milk chocolate hollow eggs
- 100g slivered almonds, toasted (or peanuts, optional)

Method:

1. Line a 20cm square cake pan with baking paper, leaving sides to overhang.
2. Place dark and milk chocolate in a heatproof bowl over a saucepan of simmering water. Stir with a metal spoon until melted and smooth. Remove from heat.
3. Reserve some of the marshmallows, sweets and Easter eggs for decorating. Stir the remaining ingredients into the chocolate until combined.
4. Spoon mixture into pan. Top with reserved sweets and Easter eggs, pressing them into the chocolate. Chill for two hours or until set.
5. Remove from pan by lifting out with paper. Cut into pieces to serve.



Helping friends become neighbours

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 Palm Lake Resort homes, you'll receive \$250* cash. Easy!

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For more information and to refer your friend, simply contact our Sales Information Centre on 1800 885 851. *T&Cs apply

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- Baths 2
- Living 1
- Activity 1
- Outdoor Living
- Garage 2

Home 37



SOLD

- Beds 2
- Baths 2
- Living 1
- Activity 1
- Outdoor Living
- Garage 2



Listings wanted

We have a record number of buyers looking to purchase a home and we urgently need listings. Thinking of selling? Call our Sales team for a market appraisal. Freecall 1800 885 851

Your cruise ship ashore.

Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our homeowners have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort.

This is your time.



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