

The Essence

January - February 2023



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



SINGLES CHAMPS ANNOUNCED

Our lawn bowls Singles Champions have been named. The competition was tough - well done to all who competed

CUP DAY NEVER LOOKED SO GOOD

From fashion and food to fillies and fun. We had it all - and then some - for Cup Day, here at the resort

IS YOUR DREAM HOME INSIDE?

Check out our latest listings - maybe you could refer a friend and score our cash incentive?



Welcome

Happy New Year to everyone and welcome to 2023!

As the New Year begins, some of us are returning from holidays whilst others are still enjoying theirs. We trust you all enjoyed the holiday season with family and friends. Jon and I are very much looking forward to starting this New Year with you all, having settled in over the past four months.

To us, a New Year symbolises new beginnings, new opportunities - a change really. Here are three tips to consider:-

Get back in the routine: It's no secret that we love a good plan and the comfort of routine. But between late-night festivities, sugary snacks and long to-do lists, routines often fall to the wayside during the holiday season. Getting back to quality sleep, self-care, exercise and eating right can get you back on track and feeling good about yourself and the New Year ahead.

Volunteer: It's true! the more we give, the happier we feel. Volunteering can actually reduce stress and increases your positivity and it provides a way to spend time together and of course, benefits our community! We have several resort interest groups that would love another volunteer or two so please come and see me if you would like more information.

Exercise: Taking good care of your body is one of the most important things you can do to improve your mental wellbeing. We have several weekly activity classes for you to try including group exercise, personal gym, yoga, aqua and a new class to start shortly, qigong. They're all great ways to look after your health.

The weather is finally a little more reliable. As you soak up the warm sunshine don't forget to slip, slop, slap as you take advantage of our resort's beautiful outdoor pool area. A book and the company of good friends is always a winner. In closing, remember, "Tomorrow is the first blank page of a 365-page book - write a good one!"

Kirstine and Jon Jones, 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

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9am-4.30pm, weekdays

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salescooroy@palllake.com.au

Find us online at:
palllakeresort.com.au

Get social:
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Instagram (@pall.lake.resort)

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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: @palllakeresort
Instagram: @pall.lake.resort



Read on

Palm Lake Resort's Summer 2022-23 edition magazine is available now for a read. If you haven't yet seen a physical copy floating around the resort grounds, you can also read it online at palllakeresort.com.au

Join us for dance class



We have started Old Time Dancing lessons after a lot of prodding from some of the homeowners! It gives us great pleasure to teach what we know. We are not great dancers by any means, but we all have a lot of fun and laughs. Join us on Saturdays at 10am for a 90-minute class. See you there!

- John & Shirley Lay (Home 144)

The guy's got game

Check out which Australian Idol turned up randomly at Pelican Waters Golf Club recently for a game of golf. Guy Sebastian was on the Sunshine Coast performing concerts and, during a break, stopped by. While the course is still undergoing reconfiguration works, Head of Golf Dale Williamson showed Guy around the site and Guy even managed to get a few holes in.



Weekly activities

Monday

7am Walking group (meet outside Pavilion)
8am Mat yoga
8.30am Uniforms4Kids sewing group meet
9.15am Chair yoga
10am Crochet, knitting (Library)
1pm Band practice
1.30pm Lawn bowls
2pm Residents to the Rescue coffee/chat
3pm Ladies Pool Room fun
3.30pm Bar opens
6pm Pickleball
7pm Movie

Tuesday

8am Social tennis
8am Meditation
8.30am Bus shopping trip
8.30am Uniforms4Kids sewing group meet
9am and 10am Aqua aerobics (indoor pool)
1pm Indoor bowls (Pavilion)
1pm Art class (Craft Room)
1pm Mah-jong (Library)
3pm Badminton
4.30pm Bar opens
6pm Residents' dinner
6.45pm Table tennis
7pm Cards (Pavilion)

Wednesday

8am Table tennis (Pavilion)
8.30am Bus shopping trip
1pm Art class (Craft Room)
1pm Mah-jong (Library). Board games (Pavilion)
1.30pm Casual bowls
2pm Line Dancing
6pm Pickleball
6.30pm Lawn bowls

Thursday

8am Mat yoga
9.15am Chair yoga
10.15am Group exercise class with Lee
1pm Mah-jong (Library)
1.30pm Line dancing
2.45pm Choir
4.30pm Bar opens
6pm Residents' dinner
7pm Cards

Friday

7am Walking group (Pavilion)
8am Social tennis
8am and 9am Aqua aerobics (Indoor Pool)
8.30am PT at Milon gym (bookings essential)
4.30pm Casual bowls, food to follow (1st Friday)
4.30pm Happy Hour (Pavilion)

Saturday

9am Lawn bowls
10am Old time dancing
1pm Board games (Pavilion)
1.30pm Lawn bowls
4pm Men's group (first Saturday)
6pm Bar opens for bingo (third Saturday)
7pm Bingo

Sunday

1pm Board games
2pm Social tennis



Pictured above: Our A Grade singles winners.

Pictured right: Our B Grade singles winners. Congratulations to all involved in the competition. It was a hotly contested event with final scores going right down to the wire.

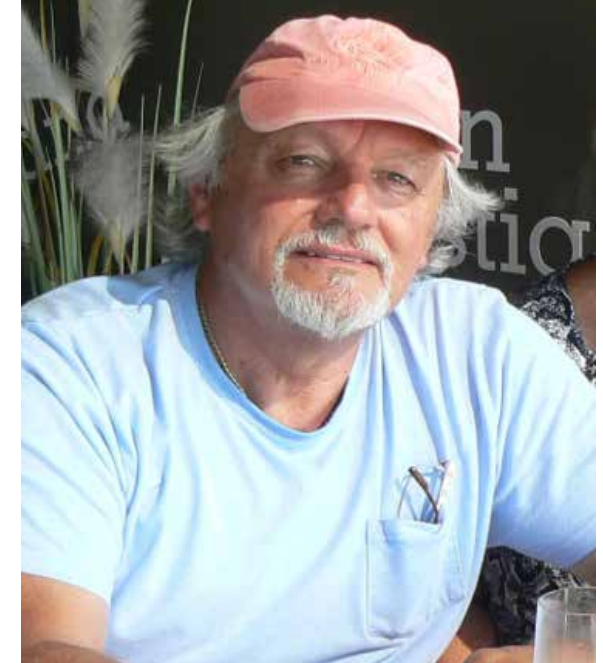
Our best singles players

**By Leon Parker (Home 18)
Bowls Club President**

The Bowls Club's Singles Championship Finals were played on November 20. All the games were keenly contested. Great skills and sportsmanship were on display throughout the day. In each game, the result was undecided right to the end. In two of the games it was possible to win the match with the last bowl. The results were:

- A Grade Women's: Jill (Home 139) won against Caroline (Home 38), 25 to 19.
- A Grade Men's: Harry (Home 202) won against Alan (Home 174), 25 to 23.
- B Grade Women's: Sue (Home 28) won against Annie (Home 23), 16 to 11.
- B Grade Men's: Don (Home 156) won against Steve (Home 180), 14 to 13.

The fantastic support from so many homeowners was appreciated by all players and the committee.



Artist in residence

It might have been 50 years since Nick Bryant (Home 92) has wrapped his fingers around some drawing equipment but it's been just like getting back on the horse for this talented homeowner.

"At 70 years old, I picked up a black biro and started to draw what I had wanted to draw for years," Nick explains. "When Laurie Bigg commenced her art class at Palm Lake Resort Cooroy-Noosa I joined it, to start drawing portraits. I was reviving the drawing skills that I had practised in my early 20s whilst in the Royal Australian Navy."

Nick said that while he started his hobby five decades ago drawing characters from comics and magazines, more recently he's been working on real-life subject matter. His recent portrait of a magnificent African elephant is testament to his skill - five decades in the making.

Wheels on show

OUR HOMEOWNERS HELD A CAR SHOW RECENTLY. CHECK OUT ALL THE COOLEST RIDES IN GARAGES ACROSS OUR RESORT!



Around the grounds

LIFE IS GRAND WHEN YOU CALL A PALM LAKE RESORT HOME. THERE'S ALWAYS SO MUCH GOING ON, AROUND THE GROUNDS.



Pictured above: Our resort workshop offers a wonderful facility for homeowners - an extension of their own home garages, in fact. Check out some of the incredible furniture and decor pieces created in our workshop by homeowner Doug Carney (Home 194).



Pictured below: Gosh it was Christmassy around our resort grounds this year, wasn't it? Our Pavilion Country Club was also done up to the (festive) nines. We hope you all enjoyed the decorations.



THE RACE THAT STOPS A... RESORT!



Horsin' around

MELBOURNE CUP DAY WAS ALL ABOUT THE FASHION, FOOD AND FUN. THERE WAS EVEN A HORSE RACE ON THE DAY!



The Palm Lake Resort Cooroy-Noosa Social Club for Fun organised a great day of events for Melbourne Cup.

The day started with ladies arriving in their finery - stunning outfits, beautiful hats. The men were also dressed to impress. Our photographer, Ian Whisker, was on hand to take their photos, enabling everyone to have lasting memories. There was much excitement with homeowners finding out what horses they had scored in the Melbourne Cup Sweeps. Guests received a glass of Champagne, or a beer on arrival, followed by a beautiful Melbourne Cup luncheon prepared by our Chef, Simon.

Fashions on the Field played a big part of the day, with two judges from our friendly town of Cooroy including Wilhelmina from Cooroy Shoes and Bekki from Galah Home.

There were five categories with wonderful prizes. The winners were announced after the Melbourne Cup race was run. Here are the results:

- Best dressed Lady: Yonne Amson
- Best Dressed Gentleman: Bill Pettet
- Best Dressed Couple: Shirley and John Lay
- Best Hat: Ruth White
- Best Novelty Outfit: 'Bookie' Barry Akers.

Beautiful music was played by homeowner John Haalebos who entertained us with his electric guitar. It turned out to be a great day of fun and friendship. This is living!

Sue Stanley
Palm Lake Resort Social Club for Fun

Hang time

YOU DON'T NEED TO BE AN EXPERT TO KNOW HOW TO DISPLAY ART PROPERLY AND SAFELY, BUT IT DOES HELP TO KNOW A FEW BASICS. FROM WHERE TO HANG YOUR CHOSEN ARTWORK TO HOW, KEEP THESE MUST-KNOW TIPS IN MIND.

Pick the perfect position

Generally, pictures should be hung at eye level – about 1.5m up the wall – and away from direct sunlight or heat sources, as these can damage them. When hanging pieces behind furniture, aim for the base of the frame to sit four to six inches above the highest point of the piece of furniture. If you are hanging multiple artworks together (like a gallery wall) treat the group as one piece of artwork and apply these same rules.



Decide how you will hang it

If you are hanging a heavy picture on a plaster wall, find a stud on which to safely anchor the wall hook. Lightweight pictures can simply be hung with adhesive hooks, which can typically be removed from the wall without damaging the paint. Will your painting be hung by picture wire or a metal hook? Wire will need screw eyes to be attached to the frame, and these screw eyes should be positioned on the inner right and left-hand edge of the frame a third of the way down from the top of the frame.

Get to work

Though you will be more accurate using a stud finder, you can go without. Simply tap your knuckles along the wall until you feel and hear a solid backing – this will be your vertical stud. To hang your picture, hold it up where you would like it and mark a line along the top of the frame. Then, on the frame, measure the distance from the top of the frame to the hook or picture wire (be sure to pull the wire taught to determine where it will sit when the frame is hung). Measure down that distance from the mark you made on the wall and secure your hook.



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

\$250

cash when your friend buys an established home here.

For more info and to refer your friend, simply contact our office on FREECALL 1800 885 851.

*T&Cs apply



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



Rug rules

A WELL-CHOSEN RUG CAN BE ONE OF THE HARDEST WORKING PIECES IN YOUR HOME, TYING A ROOM TOGETHER AND CREATING NEW SPACES. HERE ARE SOME EASY HACKS FOR PERFECT RUG PLACEMENT.

Go big where you can

A good rule of thumb when choosing a rug is to make sure it will extend beyond the key pieces of furniture you will place on it. For a dining room, this means it should be bigger than your table and chairs, even when they're tucked in. In a bedroom, this will typically mean it should be bigger than your bed and bedside tables. If this isn't possible – for example, if you have a particularly large couch – just place the front legs of the furniture item onto the rug. Just ensure the entirety of all smaller pieces of furniture will fit on the rug.

Aim for equality

If possible, try to make sure your rug has equal distance on all sides. Interior design expert Darren Palmer says you should

aim for 30cm on each side of your rug. This will usually mean placing it in the exact centre of your room or chosen space.

With diagonal walls or large furniture items surrounding it, this can be tricky – it may be worth investing in a slightly smaller rug in this case, or opting for an irregularly shaped rug instead of a classic square or rectangle.

Consider your colours

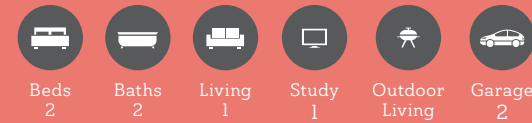
A rug really can make or break a room, especially when it comes to colour. Take a look at the largest textured items in your room – your couch, bed linen and curtains, for example – and consider whether a printed or plain rug would complement them better. Plain items may look better with a printed rug, and vice versa.

Consider also how warm or cool the colours in your room are. A good rule of thumb is that warm colours will 'come towards you', and cool ones will move 'away from you'. Having a balance of both can elevate your room, so keep this in mind when choosing a rug.

Homes for sale

For more information about the homes we have available,
FREECALL 1800 885 851 and organise your private resort tour.
We look forward to welcoming you soon!

Home 75 - \$840,000



SOLD!

Neat as a pin, this Surfside designed home is a very short walk to The Pavilion Country Club. Home 75 features two bedrooms and an activity room, an open-plan living area and a wonderfully spacious kitchen fitted with SMEG appliances. For the gardening enthusiasts, you'll find well established gardens both at the front and back of the home, a vegetable patch and even a small greenhouse. Inspections are by appointment only, so call today.



Expertise aplenty



Sometimes life has us moving on - we understand that. If your situation has changed and you are thinking of selling your Palm Lake Resort Cooroy-Noosa home, the best person to help you through that process is Sales Consultant Julie-Ann Hedge. With the market constantly changing and recently strengthening, Julie-Ann is always managing a list of serious buyers.

**FOR MORE INFORMATION ABOUT
WHAT HOMES ARE AVAILABLE,
FREECALL 1800 885 851.
SALES CONSULTANT JULIE-ANN IS
READY TO TAKE YOUR CALL.**

Home 96 - \$980,000



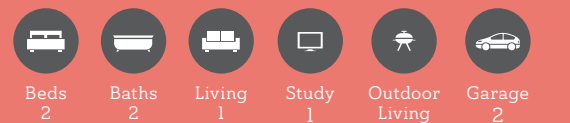
SOLD!



Got an RV that needs a home? No worries, we have one here for you. The Hastings home design is popular not only to store your beloved RV, but it's also the home that's of a generous size to keep the whole family happy. Two large bedrooms and a north-facing activity room situated at the front of the home will easily accommodate a third bed if desired. The generous open-plan living areas open out to the alfresco which has been fully enclosed to create a cosy sunroom to enjoy all year round. Let's not forget that this is an RV home; not only can the RV live comfortably, but the versatile space can be transformed into a workshop or even an art studio. Homes like this are rare, so don't sit back and think about it. Call to make an appointment today!



Home 226 - \$895,000



SOLD!



A 15-month-old home in our last stage. The Manaboa boasts a large open floorplan with great indoor/outdoor entertaining. Located close to our clubhouse this two bed, two bath home will impress the fussiest buyer. A large gourmet kitchen with SMEG appliances completes the package. Inspect it today.

Key features:

- Open floor plan
- Gourmet kitchen with large island bench
- Modern design
- Great location



Life is cruisy

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.



To find out which homes are available right now, **FREECALL** 1800 885 851
email salescooroy@pamlake.com.au or **visit us** at 19 Trading Post Rd, Cooroy QLD 4563



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