

The Essence

March - April 2023



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



MILON MAKES SENSE

It's not too late to make a New Year's resolution to improve your fitness and health. Milon is here to help you along the way...

SO MUCH TO DO!

From table tennis to tables of diners sharing a Valentine's Day meal - it's all about fun at Cooroy-Noosa!

IS YOUR DREAM HOME INSIDE?

Check out our latest listings and refer a friend to score our cash incentive



Welcome

We've had a very busy start to the year, with some homeowners moving out and others moving in. A very warm welcome must go to our newest homeowners Jan Colch (Home 75), Ray and Janene Ryder (Home 96), Manfred and Julie Schade (Home 226), John and Maureen Blair (Home 17) and Helen Cody (Home 59). We hope you're feeling at home already. We have an amazing sense of community here at Palm Lake Resort Cooroy-Noosa. The quality of a 'community' is often dictated by the degree of engagement, happiness, fun and enjoyment – which we are blessed to have loads of!

For those of you who are new to the Sunshine Coast, there is so much for you to see and do here. We have the wonderful parklands of Noosa Botanical Gardens, on the shores of Lake McDonald, all within a five-minute drive. A little further away is the beautiful Mary Valley with country cafes, pubs and local farmers' markets set against the backdrop of the Conondale Ranges. For those water lovers, we have the beaches of Noosa and the Sunshine Coast only a 20-minute drive away. The sparkling blue ocean and clean white sand make our beaches arguably the best in the world. And, of course, there are many great restaurants to choose from. Our relaxed lifestyle and beautiful surrounds surely make Palm Lake Resort Cooroy-Noosa the choice for your new lifestyle!

As Easter approaches, we hope you all have the opportunity of spending the long weekend with friends and loved ones and, of course, eat enough chocolate to last the entire year! Anzac Day is also just around the corner, so there is a lot to look forward to over the next couple of months.

In closing, a big thanks must go to all our homeowners. With a large group of proactive people living here at Cooroy-Noosa, we continue to enjoy a real hive of activities. From tennis table nights and movie nights to social nights, just to name a few, we have a wonderful mix of great facilities and great enthusiasm. Life could not be much better!

**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

Street address:
15 Pearsons Road, Cooroy QLD

Office hours:
9am-4.30pm, weekdays

Email:
salescooroy@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

Get social:
Follow us on
Facebook (@pallmlakeresort) and
Instagram (@pallml.lake.resort)

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News briefs

Jon's poem for our bar staff meeting!

There is a bar in Cooroy;
At a place they call Palm Lake;
To work it is an honour;
Though no wages will you take.
The Patrons are all generous;
For the drinks are cheap as chips;
And our service with a smile;
Leaves a large jar full of tips.
And so today we gather;
Of our labour, it's the fruits;
And join with Palm Lake bar-men;
For some fellowship and hoots.

- By Jon Jones

Refer a friend to come join you

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 office.

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: @pallmlakeresort
Instagram: @pallml.lake.resort

Big biennial inter-resort bowls comp hits Biloela in 2023!

After taking over Kingaroy in 2019 and Dalby in 2021, the big biennial Palm Lake Resort inter-resort bowls comp is back in 2023! Organised by Joy Williams of Palm Lake Resort Bargara, this year's event will take over Biloela Bowls Club and it's officially time to get your nomination forms in. "If you are expecting big prizemoney and serious competition, this is not for you," she smiles. As Joy explains, this is a friendly, social event for any likeminded Palm Lake Resort homeowners based in Queensland. The week will kick off on Monday, August 28, with a meet and greet at the Bowls Club, followed by three days of bowls and a presentation dinner on Thursday, August 31. Games will consist of teams of three players, playing three bowls each over 15 or 17 ends (depending on the number of teams that nominate). If previous years are anything to go by, while there will be loads of on-green action, the off-green fun will prove to be just as good! Nominations close July 31 or earlier if rinks are filled. Camping and accommodation options, as well as nomination forms, are all available via Joy on 0409 792 912 or bundabergjoy@gmail.com

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 Homeowners 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 Homeowners' 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
11.30am-2.30pm PT at Milon gym (bookings reqd)
1pm Mah-jong (Library)
1.30pm Line dancing
2.45pm Choir
4.30pm Bar opens
6pm Homeowners' dinner
7pm Cards

Friday

7am Walking group (Pavilion)
8am Social tennis
8am and 9am Aqua aerobics (Indoor Pool)
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

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 Craft Room is always a busy place. An extension of our homeowners' own abodes, it's the place where creativity and craftiness shines and friendships blossom. But it's also the place where dedicated sewing enthusiasts turn preloved service uniforms into clothing for underprivileged youngsters under the Uniforms4Kids charitable organisation. Join in the cause every Monday and Tuesday from 8.30am.



Table tennis is tops!

BATS, BALLS
AND LOADS
OF LAUGHS

LOOKING FOR A FUN WAY TO STAY ACTIVE AND SOCIAL?
SEEK OUT OUR TABLE TENNIS HUB!

There is always a lot of noise around our resort in Cooroy with all the different weekly activities and a wide range of social events. But the commotion emanating from the table tennis hub is certainly high spirited and very vocal. Players meet on an informal basis at different times throughout the week, but our Wednesday morning group has the reputation of being the loudest and most enthusiastic.

Because the table tennis tables remain set up and bats and balls are provided, homeowners and visitors can play at any

time. Although skill and fitness levels do vary among players, having a hit either on a regular basis or just every now and then provides real benefits for all.

Apart from the positive social interactions with other players, being active would hopefully contribute to an improved healthiness. Some players would even suggest it helps with stress relief. Hopefully we will continue to see (or even hear!) more homeowners having a hit and having fun on the tables in the table tennis hub.

Love rules

VALENTINE'S DAY DINNER
WAS A LOVE-LY EVENT FOR
ALL OUR HOMEOWNERS



Meet your neighbours...

This is our regular series on the people who make up the rich fabric of this wonderful community we all call home...

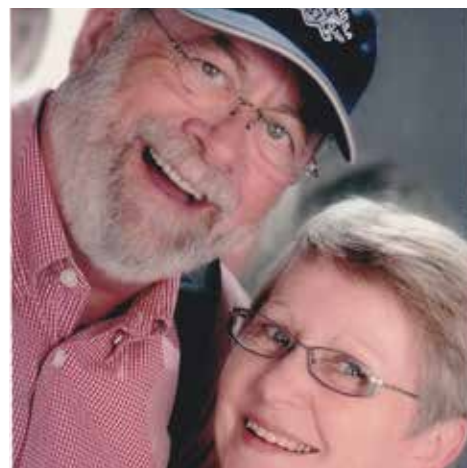


Paul and Trudy Carroll (Home 1)

We moved in, in early 2018 after discovering Palm Lake Resort whilst holidaying in Noosa. Both originally from Sydney, we have also lived in Port Macquarie and in the lower Hunter region on Lake Macquarie. With backgrounds in real estate and finance, we had our own real estate business at Beecroft in Sydney and since retiring in 2006 have traversed Australia in our RVs. We visit Perth and Sydney often to catch up with family, and our four grandchildren love holidays at "Mumma and Pa's resort". There's not enough hours in the day to enjoy all the facilities here, but we're giving it our best shot! We love to get out and explore our local region and created the "Palm Lake Drivers' Group" organising scenic country drives, picnic days, plus beach and off-road adventures. We are looking forward to three RV group getaways planned for this year. Living in such a beautiful place with so many new friendships, we never imagined our lives could be so fulfilled.

Graeme and Tessa Parkinson (Home 4)

Graeme grew up in Auckland, New Zealand and after finishing high school, I travelled to London to study at Leather Sellers College in the late 1950s. I spent a few years in the UK and after graduating returned to Auckland to join my Australian uncles in the family tannery. Later I formed my own company, Mellini Leathers, finishing high-end leathers to supply upholstery, shoe and handbag manufacturers. Tessa was raised in Cardiff, Wales and after finishing school studied in Edinburgh and London before coming Downunder. In 1993, after living in Perth, she moved to Auckland to join me. While holidaying in Australia in 1994, we visited Noosa and loved it so much we bought a holiday home in Noosaville. When I retired in 2004, we decided to move over and build on a block we had bought in Tewantin a few years earlier. In 2018 we decided to downsize and made the move to Palm Lake Resort - a decision we have never regretted. We enjoy the wonderful community and all the great facilities on offer.



John and Kaye Mill (Home 2)

Growing up in Victoria, the choice of careers saw us both living in Melbourne: John in banking and Kaye in teaching. During 1977, our Melbourne lifestyle was about to change with an advertisement for a Secretary/Manager of the Noosa Golf Club. With John being successful, we both resigned and moved to Queensland. Buying an architect designed home at Sunshine Beach for \$45,000 today seems amazing, but Noosa was very much a village then and having watched it develop over 46 years, it is sometimes hard to believe we were a part of it. John moved on to manage resort accommodation on Noosa beach, and Kaye continued teaching at Sunshine Beach, Pomona, Noosaville and Kenilworth. We both retired in 2003, and in 2017 moved to Palm Lake Resort. John has continued to enjoy playing and volunteering at the Noosa Golf Club, with his long service recently being recognised with Life Membership of the Club. Kaye continues to enjoy researching and documenting our family history, and planning our next holiday.

Les and Vicki Checkley (Home 5)

Les and I moved to Noosa 30 years ago from Sydney. Before our move, Les worked as an Industrial Photographer for 25 years, entailing the reproduction and copying of plans for the mining industry and seismic surveys for the oil industry. During that time, we lived in Singapore for a year and had our own business on our return. We have two daughters, Kellie and Jodie, who are the pride of our lives. We also have two grandsons, Mike and Johnny. Since our move, we have lived in Noosa Heads, then Tewantin and now here at Palm Lake Resort (we are not moving any further west!). Les worked part-time for a number of years for the Noosa Tennis Club looking after the surrounds, courts and clubhouse. I worked as a bookkeeper at Eumundi Square and before that did tax returns and bookkeeping for an accountant in Tewantin. Les used to paddle socially with the Noosa Outriggers for 18 years and I played golf for about 15 years. We still play tennis, have taken up bowls here and we are trying to keep fit and healthy and ward off old age!



Jen and John Hancock (Home 3)

I (John) migrated to Australia from Gloucestershire in the Cotswolds, as a 17 year old as part of the Big Brother movement. I studied mechanical engineering and spent five years teaching mechanics in an aboriginal community in Central Australia. My then wife, Liz, was the midwife in town. We returned to England where I did a degree in Agricultural Science at Pershore Ag. College. After moving back to Mildura, Jen and I met through our mutual interest in ballet and theatre. At the time, Jen was director of a kindergarten with 150 three to five year olds which she describes as "the best job in the world". Jen has two children and I have four - so life is never dull. On retirement, we moved to Lake MacDonalld where we built our dream house in the rainforest. Three of our six children loved it so much they followed us up here and live within 20 minutes of Cooroy. Inevitably, after 14 years, the acreage became too much for us so we moved to Palm Lake Resort in December 2017. We love life here and between us enjoy yoga, tennis, table tennis, exercise group, ukulele and reading many of the great books in the library.

Anne and John Kingston (Home 9)

Anne and I were married on Saturday, September 15, 2018 and moved into Palm Lake Resort on Monday, September 17! We were quickly christened the "Hon-eymooners". Even today some of the homeowners still call us that. We have been very fortunate to start a new life in such a welcoming environment here at Palm Lake Resort. Neither of us knew what to expect having come from independent living and now living in such a close-knit community. Anne used to play table tennis and I play golf, so when the opportunity came for us to play bowls together, we jumped at the chance (I am still struggling to master the game though!). We are not real party goers, but like to help out behind the bar and collecting the glasses on meal nights. We live in a very quiet street and are blessed with the best neighbours. We have enjoyed putting our own personal stamp on our house and garden. Palm Lake offers us the security and the freedom to not only enjoy our life here but to be able to lock and leave at a moment's notice.



Puzzle power.

DON'T THINK OF A BOX OF JIGSAW PUZZLE PIECES AS A TIME-CONSUMING CHORE – IT'S ACTUALLY AN ACTIVITY THAT WILL PROVE MORE BENEFICIAL THAN YOU THINK.

Building jigsaw puzzles is a pastime that spans the generations. You might remember your own children, as babies and toddlers, joining a handful of large format puzzle pieces to make a simple picture. As they grow, the pieces get smaller, the image gets more detailed and number of pieces in a box rises through the hundreds and eventually, into the thousands.

Building puzzles as a fun family activity can also 'join' you in other ways - the bonding experience and time shared is invaluable. Jigsaw puzzles should definitely be on the activity list when the smallest members of your family come and visit or stay. However, building jigsaw puzzles in the latter years of life, and especially so with likeminded friends, actually has more benefits than you'd think.

Here are just some of them:

1. Left brain meets right brain to prevent cognitive decline

Puzzles are a whole-of-brain activity as they exercise both the right and left sides. Our brain's right side sorts creativity, emotion and intuitive thinking while the left side is the logical, objective and methodical side. When you complete a puzzle, both sides communicate and work together, increasing cognitive function. The occipital lobe is the area where the brain connects colours and shapes and it is also activated during puzzle building. Exercising the mind helps prevent cognitive decline.

2. Memory improvement

Picking up a puzzle piece and scanning the rest of them for a match strengthens neural connections and increases the generation of new connections. This, in turn, increases mental speed and thought processes. You've also got to be visualising the completed image, but in small sections, and when you exercise the part of the brain in charge of storing this kind of information, you're also working a muscle that will ultimately improve your short-term memory.

3. Problem solving and IQ increase. It's true. You can actually become smarter by completing puzzles - and there's research to prove it. A group led by Dr Susanne Jäggi at the University of Michigan found that spending just 25 minutes a day solving puzzles can raise your IQ by four points. Nice. Beyond the brain boost, these enhanced problem-solving skills can be transferred and applied to other areas of life to make you more innovative and adaptive as well as a more critical thinker.

4. Mood enhancement

Solving puzzles increases the brain's production of dopamine. This neurotransmitter is responsible for regulating mood and optimism. It also affects learning, memory, concentration and motivation. Dopamine is released every time we put a puzzle piece in the right place. This encourages us to challenge ourselves and continue to find more and more puzzle-piece matches (many of us know that feeling of becoming 'addicted' to completing a

Jigsaw puzzle mat, \$26.95,
templeandwebster.com.au

Kmart puzzle sorting trays,
\$10, kmart.com.au



Deluxe jigsaw puzzle board
and zip-up storage/carrier (for up
to 1000-piece puzzles), \$73.99,
theboardgamer.com.au



puzzle and finding it hard to walk away from an uncompleted one!).

5. Decreased stress

This occurs through the meditative process of completing a puzzle. When assembling a puzzle, our brains go from 'beta' (or awake) to a state of 'alpha' (which is similar to the state we are in when we are dreaming). This shift in consciousness comes with many benefits, including improvements in mood and self confidence, lower blood pressure and heart rate, as well as stress relief.

6. Better visual-spatial reasoning

7. Greater attention to detail

8. Increased productivity

9. Delaying symptoms of dementia and Alzheimer's disease

10. Better ability to collaborate and work in a team.

If you don't have your own puzzles or have done them so many times that you know them too well, head to our resort library and check out the collection there. And here's a nifty idea: Similar to a Book Club, you could even round up some likeminded puzzle-lovers here within our community and share resources or, more importantly, join forces and puzzle together regularly. Now that sounds like fun!

Do your friends love it here, too?

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\$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.
pallmlakeresort.com.au

Make 2023 your year for Milon

ARE YOU A REGULAR USER OF OUR FANTASTIC MILON GYMNASIUM? IF NOT, WHY NOT MAKE 2023 YOUR YEAR TO START? WE PROMISE YOU, IT'S EASY, FUN AND A LITTLE BIT ADDICTIVE!

If you're a newbie to Milon, never fear. There's never been a better time to start a training regime than the start of the year AND we have a wonderful new PT onboard in 2023. We would like to introduce you to Lee, who has recently taken on the role of personal fitness trainer at our Milon gym.

Lee comes to us with 17 years of experience in the fitness industry and is looking forward to working with as many homeowners as he can.

"Exercise is important for us all, but can be even more so as the years advance," Lee says. "Our Milon gym equipment covers some important areas of fitness including resistance and cardiovascular training."

Lee says physical and mental health benefits that can be achieved through resistance and cardiovascular training can include:

- Improved muscle strength and tone - to protect your joints from injury.
- Maintaining flexibility and balance, which can help you remain independent as you age.
- Weight management and increased muscle-to-fat ratio - as you gain muscle, your body burns more kilojoules when at rest.
- May help reduce or prevent cognitive decline in older people.
- Greater stamina - as you grow stronger, you won't get tired as easily.
- Prevention or control of chronic conditions such as diabetes, heart disease, arthritis, back pain, depression and obesity.
- Pain management.
- Improved mobility and balance.
- Improved posture.
- Decreased risk of injury.
- Increased bone density and strength and reduced risk of osteoporosis.
- Improved sense of wellbeing - resistance training may boost your self-confidence, and improve your body image and your mood.



- Improved sleep and avoidance of insomnia.
- Increased self-esteem.
- Enhanced performance of everyday tasks.

Lee encourages and welcomes all homeowners to book in a catch-up between 11.30am - 2.30pm on Thursdays via the weekly sign-on sheet in the gym. For new homeowner consultations, please allow one hour, while reviews and check-ups can be completed in 30 minutes.

"Even if you have been initially set up to use the Milon gym, it's important to check in every so often to make sure the machines are still at an appropriate level and therefore providing you with the best outcome for the work you are putting in," he says.

Homes for sale

Home 41 - \$910,000



This lovely "Coolum" design was an original display home within the resort and comes with quality upgrades that you won't find elsewhere. Plantation shutters, landscaping, wall paper features, are just a few extra added touches. Sitting on a generous 324.68sqm corner site the home has a wonderful sun drenched alfresco that faces north-east and will be a pleasure to have your morning tea under. Inspections are by appointment only

UNDER OFFER



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.



10,000 REASONS TO CELEBRATE

With more than 45 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 1800 885 851 | salescooroy@pallmlake.com.au
19 Trading Post Rd, Cooroy QLD 4563

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