

The Essence

November - December 2022



CHAMPION BOWLERS

Did you see who was named the best of our lawn bowlers during the 2022 Championships? The results are inside...

BEST DRESSED

We had some very special VIPs drop in to celebrate the work of our most talented and charitable sewing enthusiasts

WELCOME HOME

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



Pictured above: Join in our resort art class on Tuesdays and Wednesdays at 1pm.

Welcome

Welcome to the November-December edition of your newsletter, *The Essence*. First of all, I'd like to welcome Richard and Trish Creswell (Home 167) and Yvonne Bell (Home 131) to Palm Lake Resort Cooroy-Noosa. We trust that you all feel most welcomed and are enjoying your home and your new lifestyle with us. We've also got Margaret Willis (Home 225) joining us at the end of November. It will be great to have Margaret here, just in time for Christmas.

We really have a great sense of community here with lots of exciting things happening on a weekly basis. Please make sure you check out the resort's Weekly Activities list and keep an eye out for the many social events coming up. Whilst there are loads of activities to enjoy here, the choice is always yours as to how involved you are. Some homeowners love the social aspect of our community resort lifestyle. Some love nothing more than relaxing in their beautiful homes. Either way, the choice is always yours.

As usual, it's been a busy few weeks since our last newsletter edition. Can you believe it's only a couple of months until Christmas? As I look back on the past 10 months of 2022, I wonder where the time has gone? Life can be hectic. It's a good reminder for us all to pause and take time to reflect and appreciate all that we have.

Congratulations to all those celebrating birthdays and special anniversaries. We, of course look forward to celebrating the Christmas/New Year festivities with you all. It's a wonderful time to celebrate with the people we love and rejuvenate after the stresses of the year.

Merry Christmas and a Happy New Year!

**Kirstine and Jon Jones, Caretakers
Palm Lake Resort Cooroy-Noosa**

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.

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!

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Find us online at:
palllakeresort.com.au

Get social:
Follow us on
Facebook (@palllakeresort) and
Instagram (@pall.lake.resort)



News briefs



Lake gets a makeover

Our lovely lake area has had a little polish up courtesy of some wonderful home owners. We really appreciate their efforts - it looks great!



What a beauty

Don't forget, our Beauty Therapist is available from 9am on Mondays and Wednesdays. And our hairdresser is available from 9am on Tuesdays, Thursdays, Friday. For all appointments, phone #6004.

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.

A little humour from your caretakers...

Reasons why we like retirement:

Question: How many days in a week?
Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?
Answer: 2 hours after falling asleep on the couch

Question: How many retirees does it take to change a light bulb?
Answer: Only one, but it might take all day!

Question: What's the biggest gripe of retirees?
Answer: There is not enough time to get everything done

Question: Why don't retirees mind being called 'Seniors'?
Answer: The term comes with a 10% discount

Question: Among retirees, what is considered formal attire?
Answer: Tied shoes

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



Bowls Champs revealed

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

The 2022 Palm Lake Resort Cooroy-Noosa Social Bowls Club Championships have kept bowlers and spectators busy over the last few months. The Championship Fours, Championship Triples, Championship Pairs and the Singles Championships have all been run and won.

Fours

Congratulations to Scotty (Home 171), Wendy (Home 53), Lynne (Home 83) and Harry (Home 202) who won the final of the 2022 Fours Championships. They played Gary (Home 29), Alan (Home 174), Anne (Home 190) and Russell (Home 87). Final score was 20 to 17.

The final was a great spectator event with observers lining the edges of the green and at least two rows deep. The game had everything - dead ends, minimum and maximum length ends, upshots, drives, bowls drawing through to the jack (through gaps that did not seem to be there!) and wicks galore. Shot bowls were constantly being nudged with the team holding shot constantly changing. Tactics used throughout the day made the game very entertaining. Well done to all the bowlers who promoted the game we all enjoy.

Triples

On the last weekend of September, the finals for the Mixed Triples, Ladies' Triples and Men's Triples were played. In the Mixed Triples, congratulations must go to Doug (Home 194), Karen (Home 119) and Janice (Home 35) who played Brian (Home 84), Ann (Home 168) and Tom (Home 64) and won 23 to 15. Well done!

In the Ladies' Triples, the honours went to Annette (Home 120), Tessa (Home 4) and Yvonne (Home 87) who played Annie (Home 23), Lynne (Home 83) and Ann (Home 168). Final scores 33 to 21.

The Men's Triples resulted in a win to Gary (Home 28), Steve (Home 180) and Tom (Home 64) who played Glenn (Home 199), Ken (Home 120) and Leon (Home 18). Final scores 24 to 17.

The triples finals were also well supported and entertaining. Great skills and precise bowling were on display for the large crowd of spectators that gathered. A sausage sizzle provided nourishment at the conclusion of play, all washed down with some very deserved drinks from the bar. Well done to all participants.

Pairs

The finals for the Ladies' and Men's Pairs were played on Sunday, October 23. In the Ladies' Pairs, Caroline (Home 38) and Janice (Home 35) played Lynne (Home 83) and Vicki (Home 5) and won, 27 to 23. Caroline and Janice got off to a great start and opened

up a good lead. But the game had more in store with a comeback from Lynne and Vicki making it a very interesting finish.

The Men's Pairs Championship resulted in Russell (Home 87) and Harry (Home 202) taking the points over Chris (Home 221) and Alan (Home 35), winning 20 to 16. A strong fight-back from Chris and Alan wasn't enough to overhaul their opposition.

The Mixed Pairs Final saw Evie (Home 121) and Tom (Home 64) play Alan (Home 35) and Janice (Home 35). Again, it was a great game, with Tom and Evie coming out on top, 21 to 16. Well done to all players and a big thank you to all the spectators supporting the players in all of these events.



Pictured top right: There were plenty of Palm Lake Resort Cooroy-Noosa homeowners interested in the results of our recent 2022 Bowls Club Championship matches - and it wasn't just the players on the green.

Pictured next: Harry, Lynne, Wendy and Scotty are our very happy 2022 Fours Champions. **Pictured right:** Unfortunately for Russell, Anne, Alan and Gary, they narrowly lost the Fours Championships.

Pictured below right: Ladies' Pairs finalists Lynne and Vicki played Caroline and Janice, but were unsuccessful.

Pictured bottom right: In the Men's Pairs Championship, Harry and Russell took the points over Alan and Chris.

Pictured below: More of the on-green action over the course of the various Championship games.



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

Around the grounds

LIFE IS GRAND WHEN YOU CALL A PALM LAKE RESORT HOME. FROM FASHION PARADES TO THE POLICE COMMISSIONER STOPPING BY, LIFE HERE IS A COLOURFUL RIDE!

Pictured below: This section is called "Around the grounds" but our Caretakers were lucky enough to have the grounds come to them! This delightful bouquet of gardenias was freshly picked and thoughtfully gifted by green-thumbed homeowners, Kevin and Lorraine Rapp.



Pictured below: Check out some of the memories from our "That's me, by Margo Mott" fashion parade. We had a number of fabulous resident models, and enjoyed some coffee, tea, cakes and slices - a very successful morning!



CHARITABLE HOMEOWNERS ARE SEW GOOD!



Pictured above: A contingent of VIPs stopped by Palm Lake Resort Cooroy-Noosa recently to honour those homeowners who have been busily sewing some 25,000 items of clothing for children in need under the Uniforms4kids charitable organisation.

Among the dignitaries, Queensland Police Commissioner Katarina Carol, retired police officer Anne McDonald, Queensland Police Assistant Commissioner Deb Platz and Acting Assistant Commissioner Danielle Woodward all attended the special morning tea.

Our clever homeowners make the children's clothing from repurposed uniforms donated by Police, Border Force,

the Royal Flying Doctors Service and other agencies.

Homeowner Yvonne Pattinson says Palm Lake Resort Cooroy-Noosa is home to two groups who sew regularly and make about 50 items each and every week.

"We are here using skills we had forgotten we had, making new friends, enjoying each other's company and adding a purpose to our lives by helping to make needy children happy," Yvonne smiles.

Visit uniforms4kids.com.au



Step back in time

WE'RE ALWAYS BEING TOLD NOT TO LIVE IN THE PAST, BUT DID YOU KNOW THAT CERTAIN TYPES OF REMINISCING CAN ACTUALLY BE GOOD FOR YOU? FROM REDUCING THE IMPACTS OF DEMENTIA TO PROMOTING POSITIVE PERSONAL GROWTH, FIND OUT WHY AND HOW TO GET A HEALTHY DOSE OF NOSTALGIA.

Dwelling on the past is no longer seen as a sign of senility – in fact, therapists have harnessed the power of reminiscing to treat people with Alzheimer's and other kinds of memory loss. In 1963, psychiatrist Robert Butler first introduced the idea that reminiscing in old age could be positive. Since then, 'reminisce therapy' has been developed as a non-pharmacological intervention for seniors, especially those with impaired short-term memory. Here's why...

It can improve your day

According to Psychology Today, researchers from Loyola University found that thinking of good memories for just 20 minutes a day can make you more cheerful than you were the previous week. Just think about the feeling that comes over you when you see, smell or hear something familiar, or when you look back through photos from happy times.

It can make you feel safe

Nostalgia is often associated with melancholia, but it can also make us feel comfortable. Next time you're in a new place or experiencing feelings of displacement, try thinking or writing about your favourite people and places. Psychologist Tim Wildschut found that people who write about a nostalgic event are more cheerful after the exercise, and feel more positively about their friendships and close relationships. This gives us a comforting sense of belonging.

It brings you closer to your loved ones

Reminiscing on memories is an important way to ground yourself and stay true to your roots. This is because your special memo-

ries almost always feature special people. Studies have shown that people with nostalgia-prone personalities cope with problems more effectively as they are more likely to receive social support after experiencing stress, and see their families more often.

It can motivate you

Drawing from memories of your past accomplishments is a common way to stay motivated – you may not even realise you're doing it. Have you ever thought to yourself, "If you got through that, you can get through this"? Of course, try not to ruminate too long on difficult times – focus instead on how you got through them, and how you felt on the other side.

It can benefit those around you

We gain wisdom from our own experiences, but also from the experiences of others. Reminiscing on your past can shine a light on important lessons you learnt – lessons that you can pass on to your children, grandchildren and even friends. Flipping through old photo albums can be a helpful way to spark these conversations; turn to the following page to find out how to best document your memories.

Remember: reminiscing is all about how you perceive the past. The same memory can promote positivity or pain depending on how you look at it. Psychologist Sonja Lyubomirsky says it best: "It's what you focus on. Do you focus on how positive it was then, or that it's over now?". As some people say, 'Don't cry because it's over, smile because it happened' – it's cheesy, but it's true.

Do you remember?

Residents at Palm Lake Resort's over-50s communities all lived through the '70s and '80s. But how much can you recall from that time period? Whether you were closer to 10 years old or 30, you'll likely remember these moments and memories from 1975 to 1985. There are some great conversation starters here for our next weekly meal!

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On the big screen...

These were among the highest grossing movies released from 1975 to 1985. Did you see them in the cinemas, and have you watched them since? Perhaps a nostalgic screening is in order!

- Jaws (1975)
- Rocky (1976)
- Star Wars (1977)
- Grease (1978)
- The Amityville Horror (1979)
- Star Wars: The Empire Strikes Back (1980)
- Superman II (1981)
- E.T. the Extra-Terrestrial (1982)
- Risky Business (1983)
- Ghostbusters (1984)
- Back to the Future (1985)

On the radio...

Billboard magazine named these as the number one songs from 1975 to 1985. How many can you remember the words to? Can you remember your favourite songs from those years?

- 'Love Will Keep Us Together' by Captain & Tennille (1975)
- 'Silly Love Songs' by Wings (1976)
- 'Tonight's the Night' by Rod Stewart (1977)
- 'Shadow Dancing' by Andy Gibb (1978)
- 'My Sharona' by The Knack (1979)
- 'Call Me' by Blondie (1980)
- 'Bette Davis Eyes' by Kim Carnes (1981)
- 'Physical' by Olivia Newton-John (1982)
- 'Every Breath You Take' by The Police (1983)
- 'When Doves Cry' by Prince (1984)
- 'Careless Whisper' by Wham! (1985)

On the front page...

Can you remember these history-making moments that took place between 1975 and 1985? Or, better yet, can you remember where you were when you first heard about them?

- In 1975, the Vietnam War ends with the surrender of South Vietnam to Communist forces.
- In 1975, Nadia Comaneci wins three gold medals at the Montreal Olympics with seven perfect scores.
- In 1977, Elvis Presley dies at the age of 42.
- In 1978, the first test tube baby is born in the United Kingdom.
- In 1979, Sony releases the Walkman.
- In 1980, John Lennon is assassinated at age 40.
- In 1981, NASA launches the very first Space Shuttle mission.
- In 1982, the first episode of Late Night with David Letterman debuts on NBC.
- In 1983, the first mobile phones are introduced by the public by Motorola. The final episode of 'M*A*S*H' airs to a record 125 million viewers.
- In 1984, the first Apple Macintosh personal computer goes on sale.
- In 1985, the Rainbow Warrior is sunk by French foreign intelligence services off the coast of New Zealand.

Organising your memories

LIFE IS FULL OF PHOTO-WORTHY MOMENTS – SO MUCH SO, MOST OF US END UP WITH A BAZILLION HAPPY SNAPS SPREAD ACROSS A HANDFUL OF DEVICES, ALBUMS AND HARD DRIVES.

Thankfully, website and app developers know the struggle, so there are a number of programs you can use to help you on your photo-organising quest. And with the holiday season upon us and family generally around, why not sort out your memories once and for all - for everyone's benefit.

Gather them up

Before you can organise your photos, you need to see them all in one place. This may mean scanning physical photos to create digital copies, which you can either do using a scanner or via your smartphone – a quick Google will explain how. You can then save them directly to your camera roll or to an app like Dropbox. You'll also want to find old CDs, USBs or hard drives that could house more pictures. Don't forget to go through your smartphone and any of its backups to find additional images, and check your camera's SD cards if you have one.

Find the perfect place

Where you store your photos is up to personal preference, but using a cloud-based service is generally the safest, most convenient place. If you use an iPhone and computer, iCloud may be your best bet – it works with your phone to sync images across all devices, and it's relatively affordable if you need to upgrade your storage. Alternatively, Dropbox or Google Drive can be used on the computer and your phone via the app. If you're not a fan of cloud storage, consider an external hard drive for your computer. They're relatively inexpensive but localised – meaning you can only access those photos when you're at your computer.

Set up a system

Depending on your needs, every system has its benefits. While some people prefer to create folders for different events – like, say, 'Japan trip' or 'Emma's first birthday' – this may not lend itself to the more spontaneous snaps. It may be better to create a folder for each year, then a folder for each month. If a particular event happened in a certain month, you could then create a folder solely for that event in the month's folder; for example, your "2019" folder will include a "May" folder, which will include a "Mother's Day Lunch" folder with photos from that event.

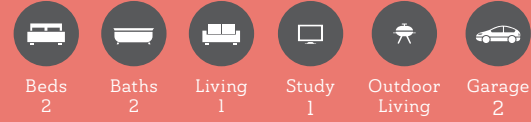
Make physical mementos

If you love the idea of having each of your children's baby photos in one place, or a holiday album from a family trip, why not make photo books? Websites like Snapfish, Chatbooks, Blurb and Picture Postie make it super easy to turn your photo collections into physical photo albums, which you can proudly put on display or give as gifts to your children, parents or relatives.

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



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.



Home 225 - \$845,000



SOLD!



This lovely home features two good-sized bedrooms (one with a walk-in robe and ensuite) and an additional, versatile study that can serve as a third bedroom.

Home 96 - \$980,000



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



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@pallmlake.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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