

The Buzz.

FEBRUARY - MARCH 2022



Dive on in.

OUR RESORT POOLS ARE MAGNETS FOR HOMEOWNERS. IN THIS ISSUE, WE SHARE WAYS TO MAKE THE MOST OF THESE PRIZED FACILITIES. WHAT ARE YOU WAITING FOR? HAVE A SPLASH (OR A SOAK) AND ENJOY THE LAST OF THE WARM WEATHER WHILE IT'S STILL HERE.



Pictured above: The lights on our bowls green are back up and running. Keen to play? Find out about the fun our bowls group gets into on Page 6.

Welcome.

Welcome to a brand New Year, and the new-look Deception Bay Buzz resort newsletter! The December-January period was very busy here at Palm Lake Resort Deception Bay, with many events and happenings around the resort. It was great to see so many residents taking part in the festivities.

We are aware that many of you have anxieties around the current COVID-19 situation. Palm Lake Resort has taken steps to reduce the impact on our community, so please adhere to the protocols that have been implemented and keep yourselves safe.

“The Buzz” is now a bi-monthly publication – please take note of the new content deadlines below, if you were interested in submitting a little something for consideration:

- **April-May newsletter:** Monday, March 14
- **June-July newsletter:** Monday, June 2
- **August-September newsletter:** Monday, July 4
- **October-November newsletter:** Monday, September 5
- **December-January newsletter:** Monday, November 7

Until next time,

Lyn and Phil,
Palm Lake Resort Deception Bay Caretakers

CONTACT US

Looking for more info about Palm Lake Resort Deception Bay?

Find us:

Online: pallmlakeresort.com.au

Social media: Follow Palm Lake Resort on Facebook and Instagram to see what's happening right across the group.

Street address: 1 Webster Rd, Deception Bay.

Freecall: 1800 725 652.



News briefs.



HOT OFF THE PRESS

Our summer 2021-22 edition of “Your time” magazine is out now, circulating the country. In it, we’ve covered all the latest news from around the various Palm Lake Resort addresses, with other great summer-infused lifestyle reads too. If you didn’t receive a hard copy in your letterbox, you can always read it online at pallmlakeresort.com.au

DONATIONS TO DROUGHT ANGELS

Thanks to all those drinkers of beer, coke, soft drinks, lemonade and fruit juice who have given us their bottles and cans to recycle. We took over from George and Winn Morris in early December and by January 4, we had donated \$278.20 to the Drought Angels charity for outback farmers. If we can keep that up for the next 12 months, that will be almost \$3400 a year. We collect bottles and cans (actually, any receptacle with the 10c badge on it) and you can help us out. Please leave them at George’s home (95), in a box outside our home (213), in a box next to the big yellow topped recycling bins near home 206 or at the tennis courts. Please consider having a separate bag for your recycling bottles and cans and giving them to us. Every recycled item makes a difference. The Drought Angels are based in Chinchilla and provide support to farmers struggling with natural disasters like drought, floods, and fire. Since 2014, their support services have donated over \$21 million to more than 7000 farmers in 1200 rural communities.

Peter and Jenny Grace
Home 213 (Phone 768)

BUS TRIPS

Our first trip for 2022 will be on Thursday, February 24. The coach will depart at 8am for Highfields Pioneer Village with Brian’s excellent morning tea en route. This is an award-winning tourist attraction and there will be something for everyone to see and do. Then, we will travel to The Grand Old Crow Hotel at Crows Nest for a two-course lunch, after which we can visit local shops plus the large Crows Nest Community Art and Craft Centre. The cost for the day will be \$65 and includes coach, morning tea, entry to Pioneer Village and lunch. This is to be paid in the Beach House between 11am and 12 noon on Monday, February 14. The list for names is up now. Any enquiries please contact Marie (Home 63, phone 832). Please note that proof of vaccination will be required at the lunch venue.



RINGING IN THE NEW YEAR

While numbers were down for our 2021 New Year’s Eve celebrations, it was a terrific night for those who went. There was lots of fun and frivolity, with everyone dressed in theme (our costume winners are pictured) and 15 lucky door prizes given away. The musician was fantastic, too. Happy New Year to all residents, from the 2021 Social Committee!



Dive on in.

NO MATTER WHICH PALM LAKE RESORT LOCATION YOU CALL HOME, OUR POOLS ARE ALWAYS HUBS FOR EXERCISE, RELAXATION AND ENTERTAINMENT. SO VERSATILE ARE THE RESORT POOLS, HERE ARE NO LESS THAN 10 WAYS YOU CAN ENJOY THEM, BE THAT ALONE OR WITH VISITING FRIENDS AND FAMILY...

Group fitness

There is no shortage of group fitness on offer for the residents of Palm Lake Resort, particularly in the pool. Aqua aerobics is one firm favourite among residents and for good reason. It is ideal for those who have issues with weight-bearing exercises and helps you increase muscle strength without straining. Palm Lake Resort personal trainer Di Clapp says, "Aqua aerobics – along with many other styles of water-based fitness – removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler." Keen to try? We have the following classes:

Monday 8.45am: Aqua aerobics - Indoor pool

Wednesday 7.30am: Aqua aerobics - Indoor pool

Soak up the sun

You don't even need to enter the water to enjoy your resort pool – sometimes, just lounging on one of the recliners can prove beneficial. That's because vitamin D (which you gain from spending time in the sun) plays a significant role in regulating your calcium and blood phosphorus levels to help maintain healthy bones.

It is also said to support cardiovascular health, lung function and brain health, and is even believed to help protect against diseases like the flu and manage diabetes.

Swim laps

You may not have swum laps since the swimming carnival days of your childhood, but there are a few compelling reasons you may want to start. For one, it offers great cardiovascular exercise without putting stress on your body, particularly your joints. Swimming helps you maintain a healthy weight, heart and lungs, increasing your strength and muscle mass all without injury. You can start slow, but you'll be amazed at how quickly you can increase your swimming distance with consistent practice.

Enjoy the fresh air

Rather than catching up with friends in the Beach House or showing your grandchildren around the Sports Club, take your party to the outdoor pool to gain the many benefits of fresh air. Spending time in fresh air quite literally makes you happier, stimulating your body's production of serotonin through oxygen inhalation. Experts also say it cleans out your lungs, improves blood pressure, digestive system and heart rate, strengthens your immune system and gives you more energy.

Relax and relieve stress

You don't need to go on holiday to relax – our class-leading amenities, in particular our on-site pools and beautiful surrounds help us put the 'resort' in Palm Lake Resort. Head to our sun-soaked outdoor pool to relax by the water and you'll be doing your mind and body a world of good. Studies suggest that just being near water has a psychologically restorative effect, leading to a better mood and less stress – this, in turn, has positive implications for your immune system, heart health and sleep.

Entertain the grandkids

Palm Lake Resort is designed for over-50s, but with green spaces, a library and a craft room on site, visiting grandchildren love our resort just as much. The swimming pool in particular is a magnet for little visitors. Next time you're hosting younger generations, why not play a fun pool game with them? There are classics like Marco Polo as well as Sharks & Minnows but why not have fun making up your own games, too? Maybe even stock up on some diving toys (pictured right).

Catch up with neighbours

At any given Palm Lake Resort location, the pool is a hub for not only exercise but social activity too. Organise to swim laps with a friend or participate in one of the group fitness activities to meet new people. Socialisation is said to improve mental and emotional health, boost confidence, reduce blood pressure and even stave off Alzheimer's.

Entertain friends

Palm Lake Resort residents are a social bunch, often entertaining visiting friends and family from outside our resort. While those visitors will love our communal spaces and architecturally-designed homes, they will also love paying a visit to our resort pool for a soak and a chat. Much like having your own backyard pool, our resort pools provide an additional spot to entertain and socialise – without any of the upkeep!

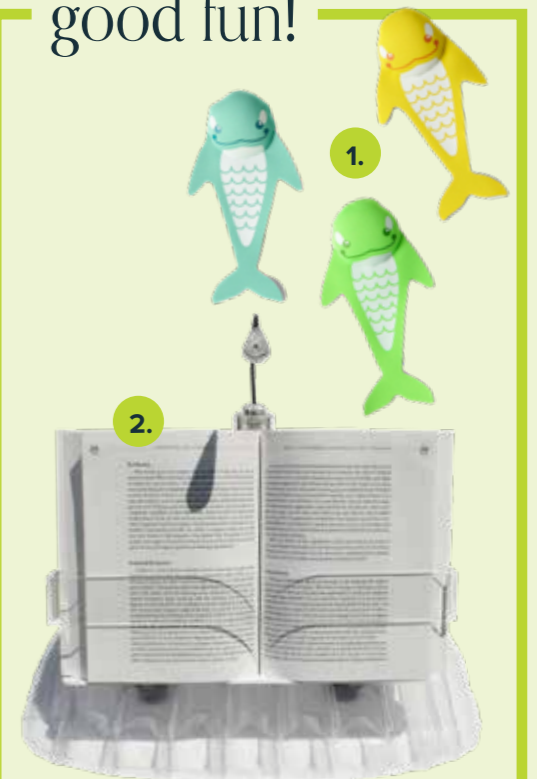
Read a good book

Is there anything more relaxing than reading a book by the pool? Or better yet, in the pool?! Modern innovation has made it possible for your book to float alongside you, meaning you can sit on the pool step or lie face down on a pool float and read without your arms getting sore. Genius. You'll not only be sharpening your mind, but also scoring all the (above) benefits of being outdoors.

Just float

When all else fails, just go for a float. It's the perfect way to cool down, take the weight off and enjoy the great outdoors and the many benefits it has to offer. According to experts, time spent floating can help to relax your muscles, aid in better sleep, decrease muscle and joint pain and decrease stress and anxiety. There's no wonder every Palm Lake Resort features a pool!

Splashing good fun!



1. Morgan & Finch whale diving toys, \$13.55 www.bedbathntable.com.au
2. AquaReader floating book and tablet caddy, \$182 www.amazon.com.au
3. Sunnylife floating bed, \$89.99, www.theiconic.com.au
4. Hydgenos swimming headphones, \$279 www.hydgenos.com

Bowls report.

Welcome to 2022! We hope you all had a great Christmas break and are looking forward to a better new year. Our Christmas party was fantastic, with plenty of prizes and lots of laughter. Craig gave the audience lots of great music to dance to, and we would like to thank the providore and her many helpers for all of their hard work setting the tables and serving the meals.

In other news, the lights are now working on the green so there are no excuses that you can't see the Jack!

Please pencil these February dates into your diary:

- **Monday, February 7:** Committee Meeting
- **Monday, February 14:** Members' Meeting
- **Friday, February 25:** Bowls and BBQ



Garden group report.

We hope everyone had a wonderful Christmas with family and friends, and wish a Happy New Year to all. Let the year begin! We have already had an exciting start to the year with two events. The first was a raffle at our Tuesday night meal on January 25, led by raffle sellers Marie Heggie and Liz Woolley. The second was our Garden Group Committee Meeting, which took place on the afternoon of Thursday, January 27 in the Sports Club. If any residents new or old would like to join our friendly Garden Group, please come to our monthly meeting held on the first Tuesday of the month. Tea and coffee is provided, but please bring a plate of food to share for morning tea. Important dates to make note of this month are:

- **Tuesday, February 1:** Garden Group meeting at 9am in Sports Club.
- **Thursday, February 3:** Garden Group clean up in our garden, down by side fence end of Big Lake at 2pm.

Stella Skennerton (Ph. 950)
Garden Club President



Pictured: Stella and Heather at the 2021 Garden Club presentation.

Helping to patch things up.

After hearing about Noeline Rooney's tragedy last year and learning that her grandson Remi would just love a dog to help him recover from his trauma, the Palm Lake Resort Deception Bay Quilters decided that since they couldn't actually supply a dog, they would make him a quilt instead! Later, the group was amazed and gratified to hear that the Stafford Police had raised funds and given him a dog called Copper. Of course, they made the quilt anyway. In December the group was able to present both Remi and Noeline with quilts to give them some comfort in the future. Remi's quilt was appropriately named 'Lotsa Dogs!'. Well done, quilters, on a heartwarming act of kindness.



Bringing music to our ears.

Palm Lake Resort Deception Bay would like to extend a warm thank you to the Redcliffe Choir, who visited us in December to delight us with some Christmas carols. It was beautiful to gather together and sing along to favourites old and new, and a wonderful way to celebrate the festive season! We look forward to their next visit.

Spread the love.

IF THERE'S ONE THING THAT IS FRONT OF MIND DURING FEBRUARY, IT'S LOVE – SPECIFICALLY, ROMANCE. BUT IT'S ALSO A GOOD TIME TO CELEBRATE ALL THE OTHER KINDS OF 'LOVE' IN YOUR LIFE. FROM YOUR COMMUNITY TO YOUR NEIGHBOURS, HERE ARE A FEW WAYS YOU CAN SPREAD THE LOVE THIS MONTH (AND BEYOND).

Love thy neighbours

Neighbourly 'love' is often on display at Palm Lake Resort, whether residents are catching up at social events or over the fence, sharing a meal at the Beach House or a drink on their driveways. There are so many ways you can show appreciation to your neighbours – why not offer a hand when you see them outside gardening? Cook an extra-large helping for dinner and drop a plate over to them? Or rally your other neighbours to support someone you know is going through a hard time? Random acts of kindness are some of the best ways to show love.

Love your community

Spread the love beyond your neighbourhood with a charitable project. You could build something, bake something or raise money for a good cause. But if you're in need of specific inspiration, just take a look around your Palm Lake Resort community! Residents across the Palm Lake Group are always doing their bit to help others, and there's no doubt a fundraiser, food drive or charity project underway at your resort.

Love long distance

This is something we've had to become much better acquainted with, as lockdowns and border closures had made it impossible to visit faraway friends and family. Whether you're separated by sea or state borders, there are so many different ways to spread the love across long distances. Why not post your friend or family member a small item or card that made you think of them, send them a delivery of food (Uber Eats vouchers are great!) or flowers, or simply pick up the phone for a spontaneous chat?

Love your partner

Showing love to your significant other seems obvious, but if your relationship spans years (decades, even) romance can easily fall to the wayside. Of course, not all couples show love in the same ways – a good way to keep the spark alive is to learn your partner's 'love language'. Finding out which of the five love languages they prefer (words of affirmation, physical touch, gifts, acts of service and quality time - Google it!) will help you understand how they give and receive love. This makes

you more able to show them the kind of love they most appreciate and notice when they are showing you love in return.

Love yourself

Last but certainly not least, think about how you can show love to the most important person in your life: yourself. You are the person you'll spend the most time with, so it makes sense to nurture that relationship just as you would any other, right? Think about the things that make you genuinely happy – it might be a certain form of exercise, a swim, a relaxing bath, a trip to the day spa or hair salon, even a specific craft activity – and do more of them. Just like using the family heirloom china tea cups, treating yourself should be a daily thing - not only for special occasions!

Weekly activities list.

***Please note: Times subject to change. Please refer to this list and consult with your Caretakers and class facilitator.**

MONDAY

8am: Zumba Gold - Beach House. Weight Group - Craft Room
8.45am: Aqua Aerobics - Indoor Pool.
9am: Tai Chi - Beach House
10am: Red Hatters (third Monday of the month) - Craft Room
10am: Singalong (first and third Mondays)
1.30pm: Lawn Bowls
6.15pm: Social Tennis

TUESDAY

9am: Maj Jong - Sports Club
9am: Garden Group (first Tuesday of the month) - Sports Club
9.30am: Oil Painting - Craft Room (not 1st Tues of the month)
9.30am: Scrabble - Beach House
1pm: Cards (500) - Beach House. Also, Indoor Bowls - Beach House
5pm: Residents Meal - Beach House
6.30pm: Square Dancing - Beach House

WEDNESDAY

7.30am: Aqua Aerobics - Indoor Pool
8am: Group Fitness - Beach House
12noon: Residents Meal
1pm: Cards - Sports Club (5 Crowns)
1.30pm: Round Dancing - Beach House
4pm: Croquet - Croquet Park
6pm: Twilight Bowls (Summer). Also, Line Dancing - Beach House
6.30pm: Cards - Beach House

THURSDAY

10am: Painting (Artist) Group - Craft Room
2pm: Cards (Euchre) - Beach House. Also, Line Dancing - Beach House
5pm: Residents Meal - Beach House
6.30pm: Table Tennis - Sports Club
7pm: Cards - Beach House

FRIDAY

8.30am: Lawn Bowls
9am: Craft Club - Craft Room
9.15am: Tai Chi - Beach House
2pm: Bingo - Beach House
6.30pm: Cards - Beach House
6.15pm: Social Tennis

SATURDAY

9am: Social Tennis
8am: Keyboarders (alternate Saturday) - Sports Club
9am: Quilters Group - Craft Room
1pm: Cards (500) - Beach House. Indoor Bowls - Beach House
4pm: Croquet - Croquet Park

SUNDAY

6pm: Cards (500) - Beach House

LOOKING FOR A NEW HOBBY IN 2022?

Established homes for sale.

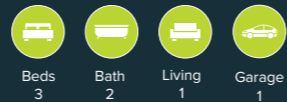
Home 85 - \$365,000



Features:

- Central location close to resort facilities
- Air conditioned lounge and master bedroom. Ceiling fans in second and third bedrooms plus inbuilt wardrobes.
- Carpeted in living areas and bedrooms.
- Easy care section with garden shed and rain water tanks.
- Bath with separate shower.
- Internal laundry with access to garage and clothesline.
- Security screens and shutters.
- Gas cooktop, electric oven.
- Large sunny veranda.

Home 123 - \$385,000



Features:

- 3 bedrooms, master with en-suite.
- Air conditioned lounge / dining, master and second bedroom.
- Built in wardrobes in all three bedrooms.
- Large light and airy lounge / dining with air conditioning.
- Floor tiles throughout.
- Internal laundry with storage.
- Easy care back yard.
- Lock-up garage.
- Quiet location near croquet lawn.

Don't stop the music.

Get ready to groove! If you are a lover of music, singing, dancing or just looking for a good time, come along to one of the many song and dance groups on offer here at Palm Lake Resort Deception Bay.

Our musical groups will kick off on the following dates, and all are welcome...

- **Square Dancing:** March 1, 6.30 to 8.30pm (Tuesday evenings – phone Jan on 947).
- **Round Dancing:** March 2 at 1.30pm (Wednesday afternoons – note there is no professional instructor and dancing is done to recordings)
- **Line Dancing:** March 2 from 6pm to 8pm (Wednesday nights) and March 3 from 2pm to 4pm (Thursday nights, starting with easier steps)
- **Singalong:** March 7 and 21, from 10am to 11am (first and third Monday of the month) in the Sports Club.

Thank you to all who have joined in and helped our groups persevere through what has been a difficult two-year period.

We dance and sing purely for enjoyment, and what we lack in talent we more than make up for in enthusiasm. We would love for you to join us!

**Thelli
(Ph. 980)**

Calling all keyboard players.

The Palm Lake Resort Deception Bay Keyboarders wish all residents a very happy and safe year. We will have our first session of 2022 on Saturday, February 26 (8am until 11am) and will then meet up every second Saturday morning for the rest of the year. If you have a keyboard, we welcome you to join us. Please ring Gloria (Home 145, ph. 773) for more information.

Important contact numbers.

EMERGENCY NUMBERS (Police - Fire - Ambulance):
Remember '0' before the 000

To open gate from your home: 11

Air Conditioning (Connor Harm): '0' 0407 310 767

Police-non emergency: '0' 131 444

Tel/Internet support: '0' 5559 7988

Office: ext. 600

Caretakers/Managers - after hours: '0' 3385 9900

Caretakers/Managers/Sales: 1800 725 652

Beach House: ext. 605

Electrician - Komodo Electrical: '0' 0433 760 105

Gas - smells/leaks: '0' 1800 808 526

Gas-Origin Energy: '0' 132 461

Garage Door Repairs - Steel-Line Garage Doors:
'0' 3713 3100

Glass Repairs and Installation - Peter: '0' 0448 836 888

Home Assist: '0' 5490 6820

Neil Judge - JP Qualified: ext. 743

Newspapers - The Courier-Mail & The Australian:
'0' 1800 630 130

Painter & Decorator - Andrew McNamara:
'0' 0438 801 320

Palm Lake Aged Care: '0' 3293 5800

Plumber - North West Plumbing: '0' 0418 868 848

Handyman/Builder - Barry Corocher: '0' 0407 678 419

Poisons Information Centre: '0' 131 126

Prince Charles Hospital: '0' 3139 4000

Redcliffe Hospital: '0' 3883 7777

Royal Brisbane & Women's Hospital: '0' 3646 8111

RACQ Breakdowns: '0' 131 111

State Emergency Service: '0' 132 500

Sports' Club: ext. 603

Taxi - Redcliffe Taxi Service: '0' 131 008

FOR EMERGENCY

AMBULANCE FIRE, POLICE: '0' 000

Eat, drink and be merry.

There's nothing more enjoyable than breaking bread with friends, and you can do just that here at Palm Lake Resort. With a complimentary meal, per household, every week, prepared fresh on-site by our experienced chefs, there's even more reason to dine with us. We're all about spending quality time with likeminded friends. Here, community is everything.



Palm Lake Resort Deception Bay. 1 Webster Rd, Deception Bay QLD 4508
Freecall 1800 725 652



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

palmakeresort.com.au