

The Buzz



So much to catch up on

From sports groups to social clubs, find out what's been happening around our resort

Singalong, for the benefits

Beyond the beautiful sound, there are wonderful personal benefits of joining a choir

Refer a friend, earn a reward

Do you know someone looking to move here? Refer them, for a cash reward



Welcome.

Welcome to the February-March edition of The Buzz.

This time of year is our wet season, and there is potential for extreme weather events. Please ensure both you and your property are prepared for the worst and hopefully we will get through again, as we did last year with Cyclone Alfred.

Your new Social Committee members are excited to bring new activities and entertainment for your enjoyment, so watch this space.

In other exciting news, several new residents now call Palm Lake Resort Deception Bay home. These include Amanda and Lloyd Bird (Home 156), and Lynne James (Home 68). A very warm welcome is extended to you all, and we look forward to seeing you around the resort.

There are a couple of properties that are in the process of being listed for sale. We expect them to settle very quickly, meaning more 'newbies' to welcome soon.

Our tennis court is in the process of having new carpet laid and, once finished, will be a great asset for our residents and guests.

The next edition of The Buzz is scheduled for April-May, so please send your articles and notices to the office before Monday March 16.

Regards,

Lyn, Phil, Aaron Joy and Steve
Palm Lake Resort Deception Bay

Contact us.

Looking for more information about Palm Lake Resort Deception Bay? Here's how you can reach us:

FREECALL: 1800 725 652

Street address:
1 Webster Rd
Deception Bay QLD 4508

Office hours:
9am to 12pm, Monday to Friday
(closed on weekends)

Email:
deceptionbay@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

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

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News in brief.

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 Deception Bay home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.



Handcraft group

Our Mosaics Group has a new name: Handcrafted Creations. It includes mosaics, card making, decorating pots/jars, upcycling (e.g. CD's into spinners or candle holders), napkin crafts and more. We meet every second Wednesday of the month at 9.30am outside on the verandah of the Bowls Club. Everyone is welcome. Cost is \$1 per session, and tea and coffee is included.

The next meetings will take place on Wednesday February 11, February 25, March 11 and March 25.

Until then, happy crafting!



Giving back

Pastor Dave accepting our donation to Lighthouse from resident Kevin Barnaby.

Social Club Committee

The new Social Committee has elected Mary Jacobsen as President. Clive Nutley as Vice President and Sue Mackley is Treasurer. Pat Holmes who was recently farewelled after nine years of dedicated service has agreed to stay on as Secretary.

Other committee members are Mark Stimson, Sharron Barnaby Julia Nutley and Tina Burrows. Another meeting is planned to bolster the committee and volunteer numbers.

As this edition of The Buzz goes to print, our first function – our Australia Day celebration – will have just taken place. We will be looking forward to our morning tea on February 14 to welcome our new residents.

A resident's barbeque is planned for February 21. Then, on March 14, we will have our St Patrick's Day festivities. Keep these dates in your diaries – further information to follow.

Thanks,
Mary (Home 270).

Don't forget to check your speed

Please remember the speed limit around our community grounds is 10km/h. It is not hard to keep your foot off the accelerator so please keep an eye on your speedo as it is very easy for someone to have a mishap. Please slow down - and make sure to remind your visitors and/or invited tradespeople to do the same.

Anzac Day service

Once again the time is quickly coming for our community to commemorate Anzac Day.

Any ex-service men or women who wish to be part of the 'march-in', please let me know. If you participate you and your partner will be offered a named reserved chair for the ceremony.

For the information of our newer residents – there is the opportunity for residents to lay floral tributes should you desire to do so. There is also a collection taken up during the service which our local RSL earmarks for distressed service personnel.

The service commences at 9am near the Memorial outside the Beach House, and will be followed by morning tea courtesy of the Social Committee.

It would be appreciated if those willing hands that assist with the erection of the shade sails could please be at the Beach House at 10am on Friday April 24. Those who have assisted with chairs will need to put them out at 2pm that same day. Any new residents are most welcome to assist too. We do need volunteers, please!

Thank you in anticipation,

Pat Mcloughlin
(Home 273, ph. 700)

From the Bowls Club.

The Bowls Club began its 2026 calendar on Monday January 5. Many thanks to Ray Toomey for once again running the Monday and Friday morning sessions during the December-January recess.

The club's Christmas party, held Saturday December 6, was a very enjoyable night, with abundant food served up by our lovely 'reindeer' ladies and great music for listening and dancing provided by Craig Shaw. Congratulations to the many lucky winners of the raffles and money-boards throughout the night.

To all who were involved in the organisation of such a great night, thank you! We wish everyone a happy and healthy New Year.



Orphans' Christmas.

This Christmas Day 'Orphans' Lunch' has been organised by Leonie and Graham Todd and their son, Andrew, for over a decade. It was commenced by the previous Palm Lake Resort Deception Bay managers, Stan and Louise. Through their generosity and goodwill, residents are invited to the Beach House to share company and not be home on their own for the day.

This year, 27 residents and their family members attended this function. We all brought our own lunch, cutlery and drinks, and sat around decorated tables while Christmas carols played in the background. Leonie even provided choices of delicious desserts. To close out the lunch, Judy Kerr presented Leonie a 'thank you' card from all the guests attending. We really appreciate Leonie continuing to offer this function.

Garden Group report.

A very happy New Year to everyone – and hopefully a healthy one. The last meeting of the Garden Group for 2025 was held on November 11. Our guest speaker was Heather Prior who demonstrated floral art. Many members brought flowers from their gardens and some from our Garden Group garden for Heather to work with. She made some very beautiful arrangements which she kindly gave to members. Bloom of the Month was won by Margaret Munro's colourful Day Lily, and the Lucky Door Prize was won by Judy Kerry.

Our Market Day was held on November 15. We had a very successful morning with lots of plants for sale. A big thank you to all the willing helpers, and thank you to Phil and Lyn for their help in moving the plants to the Beach House.

Our Christmas break up function was lunch at Burpengary Tavern on December 1.

We will have our first meeting for the year on February 3 at 9am in the Sports Club, where we will discuss who we will have as guest speakers for the next few months.

The guest speaker for February is Terry Stokes from Boss-Aust. Bring along your bottles to refill if you have purchased them from him previously. Bottles for sale also. The price list on will be on the noticeboard in the Sports Club and Beach House.

The guest speaker for March 3 is Jillian Coomb from Garden Support at Searles. She will also answer any questions about the plants that may need help in your garden.

A reminder that our garden clean up days are at 8.30am on Tuesday March 24 and March 31.

We would love to see some new homeowners – we are a friendly group with interesting guest speakers and delicious morning teas. Bring a plate to share and \$2 to help pay for speakers and our garden maintenance.

Happy gardening,

Margaret Munro
President (ph. 850)



Red Hatters report.

We took off with our usual enthusiasm on the second Monday of the new year, with all members present except for a couple. A lot of time was taken up with planning for 2026.

We are going to alternate meetings at the Sportsroom where we can do our 'own thing' (within Palm Lake Resort rules, of course), with outings for morning tea or lunch.

The first outing will be to The H Cafe for lunch where there is an extensive menu. Luckily, this will suit our talented card maker to attend, as she has had to agree to home help which clashes with our Red Hatter morning meetings.

We also had a round table discussion with everyone contributing their best or worst memories of 2025. Our newest member claimed joining our Red Hatter group was a highlight of 2025. How good is that?

New members are always welcome!

Mary (Home 702)

Craft Club report.

After having a short break we have now returned to our Friday morning 9am to 11 am get together in the craft room.

All are welcome to join our small group of ladies as we meet to do our own craft projects.

Please note that our AGM will be held on Friday March 20 at 9am in the craft room.



SINGING
TOGETHER
IS BETTER!

Preaching to the choir.

WHETHER YOU LIKE TO HUM IN THE SUPERMARKET, SING IN THE SHOWER OR FOUND YOURSELF ENJOYING CAROLLING WITH FRIENDS AND FAMILY OVER THE FESTIVE SEASON, THERE ARE PLENTY OF REASONS TO JOIN THE CHORUS THIS NEW YEAR – ESPECIALLY IF YOU HAVEN'T TRIED SINGING IN PUBLIC BEFORE.

Ask any of the dozens of choristers who call our Palm Lake Resort communities home, and they'll tell you that being part of a choir just feels good. But better yet, science says it's actually good for you. Research shows that singing together offers extraordinary physical, social, emotional and mental benefits – especially for over-50s.

At first glance, choir practice may not look like physical exercise. But singing is a whole-body activity: it engages the diaphragm, intercostal muscles and core, encourages upright posture, and requires controlled breathing. Multiple studies have found that singing on a regular basis can increase lung capacity, improve respiratory function and even enhance heart-rate variability – a key marker of cardiovascular health.

Deep, steady breathing also stimulates the parasympathetic nervous system, helping the body shift out of 'fight-or-flight' mode. The result? Reduced blood pressure, steadier oxygen flow and that lovely sense of calm that lingers long after practice ends. For older adults, especially those looking for gentle, low-impact ways to support physical wellbeing, choir rehearsals provide a surprising dose of functional fitness. And as Palm Lake Resort Waterford homeowner and Choir Director Les Elborne puts it, "Singing is something we can all do – if you can talk, you can sing."

Many people say they feel better after singing, but the science behind that emotional lift is compelling. Group singing releases endorphins (the "feel-good" hormones) as well as oxytocin, the hormone associated with trust, bonding and reduced anxiety. It's no coincidence that participants in community choirs often report improved mood, greater confidence and a sense of joy that carries through the rest of the week. And for over-50s – especially those undergoing life transitions such as retirement, downsizing or bereavement – the emotional outlet of singing can be profoundly grounding.

Australia is not immune to what experts are calling the "epidemic of loneliness", but choir singing could offer a powerful antidote. For many over-50s, especially those living independently, chronic loneliness can creep in unexpectedly, and the health impacts can be devastating – comparable to smoking 15 cigarettes a day, some reports suggest. A 2015 study out of Oxford University found that group singing not only helps forge social bonds but does so particularly quickly – and among large groups.

But that's not all. Singing is also a powerful cognitive workout, exercising memory pathways and stimulating neural activity in both hemispheres of the brain. The act of synchronising with others – matching pitch, pace and breath – is another

mental challenge that engages attention networks and enhances neuroplasticity. Research from the Monash University found that older adults who regularly engage with music had significantly lower risk of both dementia and cognitive decline.

Across our many Palm Lake Resorts, choirs have become much more than groups who sing – they are pillars of community life. At Palm Lake Resort Waterford, homeowners gather not just to rehearse, but to connect. And they do so outside of their resort gates as well. Palm Lake Care Mt Warren Park residents are among this choir's biggest fans given the regular visits the chorists make to their local aged caring community.

As Choir Director Les will tell you, he has seen countless people, many of whom were told as children they "couldn't sing", discover the joy of blending their voices with others as they've aged.

"It turns out that, if we are invited to sing and can let go of the natural shyness, we can express what is in our heart," Les explains. "When we do that together, it is incredibly powerful."

Then there is the spirited singing group at Palm Lake Resort Bargara. Formed about 10 years ago, the choir now has around 50 members, with 35 attending regularly each week. Entirely funded by members, they proudly add heart and harmony to the resort's Australia Day, ANZAC Day and Christmas celebrations. They also perform at Palm Lake Care Bargara and other local aged-care providers, bringing comfort and connection to residents who delight in their repertoire of Christmas carols.

Also at Bargara, the breakaway men's singing group known as the 'Bargara Barnacles' deserves special mention. Their heartfelt performances have become a cherished part of life at Palm Lake Care Bargara, reminding everyone that music is for all – and that enthusiasm often matters far more than technical skill.

As one of the Palm Lake Resort Bargara choir's favourite songs declares, "The music in my life will set my spirit free." For our Palm Lake Resort choristers, this is more than a lyric – it's a lived experience.

On the back of the festive season, with carols echoing through shopping centres and across community gatherings, consider that your motivation and invitation to sing along with your resort friends in 2026. It might just be the most uplifting, rewarding New Year's resolution you'll ever make.

Join our resort singing group in 2026!

If you're interested in making a New Year's resolution to try something new and want to join our Palm Lake Resort singing group in 2026, simply phone Coral Grogan (Home 206, ph. 891). The group meets on the first and third Mondays of the month at 10am and are more than happy to answer any questions you might have.

Strength in numbers.

WHEN A NEW YEAR BEGINS, OUR ATTENTION NATURALLY TURNS TO HOW WE'D LIKE TO SPEND THE DAYS AHEAD. HAVE YOU CONSIDERED A NEW HOBBY LATELY? WHILE STARTING SOMETHING NEW CAN BE REWARDING, DOING IT IN A GROUP OFFERS EVEN GREATER BENEFITS.

Just look at our 'Weekly Activities' list. A trademark of Palm Lake Resort community lifestyle, shared activities offer an easy way to stay active, engaged and socially connected. So before you pick up a fresh set of knitting needles or crack open a new book, ask your neighbours if they'd like to join you - especially if your special interest group doesn't yet exist. As Hellen Keller once said, *"Alone we can do so little; together we can do so much."*

Walking group

Walking groups remain one of the most popular ways to combine movement with social interaction. Regular walks support mobility and general fitness, while the group setting provides motivation and routine. Conversations tend to flow naturally, and the walk can become as much about connection as exercise. Ask your immediate neighbours to join you for starters.

Swimming squad

Swimming in a group setting allows us to enjoy the physical benefits of water-based movement while sharing the experience with others. The pool provides low-impact exercise that supports strength and flexibility, and scheduled swim times are often extended by social catch-ups before and/or after a session.

Book club

Book clubs offer mental stimulation alongside meaningful discussion. Sharing thoughts on a book encourages new perspectives and thoughtful conversation, while the regular meeting schedule helps maintain routine. For many, it's a chance to engage with ideas and connect with others through a shared interest. Get a group of neighbours together, choose a book to read at the same time, and you're away!

Art and craft club

Group creative sessions provide space for focus, creativity and relaxed conversation. Activities such as painting, knitting or card-making allow homeowners to work at their own pace while enjoying the company of others. These sessions often balance quiet concentration with easy social interaction. If you have specific art or craft expertise that isn't already covered in our Weekly Activities list, let us know and we might be able to find some likeminded neighbours to join in!

Over the back fence.

THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS.



The Toy Boys make prime time TV

WE'VE COVERED THE WONDERFUL WORK OF "THE TOY BOYS" AT PALM LAKE RESORT WATERFORD IN THESE PAGES BEFORE, BUT DID YOU KNOW THAT THE BOYS MADE TV HEADLINES OVER CHRISTMAS?

This group of merry toymakers spend all year in their **Palm Lake Resort Waterford** workshop constructing wooden toys for underprivileged local children. At Christmastime annually, they gather a year's worth of handmade goodies and make a large heartfelt donation to Beenleigh Special School as well as The Mitre 10 Beenleigh Christmas tree appeal. And they've been doing this for 15 years!

7News Brisbane heard about The Toy Boys' pending 2025 donation and sent out a camera crew to capture their story. So taken with the Boys' dedication to their cause were producers of the 'Sunrise' television show that they then live-crossed to Palm Lake Resort Waterford to interview the Boys live on air. Workshop President Ray Johnstone says the group was grateful for the recognition and praise, and they look forward to many more years spent in their resort workshop, building wooden treasures for local kids.

HANDMADE
TOYS SPREAD
CHEER TO
NEEDY KIDS

Step inside Santa's Workshop

PALM LAKE RESORT CALOUNDRA CAY HOMEOWNERS PUT THEIR MANY TALENTS TO GOOD USE, COLLECTING (AND MAKING) DONATIONS FOR THE ANNUAL SALVOS CHRISTMAS APPEAL.

In the lead-up to Christmas, **Palm Lake Resort Caloundra Cay** homeowners worked together to assemble 81 Christmas hampers for families in need across the Sunshine Coast. Retired Salvation Army Major and homeowner Maree Strong helped coordinate the effort, which evolved from a simple neighbourly suggestion into a well-organised collection and distribution process.

"What began as one small idea quickly grew into something incredibly meaningful," Maree told Tony Durkin for the Caloundra Cay newsletter, recalling the steady flow of donated food items that filled collection boxes in the library and required regular sorting and storage ahead of final packing.

Adding a new element to this year's appeal, members of the Caloundra Cay Workshop also contributed 40 handmade wooden toys for children from recipient families. Suggested by workshop member Bruce Angus, the project involved hours of sanding, painting and finishing, with each toy requiring several hours of careful work. The toys were distributed alongside the hampers, complementing the food donations and no doubt promising a joyful surprise for recipients with children.



Think pink, for a cause

Palm Lake Resorts across Queensland turned pink late last year, coming together to raise funds and awareness for the McGrath Foundation and breast cancer.

At **Palm Lake Resort Upper Coomera**, homeowners enjoyed a lively evening event that raised \$1515, thanks to generous donations from homeowners, the Toucan Club, and local service providers. **Palm Lake Resort Bethania** hosted a beautifully curated Pink Morning Tea, led by homeowner Lorraine Sommerville, raising more than \$2000 with the help of volunteers, prizes and home-baked treats. Meanwhile, at **Palm Lake Resort Cooroy-Noosa**, around 70 homeowners filled the Pavilion Country Club with pink, raising \$1152 and enjoying music, food, costumes and plenty of community spirit as well.

Congrats on these big birthday milestones

Best wishes to Palm Lake Resort's latest nonagenarians and even a centenarian, who all celebrated a birthday milestone recently..

Jan Cuskelly from **Palm Lake Resort Bargara** marked her 90th birthday alongside 70 of her family, friends and neighbours. Everyone in attendance enjoyed finger food and refreshments in the Ocean Breeze Country Club.

Palm Lake Resort Caloundra Cay's 'Big' John Williams celebrated his 90th birthday with the help of his regular bowling mates, who put together an afternoon of activities in his honour. Cake was eaten, rounds of drinks were shouted (even by the birthday boy himself!) and many laughs were shared.

And finally, **Palm Lake Resort Phillip Island** birthday girl Joan Menzies just turned 100! She spent the day surrounded by family, many of whom she hadn't seen for years, with friends joining in the festivities later on. What a milestone!

Doing good in The Long Run

Homeowners at **Palm Lake Resort Bargara** recently came together for a meaningful fundraising event. As part of Prostate Cancer Awareness Month, homeowners formed a team for 'The Long Run', inviting neighbours to join a ride around the resort grounds to raise funds and spark conversation around prostate cancer awareness.

The ride saw 37 participants cycle a combined distance of more than 300km along the resort's streets, cheered on by fellow homeowners who generously donated along the way. The morning concluded with a well-earned morning tea and a raffle, with the event raising \$1975 for Prostate Cancer Foundation Australia.

The ride also shone a spotlight on the Bargara Prostate Cancer Support Group, which now supports men and families across the Coral Coast. Most importantly, it reinforced a vital message: early detection saves lives, and regular conversations with your GP are key.

A very special visitor

Residents at **Palm Lake Resort Ballina** recently enjoyed a rare wildlife surprise – a Great Bowerbird, well outside its usual Queensland range. The striking visitor built an intricate bower beside the walking track, decorating it with stones, pegs, marbles and even chilli peppers! While no female arrived to admire his efforts, the bowerbird's unexpected stay sparked curiosity, conversation and delight, offering a fascinating glimpse into Australia's extraordinary birdlife.



What's over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? We'd love to include it in the next editions of our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**



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!

\$250

Cash incentive when you refer a friend to buy an **established home** at Palm Lake Resort

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 974 981. *T&Cs apply



THE BEST IN OVER-50S LIVING. THIS IS YOUR TIME.
palm.lakeresort.com.au

Weekly activities.

MONDAY

- 8am Weight Group – Craft Room, Group Fitness with Toulia – Beach House
- 9am Tai Chi – Beach House
- 10am Sing-along (first and third Mons), Red Hatters meeting (second Mon of the month) – Sports Club
- 12.30pm Lawn Bowls
- 2pm Smart Moves – Beach House
- 6.15pm Social Tennis

TUESDAY

- 9am Mah Jong – Sports Club, Garden Group (first Tuesday of the month) – Sports Club
- 9.30am Oil Painting – Craft Room (not first Tuesday of the month), Scrabble – Beach House
- 10.30am Aqua Aerobics – Indoor Pool
- 1pm Cards (500) – Craft Room, Indoor Bowls – Beach House
- 5pm Residents Meal – Beach House

WEDNESDAY

- 9.30am Handcrafted Creations (every second Wed.) – Sports Club verandah
- 12noon Residents Meal – Beach House
- 1pm Cards – Sports Club (5 Crowns)
- 1.30pm Round Dancing – Beach House
- 5pm Lawn Bowls

THURSDAY

- 9am Tai Chi – Beach House
- 10am Painting (Artist) Group – Craft Room
- 10.30am Smart Moves – Beach House, Aqua Aerobics – Indoor Pool
- 2pm Cards (Euchre) – Beach House, Line Dancing – Beach House
- 5pm Residents Meal – Beach House
- 6.30pm Table Tennis – Sports Club, Cards – Beach House

FRIDAY

- 8.30am Lawn Bowls
- 9am Craft Club – Craft Room
- 10am Legacy Morning Tea – Beach House (2nd Friday of the month)
- 2pm Bingo – Beach House
- 6.30pm Cards – Beach House
- 6.15pm Social Tennis

SATURDAY

- 8am Keyboarders (alternate Saturday) – Sports Club
- 9am Quilters Group – Craft Room
- 1pm Cards (500) – Beach House, Indoor Bowls – Beach House

SUNDAY

- 4pm Croquet – Croquet Lawn
- 6pm Cards (500) – Beach House

DAILY

- 1.30pm – 4pm Billiard and Snooker Club (Ladies' Day Tuesday)

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' 5607 4030

Office: ext. 601

Caretakers/Managers - after hours: ext. 600

Caretakers/Managers/Sales: 1800 725 652

Beach House: ext. 605

Electrician - Air Spark (Paul): '0' 0417 147 180

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

Gas - Origin Energy: '0' 132 461

Garage Door Repairs - Brisbane & Bayside Garage Doors: '0'3888 1577

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

Thinking of selling your home?

Here at Palm Lake Resort, we understand that our homeowners' situations change. Did you know there are a myriad of benefits to selling your home with Palm Lake Resort via our on-site Sales Team?



1800 725 652
deceptionbay@pallmlake.com.au
pallmlakeresort.com.au