

JUNE - JULY 2026



The Buzz



Set up to slow down

Struggling to find time to sit with your favourite hobbies? The secret is in the set up

Take a trip back in time

The cooler months are the perfect time to explore Australia's best historic towns

Refer a friend, earn a reward

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



Welcome.

Welcome to the June-July edition of the Palm Lake Resort Deception Bay newsletter, ‘The Buzz’.

Well, winter has arrived – and along with it, lots of people coming down with colds and the flu. Please take care of yourselves over the cooler months and be aware of those around you. If you are feeling unwell, stay home, get lots of rest and drink plenty of fluids.

Our upcoming green waste collection dates are as follows...

- Monday June 8
- Monday June 22
- Monday July 6
- Monday July 20

Please make sure you have your green waste out before 11am for pick up.

Finally, a reminder that the content deadline for the next edition of The Buzz – the August-September edition – is Monday July 20. Please submit your content to Phil before that date.

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@palllake.com.au

Find us online at:
palllakeresort.com.au

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

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News in brief.

So long to Sticks and Strings

I wish to advise that after a discussion with Len, Grumpy and I, it was unanimously agreed to terminate the regular free musical Sunday afternoon entertainment with our group, ‘Sticks and Strings’. We wish to thank you all for your support over the years, and express our sincere gratitude to our guest artists. Thank you also to our most invaluable supporters – Win Morris and Jan Beatson.

‘Til we meet again,

Len, Graham (Grumpy) and I (George)



Bus trip notice

Our next bus trip will be on Wednesday July 1, visiting the Eumundi Markets. Afterwards, we travel to Pomona to the Majestic Theatre to watch a highly recommended Buster Keaton romantic comedy. Lunch will be at own expense, with a large choice of food outlets at the markets. Further details will be on the list for names, which will be out on Friday May 29. Payment will be due on Monday June 22. For enquiries phone Marie, (Home 63, ph 832).

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.



Looking for local care?

If you're looking for an aged care solution for a beloved family member, your local Palm Lake Care community is ready to hear from you. While Palm Lake Care can't fully guarantee any beds to Palm Lake Resort homeowners and their family members (simply given the ever-changing demand on their service and also your loved one's individual healthcare needs), the very experienced Customer Experience Team is ready to guide you on your family's journey into aged care. For more initial information, visit the Palm Lake Care website at **palllakecare.com.au** You might also like to complete an enquiry form online? And when you're ready to speak to a Palm Lake Care team member, simply freecall 1800 24 66 77.



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.

Slow spaces.

THE HOBBIES YOU LOVE DESERVE A PROPER HOME, DON'T THEY? WHEN YOUR SPACE IS SET UP AND READY, SLOWING DOWN TO ENJOY YOUR FAVOURITE ACTIVITIES STOPS BEING SOMETHING YOU'LL GET AROUND TO — AND STARTS BEING SOMETHING YOU ACTUALLY DO.

Whoever said the over-50s era was the quiet part of life never lived at a Palm Lake Resort. Ask most homeowners how their week looks and you'll hear about sport commitments and grandchildren, community events and coffee catch-ups, fitness classes and volunteering rosters. A full life is a good life, but busy isn't always better — and rushed doesn't mean rich.

If you feel like your days are passing too quickly and you'd like to slow down, start by making time for the things you really love. There's a powerful relationship between our environment and our habits: when the conditions are right, the behaviour comes naturally. By giving your hobbies a proper home — a dedicated corner, a well-stocked shelf or a room that's ready and waiting for you — you're more likely to focus on them, not the distractions.

The reading nook

It doesn't need to be a whole room — a comfy chair near a window, a small side table for your cup of tea and a shelf or basket of books within arm's reach is all you need to invite more reading into your routine. Add a good lamp and a soft throw for winter evenings, and a rule that the phone stays elsewhere. You don't have to hunt for your glasses, clear a space to sit, or find somewhere to put your drink before you can settle in. Better yet, you're creating a space with no other purpose — it's not the couch where you also watch television, the kitchen table where the mail accumulates, or even the bed you sleep in. A space solely for reading signals to your brain that this is where you come to slow down.

The craft room (or corner)

Creative hobbies have one major downside: the set up. When your sewing machine, paints or half-finished projects are stored in a cupboard, getting started feels harder than it should. On a busy day, it's easy to tell yourself you'll do it tomorrow — do that enough, and suddenly it's been months since you spent time on something you really love. A dedicated craft space solves this. With the right set up, the project that's out and waiting for you is the one that actually gets finished — whether you sew, paint, knit, scrapbook or make jewellery or cards.



The kitchen

There's a version of cooking that's purely functional, and then there's the other kind: an onion slowly caramelising, a stock that's been simmering since morning, pastry rested and rolled by hand. That kind of cooking doesn't just require time, but also a kitchen that invites you in rather than frustrates you. When your pantry is stocked, your knives are sharp, your pots and pans are easy to access, and your bench has room to work, the idea of spending a slow afternoon in the kitchen feels indulgent — not overwhelming.

The garden

A garden, even a modest one, operates on its own schedule — and the more time you spend in it, the more you'll find yourself adjusting to its pace. A well-set-up outdoor space makes it easier to pick up where you left off: good tools stored somewhere accessible, a comfortable spot to sit, raised beds that don't punish your back, clear paths between plantings — these small, practical details can make a big difference. For those with a smaller outdoor space (or a less established green thumb), a patio garden of pots and planters offers the same meditative quality.

The workshop

There's something about working with your hands — measuring, cutting, building, fixing — that demands your attention and crowds out everything else. But how should you set up your workshop for success? Good lighting is essential, as is organisation — tools hung or stored so you can find what you need, a dedicated workbench at the right height, a stool for longer tasks, a radio for company.

The caravan

Perhaps unsurprisingly, the slowest kind of travel also requires the most preparation. But having your caravan packed with all the essentials (non-perishables and bed linen alike), maintained and ready to go means a holiday can happen on a Tuesday morning, simply because the weather is good and the mood is right. And isn't that what your over-50s years are really all about?

Garden Group.

Our last meeting was on May 5. We had a Mother's Day theme with morning tea featuring a large decorated cake (*pictured below*), sandwiches, dateloaf, cheese and biscuits, and gluten free lamingtons. We then carpooled to the Plant Shack. They set up a table and chairs for us under cover, with potted plants to decorate our table and two boxes of plants to use for a raffle. They even supplied the raffle tickets. A big thank you to the Plant Shack — they have been very good to our Garden Group over the years. Fun was had by all, and there were a lot of lovely plants to choose from. Many were purchased to take home for our gardens. Well done the winners too, who had their selection of six potted plants. Well done to the winners! We also had three lucky door prizes at our meeting. 'Bloom of the Month' was won by Fran Knight with a purple orchid.

At the time of writing, our garden clean up day is coming up on May 26. We appreciate everyone coming down and bringing their hat, secateurs and garden gloves. We would like to see some new faces down there in the future — it's just one hour, and we have Joe to help with heavier and higher jobs. We also had some of the tools from the shed sharpened by knife sharpener Chris Hemsworth.

On June 2, we will have our Garden Group meeting at 9am in the Sports Club. Morning tea and coffee is provided, but please bring a plate to share. Bring a bloom from your garden to display — we will all vote on what we think is the best on the day. Our guest speaker at our meeting will be Noel and Estelle Brauer, with anthuriums and other shade-loving plants for sale on the day.

Then, on July 7, our Garden Group meeting will be the AGM.

Happy gardening,

Fran Knight
Assistant Secretary (ph. 952)



Red Hatters report.

We celebrated Jenny's special birthday at the Zesty Lemon. It was on the actual day, and we had to have this extra morning for her because Jenny is our birthday card maker extraordinaire as she hand crafts a beautiful card for each of our birthdays. Thank you, Jenny!

Until next time,

Mary (Home 702)

Craft Club report.

We have had our AGM and, with no surprise, the same committee members have been re-elected.

Mark these dates on your calendar: Market Day this year is November 21, and there will be a stallholders meeting on October 2 and November 6.

If you like baking or making goodies, would you be interested in baking some cakes, slices, pies or tarts, or making jams, pickles or chutneys, or even sweets (lollies)? Also, are there any men able to make wooden toys, garden planters or other wooden items? If neither of these two items is your thing (maybe another hobby?) please let us know. Our only rule is that your contribution must be made by you here at Palm Lake Resort Deception Bay.

There will be more information on Market Day to come in following editions of The Buzz.

Don't forget you are all welcome to bring some work along and have a chat and morning tea on Friday mornings at 9am. At present we are meeting in the Beach House.

Margaret (Home 5, ph. 812)



Bright, Victoria

Travel through time.

AUSTRALIA'S BUSTLING COASTAL CAPITALS TEND TO GET ALL THE SPOTLIGHT, BUT THERE'S A LOT TO BE SAID FOR PLACES WHERE THINGS MOVE A LITTLE SLOWER. IF YOU'RE PLANNING YOUR NEXT ROAD TRIP, WHY NOT STEP BACK IN TIME WITH A VISIT TO ONE OF AUSTRALIA'S BEST HISTORIC TOWNS?

What makes a town historic? Not just any old place (literally) can make the cut. The best historic towns combine both age and atmosphere. We're talking towns, not cities – generally under 15,000 people – where heritage buildings aren't just dotted around, but define the heart of town. Think preserved streetscapes, pubs that have been pouring since the 1800s, and post offices, courthouses and churches from the earliest days of settlement. Here are some of Australia's best...

Charleville, Queensland

If you're looking for classic outback charm – wide streets, federation-era buildings and a strong railway history – look no further than Charleville. Explore its rich heritage at the historic railway station or the remnants of the top secret WWII base (operated by the US Air Force), stargaze at the Cosmos Centre, and extend your stay at one of the historic Hotel Corones or classic Warrego Motel.

Charters Towers, Queensland

Walking down the main streets of Charters Towers, it's easy to believe it was once one of Australia's richest gold rush towns. From the grand Stock Exchange Arcade (Charters Towers is home to one of the world's first regional stock exchanges) and towering bank buildings to the old-school pubs with their classic verandah dining, Charters Towers may be just 90 minutes from Townsville – but it feels like a step back in time.

Braidwood, New South Wales

Many towns have a heritage-listed building or two, but few are heritage-listed in their entirety – that's what makes Braidwood so special. Established in the mid-1800s, Braidwood has become a popular tourist destination – not only for its rich history, but its slightly bohemian feel, too. Browse the bakeries and boutiques, hunt for antiques, and soak up the charm of small-town life (and all just one hour from Canberra).

Morpeth, New South Wales

Established in the early 1800s, this historic river port has been beautifully preserved over time – even despite its decline with the arrival of the railway in the late 19th century. Now, a stroll through Morpeth isn't complete without a visit to the old wharf precinct, a peak inside its sandstone buildings or a stop at the Historic Arnott Bakehouse.

Berrima, New South Wales

Boasting one of New South Wales' most intact colonial streetscapes, and Australia's oldest continually licensed pub (the Surveyor General Inn, established in 1834), Berrima is a must-visit if you're exploring the picturesque Southern Highlands. Visit the historic courthouse and Berrima Gaol, shop for antiques and artisan goods, and find out why Berrima has been frozen in time since the late 1800s.

Beechworth, Victoria

What sets a gold rush town apart from the rest? Some Ned Kelly lore, that's what. Beechworth was the site of Ned Kelly's 1880 trial, meaning a visit to its historic courthouse and 30-plus National Trust-listed buildings is a must-do when you're in town. Find out why they say that Beechworth's paths were paved with gold, then explore its darker history with a ghost tour you won't soon forget.

Port Fairy, Victoria

It doesn't get much more charming than Port Fairy, Victoria's heritage fishing village. Beginning as a whaling station in the 1830s, and becoming one of the country's busiest ports two decades later, Port Fairy has retained more than 50 National Trust-classified buildings. Walk the wharf, admiring its whitewashed cottages, and take in the sea air at a waterside pub. The perfect end to a Great Ocean Road adventure.

Bright, Victoria

Once a thriving gold rush town, nowadays, Bright shines for a different reason – the vivid autumn leaves that line its quaint streets. Close to Mount Hotham, it's the perfect place to go if you're looking for an alpine escape – especially one that includes cosy cafes, a strong brewery scene and rewarding rail trails.

Hahndorf, South Australia

Unique Hahndorf was established in the 1830s by German Lutherans, making it Australia's oldest surviving German settlement. Nestled near the Adelaide Hills wine region, its famous for its 19th century Prussian architecture and delicious German fare, meaning Aussies don't need to travel to Hanover to indulge in authentic schnitzel or pretzels.

Richmond, Tasmania

Tasmania is rich in history, but the fittingly-named Richmond is one of its most famous villages – for good reason. Dating back to the 1820s, when it began as a convict-era garrison town (military outpost), Richmond's streetscape hasn't changed all that much since then. Pay a visit to Australia's oldest stone bridge, one of the country's oldest gaols, and the many cosy tearooms and shops in the town's centre.

York, Western Australia

Western Australia's oldest inland town – with one of the state's best heritage main streets – York was a key stop en route to the 1890s goldfields boom. Set in the beautiful Avon Valley, about an hour and a half from Perth, it provides the perfect day trip destination: country pubs, wildflowers, and heritage stays if you can't bear to leave just yet.

New Norcia, Western Australia

Founded in 1847 by Spanish Benedictine monks, New Norcia is Australia's only monastic town. It was first developed as a mission, but has bloomed into a religious and cultural centre in the decades since. Quiet, contemplative and honestly surreal, its distinct European architecture and classic outback setting make it well worth the two-hour drive from Perth.



Richmond, Tasmania



Charters Towers, Queensland



Morpeth, New South Wales



York, Western Australia



Hahndorf, South Australia

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.

AN EVENING
WE WON'T SOON
FORGET!



Truganina bowls us over!

Our **Palm Lake Resort Trugagina** bowlers delivered an outstanding performance during the most recent pennant season, achieving not one but two premierships wins, along with two runner-up finishes. Well done to everyone involved – a great team effort!



Trauma teddies go overseas.

Ladies from the **Palm Lake Resort Hervey Bay** knitting and craft group have been producing these adorable 'trauma teddies' for the local Urangan Branch of the QCWA. The best part? The teddies have been sent to Indonesia, so that they can be distributed among flood-affected children.

Le dîner en blanc.

Over a year ago, the **Palm Lake Resort Forster Lakes** community was deeply moved by the story of a young boy's brave battle with brain cancer – especially since the young boy's grandparents call the resort home. Immediately, one question was on everyone's lips: 'Le Dîner en Blanc' (a "White Dinner"). The global phenomenon began in Paris in 1988, but has since spread across 85 cities – and now, Palm Lake Resort Forster Lakes.

The 'White Dinner Working Group' spent months planning how to bring their vision to life, holding top-secret meetings to plan every last detail, right down to the elaborate white tablescapes. Without those dedicated volunteers crafting floral arrangements, managing entertainment and handling set up and pack down, the night couldn't have taken place – nor been so successful.

When the night of the dinner finally arrived, it was more than just a visual spectacle – it was a show of community. Homeowners came together, forging new friendships and strengthening existing ones, and all for an excellent cause.

The night was an overwhelming success, and now a new question is being asked: "When is the next one?".

We look forward to seeing this become a much-anticipated tradition, not just to come together as a resort, but to support the grandchildren and families within our special community.



Living the high life.

Our homeowners love living in luxury – and having a laugh! At **Palm Lake Resort Carindale**, a newly-created lounge area has quickly been dubbed 'The Qantas Lounge', and homeowners love using it for downtime, church group and coffee catch-ups. One talented homeowner has even created a wooden sign! Meanwhile, at **Palm Lake Resort Yamba**, homeowners have established an exclusive 'corporate box' (dubbed Bay 13, just like at the Melbourne Cricket Ground), and it's the perfect place to watch pickleball games on the new court.



Cooking for a cause.

Our **Palm Lake Resort Bargara** homeowners regularly join forces with the QCWA Bundaberg Branch members to cook for those in need – and have a lot of fun in the process! Recently, on one day alone, the group cooked enough lasagne and cottage pie to serve 174 people. Thanks for caring for your community, one meal at a time!

Friendly rivalry.

There's nothing quite like a bit of friendly competition to bring Palm Lake Resort communities together – and four of our locations have been doing just that!

Palm Lake Resorts Beachmere Sands and **Beachmere Bay** went head-to-head in their bi-annual intervillage lawn bowls competition on March 29. Despite a windy lead-up, the day delivered fine conditions and plenty of entertaining play. Beachmere Bay took home the win, but both teams could put aside their rivalry to celebrate together over burgers and a cold beer in The Sands clubhouse. Rumour has it The Sands are already sharpening up for the next round – watch this space!

Meanwhile, **Palm Lake Resorts Tea Gardens** and **Forster Lakes** teed off in their annual golf challenge. The tournament is played across four games using the Stableford scoring system – and this was the first. Forster Lakes claimed the day's honours, with a combined score of 230 points to Tea Gardens' 218. Jo Nolan of Forster Lakes was the standout individual performer with an impressive 41 points. The next round is set for Hawks Nest Golf Club on July 20.



We love our staff!

The **Palm Lake Resort Toowoomba** Social Committee put on a morning tea on behalf of all the homeowners to show their appreciation for their staff – much to everyone's delight! Homeowner Leanne Day put together a wonderful slideshow of images of the resort, and performed some songs to compliment them.

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
- 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 Tues day 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
- 6.30pm Square Dancing – Beach House (ends 8.30pm)

WEDNESDAY

- 8.30am Group Fitness with Toulia – Beach House
- 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
- 4pm Lawn Bowls (meet at 3.30pm)

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)

WEDNESDAY BOWLS HAS A NEW WINTER START TIME

Important contact numbers.

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

To open gate from your home: 11

Air Conditioning Servicing (Purify Air): 0439 019 797

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



Your happy place.



1800 725 652 | deceptionbay@palllake.com.au
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