

OCTOBER - NOVEMBER 2025



The Buzz



Market day is fast approaching

Our annual Market Day is coming up! Turn to Page 6 for everything you need to know

Catch up with our clubs

Our resort is home to many thriving clubs. Hear what they've been up to, inside...

Refer a friend, earn a reward

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



Welcome.

Pictured: Our new blue garden!

Now that winter is over and spring has sprung, it's a good time to clear out the backyard and gutters if you haven't already done so – especially those with overgrowth and plant debris that may become a fire risk! We can help with green waste removal provided it is within our collection quantity limits – otherwise there are several contractors to call upon.

It's great to see that George, Grumpy, Noel and Len, along with guest performers, are getting the band back together. Watch this space for live performances by 'Sticks and Strings' over the coming months, on select Sundays in the Beach House.

Limited pedestrian access to Palm Lake Care through the rear gate is now available. Please contact the office for details.

There are two new all-in-one Dell computers in the library. The resident log on is "Guest". Please do not put in any passwords. For internet access, use the Microsoft Edge icon on the desktop screen.

We have new homeowners to welcome into the resort: Lorraine and Wayne Keen (Home 83); Annette Cullen and Jon Crosisca (Home 235); Rick Claxton (Home 25); and Alice and Jack Medley (Home 264). We wish you all the best as you settle in.

October 6 is a public holiday for our Kings Birthday, and so the office will be closed. November 4 is Melbourne Cup Day; we do not have meal service that Tuesday.

If you have any notices, club reports or articles of general interest, please submit before Monday November 17 for the December-January issue.

Regards,

Lyn and Phil
Palm Lake Resort Deception Bay Caretakers

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.

Thank you!

To all my friends who took the time and effort to visit me in hospital or home, and for the calls, cards and flowers.

Hopefully I will be back to my normal self very soon.

Stella (Home 214)



Recycling reminder

We would also like to remind homeowners that our weekly rubbish collection is for household waste only – not building debris, concrete, bricks and garden material. Please ensure all your rubbish is bagged before placing it in your wheelie bin, as loose material can be a hazard for the rubbish collection team.

The big green tubs for recycling must not be used for household waste, old carpets, bits of wood, home appliances or polystyrene packaging, or used by your contractors. Fines apply for contamination and may result in this service being removed. Paper, cardboard, glass and plastic bottles, and aluminum cans are all that are allowed unless the item has a 'recycle' stamp on it.

The Dakabin waste facility is free to residents of Palm Lake Resort – just show your driver's licence at the entry.

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.

Bus trip notice

Our next bus trip will be to a goat farm called 'Naughty Little Kids' at Peak Crossing on Thursday November 20. We will have cheese tastings and a tour, and be able to purchase products there. Afterwards we have a two course lunch at The Peak Pub, with choices to be made at time of payment. Cost will be \$67 which includes coach, morning tea, tour and lunch. List for names with all details will be out on Friday October 17 with payment due on Monday November 10. For all enquiries, contact Marie (Home 63, phone 832).

On the social scene...

What a wonderful dance night we had on September 12 with Dave and Lee, 'The Lovely Daze' duo. The music was great, and we all knew – and sang along to – the songs. The excellent entertainment included Dave's best Rod Stewart impression and a professional presentation from Lee, complete with interactive dancing. He even brought along his pets: an Old English sheepdog and a possum (soft toys, of course). The costume and wig changes were particularly hilarious.

We will definitely book them again in the near future and we hope that more residents will participate.

Social Club Committee

President

Pamela Hill (Home 234, ph. 739)

Vice President

Brian Johnston (Home 64, ph. 815)

Secretary

Gloria Nicoll (Home 16, ph. 824)

Treasurer

Pat Holmes (Home 8, ph. 917)

Committee:

- Sharon Barnaby (Home 30, ph. 968)
- Kevin Barnaby (Home 30, ph. 968)
- Julia and Clive Nutley (Home 17, ph. 964)
- Mark Stimson (Home 14, ph. 839)
- Sue Mackley (Home 161, ph. 885)
- Mona Young (Home 148, ph. 908)
- Elinor Radke (Home 84, Ph. 753)
- Mary Jacobson (Home 270, ph. 702)
- Tina Burrows (Home 231, ph. 892)

Our ever-popular our barbeque lunch in August was once again enjoyed by all.

More recently, at our Father's Day morning tea, our resident fathers were were entertained by local bush poet Gordon Clark. He was a very entertaining performer, covering a variety of subjects.

At the time of writing, on Monday September 15, we are looking forward to hosting an aged care presentation by 'Five Good Friends'.

Finally, a big thank you to residents who support our mealtime raffles.

Pamela Hill, Social Club President



Farm Angels update.

With three months left to go in 2025, we have collected 23,689 containers for recycling. That means \$2328.90 has gone to the Farm Angels, our chosen charity.

Farm Angels provides support to outback communities facing fire, flood, plagues, droughts and other calamities.

Thank you to all the drinkers out there - of beer, wine, spirits, soft drinks, water and anything else with a 10c logo on its container. Using our bins and boxes for your empties, rather than the big yellow top bins, means the cash back goes to a known and good cause.

It's surprising how much our collections vary month to month. In the warmer months, December to March, we get \$75 to \$80 a week – sometimes over \$100. It's a good job we have a large SUV to squeeze all the bags in. In the cooler months of June to August, the weekly collection falls to \$60 to \$70.

Last year we gave ourselves an ambitious target of \$4000 for the year. It looked like we might just fall just short when one of our favourite collectors tipped in \$200 to get us over the line.

We usually recycle the bottles and cans on a Tuesday at the East Burpengary Containers for Change depot.

We have collection points around the resort – at the tennis court by the front gate, at the croquet court, at the Beach House, outside Homes 95 and 213, and at the Bay Road end of the big lake. Our boxes have a Farm Angels sign on them.

We empty our boxes regularly during the week. If you find one is full, please call us on 768 and we'll come and empty it. If you have a party at your place and have lots of empties, call us and we'll come and collect them.

Thanks for your all your help and encouragement,

Pete and Jenny Grace (Home 213)

From the Garden Group.

Our August meeting was held on August 5, with a good attendance. 'Bloom of the Month' was won by Fran Knight with a pink and yellow orchid with ruffled petals. Lucky door prize was won by Mary Higgs.

Thanks were given to those who gave time to clean up the garden and help with repotting plants for our Market Day on November 15.

Our Guest Speaker was Aaron Handley who talked about Tillandsias (air plants). We learned that they are easy to care for with a spray of water once a week – very hardy.

At our September 2 meeting, 'Bloom of the Month' was won by Sylvia Clarke with a large hibiscus, and the lucky door prize was won by Stella Skennerton, who was welcomed back after a nasty fall.

After the meeting and morning tea – which was supplied by the Garden Group Committee – we car pooled to our local nursery, The Plant Shack on Deception Bay Road. They had set up a table and chairs under shade for us, had four plants for us to raffle and offered a discount on any purchases made. We all had a good walk around the nursery, purchased lots of lovely plants, used our fantastic plastic and had big smiles on our faces.

Our next meeting will be on October 7, with guest speaker Michael Gibson telling us about Day Lilies.

Our November meeting will take place on November 11 (not the first Tuesday of the month, due to Melbourne Cup Day). Our guest speaker will be Heather Prior demonstrating floral art. Members are asked to bring flowers or foliage from home that day for Heather to work with.

There will be no meeting in December as we have our Christmas break up. We are still discussing where this will be held and looking into menus and venues – perhaps the Burpengary Tavern?

We would love to see more people at our meetings. We do enjoy ourselves and our beautiful morning tea. We have a 'bring a plate to share' policy, so we get a lovely variety of goodies.

Margaret Munro
President (ph. 850)



From the Red Hatters.

At our August meeting we celebrated our 12th birthday – which is also Joy's birthday month, so we happily let her cut our cake. Everyone was able to have some strawberries as they were spread across the surface; perhaps a minor detail. Jenny, who is our valued card maker for all individual birthdays, couldn't partake of that, so had a special delivery of dairy-free ice cream and strawberries to her house later on. It was basically a hat-themed day, so the photos show the ladies concentrating on a sheet of questions regarding all manner of hats. I then showed some of my large collection of hats from plenty of the places I have visited, as I tend to collect them. We then played our 'spinners' game where everyone ends up with a prize. We also welcomed Elaine, who attended for the first time.

For our September meeting we had lunch at the Redcliffe RSL. The food was generally popular with everyone even though the \$12 menu only offered four choices. In fact, be prepared to pay \$15 if you are not a member of the RSL club. We managed to overcome that and all enjoyed the outing. For most of us it was the first visit to the RSL since the changes to the venue, and there seem to be more sections. We were out where the beautiful view of the bay can be seen. Elaine came again, and we got to know her a little more.

Thank you to all the drivers who took others to the RSL.

Until next time,

Mary

From the Bowls Club.

The PLRBC Championship Pairs Final was played on Sunday July 20, between David and Joan Ling and Murray Liddell and Noel Hawes. The standard of the bowls played overall was such that the supporters watching would have been quite happy for the match to continue past its conclusion. The championship was won by the Ling team, with Joan and David receiving the trophy from President Gael.

The PLRBC Championship Triples Final was played on Sunday August 31. Joan Ling, Robyn Fullerton and David Ling played against Noel Hawes, Gael Itzstein and Murray Liddell. Congratulations to both teams for reaching the final and for the high standard of bowls played during that game. The trophy was won by and presented to Murray's team.

Our thanks go to Providore Robyn and her helpers for the delicious morning teas and the tasty lunches on both occasions (and the photos Robyn!).

On August 10, we hosted 21 bowlers from Living Gems Village. A lovely day was had by all. The results were: PLR 169 - LG 157. A win for us on the day, however our previous visit to their Village was not so great: PLR 146 - LG 204. So Living Gems rightfully claimed the 2025 Challenge!

The shade covers damaged by the cyclone have been professionally mended and then restored by staff and club member Kevin Barnaby. Bowlers can once again be protected from the summer sun! Thank you to all involved.

VALE Reg Oliver: It is with sadness that we record the passing of Reg Oliver, a valued member who at times held positions on our bowls club committee.



Market Day, coming soon!

This is the last update before Market Day on Saturday November 15...

Anybody who is still wishing to have a table to sell their own handmade items is welcome to come to the second stallholders meeting on Friday October 24, at 3.45pm in the Beach House.

On Friday November 14, after bingo (3.45pm), it would be appreciated if residents could help the craft ladies move the tables, chairs and gather more tables in the Beach House for the stallholders.

CHALLENGE: As you know, this year’s challenge is a decorated Christmas-themed garden pot (specified size). If you intend to display your pot, could you please bring it without a plant or flowers to the Beach House on Friday November 14 (the day before maket day) between 5pm and 7pm. On Market Day, people will choose which pot they like by placing a coin in the corresponding container, and the three winners with the most money will win a prize. The prize will be called just before the raffle draws at 11am, and all money donated will be given to a charity which will be named on the day.

On Saturday November 15, residents will be allowed to enter the Beach House at 8am. Other guests will be allowed to enter at 8.30am, and family and friends are most welcome. The front gate will be open until 10.30am.

Be sure to check out the challenge table!

If you are feeling lucky, please buy a raffle ticket at \$1 each with many prizes to choose from. Raffles will be drawn at 11am.

If, after inspecting all the stalls, you are feeling like a break and morning tea, tickets will be available in the Beach House for a small cost. You can redeem them in the Sports Club and then proceed to Sports Club verandah and relax and enjoy.

Market Day will close after the raffle draws at around 11am. We hope you all enjoy your visit.

For any inquiries, please see Margaret (Home 5, ph. 812).

Pictured: Attendees shopping at a past Market Day



Creativity is king.

SOME PEOPLE ARE BORN TO CREATE, WHILE FOR OTHERS, IT’S A SKILL THAT TAKES PRACTICE. BUT HERE’S THE THING ABOUT GETTING CREATIVE: YOU DON’T EVEN HAVE TO BE GOOD AT IT, TO REAP THE BENEFITS.

Creativity comes in many forms. It might be painting or sketching, doing needlework or even home decorating. Whether you write, draw, craft, build, assemble, strategise or even just daydream, you are being creative – and there is a lot you can gain from it. But if you’re not the ‘creative type,’ it can be hard to know where to begin. A fixation with creating something perfect is often the biggest roadblock to creativity, so approach your next project with a goal to simply create something. Each time you create, whether it’s through writing, making music, woodworking, art or even gardening, you are flexing a muscle that will benefit you in more ways that you might think...

BEING CREATIVE IMPROVES YOUR MENTAL HEALTH

From problem solving to helping you express yourself, there are so many ways being creative nourishes your brain. The creative process can help people manage their negative emotions, and even work through traumatic experiences that can be difficult to articulate. The sense of productivity and satisfaction you feel when you finish a creative project is the ultimate mood booster, helping you improve your self-esteem and confidence. Research even suggests that being creative reduces the likelihood of depression and anxiety, but that’s not all – it can also improve the effects of dementia.

BEING CREATIVE RELIEVES STRESS

Whether you use your hands, your mind or your voice, creativity is like a form of meditation – time moves slower, you become more in touch with yourself and feel free to create whatever you feel like. Much like traditional meditation, creativity is said to calm your body and your brain as you focus on the task at hand. You can truly get ‘in the zone’. But these benefits aren’t just mental – stress relief also offers physical rewards, with studies showing that it can improve your sleep, appetite and even immune system, reducing your blood pressure and the production of immunosuppressive stress hormones.



BEING CREATIVE HELPS YOU CONNECT

Creativity can benefit you and the people around you in equal measure. Getting together with friends, neighbours or even strangers to create something is a valuable bonding activity, allowing you to broach subjects you may never discuss if you simply talk face to face. But the community benefits don’t end there – why not give the things you craft to the people you love? Receiving something handmade is the ultimate show of affection and can be passed down (and treasured) through generations or used to show kindness to someone in need.

Our Palm Lake Resort “Weekly Activities” list offers so many ways for residents to get creative. On top of the architectural home designs and world-class facilities on offer here, these on-site organised weekly activities really are the cherries on top of life in our coveted community lifestyle resort. For example, why not join your resort’s resident craft group, or start one of your own? You don’t need to be an expert to join in - simply bring along a craft you’re working on, or come with an open mind, ready to learn something new.

BEING CREATIVE IMPROVES PHYSICAL HEALTH

Engaging in creative pursuits doesn’t just support your mental wellbeing – it can also have real, measurable benefits on your physical health, too. Activities that involve fine motor skills, such as knitting, painting, beading, woodworking and other handicrafts, help keep your fingers nimble and your coordination sharp, which becomes especially important as we age. These gentle yet purposeful movements can support joint health, dexterity and even cognitive-motor function over time. As they say, if you don’t use it, you’ll lose it!

Meanwhile, the act of focusing on a creative task has been shown to lower cortisol levels – the hormone linked to stress – which in turn can reduce inflammation, support heart health, and improve sleep quality. Even just a few minutes of mindful creativity each day can help relax your nervous system, regulate your breathing and boost your energy levels. Simply put, giving yourself time to create can make you feel calmer, stronger, and more physically resilient – a true investment in your overall wellbeing.

Over the back fence.

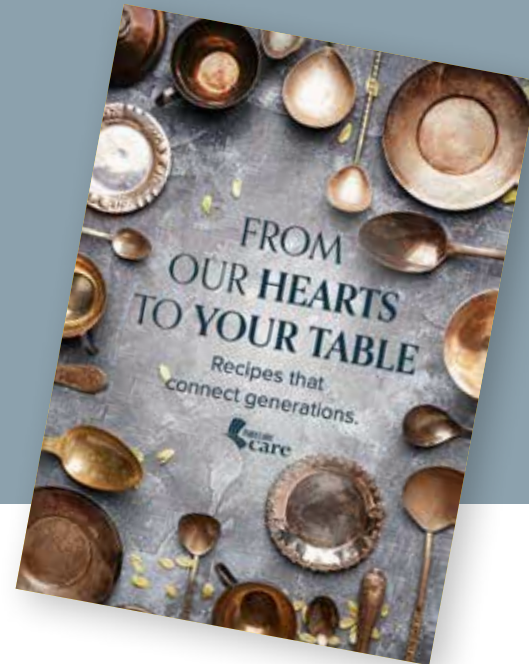
THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW 'FAMILY MEMBERS' HAVE BEEN UP TO - WHETHER JOINING FORCES TO DO GOOD IN THE COMMUNITY OR JOINING FORCES FOR FUN!

Care cookbook shares the culinary love

Palm Lake Resort's sister company, Palm Lake Care, has just published a lovely commemorative cookbook, "From our hearts to your table", filled with special family recipes gratefully shared by residents and various team members. It was quite a lengthy process collecting all the special 'ingredients' for the 52-page cookbook, but now it's time for this highly anticipated project to be plated up and served to our excited community.

"Here we share a passion for food and use it as a bridge to connect generations, cultures and cherished moments," the book's production team members state, in the Foreword. "We're engaging residents and employees by celebrating their culinary memories, personal tastes and shared traditions. This cookbook turns mealtime into a meaningful experience, filled with flavours that comfort, inspire and bring back fond memories of home and childhood."

Every recipe reproduced in the book comes complete with a photo of the recipe's owner and the story as to why their particular recipe is so meaningful to them. For example, Palm Lake Care Deception Bay resident Johanne Visser shared his recipe for Traditional African Oxtail Stew. Johanne says this recipe was passed through three generations of his family. Children within the village where he lived would all bring the ingredients to his door and beg Johanne's wife to make this stew for them - and she'd happily oblige. Palm Lake Care Bethania resident Helen Jutte also shared a recipe that took her back to her childhood. She described her 'Dutch Stampot with Rookworst' as "One dish and a thousand memories".



"When I was 13, I moved to Holland to live with my grandmother on a farm filled with animals - even a cow that lived inside the house!" Helen recalls.

"She introduced me to new foods like Stampot Boerenkool, which we'd enjoy in winter with sausage, always saying 'Eet lekker!' which translated to 'eat well'. This dish still brings back warm memories of my time on the farm."

Palm Lake Care Bethania Service Manager Bernice Cowley shared her recipe for Malva Pudding - a beloved South African dessert, rich in nostalgia and flavour served warm and best enjoyed with custard, cream or ice cream. And our Chief Operating Officer Trish Heke's humble Cheesy Scones also got the call up!

"Making a fresh batch of scones is a tradition in my family, and while the recipe has had a modern twist put on it, the meaning remains - they are a treat from the heart," Trish smiles.

"My great grandmother made fresh scones for family when they visited. It was viewed as an honour to both serve and be served, always with a pot of tea. Naturally, I have taught my family to make them but... it still seems to fall to me to produce a batch. The team at Central Support Office don't mind when I bring some in either!"

Copies of the "From our hearts to your table" recipe book are just \$20 each. To purchase your copy, simply stop by the Reception desk of your closest Palm Lake Care community (see palllakecare.com.au for contact details).

Ian walks for charity



Palm Lake Resort Cooroy-Noosa homeowner Ian Bates has collected close to \$5000 and walked 114km for the 'Walk For Him' campaign, in support of prostate cancer research. "Many of us in the resort have been affected by the scourge of prostate cancer and we have lost too many good friends to it in the few years the resort has been open," Ian says. "By the end of the fundraiser, the donations I had received - both in cash and online - totalled \$4734, placing me eighth out of 1215 participants on the national leader board." Nice work, Ian!



Inter-resort good sports

Palm Lake Resort Tea Gardens homeowners joined Palm Lake Resort Forster Lakes homeowners at Palm Lake Resort Fern Bay recently, to slug it out on the tennis court all in the name of good sports. As is always the case when we bring multiple resorts together for 'sport', there was an equal amount of fun reported on the sidelines as was had on the courts. The event's hosts went above and beyond for their Palm Lake Resort 'cousins' - purchasing a heater and lots of blankets to keep the crowds warm on what shaped up to be one of the area's coldest days on record! After a few games, some of the tennis players decided it was warmer to go inside and play table tennis - luckily, Forster Lakes had four table tennis players in their midst! With a delicious soup lunch enjoyed, no one really cared what the scores on the courts ended up being! The next matches will be played at Tea Gardens at the end of October.

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**

Merran is an Aussie champ!



Palm Lake Resort Yamba homeowner Merran is the Australian Three-Day Orienteering Champion (Women's 85A). While not competing for four years due to a hip replacement and recovery from a fractured pelvis, Merran came second on Day One, first on Day Two and second on Day Three but she was ultimately fastest over the three days and took out the Australian championship. Well done, Merran!



Kindness grows, and grows

Palm Lake Resort Forster Lakes homeowners have rallied behind their local area's flood relief effort with thanks to two key charitable neighbours, Dee and Carol. The pair wanted to help via a collection drive and with the guidance of the Pacific Palms Rural Fire Service, the social media-savvy ladies put a call out to their fellow resort neighbours and were soon inundated with donations of things like food, nappies, toilet paper and animal food. With all hands on deck, they loaded up the resort bus as well as a car trailer and headed to Pacific Palms RFS (as pictured above) to sort and then deliver the haul to the Community Flood Relief Hub in Taree. Still on their charitable high some weeks later, the group heard there was additional need for clothes and bedding. They collected, sorted and labelled another trailerload that went to hubs in Taree and Wingham the following day.

Knowing their charitable efforts were really making a difference, the Forster Lakes homeowners looked for further ways to continue spreading the love. Through Pacific Palms RFS they met two families to sponsor. They worked directly with the family members to find out what exactly they needed to get their homes and even a farm back up and running - and happily obliged with more donated kitchen and household items as well as a monetary donation. After all of the effort and success, the homeowners have decided to 'adopt' the Pacific Palms RFS and have been helping to stock their fridge with meals, cakes etc for when they are out and about looking out for the rest of the local community. As Dee and Carol say, "Helping these helpers makes us feel great!". Well done to all the selfless Palm Lake Resort Forster Lakes homeowners who contributed in some way.

Established homes for sale.

Home 119 - \$520,000

Beds

2

Bath

1.5

Living

2

Alfresco

2

Garage

1



Spacious and special

Beautifully presented and one-of-a-kind in the resort, this Colonial-style home offers two open-plan living areas, a spacious kitchen, two bedrooms, an ensuite and additional toilet and a single lock-up garage.

Enjoy all-day sun on two verandahs, easy-care gardens, and a large garden/implement shed on a generous corner block.

Perfectly positioned in the heart of the resort, just steps from the pools, Beach House and a short stroll to the bowling green.

Home 249 - \$550,000

Beds

2

Bath

1.5

Living

1

Study

1

Alfresco

1

Garage

2



Relaxed resort living.

This well-maintained home offers spacious living and an easy move-in experience, ready for you to enjoy the Palm Lake Resort lifestyle.

The open-plan lounge and dining area flows seamlessly to the kitchen, complete with gas cooktop and electric oven. Two bedrooms with built-in wardrobes are complemented by a central bathroom, separate laundry and the convenience of a second toilet.

A large north-facing veranda provides the perfect spot to relax, while air conditioning, ceiling fans and sunshades ensure comfort year-round.

WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT?
PHONE 1800 725 652 OR EMAIL DECEPTIONBAY@PALMLAKE.COM.AU.
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU

Weekly activities.

MONDAY

8am

Group Fitness - Beach House, 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

8am

Dance Fitness - Beach House

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

WEDNESDAY

12noon

Residents Meal - Beach House

1pm

Cards - Sports Club (5 Crowns)

1.30pm

Round Dancing - Beach House

3.30pm

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

10

11

Home to your best years.



1800 725 652 | deceptionbay@palllake.com.au
1 Webster Rd, Deception Bay QLD 4508

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