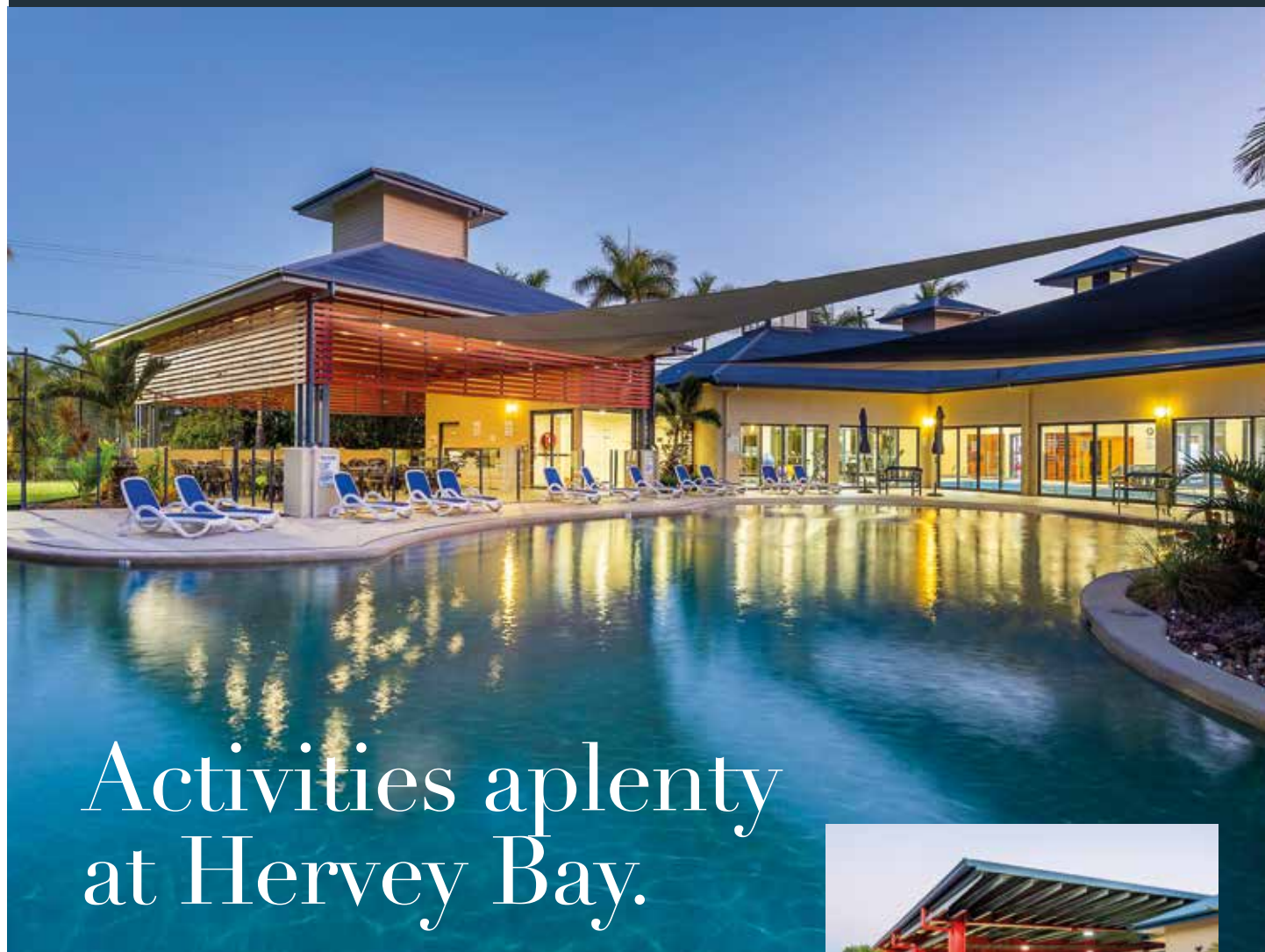


Hervey Bay.

JAN/FEB 2019



Activities aplenty at Hervey Bay.

Happy New Year to everyone – we hope you had a lovely Christmas with family and friends. Like us, you probably ate too much, so now we've got a year to shed the few extra kilos!

There are never enough hours in the day to find time to enjoy all the activities that Palm Lake Resort Hervey Bay offers. Bowls, gym, walking, tennis, tai chi – the list goes on. Come and join in a game of bowls, Monday through to Saturday, on our undercover five-rink bowling green. If you are wanting to learn how to play, let one of our friendly bowlers show you how.

If you are looking at trying something different, come and try our tai chi classes on Mondays, Tuesdays, Thursdays and Fridays at 7am and Wednesdays at 1.30pm. For those who simply want to sit down and relax, you can pick a book from our library and enjoy a cup of coffee and a biscuit in one of our beautiful outdoor areas.

With something for everyone, Palm Lake Resort Hervey Bay is the best place to enjoy life to the fullest.





RESORT NEWS

Welcome to our new homeowners. As of last month, we now have 372 residents. Our current statistics are 47 per cent male to 53 per cent female, with 19 per cent of our homes with one occupant.

Wayne and I would like to thank all the residents for welcoming us here at Palm Lake Resort Hervey Bay. We are starting to settle in and feel at home. It will take a while though to remember everyone's names, so it would be appreciated if you could wear your name tags for a bit longer!

Wayne and I would also like to thank our great support staff – chef Kamahl, kitchen hand Theresa, cleaner Kerri as well as Paul and Steve, our grounds staff. You are all doing a great job here at Palm Lake Resort and have all helped us in some way to settle in and find our way around the resort.

I would also like to welcome our weekend salesperson Denise Jardnay. If you haven't yet met Denise, you have more than likely seen her around the resort on the weekends. The office is now open Saturday and Sundays, 10am – 4pm for sales only.

Wayne & Barb
Resort caretakers

HAPPY BIRTHDAY TO YOU!

Let's wish each resident in this group a very special birthday in 2018. We hope their day is filled with love and cake!

January Harris D, Watson J, Sedgwick M, Syson R, Child G, Hamill G, Mewport C, Clarence R, Eason B, Taurer M, De Salis J, Raynor M, Dawson J, Gittins W, Martin D, Gay K, Baker L, Hooper E, Ogden F, Rolingson T, Wilson S, Franks T, Morris J, Kelly P, Torpey S, Ridgway P

February Jorgensen G, Self H, Howe B, Bishop J, Bishop R, Miller R, Hynes J, Cooper P, French R, Street J, Tickle R, Crane I, Patterson R, MacDonald A, Best V, Schild H, Mackay R, Mackay K, Ruwoldt S, Lazoe W, Baker J, Blackie J, Blackie M, Ellis S, Fergusson A, Kelly E, Rolingson G, McGowan D, Williams H, Carson J, Kelly P, Stuart R



RESORT ACTIVITIES

Bowls: Monday, Tuesday, Thursday, Friday 8.15am

Art classes:
Tuesday 9.30am. Thursday 12.30pm

Night tennis:
Wednesdays, starting at 5pm

Cumbia:
Wednesdays at 9.30am

Bingo: Thursdays at 1.30pm

Residents' lunch:
Tuesday 12.30pm

Residents' dinner:
Thursday 5.30pm

WHAT'S ON

Saturday, January 12:
Social events meeting

Saturday, January 26:
Australia Day breakfast

Friday, February 15:
Wine tasting night

For all listed events, see Marg and Owen (Villa 195) for more details.

JAN/FEB EDITION

What's happening.



THE IMPORTANCE OF FITNESS AS WE AGE

Recent research from the University of Birmingham has found that fitness in older people relates to a decrease in what we call 'tip of the tongue' moments – like those moments when you can't quite remember the name of someone or something. While the study recognised that cognitive decline is an inevitable part of getting older, we can slow the decline and protect ourselves from a further decline in our language capabilities by staying fit.

Here are some tips for simple exercise:

Make fitness social: Getting out and about doesn't have to be a solo activity. Arrange a regular active catch-up with friends so you can stay social while you get your body moving.

Try out tai chi: For those who want something that is more low intensity that challenges the body and the mind, tai chi is an activity combining deep breathing and slow, fluid movements to create a gentle exercise that can be done solo or in a group, inside or outside.

Walk whenever you can: Walking is the perfect way to incorporate movement into your everyday life. Whether you park your car a block further away from the shops or do some gentle laps of your local park, walking is the best form of free exercise you can get. To keep things social, you may prefer to go walking with friends? Why not invite a neighbour?

Find an activity you enjoy: If you've never enjoyed the gym, or running has never been of interest, there's no point in forcing yourself to do it in order to stay fit. Find ways to stay active that appeal to you. Whether it's a dance class where you can have a good laugh with friends, laps in the resort pool or even just a walk around the resort grounds this summer (to take in the salt air and sunshine), there are exercise opportunities to suit everyone.

MEET YOUR NEIGHBOURS

Ray Stuart & Sue Thwaites

Where did you grow up:

Ray grew up in Melbourne and Sue grew up in Launceston.

What do/did you do for work:

Ray worked for Telstra and in the Royal Australian Navy. Sue worked as a librarian.

What drew you to Palm Lake Resort Hervey Bay: The lovely homes and the facilities.

What are your hobbies/interests:

Ray likes drawing and cycling. Sue likes to keep active via swimming and also enjoys reading. Together, they like to play tennis and golf.

What are the regular resort activities you never miss and why: We are still new so we haven't had time to participate in much yet but Ray has enjoyed art class and Sue loves doing laps in the indoor pool.

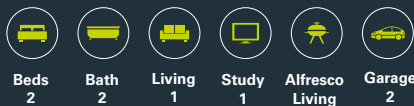
Dream holiday destination:
Italy and Greece.

Favourite Sunday night dinner:
Seafood - any night will do!

Favourite inspirational quote:
"Life is not a dress rehearsal!"



Villa 17 - \$510,000



Spacious open plan tiled lounge/dining area with a feature window and views of Lake Condor with its abundant wildlife. Main bedroom has a large walk-in robe with built-in shelves and drawers. Ensuite is tiled to the ceiling with his and her sinks.

Features include:

- Side access to the backyard for a boat or caravan
- 2 Separate outside entertainment areas
- 3 kw Solar System + solar hot water
- Tiles and vinyl planking flooring throughout
- Privacy louvers to the front of villa

Villa 68 - \$475,000

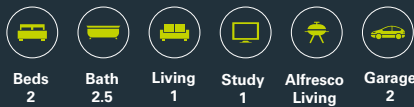


This immaculate Palm Cove is a rarity in the Resort with three bedrooms and a study nook. 2 x luxurious bathrooms with a bath in the main and double sinks in the ensuite. Well appointed kitchen with stone bench tops, built-in wine rack and extra long breakfast bar. The garage has been extended to 9mt x 6mt with epoxy finish to the floors. A long patio overlooking adjoining bushland with blinds and fans – the perfect cool spot in the afternoon.

Features include:

- Workshop
- Computer nook
- Garden shed
- LED lighting throughout villa
- Solar panels and hot water

Villa 30 - \$535,000

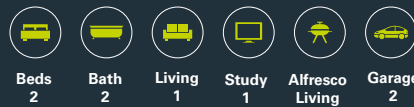


Beautiful contemporary home, overlooking sought-after Lake Condor. Master bedroom with double ensuite and large walk-in robe. Spacious open plan lounge/dining area with feature window with views to the garden and lake.

Features include:

- Double garage with double sliding door to side patio area
- Fully landscaped gardens
- 3 x air conditioners
- Quality window furnishings
- Both bathrooms tiled to ceiling

Villa 117 - \$480,000

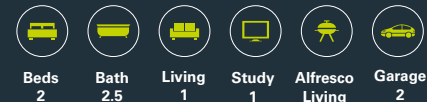


Take this rare opportunity to own a large site that will accommodate a caravan and or boat in the backyard. All the hard work has been done with extensive polished concreting already in place. This beautifully presented home with lake views also has a large undercover alfresco area.

Features include:

- Side Access and cemented driveway for a Caravan / Boat
- Polished concrete on extended back patio
- Excellent lake views
- Crimsafe screens
- Garage has 2 x floor to ceiling built in cupboards

Villa 158 - \$405,000

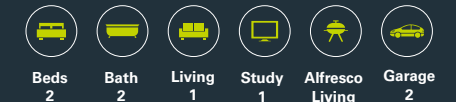


This "Azure" design boast a large open plan living area with picture windows showing the view of the lake. Enjoy sitting having your morning coffee with a spectacular view and cooling breeze's that drift over from the lakes.

Features include:

- Gas hot water and solar panels on roof
- All floors tiled
- Easy maintenance gardens
- Split system air conditioner
- 2 x bathrooms plus toilet

Villa 194 - \$389,000

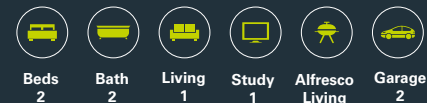


This well presented home is great for entertaining with the kitchen centrally located looking out to the outdoor entertaining area. Just move in with nothing to do. Plenty of storage in both the garage and home.

Features include:

- 2 Pac cupboards and Granite bench tops
- Lots of cupboards throughout
- Solar hot water
- Easy care outdoor entertaining area
- Ceiling fans and air-conditioner

Villa 164 - \$535,000

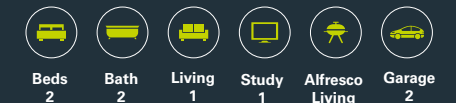


This home must be seen to be believed. This RV Villa comes with a separate single garage and carport to store another caravan or boat. Northerly aspect, panoramic water views, large block that has been beautifully landscaped. This home has two huge undercover entertaining areas and both are overlooking the lake.

Features include:

- 2 Bedroom + MPR
- RV Garage and extra carport for another caravan or boat
- Gas stove and hot plates
- 7 Solar panels & solar hot water
- Easy care tropical gardens

Villa 206 - \$370,000



Delightful home with private covered back patio and raised garden beds that are just right for a budding green thumb who likes a low maintenance garden. Solar panels and water tanks complete the picture of this peaceful and quite retreat.

Features include:

- Solar panels
- Air Conditioning
- Stone bench top in kitchen
- 2000 litre water tank
- Whirley Birds



Award winning luxurious living.



The best in designer living.

Our portfolio of 25 communities across Australia has been richly rewarded, including winning Master Builders Association awards for our resort, country club and exhibition home.

This is the culmination of 40 years worth of Palm Lake Resort expertise and first hand knowledge in crafting designer resort living. Proudly family owned and Australian, we create communities that are friendly, exciting and inspirational. Our resorts are the new gold standard in luxurious resort living for a new generation of vibrant over 50s.



**Master Builders Association Award Winning Resorts
For Best Resort, Best Country Club And Best Home**

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