

Hervey Bay.

MARCH/APRIL 2018



Active life, active mind

Hervey Bay offers a plethora of community activities for Fraser Coast seniors. While we know you can fill most of your weekly diary with what's on here at Palm Lake Resort Hervey Bay (see Page 3 and 6 of this very newsletter for even more ideas!), why not also check out what's on at the Halcro Community Centre. The centre is located at 30 Halcro Street, Pialba, and offers regular activities for residents to enjoy at a very reasonable price. For further information, please phone the Halcro Community Centre, on 4194 2441. It's open Monday to Friday, 9am-3pm.

MONDAY

Brain-A-Size: An exercise program with a difference focusing on hand/eye coordination, balance and memory retention. **Time: 10-11am. Cost \$5.**

Widow/Widowers Support Group (second Monday of each month): A relaxed and friendly group where you can share stories and make friends. **Time: 2pm. Cost \$2.**

TUESDAY

Drop-in games: A relaxed group with most people playing Rummykub/king. **Time: 1-3pm. Cost 50 cents.**

WEDNESDAY

Indoor walking group: A relaxed exercise program. Some members walk up to an equivalent of 3km while others walk a small amount and enjoy the social aspect. Coffee/tea provided. **Time: 9.30am. Cost \$1.**

THURSDAY

Coffee & Chat Group: This group organises a program of weekly events including guest speakers, games, craft, movies and outings. Includes coffee/tea. **Time: 10am-noon, Cost \$2.**

Community Garden. Volunteers maintain and build areas within the garden. **Time: 9-11am.**

FRIDAY

Drop-in games. A relaxed group with most people playing Rummykub / king. **Time: 9am-noon, Cost 50c**

China Painting Group: **Time: 9am-noon.**

Seniors Drama Group: The group works towards a public production each year with money raised being donated to local charities. **Time: 1-3pm.**



RESORT NEWS

Welcome to all our new homeowners. As at the time of compiling this newsletter, the resort is home to 373 residents. Our current statistics are 46 per cent males and 54 per cent females, and 18 per cent of our households have one occupant. While on the subject of residents, thank you to all the longer-term residents who buddy our new residents making their transition into Palm Lake Resort Hervey Bay a smooth one.

It's wonderful to see how busy the Clubhouse is right now. From aqua aerobics to bowling to mahjong, the hall is a hive of activity. We would like to thank all the coordinators for their ongoing help with the weekly activities. Also a big thank you to all the residents who always put their hand up to help – they take on roles as waiters, kitchen helpers and servers. All the big events run so smoothly with thanks to these residents (some are pictured above and right).

Also, just a reminder. If you have any fresh herbs or spices going spare, please drop them off to Kamahl in the Clubhouse kitchen.

The Easter Bunny is definitely on his way as the hot cross buns are already in the shops and the Easter eggs are already on the shelves. For all our residents travelling on the roads over the Easter period, please drive carefully. We hope everyone has a safe and happy Easter.

Take care,

Lynn & Ray
Resort caretakers

BIRTHDAY WISHES

Let's wish each member of this group of residents a very special birthday in 2018. Let's hope your day is filled with love and cake!

March: Pauline F, Ken F, Shirley B, Mary C, Horst K, Cheryl K, Suzanne H, Lynn G, Graeme T, Stephen H, Diana M, Dennis A, Cornelia L, Robyn J, Jackie M, Wendy B, Paul B, Geoff H, Barry B and David W.

April: Shirley C, Julie E, Brendan K, Terry N, Bob H, Pat H, Pat C, David G, Bruce M, Bill S, Carolyn S, Marilyn R, Roy H, Jan G, Jan W, Reg M, Marion M, Margaret F, Bill C, Gerald T, Bronwyn C, Peter J, Allen C, Lynne C, Yolanda E, Russell W, Dot H, Graeme, Julie M, and John T.



MARCH/APRIL EDITION

What's happening.



COCKTAIL PARTY

Palm Lake Resort Hervey Bay enjoyed a wonderful cocktail party over the festive season. A big thank you, as usual, goes to the volunteer helpers (some are pictured above) who, without their help, we could not enjoy such wonderful social events. And check out our very dapper men (pictured left) who also attended the event. Looking good, guys!

WHAT'S ON IN THE BAY

- **Community barbecue:** Sunday, March 25. For more, see Lindsay (Villa 93).
- **Pot luck dinner:** Saturday, April 14. For more, see Marg Tiley (Villa 195) and Bev Goodall (Villa 65).
- **Easter:** The long weekend runs from March 30 (Good Friday) through to (Easter Monday) April 2.
- **Home Owner's general meeting:** Sunday, April 15 at 10am in the Dining Area. For more, see Jill Owen (Villa 105).
- **Community barbecue:** Sunday, April 29. For more, see Lindsay (Villa 93).

GIRLPOWER

While women's rights have come a long, long way, there is no doubt there's still room for improvement. But there's also lots to be celebrated – which is exactly why International Women's Day was created. Held on March 8, some television and radio stations commemorate the day by highlighting the talented women amongst their ranks, while other groups enjoy morning teas with inspirational female speakers. How will you commemorate the day this year?

BECAUSE WE'RE HAPPY

Did you know that March 20 is the International Day of Happiness? The event was created in 2013 to recognise the importance of happiness in people's lives all around the world. A profound shift in attitudes is underway right across the globe. People are now recognising that 'progress' should be about increasing human happiness and wellbeing, not just growing the economy. All 193 United Nations member states have adopted a resolution calling for happiness to be given greater priority. Visit www.dayofhappiness.net



Palm Lake Resort

Hervey Bay.



Villa 72 - \$495,000

From the minute you open the front door, you will be amazed at the size and luxury of this delightful home. It has many extras such as plantation shutters and Crimsafe screens on all the doors and windows. The RV garage is 11m long and 5.8m wide with 3.2m door clearance providing enough room for all your toys.

- 2 large bedrooms plus multi-purpose room
- 2 bathrooms and 2 toilets
- Two-pac seamless epoxy flooring
- 8 solar panels
- Epoxy floors - garage, side path and back deck
- 90 per cent shade on alfresco area and front windows



Villa 45 - \$510,000

Imagine sipping wine from your private alfresco area with sensational views across Lake Condor? This vista sweeps through into your large open plan living area – it really is delightful. With a northern aspect, you will love the peace and tranquility of this charming home.

- Beautiful tranquil lake views
- Tiled throughout
- 50sqm of roofed alfresco area complete with blinds
- Modern house – only three years young
- Very spacious open plan living area



Villa 75 - \$370,000

Villa 75 has a sunny open plan living area with a large modern kitchen. The villa is within walking distance of the Clubhouse and swimming pools.

- 8 solar panels and solar hot water
- Tinted windows
- Master bedroom with access to private sitting area
- Large private alfresco area
- Large block



Villa 204 - \$401,000

You will be impressed by the simple elegance and attention to detail in this beautiful villa. A large open plan living area looks out onto an undercover alfresco area.

- Electric roof void air vent
- 1.5kw solar system
- 600 gallon water tank with pump and hose reel
- 2 garden sheds
- 2 air conditioners



Staying active, keeping busy.

GOOD READS

Reading is such a great relaxer. Why not spend time with books that'll teach you a thing or two about, well, everything? Trivia buffs can sharpen their skills with these new-release titles...

THE BUMPER BOOK OF THINGS THAT NOBODY KNOWS
by William Hartston

Do animals have a sense of humour? Why do we have five fingers? Can robots become self-aware? This bumper volume takes readers on a tour of 1001 gaps in our knowledge of cosmology, mathematics, animal behaviour, medical science, music, art and literature. \$29.99.

BLOWFISH'S OCEANOPEdia
by Tom 'Blowfish' Hird

The seas cover more than 70 per cent of the Earth, but still remain shrouded in mystery. This entertaining and enlightening new book lifts the lid on a treasure chest of fascinating facts to reveal what lurks beneath the waves. \$32.99.



Singing is good.

There's never been a better time than now to start singing! Not only are there obvious positive social benefits, your health will also thank you for it.

Did you know, there are some quite positive side effects to being in a choir and practising singing? Palm Lake Resorts across the country are filled with wonderful singers and Hervey Bay is no exception.

1. Singing eases stress and improves quality of life: Studies show positive mood changes among choir singers, including feeling happier, less anxious and less depressed.

2. It can help you bond: Theories date back to Charles Darwin's time. Shared emotional experiences keep us socially connected. Another study found members of singing groups felt closer after a month of practice than members of newly formed groups with other creative goals, like crafting or writing.

3. Good for your heart? Singing is not entirely unlike yoga. You take bigger, slower breaths and, in the process, your heart rate typically begins to slow. Research, rather surprisingly, also found that as

members of a choir sang together, their heart rates started to sync, perhaps further proving the social connection factor of group singing.

4. Singing helps curb snoring: Researchers found a significantly lower severity of snoring among singers, even after taking into consideration snore-provoking factors like age and BMI. When the muscles of our airways are soft or weak they vibrate causing snoring. Strengthening them, just like any other muscle, is thought to decrease snoring.

5. Singing may help people with asthma: So far, the research is only in early stages, but there's some evidence that singing can slightly improve lung function and reduce symptoms in people with mild asthma.

Palm Lake Resort Hervey Bay choir rehearsals are held weekly on Fridays. General choir starts at 10.30am and the Ladies' Choir (pictured below) starts 11am.



MEET BARRY



Where did you grow up:
Ipswich, Queensland.

What do/did you do for work: I had far too many jobs to list them all!

What drew you to Palm Lake Resort: There's so much to do here. You don't need to leave the resort.

What are your hobbies/ interests: Drag racing, motorcycle racing and ten pin bowling.

What are the regular resort activities you never miss and why: Tennis, aqua aerobics and walking.

Dream holiday destination: I have been to more than 50 countries and just can't pick a favourite.

Favourite Sunday night dinner: Whatever I feel like cooking!

What makes you proud: Winning the Queensland Championship at Surfers Paradise on my Norton motorcycle. Also bowling a perfect 300 at Gympie TenPin.

Favourite inspirational quote: "Yesterday is history, tomorrow is a mystery, today is a gift."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am Tai Chi	7am Bend & Stretch Gym Classes Tai Chi	7am Tai Chi	7am Bend & Stretch Gym Classes Tai Chi	7am Tai Chi Golf	8.30am Walking Aerobics	
9.30am Water Aerobics	7.30am Tennis 8.30am Cumbia	9.30am Water Aerobics	12.30pm Art Classes	10.30am Choir	1.30pm Cards	
	9.30am Art Classes		1.30pm Bingo	11am Ladies' Choir		
	12.30pm Residents' Lunch 1.30-3.30pm Mah-jong	5.30pm Night Tennis	5.30pm Residents' Dinner	4pm Dancing		
6.15pm Carpet Bowls	7pm Line Dancing	6.30pm Bowls (mixed pairs)				



It's time for you.

Our 25 lifestyle resorts across Australia are driven by a philosophy of inspired luxury surrounded by world class facilities and home design.

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