

Hervey Bay.

MARCH – APRIL 2022



Dive on in.

OUR RESORT POOLS ARE MAGNETS FOR HOMEOWNERS. IN THIS ISSUE, WE SHARE WAYS TO MAKE THE MOST OF THESE PRIZED FACILITIES. WHAT ARE YOU WAITING FOR? HAVE A SPLASH (OR A SOAK) AND ENJOY THE LAST OF THE WARM WEATHER WHILE IT'S STILL HERE.

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Welcome.



Welcome to the first edition of our newsletter for the New Year. Many of us will have been happy to see 2021 come to a close with all the lockdowns and restrictions we faced last year, right around the country. How lucky we have been in Hervey Bay to avoid so much of the madness. The few restrictions we have had are nothing compared to so many of our sister resorts.

We have been busy around the resort over the last few months. We have had new motors installed on the entry and exit gates – they are now very smooth and a lot quicker to open and close. Our two groundies have moved on - one retired and one just needed a change. We now have Daryl, who came to us from Caloundra Cay (yes, one of Ray and Lynn's boys). Many of you will remember Ray and Lynn from their time here in Hervey Bay? We also have Max who has started with us. He is a local and comes with a wealth of experience also having worked in another local village. Welcome to them both. We have also had two of our class instructors move on. They have been with us a long time and will be missed by all the residents who utilised these classes. We wish them well. We have had two new instructors join us to replace them including Michael, as our gym instructor, and Rebecca (Bec) as our aqua instructor. With new instructors come new ideas and routines. Enjoy the exercise activities everyone – remember, it's a New Year and maybe time for a new you?!

We have also had plenty of new residents move in – there have been consistently two new homeowners join us each month for the past 12 months. Welcome to you all! You all make this resort the first choice for many across Hervey Bay. Enjoy your new homes and your new lifestyle here at Palm Lake Resort.

The Social Committee is still active and planning events on the back of COVID. Our Australia Day lunch was a lot of fun, as were the bowls gala day on February 13 and our Valentine's lunch on February 15.

This newsletter's publication on March 1 will coincide with our 12-month anniversary of being Caretakers here at Palm Lake Resort Hervey Bay. The residents who have been behind us all the way and supported us throughout some challenging times, have made this past 12 months so memorable. We have made some lovely friends and even learned to bowl (with thanks to the most amazing teacher, Greg, who lives in Home 5 - we'll be professional in no time if he keeps this up - LOL!). Our Home Owners' Committee has been fantastic in liaising with us on improvements and helping with communication between residents and ourselves. This truly is such a nice place to live when we all work together. We still get a buzz and think how lucky we are when we drive through the entry gate and see the resort in all its beauty. Here's to the next 12 months!

Bryce Fellows and Tracey Bekkers, Palm Lake Resort Caretakers

CONTACT US

Looking for more information about Palm Lake Resort Hervey Bay? Here are four ways you can reach us:

Online: palmakeresort.com.au

Street address: 25-67 Pialba-Burrum Heads Rd, Eli Waters QLD 4655

Phone: 1800 455 307

Sales Office hours: 10am to 2pm, Monday to Friday. Weekends, by appointment

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News briefs.



A STITCH IN TIME...

Check out the amazing collection of knitted trauma teddies that members of our resort's Knitting Club have donated their time to create. These soft toys will support local homeless kids and will also be donated to the hospital for distribution to kids in need. What a lovely gesture from our fabulous knitters!

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



READ ALL ABOUT CARE

As part of the Palm Lake Group, Palm Lake Care offers six modern aged caring communities across South-East Queensland. Catch up on all things Palm Lake Care in the company's most recent magazine, The Difference. It features all the winners from our annual caregiver awards, as well as updates on every location. Read it online at: www.palmlakecare.com.au

MAKE A DATE

Here are some important upcoming dates to note in your diary:

• **Queensland school holidays:** Saturday, April 2 to Monday, April 18 inclusive

• **Easter long weekend:** Friday, April 15 to Monday, April 18

• **Anzac Day (including public holiday):** Monday, April 25

• **Labour Day public holiday:** Monday, May 3

Weekly activities.

MONDAY

- 8am:** Lawn bowls (Social teams)
- 8.15am-9am:** Walking aerobics
- 9am-9:45am:** Aqua aerobics with Bec
- 10am:** Lawn bowls
- 1pm-2.30pm:** Yoga
- 1pm-4pm:** Sewing
- 2.30pm-3.30pm:** Tai Chi/Qigong
- 7pm:** Indoor bowls

TUESDAY

- 7am-8am:** Gym class, with Michael
- 7.30am:** Tennis
- 8am-8.30am:** Walking aerobics
- 9.30am-11.30am:** Art class
- 12.30pm:** Lunch
- 1.30pm-3.30pm:** Mah-jong
- 6pm-8pm:** Line dancing
- 6.15pm:** Lawn Bowls (nominated pairs)

WEDNESDAY

- 8.30am-9am:** Walking aerobics
- 9.30am-11am:** Tai Chi/Qigong
- 1pm-3pm:** Knitting - Craft Room
- 3pm:** Lawn bowls
- 3pm-4.15pm:** Health & Strengthening (no floorwork) Qigong/Tai Chi
- 5pm:** Night tennis
- 6pm-7.30pm:** Beginners' line dancing

THURSDAY

- 7am-8am:** Gym class, with Michael
- 7.30am:** Tennis
- 7.45am:** Lawn bowls (Scroungers + Kelly's)
- 8.15am-9am:** Walking aerobics
- 9am-9.45am:** Aqua aerobics with Bec
- 12noon-2pm:** Art class
- 9am-12noon:** Card making
- 1.30pm-3.30pm:** Bingo
- 5.30pm:** Residents' dinner

FRIDAY

- 6.30am for 7am:** Golf (tee off) at Hervey Bay Golf Club
- 8am:** Lawn bowls (Social teams)
- 8am-9.30am:** Yoga - Resident
- 8.30am-10.30am:** Table Tennis
- 9.30am-10.30am:** Golf Group
- 3pm:** Lawn Bowls

SATURDAY

- 8.30am:** Walking aerobics
- 9.30am-12.30pm:** Ukulele club
- 1pm:** Lawn bowls (Social triples/pairs)

SUNDAY

- 7am-8am:** Gym Class - Resident Instructor
- 1pm-6pm:** Cards (inc. Texas Hold 'Em)



Dive on in.

NO MATTER WHICH PALM LAKE RESORT LOCATION YOU CALL HOME, OUR POOLS ARE ALWAYS HUBS FOR EXERCISE, RELAXATION AND ENTERTAINMENT. SO VERSATILE ARE THE RESORT POOLS, HERE ARE NO LESS THAN NINE WAYS YOU CAN ENJOY THEM, BE THAT ALONE OR WITH VISITING FRIENDS AND FAMILY...

Soak up the sun

You don't even need to get your heart rate up - sometimes, simply relaxing in the sun after a refreshing swim can prove beneficial. That's because vitamin D (which you gain from spending time in the sun) plays a significant role in regulating your calcium and blood phosphorus levels to help maintain healthy bones. It is also said to support cardiovascular health, lung function and brain health, and is even believed to help protect against diseases like the flu and manage diabetes.

Swim laps

You may not have swum laps since the swimming carnival days of your childhood, but there are a few compelling reasons you may want to start. For one, it offers great cardiovascular exercise without putting stress on your body, particularly your joints. Swimming helps you maintain a healthy weight, heart and lungs, increasing your strength and muscle mass all without injury. You can start slow, but you'll be amazed at how quickly you can increase your swimming distance with consistent practice.

Water-based fitness

There is no shortage of group fitness on offer for the residents of Palm Lake Resort, but have you ever thought about taking your gym session to the pool? Aqua aerobics is a firm favourite for seniors, and for good reason. It is ideal for those who have issues with weight-bearing exercises and helps you increase muscle strength without straining. Palm Lake Resort personal trainer Di Clapp says, "Water-based fitness removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler." You can follow one of the many water-based fitness videos on YouTube for guidance, or simply start by walking or running laps of the pool while pushing your arms against the water. There are also aqua aerobics classes held here at the resort on Mondays and Thursdays. Check out our Weekly Activities list for details.

Relax and relieve stress

You don't need to go on holiday to relax – our class-leading amenities, in particular our on-site pools and

beautiful surrounds help us put the 'resort' in Palm Lake Resort. Head to our pool to relax by the water and you'll be doing your mind and body a world of good. Studies suggest that just being near water has a psychologically restorative effect, leading to a better mood and less stress – this, in turn, has positive implications for your immune system, heart health and sleep.

Entertain the grandkids

Palm Lake Resort is designed for over-50s, but with green spaces, a library and a craft room on site, visiting grandchildren love our resort just as much. The swimming pool in particular is a magnet for little visitors. Next time you're hosting younger generations, why not play a fun pool game with them? There are classics like Marco Polo as well as Sharks & Minnows but why not have fun making up your own games, too? Maybe even stock up on some diving toys?

Catch up with neighbours

At any given Palm Lake Resort location, the pool is a hub for not only exercise but social activity, too. Why not organise to swim laps with a friend or put the call out to your neighbours and meet new people. Socialisation is said to improve mental and emotional health, boost confidence, reduce blood pressure and even stave off Alzheimer's.

Entertain friends

Palm Lake Resort residents are a social bunch, often entertaining visiting friends and family from outside our resort.

While those visitors will love our communal spaces and architecturally-designed homes, they will also love paying a visit to our resort pool for a soak and a chat. Much like having your own backyard pool, our resort pools provide an additional spot to entertain and socialise – without any of the upkeep!

Read a good book

Is there anything more relaxing than reading a book by the pool? Or better yet, in a pool?! Modern innovation has made it possible for your book to float alongside you, meaning you can lie face down on a pool float and read without your arms getting sore. Genius. You'll not only be sharpening your mind, but also scoring all the above benefits of being in the pool.

Just float

When all else fails, just go for a float. It's the perfect way to cool down, take the weight off and enjoy the water and the many benefits it has to offer. According to experts, time spent floating can help to relax your muscles, aid in better sleep, decrease muscle and joint pain and decrease stress and anxiety. There's no wonder every Palm Lake Resort location features a pool!

TRY AQUA AEROBICS HERE, MONDAYS AND THURSDAYS, 9AM



Goodbye and good luck!

Pictured above: Our beloved aqua aerobics instructor, Jen, who has been with us for a number of years, finished up in February. She received a lovely bunch of flowers and some chocolates as a thank you. Please welcome our new instructor, Bec, who commenced on Valentine's Day and will take over Jen's classes on Mondays and Thursdays (9am).

Around the grounds.

CHECK OUT JUST SOME OF THE THINGS WE'VE GOTTEN UP TO HERE AT HERVEY BAY OVER THE PAST FEW MONTHS!

Elizabeth pens winning poem.

Pictured left: We hosted a resort poetry writing competition and had some great entries, some of which you can read below. Congratulations to our winner, Elizabeth, who wrote "The Depths of the Heart".

The Depths of the Heart

Friendships are not like candy floss or sugar coated:
For in life, there is grief and loss.
All that glitters may unfold
Behind a door;
With thoughts out of control.
Behind the scene
Knows the depth of the heart,
Often unseen,
No sugar required, just a
Sweetening of souls
There all the time, as
Each story evolves.
- by Elizabeth

Valentine you make me silly,
You make my heart beat willy-nilly.
When I'm with you, the world is hazy,
Valentine, you drive me crazy!
Valentine, when we're apart,
My need for you goes off the chart.
Will you be mine? Can I be thine?
Say you'll be my Valentine!
- by Tony

Night is falling, my heart is calling.
I feel so lonely, I need you only.
But I have a teddy that I take to bed.
If you will be my Valentine, I'll take
you instead.
- by Roy



NEED A NEW HOBBY? CATCH A GAME OF BOWLS HERE EVERY DAY!



Pictured above and right: Our Australia Day celebrations were a visual nod to all things great about this country. There was a shared feast, loads of lawn bowls and we spent the rest of the day enjoying the company of friends. Aussie, Aussie, Aussie? Oi! Oi! Oi!

Five fun ways to celebrate Easter.



EASTER IS ALL ABOUT FAMILY, DELICIOUS FOOD AND CELEBRATION. WHETHER YOUR GRANDKIDS ARE COMING TO TOWN, YOU'RE HEADING OUT TO VISIT THEM, OR YOU'RE ENJOYING A MORE LOW-KEY EASTER CELEBRATION AT HOME, HERE ARE A FEW WAYS YOU CAN SPEND THE LONG WEEKEND.

Easter baking

Baking is one of those skills that is passed on from grandparent to grandchild. With all the extra chocolate going around, this is a great time of year to get your grandkids in the kitchen. Choose simple recipes (with minimal sharp knives and hot surfaces) if you're working with younger kids, or consult your recipe archives to pass on a family favourite if you feel your grandchildren are old enough. The easiest dish to make with children is definitely rocky road – see the opposite page for a simple recipe.

Get giving

Christmas is usually associated with gifting, but who says you can't give out Easter presents, too? The perfect alternative to chocolate (should your gift recipient have allergies or dietary requirements) your Easter gift might include a baked treat, a small card, a cute decoration or craft item or even some potpourri or homemade soaps. If the grandkids are in town, have them help you assemble these small gifts and deliver them around the resort.

Fun crafts

Everyone loves a good craft activity, and Easter is full of inspiration. Why not make a small nest for some faux baby chickens or Easter basket for your next resort egg

hunt? For something a bit more functional, why not make beautiful homemade cards to help you spread the love around your resort? The internet is full of inspiration for Easter crafts of all kinds.

Decorate

Decorating your home is a great way to get into the Easter spirit! Soft pastel tones are the obvious choice, but you could play with fresh flowers and greenery to liven things up a bit too. If you're hosting Easter brunch, lunch or dinner, it's all about your table setting. Light colours will be your best friends, as will natural textures like wicker, rattan and straw. Balance them out with gleaming glass and silverware, add some fresh florals and a beautiful spread and you're sorted.

Sunday fun

How do you spend Easter Sunday itself? Maybe this year is the year to try a new tradition? If you're spending it with your grandchildren, you could start the day with a special Easter breakfast followed by an egg hunt (utilising those baskets they made, of course!). Grandchildren or no grandchildren, you could also spend the day playing fun board games, relaxing with a good book and a cup of tea, or enjoying some time outdoors. Your traditions are exactly that – yours.

How to use up all that chocolate.

EASTER, OBVIOUSLY, MEANS TONNES AND TONNES OF CHOCOLATE. EVEN WITHOUT THE EASTER BUNNY PAYING YOU A VISIT, YOUR EXTENDED FAMILY MEMBERS, FRIENDS AND NEIGHBOURS WILL LIKELY GIVE YOU A FAIR AMOUNT OF CHOCOLATE THIS WEEKEND. INSTEAD OF ENDING UP IN A CHOCOLATE COMA, PUT YOUR EASTER CHOCOLATE TO BETTER USE WITH THESE CLEVER IDEAS.

Make a bunny milkshake

Those tall Easter bunny-shaped chocolates also make for awesome milkshake holders! Mix up your favourite flavour, bite off the bunny's ears and pour it inside (just be sure to keep most of the wrapping on, to prevent your fingers melting all the chocolate). Then, grab a straw and get sipping! This idea is perfect for the visiting littlies (or the big kids, at heart!)

Chocolate bark

It's so simple, but so tasty. Chocolate bark is simply just melted chocolate poured onto a baking tray, sprinkled with whatever toppings you like and re-refrigerated. Dried fruit and nuts make it ever so slightly healthy, but you can also get experimental and make it taste like your favourite chocolate bars – sprinkle desiccated coconut for a Bounty Bar effect, or caramel and crushed up biscuits if you love Twix.

Chocolate-dipped fruit

Make the most of the fact that you've got a near-endless supply of quality chocolate and melt it all together to

make the most delicious chocolate dip. You can make chocolate strawberries or bananas, or even throw some blueberries, goji berries or raspberries in there and make a tasty, chocolatey snack that everyone will love. Just pop them in the fridge and enjoy them whenever you like!

Homemade chocolate topping

Is there anything better than ice cream and chocolate sauce? Yes – ice cream with Easter egg-flavoured chocolate sauce! Simply melt all that chocolate together and pour it over your favourite ice cream flavour for an easy dessert idea (and an easy way to get through the Easter egg supply).

Hijack your baking

Whether you bake up a batch of cookies, muffins or cupcakes, toss a couple of Easter eggs into the mix to take it to the next level. Your grandkids or neighbours will love biting into their favourite baked goods and discovering an oozy, melted Easter egg inside. Who wouldn't?!

Recipe: Rocky road.

Ingredients:

- 100g biscuits, roughly crushed
- 400g dark chocolate, chopped
- 200g milk chocolate, chopped
- 200g strawberries and cream sweets
- 250g pink and white marshmallows, quartered
- 100g milk chocolate hollow eggs
- 100g slivered almonds, toasted (or peanuts, optional)

Method:

1. Line a 20cm square cake pan with baking paper, leaving sides to overhang.
2. Place dark and milk chocolate in a heatproof bowl over a saucepan of simmering water. Stir with a metal spoon until melted and smooth. Remove from heat.
3. Reserve some of the marshmallows, sweets and Easter eggs for decorating. Stir the remaining ingredients into the chocolate until combined.
4. Spoon mixture into pan. Top with reserved sweets and Easter eggs, pressing them into the chocolate. Chill for two hours or until set.
5. Remove from pan by lifting out with paper. Cut into pieces to serve.

Homes for sale.

Home 23: \$665,000



SOLD

Spectacular lakefront home.

This beautiful home has sweeping views across beautiful manicured lawn to Lake Condor. Gardens flow over the embankment - this is perfect for the green thumb homeowner. Large kitchen overlooking the lake, from the front window. Extra large double garage with epoxy flooring. Gorgeous tiled floors throughout with carpeted bedrooms.



Home 209: \$540,000



This Banksia will impress.

This beautifully presented Banksia-design home features open-plan extra large kitchen/dining and lounge. This home has access to the backyard via the side gates, where you'll find a larger side garden area.

Key features include:

- Solar panels x 7
- 2 x garden sheds
- Sun shade awnings on external windows
- Tiled throughout including bedrooms



Home 194: \$550,000



UNDER OFFER

Gorgeous home up for grabs.

This home is sure to please with its freshly painted exterior, two bedrooms plus study/media room and large ensuite off the master bedroom.

This home offers tiled wet areas, blinds throughout and carpet in the bedrooms. There's a high ceiling in the dining area with open-plan kitchen and large pantry. Ceiling fans throughout. Air conditioning in living areas. Solar hot water. Flyscreens throughout and double garage.

Key features:

- Solar hot water
- Fresh external paint
- Low maintenance garden
- Close proximity to the clubhouse



Home 136: \$620,000



Beautifully presented

This beautifully presented steel framed home features two large bedrooms with built-in wardrobes and a MPR room. Large sliding wardrobe in master the bedroom with en-suite and slider glass doors off the main bedroom to the outdoor alfresco area is perfect for natural airflow. A large air-con in the main lounge area flows through the double doors accessing the master bedroom. The kitchen features an island bench, flowing out onto the private covered alfresco area, overlooking the tropical gardens and the lake. This home is sure to please.

UNDER OFFER



Want to book a private tour and find out more about our resort? Freecall **1800 455 307**
Email herveybay@palllake.com.au and visit us online at palllakeresort.com.au

Life is cruisy

at Palm Lake Resort.

Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our homeowners have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort.

This is your time.



Palm Lake Resort Hervey Bay: 25-67 Pialba-Burrum Heads Rd, Eli Waters QLD 4655

Freecall 1800 455 307



**THE BEST IN OVER-50S LIVING.
THIS IS YOUR TIME.**

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