

Hervey Bay.

MARCH - APRIL 2023



Jigsaw falling into place

Here's a new idea on how to pass the time - and benefit your health while you're at it

Refer a friend

Do you know someone looking to make the move into our resort?
Refer them, for fast cash!
Homes for sale: Pages 9-11

Fun, fun, fun!

Check out just some of the fun memories we've made here in recent months

Welcome.

Hi everyone!

Well, the year has started off and is already whizzing by - it's March already. I always think that once we get to March the rest of the year just goes so fast. We are constantly looking to future dates for things, whether they are things coming up in the resort (and there are always upcoming events!) or holidays and cruises being booked by yourselves (which there are quite a few also), so I guess this will always make the year seem to go by faster. Enjoy those overseas trips and cruises - it's so amazing that we are back out there living life to the full again.

The new stand in the front foyer will help remind you all of upcoming events so no one can ever say they did not know. Judging by the great turn out and fun you all had on Australia Day, you are all definitely getting involved and enjoying yourselves! It was the best day. Congratulations to the volunteers who brought it all together - the lifesaving skit was hilarious (see Pages 4-5)!

On the topic of events, wasn't Valentine Day lunch fun, too? Yummy romantic desserts, great poems and an awesome guitarist (see Page 8). Anzac Day celebrations will be coming up soon and I am sure there will be another great turnout for this also. This is such a great morning to reflect and remember, as everyone here has a connection to ANZAC in some way. There are plenty of 'Kiwis' living here that's for sure! The organisers and volunteers do an amazing job of this event and we are all looking forward to it. Easter is also almost here as well - time for lots more chocolate and let's be honest, who needs an excuse for chocolate, right?! There's always some in my fridge, that's for sure! Hot cross buns have been on sale for a while but I always wait until Easter for those.

The resort is, as always, looking really good thanks to the boys. We are slowly introducing some new plantings to fill the bare rocky areas and I have a plan to introduce some community gardens in the near future. Just working on the design of the raised beds and choosing the best location. If you have any constructive ideas, please let me know. Take care everyone, until next time....

Bryce Fellows and Tracey Bekkers (and Jack!),
Palm Lake Resort Hervey Bay Caretakers



CONTACT US

Looking for more information about Palm Lake Resort Hervey Bay? Here's how you can reach us:

FREECALL: 1800 455 307

Street address:
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10am to 2pm, Monday to Friday
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Find us online at:
palmakeresort.com.au

Get social:
Follow us on Facebook
(@palmakeresort) and on
Instagram (@palm.lake.resort)

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News briefs.

**HOMES
FOR SALE:
PAGES 9-11**

RELISH THE OPPORTUNITY

The 10th annual Relish Food & Wine Festival will be returning to Maryborough's Portside Precinct and Queen's Park on June 3. Enjoy local food, regional wines, beers and fabulous music. Maryborough's heritage streetscapes and riverside parks are the perfect setting for a feast of local cuisine serving up celebrity and local chefs, gourmet tastings, cooking demonstrations, live music and more. Drop in on local regional wineries for a delightful tasting experience and sample the finest seasonal produce grown in the Fraser Coast and surrounding idyllic natural environment. Visit relishfrasercoast.com.au

MARKET IN YOUR DIARY

Here are some ideas for where you can shop small and support a local:

- Urangan Pier Park Community Markets: Wednesday and Saturday, 7am-12 noon, at Urangan Pier Park.
- Howard Country Markets: First Saturday of every month, 7am-12 noon at Howard Community Centre.
- Torquay Beachside Markets: Saturdays, 7am-1pm, on the Hervey Bay Esplanade.
- Try also the Bauple Country Market, Glenwood Buy Swap & Sell Produce Markets and the Brooweena Museum Market Days



WELCOME HOME, NEWEST NEIGHBOURS

Our community is forever growing and changing as new homeowners join us. Among the newest of the newbies are Peter Kettlewell and Fiona Kennedy (Home 158, pictured above left) as well as Val Grainger (Home 27). Welcome guys! We hope you are enjoying our facilities and meeting loads of new friends already!

Weekly activities.

MONDAY

8.15am-8.45am: Walking aerobics
9am-9.45am: Aqua aerobics with Bec
9am: Lawn bowls
1pm-2.30pm: Yoga
1pm-4pm: Sewing/craft
2.30pm-3.30pm: Tai Chi/Qigong
5.30pm-7.30pm: Tennis
6pm: Indoor bowls

TUESDAY

7am-8am: Gym class, with Cat
7.30am: Tennis
8.15am-8.45am: Walking aerobics
9am-10am: Yoga, with Lesley
9.30am-11.30am: Art class, with Robyn
12.30pm: Lunch
1.30pm-3.30pm: Mah-jong
6pm-8pm: Line dancing
6.15pm: Lawn bowls (nominated pairs)

WEDNESDAY

7.30am: Walking group
8.15am-8.45am: Walking aerobics
9.30am-11am: Tai Chi/Qigong
1pm-3.30pm: Knitting - Craft Room
3pm-4.15pm: Health & Strengthening
5pm: Night tennis
6pm-7.30pm: Beginners' line dancing

THURSDAY

7am-8am: Gym class, with Cat
7.30am: Tennis
7.45am: Lawn bowls (Scroungers + Kelly's)
8.15am-8.45am: Walking aerobics
9am-9.45am: Aqua aerobics, with Bec
9am-12noon: Card making
12noon-2pm: Art class, with Robyn
1.30pm-4pm: Bingo
5.30pm: Residents' dinner

FRIDAY

6.30am for 7am: Golf at Hervey Bay Club
8.30am-10.30am: Table tennis
9.30am-10.30am: Golf group
3pm: Lawn bowls

SATURDAY

8.15am-8.45am: Walking aerobics
9.30am-12.30pm: Anything musical
1pm: Lawn bowls (Social triples/pairs)

SUNDAY

7am-8am: Gym class (resident instructor)
1pm-6pm: Cards (inc. 500, Texas Hold 'Em, Hand & Foot)



Do your friends love it here, too?

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 homes you'll receive \$250* cash. Easy!

\$250

cash bonus simply for referring a friend!

For more info or to refer your friend,
FREECALL 1800 455 307.
*T&Cs apply



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



AUSSIE,
AUSSIE,
AUSSIE!
OI, OI, OI!

Aus Day capers!

IF A PICTURE SAYS A THOUSAND WORDS, THEN THESE PAGES SPEAK VOLUMES ABOUT THE FUN WE HAD HERE ON AUSTRALIA DAY! FROM THEMED COSTUMES AND SNAGS ON THE BARBIE TO OUR RESORT GAMES, THE DAY HAD EVERYTHING - EVEN A 'RESCUE' FROM OUR RESORT POOL. LUCKY WE HAD THOSE DEDICATED *LIFEGUARDS* ON PATROL!



Puzzle power.

DON'T THINK OF A BOX OF JIGSAW PUZZLE PIECES AS A TIME-CONSUMING CHORE – IT'S ACTUALLY AN ACTIVITY THAT WILL PROVE MORE BENEFICIAL THAN YOU THINK.

Building jigsaw puzzles is a pastime that spans the generations. You might remember your own children, as babies and toddlers, joining a handful of large format puzzle pieces to make a simple picture. As they grow, the pieces get smaller, the image gets more detailed and number of pieces in a box rises through the hundreds and eventually, into the thousands.

Building puzzles as a fun family activity can also 'join' you in other ways - the bonding experience and time shared is invaluable. Jigsaw puzzles should definitely be on the activity list when the smallest members of your family come and visit or stay. However, building jigsaw puzzles in the latter years of life, and especially so with likeminded friends, actually has more benefits than you'd think. Here are just some of them:

1. Left brain meets right brain to prevent cognitive decline. Puzzles are a whole-of-brain activity as they exercise both the right and left sides. Our brain's right side sorts creativity, emotion and intuitive thinking while the left side is the logical, objective and methodical side. When you complete a puzzle, both sides communicate and work together, increasing cognitive function. The occipital lobe is the area where the brain connects colours and shapes and it is also activated during puzzle building. Exercising the mind helps prevent cognitive decline.

2. Memory improvement. Picking up a puzzle piece and scanning the rest of them for a match strengthens neural connections and increases the generation of new connections. This, in turn, increases mental speed and thought processes. You've also got to be visualising the completed

image, but in small sections, and when you exercise the part of the brain in charge of storing this kind of information, you're also working a muscle that will ultimately improve your short-term memory.

3. Problem solving and IQ increase. It's true. You can actually become smarter by completing puzzles - and there's research to prove it. A group led by Dr Susanne Jäggi at the University of Michigan found that spending just 25 minutes a day solving puzzles can raise your IQ by four points. Nice. Beyond the brain boost, these enhanced problem-solving skills can be transferred and applied to other areas of life to make you more innovative and adaptive as well as a more critical thinker.

4. Mood enhancement. Solving puzzles increases the brain's production of dopamine. This neurotransmitter is responsible for regulating mood and optimism. It also affects learning, memory, concentration and motivation. Dopamine is released every time we put a puzzle piece in the right place. This encourages us to challenge ourselves and continue to find more and more puzzle-piece matches (many of us know that feeling of becoming 'addicted' to completing a puzzle and finding it hard to walk away from an uncompleted one!).

5. Decreased stress through the meditative process of completing a puzzle. When assembling a puzzle, our brains go from 'beta' (or awake) to a state of 'alpha' (which is similar to the state we are in when we are dreaming). This shift in consciousness comes with many benefits, including improvements in mood and self confidence, lower blood pressure and heart rate, as well as stress relief.

Jigsaw puzzle mat, \$26.95, from templeandwebster.com.au

Kmart puzzle sorting trays, \$10, kmart.com.au



Deluxe jigsaw puzzle board and zip-up storage/carrier (for up to 1000-piece puzzles), \$73.99, theboardgamer.com.au



6. Better visual-spatial reasoning.

7. Greater attention to detail.

8. Increased productivity.

9. Delaying symptoms of dementia and Alzheimer's disease.

10. Better ability to collaborate and work in a team (when you join friends in puzzle-building).

If you don't have your own puzzles or have done them so many times that you know them too well, head to our resort library and check out the collection there.

And here's a nifty idea: Similar to a Book Club, you could even round up some likeminded puzzle-lovers here within our community and share resources or, more importantly, join forces and puzzle together regularly. Now that sounds like fun!

Roll up, roll up.

THE BIG BIENNIAL PALM LAKE RESORT INTER-RESORT BOWLS COMPETITION IS BACK IN 2023 AND WILL BE HITTING BILOELA BOWLS CLUB WITH GUSTO. WILL YOU BE THERE?

After taking over Kingaroy in 2019 and Dalby in 2021, the big biennial Palm Lake Resort inter-resort bowls comp is back in 2023! Organised by Joy Williams of Palm Lake Resort Bargara, this year's event will take over Biloela Bowls Club and it's officially time to get your nomination forms in.

"If you are expecting big prizemoney and serious competition, this is not for you," she smiles.

As Joy explains, this is a friendly, social event for any likeminded Palm Lake Resort homeowners based in Queensland. The week will kick off on Monday, August 28, with a meet and greet at the Bowls Club, followed by three days of bowls and a presentation dinner on Thursday, August 31. Games will consist of teams of three players, playing three bowls each over 15 or 17 ends (depending on the number of teams that nominate).

If previous years are anything to go by, while there will be loads of on-green action, the off-green fun will prove to be just as good! To refresh your memory, the last time this event was held in 2021, we had a dual-resort winning team (a combination of players from two locations - two from Beachmere and a third from Bargara). This winning team was a literal representation of what Palm Lake Resort is all about – likeminded people coming together to support one another and enjoy a shared interest.

"These comps not only showcase what Palm Lake Resorts are all about to these small towns, but bring together likeminded residents in a social environment in smallish towns that need visitor support to thrive. The dollars we bring into these towns does not go unnoticed," Joy says.

Nominations close July 31 or earlier if rinks are filled. Camping and accommodation options, as well as nomination forms, are all available direct from Joy on 0409 792 912 or email her at bundabergjoy@gmail.com



Above: Some of our Hervey Bay players at the Dalby event in 2021.

Meet your neighbour, Janis

IF YOU'VE EVER ENJOYED A SOCIAL EVENT AT OUR RESORT, CHANCES ARE YOU'VE GOT HOMEOWNER JANIS STREET TO THANK.

A Palm Lake Resort Hervey Bay homeowner for the past eight years, Janis Street (Home 152) is quite the self confessed social butterfly.

Born in Mackay and raised by canefarmers, Janis says her social nature can be put down to two things: there's a little bit of genecode there ("my mother was just like me!" she beams) and she also credits her formative years, spent living and working overseas, as setting her up with a zest for life and a social attitude. As a stranger in London, Germany and New Zealand, Janis says she had to find friends simply by being social. Now, decades on, Janis and her husband, Ron, are still making new friends the same way.

"Retiring here has been like heaven," she smiles. "You get to meet so many people and have so many conversations. We have all these wonderful facilities and I thought to myself, we really should be using them."

As Palm Lake Resort Hervey Bay's Social Events Coordinator, Janis is the one who helps bring to life resort events such as New Year's Eve, Anzac Day, St Patrick's Day, Australia Day (see Pages 4-5) and Valentine's Day (see right). She even organises flu vaccination clinics here at the resort.

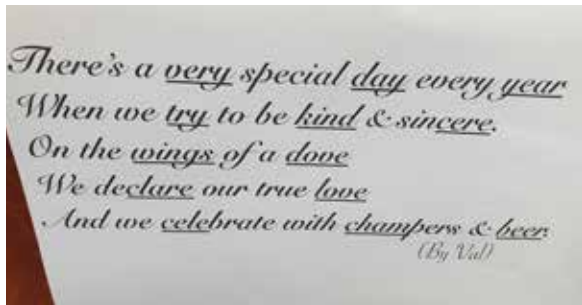
When Janis is not being social, she's being active and sporty: she plays lawn bowls three days per week, tennis two days per week and also loves to line dance. That's on top of her commitment to her beloved CWA.

Janis encouraged new homeowners (and those longer term community members who might be a little shy) to come along and join in the fun, to get a real taste of the benefits of community lifestyle resort living.

"They need to come along and make the most of these wonderful facilities we have," she says. "Joining in is great for your mental health as well."

Among the upcoming events on Janis's planner are a ladies' Op-Shopping bus trip, as well as the resort's big Anzac Day parade, with many volunteers making hundreds of decorative poppies as this newsletter goes to print.

"This is just such a magic place to live," she says.



Pictured above: Some of the highlights of our social event to mark Valentine's Day. From the decorations to the desserts, it was a true celebration of love!

Homes for sale.

Home 16: \$550,000

- Beds 2
- Bath 1.5
- Living 1
- Garage 1



Beautifully presented

This home is beautifully presented with its raked ceiling and its lovely white two pac kitchen giving it the appearance of being much larger. There's a large and inviting open-plan lounge/kitchen/dining with plenty of cupboards and drawers in the kitchen. There is a separate toilet in the laundry with a dual-access ensuite of the master bedroom. The master also has mirrored wardrobe doors and air conditioning (which is also available in the main living area).

There are solar panels on the roof that feed back into the home and also provide solar hot water. The lovely outdoor area features an undercover alfresco and a small lawn and gardens, ideal for the small fur baby.

Home 190: \$605,000

- Beds 2
- Bath 2
- Living 1
- Activity 1
- Garage 2



Everything you'll need

This lovely warm home features two large bedrooms and a study. The master bedroom has a lovely feature wall and full size mirrored wardrobe doors and a walk-in ensuite with large shower. Both bedrooms and the main living area have air conditioning. The large open-plan kitchen is two pac white with an island bench, perfect for entertaining. Lovely tiles throughout the main living areas. The home features large bathrooms with modern showers and grab rails installed in both bathrooms. With the lovely back garden (offering a large covered patio roof) there is plenty of room for entertaining or creating your own garden retreat.

UNDER OFFER

MORE HOMES ON PAGES 10-11

Homes for sale.

Want to book a private inspection and find out more about our resort?
 FREECALL **1800 455 307** or email herveybay@palllake.com.au
 You can also visit us online at palllakeresort.com.au

Home 120: \$680,000



**UNDER
OFFER**

Everything you'll need

Immaculately presented Wattle-design home featuring beautiful mocha tiles throughout the living areas with carpet in the bedrooms. This home features a bright two-pac kitchen in white, with no overhead bulkheads. The master bedroom has a triple-door mirrored wardrobe with built-in cabinetry and a large ensuite. There is air conditioning in the main living area and fans throughout all the rooms.

The extended patio roof line creates a larger outdoor area with pull-down shades for all-weather entertaining, all the while looking over the internal lake with fountain views and beautiful sunsets.



Home 203: \$550,000



New appliances and flooring

This beautifully presented home is tiled throughout the living area and shared spaces and includes brand new carpet in the bedrooms. Enjoy a spacious kitchen with new appliances, island bench with stone benchtop, and ample storage solutions. The master comes with a large ensuite that flows out to the tiled patio area and outdoor living area. The home's study offers built-in wardrobes and can serve as an additional/third bedroom.

Key features:

- Seven solar panels and solar hot water
- Remote-controlled double garage with epoxy floor
- New carpet in bedrooms
- Air conditioning in main living area



Home 27: \$655,000

Home 189: \$527,000

SOLD!

SOLD!



Moving on?
**Cash buyers
 await.**



The New Year always brings an increased level of enquiry on homes at all the Palm Lake Resorts across Australia's east coast - and Hervey Bay is no exception. So much so that we are short on properties to sell! It seems our secure resort grounds, the low-maintenance/high-quality homes, world-class facilities, myriad weekly activities and our welcoming community have made Palm Lake Resort Hervey Bay a sought-after local neighbourhood.

If you're a homeowner here and your situation has changed so you are contemplating a move, please let our Caretakers know. They can inspect your home and give you an appraisal to help you make up your mind. We have qualified buyers waiting to hear about any new homes as they hit the market. For more, simply FREECALL 1800 455 307 or stop by the office between 10am-2pm weekdays.

10,000 REASONS TO CELEBRATE

With more than 45 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 1800 455 307 | herveybay@pamlake.com.au
25-67 Pialba-Burrum Heads Rd, Eli Waters QLD 4655

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