

Island Insight.

FEBRUARY - MARCH 2022



Right on cue.

WALK INTO ANY PALM LAKE RESORT COUNTRY CLUB AND YOU'LL LIKELY FIND A GROUP OF RESIDENTS GATHERED AROUND THE BILLIARDS TABLE, WATCHING OR PARTICIPATING IN A NEIGHBOURLY GAME. BUT IT'S A GAME THAT SPANS THE GENERATIONS – SO OUR VISITING FAMILIES LOVE IT TOO.

If there's one thing many Palm Lake Resort residents have in common, it's that they love a good game of snooker – it's the reason most of our resorts across Queensland, New South Wales and Victoria have their own billiards tables. Pool, snooker and billiards are all beloved as social games best enjoyed with a drink and good company, but did you know there are distinct differences between them? Paul Cosgriff, president of the Victorian Billiards and Snooker Association, explained the differences to us.

Continued on Page 8 >>



Welcome.

Happy New Year to you all! Welcome back to our first edition of our resort newsletter for 2022. As we contemplate the start of another New Year, it's incredible to think another 12 months has flown by. We hope you are all rested and recharged after the Christmas festive season. It was quite the spectacle, here at Phillip Island, wasn't it? It was lovely to see all the decorations appearing everywhere across the resort, including the blow-up ones in Eighth Ave!

If you have not seen it yet, the new dining room furniture looks great and the chairs are very comfortable to sit on. It's been wonderful to have our residents and their families enjoy the refreshed Hall over the holiday break.

We'd like to kick off this year with a little post of gratitude. Our thanks must go to the Residents' Association and Lea for all the help they provide us - we look forward to working with you all again in 2022.

In closing, I didn't know that cockatoos came in black so I have to admit that I have enjoyed seeing them around the resort in the trees (pictured above right). Have you spotted them as well?

Trish and Toney Wood
Palm Lake Resort Phillip Island Caretakers



CONTACT US

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

Online: Visit us at palmakeresort.com.au

Social media: Follow Palm Lake Resort on Facebook and Instagram

Address: 48 Settlement Road, Cowes VIC 3922

Freecall: 1800 066 482

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News briefs.

GREEN WASTE DATES

Pop these green waste collection dates in your diary:

- February 15
- March 15

PARKING REMINDER

Please remind your visitors (before they arrive) of the 10kmh speed limit at all times. Please do not allow your visitors to park on the road outside your home or on the grassed areas. Use the allotted parking bays only. Please accompany all visitors around the resort so they can be identified as guests. Remember that visiting children must be accompanied in the pool area at the allotted times. Please also keep an eye on your visiting children riding bikes, skateboards etc so they don't cause a hazard for other residents.



Pictured above: Check out one of Santa's little helpers, spotted at the resort over Christmas!

NEW DIGITAL LOOK

Palm Lake Resort has just unveiled a new-look website. We've got all the information you need on our 25 current resorts as well as those exciting new developments in the pipeline at Pelican Waters (QLD), Old Bar Beach (NSW) and Paynesville (VIC). Check out our new site at palmakeresort.com.au



HOT OFF THE PRESS

Our summer 2021-22 edition of "Your time" magazine is out now, circulating the country. In it, we've covered all the latest news from around the various Palm Lake Resort addresses, with other great summer-infused lifestyle reads too. If you didn't receive a hard copy in your letterbox, you can always read it online at palmakeresort.com.au

WELCOME NEW NEIGHBOURS

In December, we welcomed new residents including **Lindsay Francis** (Villa 143) as well as **Keith and Judith Griffin** (Villa 105). In January, we welcomed **Tom and Chris Jacobson** (Villa 75) as well as **John and Jennie Shields** (Villa 56). Welcome home, to you all!

Weekly activities.

Monday

9.30am Chair exercises

1pm Cards

Tuesday

10.30am Yoga/Pilates class

2pm Housie in the Hall

5.30pm Residents' dinner (BYO drinks)

Wednesday

9.30am Aqua Pilates

1pm Cards

1pm Snooker in the Hall

1pm Shopping bus to Wonthaggi

7pm Cards

Thursday

9.30am Resistance class

10am Shopping bus to Cowes

1pm Cards

1.30pm Up Words board game

5.30pm Residents' dinner (BYO drinks)

Friday

8.30am Informal light water exercises in the resort pool

1pm Cards

Saturday

1pm Cards

6pm Residents' BBQ
(BYO food and drinks)



Residents' Association Report.

COVID 19

We have certainly had our fair share of lockdowns, lockouts and whatever you want to call them, but now that restrictions have eased it is good to see people up in the Hall enjoying a chat and coffee.

New arrivals

Happily, we can report that our new barbecue and television have now been delivered and installed. What a difference they make. We had a wonderful 'christening' of the new barbie with a free sausage sizzle for all our residents. This was well attended and was a lovely opportunity to catch up with our neighbours in our bright and refreshed barbecue area. The furniture has all been given a face lift plus the addition of a few pot plants. We have also received our new dining tables and chairs. What a delight they are! The instant impression is how light and bright it has made the room. The tables are smaller and much easier to move around. And the chairs – too comfy and a lovely colour. Also have you noticed other small changes around the Hall?

Defibrillator

We recently held a refresher/training course on the use of our defibrillator, and how to perform CPR. It's all relatively easy as the defibrillator talks you through the procedure. We have two defibrillators in the resort and everyone should make themselves aware of their location - just in case!

Social events

It is still proving difficult to arrange functions that are COVID-friendly and although restrictions have relaxed a great deal, there are still regulations we need to abide by. We aim to keep you up-to-date with activities through our monthly news sheet and notices on the board.

Welcome

We extend a warm welcome to all the new residents moving into Palm Lake Resort Phillip Island. We encourage you to come along and join in some of our functions – we'd all love to get to know you.



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 10 WAYS YOU CAN ENJOY THEM, BE THAT ALONE OR WITH VISITING FRIENDS AND FAMILY...

Group fitness

There is no shortage of group fitness on offer for the residents of Palm Lake Resort, particularly in the pool. Aqua aerobics is one firm favourite among residents 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, "Aqua aerobics – along with many other styles of water-based fitness – removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler."

Keen to try? We have the following classes:

Wednesday 9.30am: Aqua Pilates

Friday 8.30am: Informal light water exercises

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.

Enjoy the fresh air

Rather than catching up with friends in the Clubhouse, take your party to the pool to gain the many benefits of fresh air. Spending time in fresh air quite literally makes you happier, stimulating your body's production of serotonin through oxygen inhalation. Experts also say it cleans out your lungs, improves blood pressure, digestive system and heart rate, strengthens your immune system and gives you more energy.

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.

Continued on Page 6 >>

<< Continued from Page 5

Entertain the grandkids

Palm Lake Resort is designed for over-50s, but with our green spaces and other on-site facilities, 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 the 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. Enjoy a poolside drink or lunch with your neighbours, organise to swim laps with a friend or participate in one of the group fitness activities to 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 Clubhouses and low-maintenance 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 pool provides an additional spot to entertain and socialise – without any of the upkeep! You don't even need to swim; just being poolside with your guests is special enough.

Read a good book

Is there anything more relaxing than reading a book by the pool? Or better yet, in the pool?! Modern innovation has made it possible for your book to float alongside you, meaning you can sit on the pool step or lie face down on a pool float and read without your arms getting sore. Genius.

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 great outdoors 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 features a pool!

Spread the love.

IF THERE'S ONE THING THAT IS FRONT OF MIND DURING FEBRUARY, IT'S LOVE – SPECIFICALLY, ROMANCE. BUT IT'S ALSO A GOOD TIME TO CELEBRATE ALL THE OTHER KINDS OF 'LOVE' IN YOUR LIFE. FROM YOUR PETS TO YOUR NEIGHBOURS, HERE ARE A FEW WAYS YOU CAN SPREAD THE LOVE THIS MONTH (AND BEYOND).



Love thy neighbours

Neighbourly 'love' is often on display at Palm Lake Resort, whether residents are catching up at social events or over the fence, sharing a meal at the Country Club or a drink on their driveways. There are so many ways you can show appreciation to your neighbours – why not offer a hand when you see them outside gardening? Cook an extra-large helping for dinner and drop a plate over to them? Or rally your other neighbours to support someone you know is going through a hard time? Random acts of kindness are some of the best ways to show love.

Love your community

Spread the love beyond your neighbourhood with a charitable project. You could build something, bake something or raise money for a good cause. But if you're in need of specific inspiration, just take a look around your Palm Lake Resort community. Residents across the Palm Lake Group are always doing their bit to help others, and there's no doubt a fundraiser, food drive or charity project already underway at our resort.

Love long distance

This is something we've had to become much better acquainted with, as lockdowns and border closures had made it impossible to visit faraway friends and family. Whether you're separated by sea or state borders, there are so many different ways to spread the love across long distances. Why not post your friend or family member a small item or card that made you think of them, send them a delivery of food (Uber Eats vouchers are great!) or flowers, or simply pick up the phone for a spontaneous chat?

Love your pet

It's time to show love to the family member who loves you unconditionally – your pet. Luckily, there are countless ways to do exactly that, from buying them their favourite food every so often as a special treat to taking a moment to give them a good scratch or pay attention to them and them only. If their favourite activity is going for a walk, take them for an extra one some days – or, when all else fails, simply cuddle up with them on the couch.

Love your partner

Showing love to your significant other seems obvious, but if your relationship spans years (decades, even) romance can easily fall to the wayside. Of course, not all couples show love in the same ways – a good way to keep the spark alive is to learn your partner's 'love language'. Finding out which of the five love languages they prefer (words of affirmation, physical touch, gifts, acts of service and quality time - Google it!) will help you understand how they give and receive love. This makes you more able to show them the kind of love they most appreciate and notice when they are showing you love in return.

Love yourself

Last but certainly not least, think about how you can show love to the most important person in your life: yourself. You are the person you'll spend the most time with, so it makes sense to nurture that relationship just as you would any other, right? Think about the things that make you genuinely happy – it might be a certain form of exercise, a swim, a relaxing bath, a trip to the day spa or hair salon, even a specific craft activity – and do more of them.



Pictured: Looking for a game?
Our resort snooker enthusiasts meet on Wednesdays at 1pm.

<< Continued from Page 1

Paul says billiards is played with only three balls (one red, one white and a yellow cue ball). Both snooker and pool begin with a triangle of 15 balls each - in pool they are multicoloured and divided into solids and stripes, while in snooker they are red. Snooker is also played with an additional six coloured balls. Both of these games also require a white cue ball.

"The thing I love most about these games is the combination of physics and artistry," says Paul. "Physics tells you that if you hit the ball a certain way, it will end up in a certain position.

"Mastering all of the other factors - like side, intentional spin and strength - is where the artistry comes in. The best players will finish exactly where they want to finish, under incredible pressure. That's the beauty of the game."

Paul's tips for bettering your game

1. Although cues are provided, your own cue is always best. Your individual cue gives the best 'feel' and on large professional tables, players fit extensions to their own cue because that familiarity is so important.
2. Two-piece cues are best for ease of transport, and storage. The join can be at half-way or "3/4" - meaning well down near the butt end of the cue. Under the rules, a cue must be at least

three feet in length, so if you take the butt end off a "3/4" cue you could still play a shot. Most cues are 54" in length - generally standing about shoulder height, or just above, or below. Therefore, you could not unscrew the 2-piece cue with a mid-join and play a legal stroke.

3. When purchasing a Cue, play a number of shots hitting 'high' on the cue-ball so that it follows on, or runs through, after the object ball. This translates to 'feel' and helps when comparing cues. The more expensive cue is not necessarily the best feel for you. The tip of the cue is your only means of control for spins on the ball (screw, stun and side) so maintain it well. Good chalk is essential.

4. Persistence is the key to improvement and full enjoyment. Practice, especially for plain ball striking, is essential to eliminate unintentional spins. Later practice allows for intentional spins to manoeuvre the cue ball to the desired position for the succeeding stroke.

5. An adjunct to persistence is maintenance. The cue should be kept clean and dry, with a little wood oil on exposed wood near the tip, and below the ferrule. The billiard table should have a dust cover. When the dust cover is removed, the table should be brushed from the baulk end (the "D") all the way to the top of the table where the black spot is. Never "bang" a ball onto a spot. It can only cause damage. The table should be serviced by a qualified person if there are problems with spots, wear and tear to the cloth, or if the table is out of level.



Helping friends become neighbours.

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 Palm Lake Resort homes (or a new home from elsewhere in the group, for that matter), you'll receive up to \$500* cash. Easy!

\$500
for a brand new home.

\$250
for an established home.

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 066 482. *T&Cs apply



THE BEST IN OVER-50S LIVING. THIS IS YOUR TIME.
palmakeresort.com.au

Homes for sale.

Home 39 - \$370,000



SOLD!

Move-in ready

This immaculately presented home is move-in ready and waiting for you to simply unpack your things and start enjoying the Palm Lake Resort Phillip Island community.

The two bedrooms are both large in size and the master has a sliding door out onto the balcony. There's a spa bath in the bathroom, ready for you to relax in!



Home 57 - \$515,000



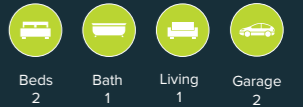
Close to amenities.

This beautiful home will not be on the market long. Three large bedrooms with an ensuite off the main bedroom and a separate bathroom and toilet. Sit in the Sun Room and watch the golfers tee off or sit outside and enjoy the beautiful outdoor area.

SOLD!



Home 22 - \$400,000



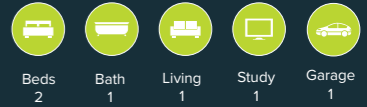
Sun-filled home to warm your heart.

This tidy two bedroom home offers an enclosed sun porch and home office.

If you love entertaining, this home also has a covered outdoor area. The lounge and front porch are lovely places to sit and enjoy the afternoon sun. Your inspection is a must.



Home 34 - \$325,000



SOLD!

Another one, sold!

You've got to be quick to secure a home at Palm Lake Resort Phillip Island - it's such a coveted address!

If you are interested in being among the first to know when new stock becomes available, please contact our office to be put on our database.



Want to book a private tour and find out more about our resort? Freecall **1800 066 482**
Email phillipisland@palllake.com.au and visit us online at palllakeresort.com.au

Eat, drink and be merry.

There's nothing more enjoyable than breaking bread with friends, and you can do just that here at Palm Lake Resort.

With a complimentary meal, per household, every week, prepared fresh on-site by our experienced chefs, there's even more reason to dine with us. Or why not pull up a stool with us at Happy Hour?

We're all about spending quality time with likeminded friends. Here, community is everything.



Palm Lake Resort Phillip Island: 48-80 Settlement Road, Cowes VIC 3922
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