

# The Reef

September-October 2021



## Check out our top dogs

Planning to add a pooch to the family? Here are the Top 5 breeds for small yards - and check out our dog run opening photos!

## Music all around us

We have some very talented musicians among our homeowners, but did you know that playing music is actually good for you?

## Meet Lupine, our latest design

Our new home designs, bound for the resort extension, have been cleverly designed to match your lifestyle. Lupine is one of them



# Welcome

There's been so much going on at Palm Lake Resort Bargara over the past few months, it's hard to know where to start! Firstly, sales in the resort extension have been through the roof - it's crazy, in fact! We've had so much interest across all our home designs. We are mostly seeing interstate interest from people who have holidayed here in our slice of heaven and just want to keep coming back - or live here permanently! I had two separate homeowners just last week who put their New South Wales homes on the market on a Monday to have them sold by the Friday. Now their interstate dream of downsizing into a Palm Lake Resort Bargara home is even closer to reality. We often hear from interested interstate buyers that Bargara's climate and location is second to none. They love the 'village' feel of our town, while it's only a hop, skip and jump from all the big-city services they need in Bundaberg. On top of that, our resort is just a seven-minute stroll from the water's edge. Perfect.

What's making our resort location even better is the new shopping complex that will be constructed at the corner of Hughes and Rifle Range roads. This brand new complex will house a grocery store, service station, medical centre, newsagency and more - and it's all within walking distance of our resort. In fact the footpath is already installed. We plan to add a gate in the resort's side fence to make the 100m walk even more convenient for our homeowners.

On the topic of construction, our new Country Club is near completion with an official opening planned for November. The existing Ocean Breeze Country Club has also had a makeover, with the refurbishment offering new carpet, new paint and new furniture throughout. It's like a whole new venue in there now. Other new additions to our resort are the recently opened dog run (read more about that on Page 7). We are also adding the services of a visiting podiatrist and nail tech to our Country Club, and we are eagerly awaiting the arrival of six electric three-wheeler bikes for our residents to use. They will be so much fun, and provide convenient transport around the (extended) resort grounds. The bikes should be here in time for the Country Club opening. We are also about to welcome a new Sales Team member, to help with all the sales enquiries we are receiving. I look forward to introducing you to that person in our next newsletter. Until then, enjoy the read.

**Sandy Martin**  
Palm Lake Resort Bargara Sales Manager

## Contact us

Call us and we will book you in for a tour of our amazing display homes and world-class facilities!

Freecall: 1800 501 119

Email: [salesbargara@pallmlake.com.au](mailto:salesbargara@pallmlake.com.au)

Find us at:  
24 Rifle Range Road,  
Bargara QLD

Visit: [pallmlakeresort.com.au](http://pallmlakeresort.com.au)

Get social: Follow us on Facebook (@pallmlakeresort) and also on Instagram (@pallmlake\_resort).

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## News briefs

### Stay a night

Many of the sales enquiries we receive about homes at our resort come from people in distant locations right around Australia. Did you know that if you are coming to visit us from out of town, you can freecall our Sales and Information Centre to arrange your resort tour and a complimentary night's accommodation - on us! This offer is subject to availability and conditions apply, but there's never been a better excuse to indulge in a stopover to properly inspect our world-class facilities and welcoming homes, as well as our fantastic location.

### Get social with us

Follow Palm Lake Resort on Facebook (@pallmlakeresort) and also on Instagram (@pallmlake\_resort) to see what's happening right across our dozens of Palm Lake Group locations.



### Extra, extra!

The Spring 2021 edition of the Palm Lake Group's company magazine has officially hit the news stands, and it's full of the latest and greatest news from Palm Lake Resort and Palm Lake Care. If you haven't received a hard copy in your mailbox, you can also read it online at our website [pallmlakeresort.com.au/news](http://pallmlakeresort.com.au/news)



### Refer a friend

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 a new or established Palm Lake Resort home, you'll receive up to \$500 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales and Information Centre.

### Milbi Festival is back

Milbi Festival, from October 29-November 7, is a unique celebration of our region's iconic turtle encounters and freshwater country. It will encompass themes of environmental care, connection to the Southern Great Barrier Reef, water catchments and local storytelling. Through an arts and culture framework, the festival will provide a range of opportunities for artists and community organisations to get involved. Turtles, arts, culture and Indigenous heritage are the foundation pillars for the festival that will celebrate the unique identity, spirit and liveability of the our region. From Gin Gin to Childers through to Bundaberg and our regional ocean shores, all areas of the region will be activated with the delivery of unique events, exhibitions, film screenings and performances. Find Milbi Festival on Facebook.

### FREE wheels!

If you've been thinking about joining us at Palm Lake Resort Bargara, here's another great reason: We'll throw in a luxury golf car (valued at \$20,000) absolutely free! These Club Cars are perfect for getting around on the course, with their lithium ion technology and stylish good looks. Contact our Sales Information Centre today to find out how to nab your free wheels today.

# Lupine looks the goods

**OUR NEWEST RESIDENTS ARE ENJOYING SO MANY CHOICES WHEN IT COMES TO HOME DESIGNS IN OUR RESORT EXTENSION. THIS IS LUPINE...**

They say variety is the spice of life and for those over-50s looking for the perfect seachange at Palm Lake Resort Bargara, our resort extension is offering the largest number of different home designs of any project in the history of the Palm Lake Group. So much variety! Lupine is one of our hottest new floor plans. This home measures a tad over 213sqm (22.93 squares) with its two bedrooms, extra activity room and two bathrooms.

One of the key selling points of this home is its extra-large living area. From the kitchen, the open-plan

space is immense. The space flows from the kitchen, past a convenient dining area and the expansive and light-filled indoor living area, out to the alfresco outdoor entertaining area.

Space is also a key selling point when it comes to the garage. At 5.8m x 6m, there's plenty of room for a car or two, or your boat, as well as space for workshop benches. The back wall is almost completely filled with very welcome built-in storage cupboards. This home oozes storage options as well as that grand feeling of space. Perfect. If Lupine sounds like your perfect downsizer, the Palm Lake Resort Bargara Sales Information Centre is where you'll find more information. You can also learn more about the masterplan for the extension,

including which world-class facilities will be added to the already impressive list of existing facilities.

Visit [www.palmlakeresort.com.au](http://www.palmlakeresort.com.au) or freecall 1800 501 119 today. And don't forget to ask how you can score a FREE luxury four-seat Club Car golf car, valued at up to \$20,000.

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GOLF CAR  
WITH YOUR  
NEW HOME**

T&Cs apply





# Small yard, big furry love

DOWNSIZERS DON'T TYPICALLY MOVE TO PALM LAKE RESORT WITH CHILDREN IN TOW, BUT FUR KIDS ARE A WHOLE OTHER STORY! IF YOU'RE CONSIDERING GROWING YOUR FAMILY, TRY THESE SMALL-YARD BREEDS.

If there's one type of resident we love here at Palm Lake Resort it's the furry four-legged variety. When the actual kids grow large enough to fly the coup, pets can fill in a big void left by the children's departure. The joy of owning a pet isn't new to most Australians - we have one of the highest rates of pet ownership in the world. Here at Palm Lake Group, we've built our resorts to be pet friendly because we know just how important pets are for the majority of our over-50s residents, too. For example, Palm Lake Resort Bargara offers a brand new, fully fenced off-leash dog run complete with seating for owners and water for dogs. Palm Lake Resort pooches can roam free in our dog run, enjoying a spot of exercise while also getting that important social interaction with their four-legged neighbours. What we've found right across the Group, however, is that our off-leash dog runs are magnets for likeminded residents. Neighbours congregate to let their furry friends enjoy time together but for the humans themselves, it's a great social outlet. And the regular walks to and from the off-leash areas are providing our residents with that all-important incidental exercise (with fresh air and vitamin D the cherries on top). As a relatively new addition to our resort, homeowners are also enjoying our doggie day spa that provides convenient dog-wash/hydrobathing services, on-site, with 24-7 access. Our resorts are pet friendly, because we know just how important pets are to you!

## Dachshund

Dachshunds are energetic, loveable and loyal, promising to be the perfect companion for any retiree. Their medium-level exercise needs mean they prefer homes with a small backyard, but also enjoy daily walks and space to run outside the confines of your home. They are highly playful and likely to bark but are certainly trainable, showing intelligence and energy. You just need to consider that though their coats are short, they can still shed.

## Cavalier King Charles Spaniel

Small and sophisticated, don't let the Cavalier King Charles Spaniel's petit size fool you - this regal breed is tough to beat. With an even temper and gentle disposition, the Cavalier will often adapt easily to its owner's lifestyle; they can be active and inactive in equal measure. Bred to be a beloved lap dog, they are also descendants of sporting breeds and will enjoy moderate exercise and outdoor activities. You'll find a Cavalier enjoys an afternoon walk just as much as an evening on the couch.

## Yorkshire terrier

The Yorkshire Terrier, affectionately known as a 'Yorkie,' is small and quiet, making them the perfect housemate. Their friendly nature means they don't mind company and are typically relaxed around other pets and people, making them perfect for social owners who would enjoy spending time at the dog park. While they have a lot of energy, it can be well spent in a small backyard - though they will never say no to an afternoon stroll. Bonus: they look like puppies for most of their life, making them perfect for owners who never want their fur babies to grow up.

## Boston terrier

Commonly confused with a French Bulldog, the Boston Terrier boasts tall, upright ears and a flat face, with black and white markings sometimes referred to as a 'tuxedo jacket'. Originating from, you guessed it, Boston, the Boston Terrier requires active exercise (throwing a ball or a toy, or agility training) and can become frustrated when left alone for long periods of time. Considering adopting your very own? Be warned: their big, round eyes will surely win you over, promising love at first sight.

## Maltese

Small but mighty, don't be fooled by the Maltese's prim and proper appearance - behind the white, fluffy exterior is a dog you're sure to love. Their small stature makes them ideal for small backyards, while their soft coat is unlikely to shed, making them a great choice for indoor living. Their coat is even considered hypoallergenic, meaning they will fit seamlessly into almost any family. Your Maltese will love running around in your backyard but will also never say no to a trip to the dog park or a walk.

# Doggy celebration

WE DO LOVE ANY EXCUSE FOR A CELEBRATION HERE AT PALM LAKE RESORT AND THE GRAND UNVEILING OF OUR NEW DOG RUN WAS EXACTLY THAT!



# Swingin' soiree

GUESTS WERE ABLE TO LITERALLY 'SWING INTO SPRING' AT OUR MOST RECENT EVENT. THE SWING BAND PROVIDED AN UPLIFTING SOUND-TRACK FOR A DELICIOUS LUNCH, RESORT TOURS & MORE.



## Don't stop the music

IT MAY HAVE BEEN DECADES SINCE YOUR PARENTS INSISTED YOU TAKE PIANO LESSONS, BUT DON'T THINK YOUR MUSICAL DAYS ARE BEHIND YOU. THERE ARE PLENTY OF REASONS TO PICK UP A MUSICAL INSTRUMENT AGAIN NOW.

### It boosts brain power

Much like puzzles or playing chess, learning to play music is a great way to improve your cognitive ability. Reading and playing music is believed to stimulate the brain in a way that benefits your memory retention and also helps you retain new info. Experts believe that, when it comes to brain power, you 'use it or lose it'. In particular, learning to play a musical instrument has been associated with a lower risk of developing dementia. Why? Musical training and performance are believed to increase your brain's resiliency – so much so that musicians are 64 per cent less likely to develop mild cognitive impairments and dementia.

### It relieves stress

Listening to music is a great stress reliever, but did you know that playing a musical instrument also has calming powers? According to studies, playing an instrument can help us refocus negative feelings into something not only positive, but enjoyable. Whether you are banging out a rhythm on the drums or plucking a melody on the guitar, making music is believed to have a unique ability to reduce your blood pressure and heart rate. This act can also contribute to the release of 'happy hormones' (endorphins) into the bloodstream, leaving you feeling relaxed.

### It makes you more patient

Many of our Palm Lake Resort residents will agree that life doesn't slow down in retirement – in fact, with so much to do, things move at a faster pace than ever before! Learning a musical instrument is one fantastic way to chill out, slow down and enjoy the moment. Patience is an essential skill for any budding musician to master as they learn to read and play the notes, and many report finding themselves employing more patience when they interact with the people and things around them.

### It's good for your body

You may not break a sweat, but playing an instrument promises a host of physical benefits that you may not have thought about. Moving your fingers along the keys of a piano or the strings of a guitar enhances your hand-eye coordination and fine motor skills – two skills that can easily be transferred to almost any other activity, be it crochet or croquet. Wind instruments, too, improve the function of your respiratory system by ensuring you breathe properly. Need we go on?

### It's a great way to make friends

Looking to widen your social circle? Playing a musical instrument could help! A number of Palm Lake Resort locations have resident music groups where likeminded musos can come together and jam out. From choir to the ukulele to all-out Rock 'n Roll bands, our residents make use of the time and resources available to them in retirement to live out their dreams of musical stardom.

# Travel in the 'new' world



PALM LAKE RESORT RESIDENTS ARE KNOWN FOR THEIR ADVENTUROUS SPIRIT, SO THE PAST 18 MONTHS HAVE BEEN PARTICULARLY TRYING FOR THOSE EAGER TO GET BACK OUT ON THE ROAD AGAIN. AS THINGS (SLOWLY) BEGIN TO OPEN UP, HERE ARE THE TIPS TO KEEP IN MIND.

## Mask up

Just as you do in your own neighbourhood, when you travel around Australia – and soon, the world – you will often have to wear a mask, so it's a good idea to keep a few spares close at hand. While many of us are well-versed in the general rules of mask wearing, it's always a good idea to stay up to date on the etiquette. According to the Department of Health, remember to always wash or sanitise your hands before putting it on or taking it off, ensure it covers your nose and mouth and fits snugly around your face, and do not allow the mask to hang around your neck or under your chin. Don't reuse single-use masks – instead, opt for a sustainable, reusable version (just make sure you wash and dry them after use and store them in a clean, dry place).

## Consider vaccination

Many states and countries are feeling the effects of new strains and new waves of COVID outbreaks, so expect hypervigilance when you try to cross any borders. In some places, in the future, entrance may be refused without proof of vaccination. While your holiday may be your number one priority, remember that for certain regions, avoiding the risk of another outbreak will always take precedence. This won't necessarily be restricted to government authorities, either; it's very likely that some airlines, tour groups and accommodation providers will turn away unvaccinated travellers.

## Stay vigilant

The past few months have proven just how quickly things can change in this COVID climate. No matter where or

when you travel, it is essential that you keep an eye on the restrictions in place where you're visiting and also back home. Staying up to date could spell the difference between making it back home in time and spending two weeks in quarantine. If you are road tripping interstate – as so many of our Palm Lake Resort residents love to do – this can prove challenging. Check out:

The Coronavirus Australia app, which stays up to date with official information and advice.  
The Australian Government WhatsApp channel, where you can learn the latest and send messages (message WhatsApp number +61 400 253 787 to join).  
Your state's COVID hotline.

## Book with flexible providers

Once upon a time, planning a holiday well in advance was the best approach. Now, with most states unsure where they will be, COVID-wise, in a month, let alone six months, it can be more practical to book your travel within a shorter timeframe. Experts are already beginning to predict that COVID will change our traditional 'travel seasons', and the windows of travel opportunity will be days or weeks long, not months. Wherever possible, book with travel providers who offer free cancellation, date changes and credits or refunds. When it comes to travel insurance, check whether your provider includes COVID-related claims. And, if worse comes to worst and you can't get back the money you spent on a cancelled trip, see your investment as a donation to the struggling travel industry.

MONDAY		
8.45am	Diet Club	Ocean Breeze Lounge
9am	Calligraphy	Art Room
9am	Yoga	OBCC
9am	Photography Club	Oasis Lounge, OBCC
9am	Outdoor Aqua	Lap Pool, near Gym
12.30pm	Cards	OBCC
12.30pm	Men's Cards 500	OBCC
12.30pm	Patchwork Group	Craft Room
1pm	Knit & Natter	Oasis Lounge OBCH
4pm	Line Dancing (Begin.)	SBCC
5pm	Line Dancing (Advance)	SBCC
7pm	Scroungers	Bowling Green
TUESDAY		
7.30am	Men's Bowls	Bowling Green
9am	Pottery	Pottery room
9.15am	Light & Easy	SBCC
11am	Tai Chi	OBCC, upstairs
1pm	Art Group	Art Room
1pm	Rummikub 500	OBCC
1.30pm	Card Making/Scrap-booking	Craft Room
1.30pm	Billiards/Pool	SBCC
2pm	Dementia Support	Oasis Lounge, OBCC
WEDNESDAY		
7.30am	Golf	Coral Cove Resort
8am	Pilates	OBCC
9am	Line Dancing (Advance)	SBCC
9.45am	Aqua Aerobics	SBCC
12.45pm	Mah-jong (Beginners)	SBCC
1pm	Bingo (fortnightly)	OBCC
1.30pm	Billiards/Pool	SBCC
1.30pm	Mixed Bowls	Bowling Green
7pm	Table Tennis	OBCC
THURSDAY		
7.30am	Men's Bowls	Bowling Green
8.30am	Ladies' Bowls	Bowling Green
12.30pm	Canasta - Hand & Foot	OBCC
1pm	Tenpin Bowling (on bus)	Bundy Bowl
1.30pm	Light & Easy	OBCC, upstairs
1.30pm	Billiards/Pool	SBCC
1.30pm	Light & easy	OBCC, upstairs
2.30pm	Indoor Carpet Bowls	SBCC
7pm	Movie Night	Cinema
FRIDAY		
7-11am	Gym Instruction	Milon Gym
9am	Line Dancing (\$5 Fee)	SBCC
9-11am	Choir	Cinema
9-4pm	Quilting & Patchwork	Craft Room
9.30am	Table Tennis	OBCC
12.45pm	Mah-jong (Advanced)	SBCC
1pm	Mixed Bowls	Bowling Green
1pm	Afternoon Movie	Cinema
1.30pm	Billiards/Pool	SBCC
	Happy Hour	Oasis Bar
4pm	Tennis	Tennis Courts

# Caretakers' column

Hello to you all and welcome to spring! We have had so much happening since our last edition. Our newly renovated Ocean Breeze Country Club has re-opened and is looking absolutely amazing. The new modern colours and furniture are simply stunning and have only added to the overall beauty of the resort. We are still receiving new deliveries daily, and it is so exciting to see what else is being installed!

The Sea Breeze Country Club has also received a facelift. Our revamped café area has just been re-tiled and the new lounges are so comfy - they're perfect for that catch up with neighbours over coffee or an evening cocktail.

Our homeowners are all busy scheduling upcoming events including Octoberfest, with Christmas ideas and activities all now locked in, with the planning of the finer details well underway. An air of excitement hangs over our resort at the moment with everyone very keen to jump in and enjoy the coming months of festivities. Our crowning glory will be the opening of the new Horizons Country Club, with our residents already given a sneak peak of what to expect - it is going to be one amazing end to 2021!

We cannot wait to share all the fun, laughter and excitement with our current and incoming residents. Until next edition, live, laugh and enjoy every day!

Wayne & Aileen Resort Caretakers



SATURDAY		
7.30am	Bowls	Bowling Green
9am	Singing Group (mixed)	Oasis Lounge
12.30 pm	Cards	OBCC
1pm	Indoor Carpet Bowls	SBCC
1pm	Bowls (Self-select pairs)	Bowling Green
1.30pm	Billiards/Pool	SBCC
6pm	Evening Movie	Cinema
SUNDAY		
8am	Tennis	Tennis Courts
9.30am	Table Tennis	OBCC
10.30am	Bridge Players	OBCC, upstairs
1.15pm	Mixed Bowls	Bowling Green



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# Nice drive!

Experience Palm Lake Resort from behind the wheel of your very own premium golf car. Purchase a new Palm Lake Resort home at Toowoomba and receive a four-seat Club Car 'Tempo' (with lithium ion technology) absolutely FREE\*



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