

The Essence

January–February 2022



REFER A
FRIEND AND
SCORE A CASH
INCENTIVE!
DETAILS INSIDE...



DIVE ON IN

Our resort pools are magnets for homeowners. Here are some ideas for how to make the most of these prized facilities!

FASHION, FILLIES, FUN

Another year, another Melbourne Cup has been run and won - but the real winners are our residents who enjoyed fashion, fillies and fun!

MONTH OF LOVE

February is on our doorstep and you know what that month is famous for, right? Yes... it's all about love!



Pictured above: Enjoy your own version of the 'endless summer' here at Palm Lake Resort Cooroy-Noosa. Our resort pools are the venues for splashing fun! See Pages 4-5 for more.

Welcome

Hello all and welcome to our first edition of 'The Essence' newsletter for 2022! Brad and I hope all of our residents enjoyed a lovely break over Christmas and the New Year festive period, and were able to catch up with special friends and family. As we move into this New Year, our fingers are well and truly crossed that we will all be able to travel far and wide in 2022 and get our lives back to some kind of normal.

Inside this edition, make sure you check out our story offering some great ideas for how you might be able to utilise our wonderful resort pools. It's a great time of the year to be enjoying the splashing fun that our resort-style pools offer! Read all about it on Pages 4-5. While you're at it, check out the wrap-up from our awesome Melbourne Cup event on Page 7 and get in the mood for 'love' in February with our story on Pages 8-9.

Don't forget, Brad and I are both here to support your independence at Palm Lake Resort Cooroy-Noosa - and we're also here to ensure you are living your very best life. So if there's anything we can do for you, just let us know!

Happy New Year to you all!

**Natalie Harrison and Bradley Naughton, Caretakers
Palm Lake Resort Cooroy-Noosa**



Contact us

If you have any questions about Palm Lake Resort Cooroy-Noosa or if you are interested in touring our resort grounds and world-class facilities, simply contact us!

Freecall: 1800 885 851

Email: salescooroy@palllake.com.au

Find our Sales Information Centre:
15 Pearsons Road, Cooroy QLD.
We're open five days a week, 9am-4.30pm.

Visit: palllakeresort.com.au

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News briefs

What's on in our community

January 30: The Malt and Meat Festival, at Malt Shovel Taphouse, Birtinya, will offer you a journey of craft beer discovery, with exclusive seasonals, new products and old favourites to try. Perfectly paired, there will be a selection of slow-cooked meats to also try and live entertainment to seal the deal.

February 13: The Queensland Triathlon Series welcomes athletes of all ages and abilities to compete in a fun, friendly environment at Golden Beach. Maybe you're a beginner getting a feel for a triathlon or want to challenge yourself to take on the longer Olympic/Sprint distance races, there has never been a better time to tri.

February 19: The Noosa Summer Swim is a bucket list event for any keen ocean swimmer. The event offers a range of distances for every ability, from junior events to a 5km marathon. Join thousands of Queenslanders and special guests for a huge weekend of sun, surf and swims at Noosa Heads!

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 palllakeresort.com.au



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 Cooroy-Noosa home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre or check out Page 6 of this newsletter for more information.

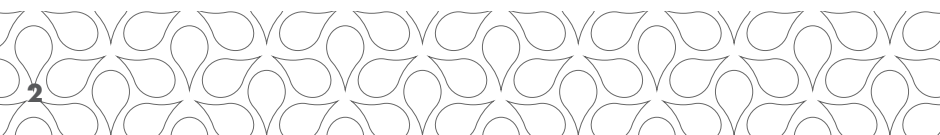
Social butterflies

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @palllakeresort
Instagram: @pall_lake_resort

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 website at: palllakeresort.com.au



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 aqua aerobics classes:

- Tuesdays: 9am and 10am
- Fridays: 7.30am and 8.30am

Soak up the sun

You don't even need to enter the water to enjoy your resort pool – sometimes, just lounging on one of the recliners 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.

Enjoy the fresh air

Rather than catching up with friends in the Country Club or showing your grandchildren around the cinema, take your party to the outdoor 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 sun-soaked outdoor 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 cinema, library and a bowling alley on site, visiting grandchildren love our resort just as much. The resort 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 (pictured right).

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 Country Club 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! 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. You'll not only be sharpening your mind, but also scoring all the (above) benefits of being outdoors.

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 its many benefits. 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!

Splashing good fun!



1. Morgan & Finch whale diving toys, \$13.55 bedbathntable.com.au
2. AquaReader floating book and tablet caddy, \$182 amazon.com.au
3. Sunnylife floating bed, \$89.99 theiconic.com.au
4. Hydgenos swimming headphones, \$279 hydgenos.com



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

\$250
for an established home

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 885 851. *T&Cs apply

The best in over-50s living. This is your time.
palmakeresort.com.au



Fashion, fillies, fun, frolics

BY SUE STANLEY
PALM LAKE RESORT COOROY-NOOSA'S SOCIAL CLUB FOR FUN

PALM LAKE RESORT COOROY-NOOSA'S 'SOCIAL CLUB FOR FUN' ORGANISED A GREAT DAY OF EVENTS FOR MELBOURNE CUP.

It's the race that stops a nation and it certainly did also stop our resort this year! The day started with our ladies arriving in their finery - stunning outfits and beautiful hats were all around. The men were also dressed to impress. Everyone was looking forward to a day of fun and friendship. There was much excitement when residents found out what horses they had scored in the sweeps - and then again when they received their glass of Champagne/beer followed by the Melbourne Cup luncheon.

Fashions on the Field played a big part of the day with two special-guest judges joining us from our friendly town of Cooroy including Wilhelmina from Cooroy Shoes and Bekki from Galah Home. There were five categories in the competition. The winners were announced after the Melbourne Cup race was run and some wonderful prizes given. Here are our winners:

- Best dressed Lady was Jill
- Best Dressed Gentleman was Rodney
- Best Dressed Couple were Yvonne and Phil
- Best Hat went to Wendy
- Best Novelty outfit went to 'Lady and the Tramp'.

The hamper raffles were well supported by residents and there were lots of laughs from everyone when Heather and Rhonda commenced the fun of the horse game. Dice were thrown in the air and first past the post was the winner. All participants received a prize and guess what the winner was gifted with? A felt horse head! These photos tell the story!

Once the official part of the day was done and dusted, it was time to dance to tunes by our own resident musicians - The Trading Post band. Dancing continued into the night with residents showing their skills at line dancing, rock 'n roll and Zumba! It turned out to be a great day with everyone exhausted after their day of 'Fun and frolics'.



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 (or head to Page 4)! 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 underway at your resort.

Love long distance

This is something we've had to become much better ac-

quainted 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.

Weekly activities

Monday

7am Walking group (The Pavilion)
10am Crochet, knitting, sewing group
1.30pm Members' lawn bowls

Tuesday

7am Casual tennis
9am Lawn bowls coaching
9am Aqua aerobics (indoor pool)
10am Aqua aerobics (indoor pool)
1pm Art class (Craft Room)
1pm Mah-jong (Library)
1pm Indoor bowls (The Pavilion)
6pm Residents' dinner
7.30pm Cards (The Pavilion)

Wednesday

8am Table tennis (The Pavilion)
9am Bus shopping trip
1.30pm Casual bowls
3pm Board games
4pm Pickleball
6.30pm Lawn bowls

Thursday

1pm Mah-jong (Library)
6pm Residents' dinner

Friday

7am Walking group (meet at The Pavilion)
7.30am Aqua aerobics (Indoor Pool)
8.30am PT at Milon gym (bookings essential)
8.30am Aqua aerobics (Indoor Pool)
3pm Tenpin bowling
5pm Happy Hour (the Bar)

Saturday

9am Lawn bowls
1.30pm Members' lawn bowls

Sunday

3pm Board games
3pm Casual tennis

Homes for sale

Villa 135 - \$890,000

SOLD!



Beds
2



Baths
2



Living
1



Activity
1



Outdoor
Living



Garage
2

Listings wanted



We have a record number of buyers looking to purchase a home and we urgently need listings. Thinking of selling? Call our Sales team for a market appraisal. Freecall 1800 885 851

Villa 37

UNDER
CONTRACT



Beds
2



Baths
2



Living
1



Activity
1



Outdoor
Living



Garage
2

Angling for a new boat?

With so many of our newest resorts located near wonderful waterways, it's only fitting that we'd cast the net a little wider for a 'Welcome home' gift.

In 2022, Palm Lake Resort is giving away a 4.3m Quintrex aluminium "Fishabout" boat, valued at over \$30,000, FREE with any new home purchased!

If you've been thinking about a relocation to one of our newest resorts and wanted to find out more about how to land this prized catch, phone 13 56 72.

FREE
\$30,000 boat
with your new
home!

T&Cs apply



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THIS IS YOUR TIME

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Bargara • Beachmere Bay • Caloundra Cay • Forster Lakes • Toowoomba