

# The Essence

September–October 2021



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



## 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?

## SMALL YARD, BIG FURRY LOVE

Check out the birthday party to top all parties – and find out the Top 5 dog breeds for small yards

## MEET THE TEAM!

You've seen her around the grounds, now meet Jenny from the Palm Lake Resort block





# Welcome

September marks our six-month anniversary of working as caretakers here at Palm Lake Resort Cooroy-Noosa – and our new life in Queensland. We've just enjoyed our first Queensland winter and I would have to say, I LOVED it! Not once did I feel freezing cold – bring on summer! We have met many wonderful residents and co-workers and have slotted ourselves into Palm Lake life nicely. The support and compliments we have received have been overwhelming and we thank everyone sincerely for making us feel so welcome.

We would also like to welcome all of those new over-50s who have chosen Palm Lake Resort Cooroy-Noosa as their downsizer home. We find ourselves nearly at capacity, with all our new homes sold and the last of the new homeowners to move in. You will notice some of our last landscaping works and other small construction jobs being finalised in preparation for the Palm Lake Works construction team to handover the completed resort to us, for continued caretaking and maintenance into the future.

Brad and I look forward to continuing to support you - our homeowners - in living your best life here at Palm Lake Resort, as you have done for us.

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

## 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 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.

## 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: @palmakeresort  
Instagram: @palm\_lake\_resort

## Contact us

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

**Freecall:** 1800 885 851

**Email:** salescooroy@palllake.com.au

**Find our Sales Information Centre:**

19 Trading Post Road,  
Cooroy QLD 4563.  
We're open five days a week,  
9am-4.30pm.

**Visit:** palmakeresort.com.au

*This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.*



## News briefs

### Just out of town...

Have you heard of the annual celebration of the arts that is Brisbane Festival? Brisfest offers a month-long program of all kinds of great events right throughout September. If you've read the cult Brisbane novel 'Boy Swallows Universe' by Brisbane journalist and author Trent Dalton, you'll be excited to know that the story is coming to the stage during BrisFest. There are also concerts (think David Campbell and Anthony Warlow), fashion shows, river cruises and more. Visit [brisbanefestival.com.au](http://brisbanefestival.com.au)

### On your marks...

Get set, go! From October 27 to October 31, our region will play host to one of Australia's most anticipated sporting events, the Noosa Triathlon. Whether you plan on competing in the event, cheering on the athletes from the sideline or making use of the now-rescheduled Ekka public holiday (Monday, November 1), it's sure to be a great weekend for all.

### 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 [pallmakeresort.com.au/news](http://pallmakeresort.com.au/news)



### Great creative at the Butter Factory

Our local Cooroy Butter Factory Art Centre is a melting pot of so many artforms and the best part is that you can learn from the experts. Here's a rundown of what workshops are coming up:

**Sept 25:** Plein Air Abstract Watercolour (\$125). Join local watercolour artist Libby Derham on a relaxing day outdoors. Begin by 'drawing whilst walking' and then build on this as you begin your watercolour and mark-making 'sampling' outdoors. The culmination of the day is bringing it together to create an individual abstract or semi-abstract painting on Clayboard (as pictured, below).

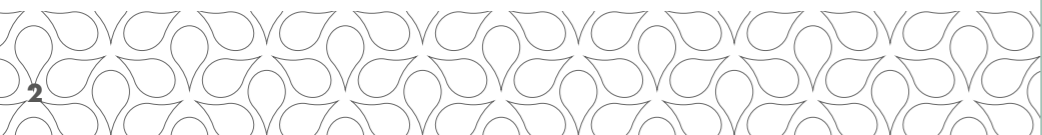
**Sept 26:** The Art of Landscaping (\$115): A fun, creative painting workshop with local artist and art educator, Ruth Horton. Explore the medium of acrylic on paper and canvas. Participants will be encouraged to bring photos relating to their own experiences and travels. Studies of natural plant and landscape forms will combine to form imaginative art works that reflect the diversity of Noosa and its surrounds.

**Oct 10:** Botanical Contact Printing (\$145): Discover nature's colour and patterns in this eco dying workshop with Rhonda Rettke. You'll be delighted by the slow reveal of transferring natural materials to textiles. Participants will use flowers and leaves to create unique prints to make their own silk scarves and art journal.



**Oct 13:** Coloured portraits (\$125): Facilitated by Archibald Finalist Dr Jandamarra Cadd you will be guided by a master portrait artist on his personal technique of creating depth and portrait likeness using a full spectrum of colour.

For more, visit: [www.butterfactoryartscentre.com.au](http://www.butterfactoryartscentre.com.au)





# Meet the team: Jenny



**TITLE/ROLE:**  
RESORT CLEANER

**Tell us a little about yourself (family, kids, pets, where are you based)?** I live in Tewantin with my husband of 45 years, Mick, and our Border Collie, Jackson. We've chosen not to have kids, so we've had five Border Collies instead! It's been a very rewarding decision - one we're never regretted. Dogs don't answer back! We have lived in Tewantin for the past 21 years. I have been with Palm Lake Resort since May 2020.

**Tell us about your career leading up to your role at Palm Lake Resort?** My very first job was in a farm machinery business doing bookwork, spare parts and assembling motor bikes for two years. I then got a job in the banking industry and stayed in that profession for 29 years. In 2003, Mick and I took two years off work to travel around Australia in our caravan with a plan to just explore and have a wonderful time, meeting new people and experiencing our exceptional landscape. We had been home for 10 months when I started working as a cleaner. But then we set off again in our caravan for four more years, but this time I worked as a cleaner anywhere we went. I never had trouble getting a job, as everyone wants a cleaner! From 2010 to now, I've worked as a cleaner in hotels, five-star accommodation, caravan parks, universities, schools, private homes, boat yards, shopping centres and finally here at Palm Lake Resort Cooroy-Noose which I refer to as my dream job - I just love it here!

**What do you enjoy most about your current role?** I enjoy the magnificent team of employees I am lucky to work with, the hours we work and the friendly atmosphere. The residents really appreciate all we do for them.

**Do you have any hobbies? What do you like to do in your downtime?** My hobby used to be dog obedience and confirmation tracking and endurance trials. I was a dog instructor for over 30 years. I'm retired from that now and enjoy caravanning, going to the beach and spending time with friends.

**Where can you see yourself in five years? Where can you see yourself in retirement?** In five years' time, I hoping to be semi-retired and if all goes well I'll only be cleaning 2-3 days a week, travelling around Australia in our caravan, enjoying the beach – and a vodka.

# The Springs has sprung

RESIDENTS OF THE SOUTHERN SUNNY COAST ARE REJOICING IN THE NEWS THAT THERE'S A GREAT NEW COMMUNITY FACILITY ON THE WAY.

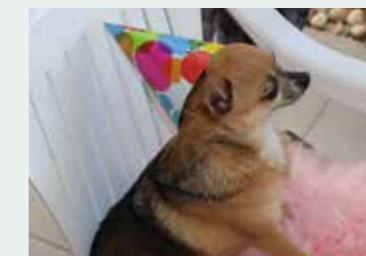
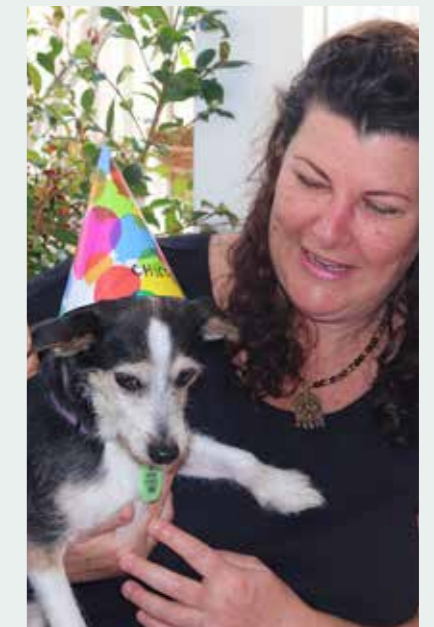
The Springs by Palm Lake Resort is the latest over-50s community coming to our Sunshine Coast by the Palm Lake Group, but did you know that its development is just one piece of an impressive puzzle now underway at Pelican Waters? As well as the luxury over-50s resort and Greg-Norman designed Pelican Waters Golf Course, there's a dramatic upgrade of the golf clubhouse underway right now that will see a hotel-style facility available to the wider local community including our residents. There will also be a new stand-alone pro shop, training academy, mini golf, pitch and putt, driving range and glass-clad lakeside chapel to complete The Springs Hotel precinct. It will be a destination for the whole Sunshine Coast community, not just limited to those avid golf lovers and/or Palm Lake Resort residents. Sunshine Coast Council's Division 2 Councillor Terry Landsberg was on site recently to help our MD Scott Elliott 'turn the first sod' and officially mark the commencement of this project (pictured below).

"Palm Lake Resort will bring their creativity, experience and high level of detail to present an exceptional resort for not only golf lovers, but residents who appreciate prestigious resort-style living," Cr Landsberg says. "The range of impressive community facilities proposed for this site will no doubt suit our local families – and will also help keep non-playing residents entertained while their other half is out on the greens enjoying a round or two!"



# Around the grounds

WE LOVE ANY EXCUSE FOR A PARTY – AND THIS ONE WAS NO EXCEPTION. MICHELLE (VILLA 206) RECENTLY THREW A WONDERFUL BIRTHDAY BASH FOR HER BEST (FOUR-LEGGED) FRIENDS AND THE RESULT WAS CUTENESS OVERLOAD!



TURN OVER FOR THE TOP 5 DOG BREEDS FOR SMALL YARDS







# 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.

Palm Lake Resort Cooroy-Noosa 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.

# Weekly activities

## Monday

**6.30am & 7am** Walking group (The Pavilion)  
**10am** Crochet, knitting, sewing group  
**1.30pm** Members' lawn bowls  
**6.45pm** Table tennis (The Pavilion)

## Tuesday

**7.30am** Casual tennis  
**9am** Lawn bowls coaching  
**8.30am** Aqua aerobics (indoor pool)  
**9.30am** Aqua aerobics (indoor pool)  
**1pm** Art class (Craft Room)  
**1pm** Mah-jong (Library)  
**12 noon** Indoor bowls (The Pavilion)  
**6pm** Residents' dinner  
**7.30pm** Cards (The Pavilion)

## Wednesday

**8.30am** Bus shopping trip  
**9am** Table tennis (The Pavilion)  
**1.30pm** Casual bowls  
**3pm** Board games  
**5pm** Tenpin bowling  
**6.30pm** Lawn bowls

## Thursday

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

## Friday

**7am** Walking group (meet at The Pavilion)  
**8.30am** PT at Milon gym (bookings essential)  
**8.30am** Aqua aerobics (Indoor Pool)  
**9.30am** 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  
**4pm** Casual tennis





# 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 455 307. \*T&Cs apply

The best in over-50s living. This is your time.  
[palmakeresort.com.au](http://palmakeresort.com.au)



## 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 IN YOUR ADULT YEARS.

### 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 a '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).

## Get vaccinated (if you can)

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. Beyond making it easier for you to travel, experts assert that higher vaccination rates make outbreaks less likely and reduce the need for preventative measures like border closures and travel restrictions – saving lives and livelihoods in the process.

## 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.

# Villa 85: \$699,000



NOW  
UNDER  
CONTRACT



Beds  
2



Baths  
2



Living  
1



Activity  
1



Outdoor  
Living



Garage  
2

## This is living - Noosa style

Take less than 100 steps from this beautifully maintained "Surfside" home to find yourself inside the world-class Pavilion Country Club that delivers unprecedented luxury, the resort's hub of activity.

The layout of this stunning home allows the lucky owners to take advantage of indoor/outdoor living at its best, with two bedrooms, two bathrooms plus activity room. The home comes complete with established gardens that surround the property, and stylish new additions including plantation shutters, sheer curtains, and contemporary pendant lights in the Kitchen.

You will not miss the quality fittings and fixtures that compliment the home, including full range of SMEG appliances, stone benchtops, 2 Pac cabinetry, semi-frameless shower screens and niches, high quality chrome tapware, zoned air conditioning, ceiling fans and more...

**With so much on offer, phone us today on 1800 885 851 to arrange an inspection.**







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

Living  
our  
best  
lives.



SALES INFORMATION CENTRE OPEN 5 DAYS | 9am – 4.30pm | 1800 885 851  
salescooroy@palllake.com.au | 19 Trading Post Road, Cooroy, QLD

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