

OCTOBER 2021

# TEA TIME.



## MUSIC ALL AROUND US

Did you play an instrument at school? Blow the dust off that clarinet - playing music is good for you!

## SMALL YARD, BIG FURRY LOVE

Looking to add a new (furry, four-legged) member to the family? Find out the Top 5 dog breeds for small yards

## PALM LAKE PEOPLE POWER

Read all about our fantastic Palm Lake Resort Tea Gardens residents doing great things...





## SALES TEAM WELCOME

It is very peaceful and relaxing in Tea Gardens at the moment and with the warmer weather, everyone is enjoying the outdoors. People out walking, cycling and gardening – it is lovely to see. We had been getting plenty of sales enquiries via email and phone while our state grappled with the global pandemic, but now that restrictions are easing, we are excited about having guests come up from the Central Coast and Sydney to view our beautiful resort grounds in person again. If your situation has changed and you need to move on, our Sales Team has a list of interested buyers waiting. Feel free to contact us and find out more.

**Jen Nichols,**  
Palm Lake Resort Tea Gardens Regional Sales Manager



## RESORT MANAGER'S REPORT

Hi all! We have been busy preparing the resort for spring/summer. It's great to say goodbye to winter - spring has sprung and now we have longer and warmer days to enjoy our beautiful resort. The grounds are looking fabulous right now and we must not only thank our grounds team but also our wonderful volunteer residents who assist around the grounds. Pictured on Page 3 is our Monet Garden on the Water Lilies walk - an example of some of the wonderful work that our volunteer group has completed. The final touch will be bench seats placed around the lagoon for all to enjoy so you can take a break along the way. It's also that time of the year when our Resident Committees and Special Interest Groups change hands and I would like to express a huge thank you to all members, old and new, for the work they put in to make our resort so great.

**Kym Bellamy,**  
Palm Lake Resort Tea Gardens Resort Manager



## CONTACT

If you have any questions about Palm Lake Resort Tea Gardens or if you are interested in a private tour of our resort grounds and facilities, simply contact us!

**Freecall:** 1800 756 740

**Visit us:** 50 Spinifex Ave, Tea Gardens

**Email:**

salesteagardens@palllake.com.au

**Visit our website:**

www.over55palllake.com.au/

teagardens

**Get social:** Follow us on

Facebook (@palllakeresort) and on

Instagram (@pall\_lake\_resort)

*This newsletter is intended to give general information 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.

### STAY A NIGHT - ON US

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 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 area.



**Pictured above:** One of the lovely pockets of floral bliss around our blooming resort grounds, with thanks to our groundskeeping team and our wonderful resident volunteers.



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

### GET SOCIAL

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

### 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 Information Centre.

## WEEKLY ACTIVITIES.

### MONDAY

- 10am** Social bowls
- 12 noon** Bistro lunch (first Monday), WAC (Women & Cancer)
- 12.15pm** Yoga
- 1pm** Sewing & Craft
- 1.30pm** Movies (first Monday), Mah Jong, Sailing (alt. weeks - WLCC & PROM)
- 2pm** Table tennis
- 7pm** Cards 500, Snooker

### TUESDAY

- 7.30am** Kayaking (Anzac Park)
- 9am** Zumba, Aqua aerobics, Tech Savvy (first and third Tuesdays)
- 1pm** Advanced Canasta
- 2pm** Ladies' coffee afternoon (first Tuesday)
- 3pm** Pickleball
- 6pm** Residents' dinner
- 7.15pm** Movie night

### WEDNESDAY

- 9am** Workshop open
- 9.30am** Tai chi
- 11am** Line dancing (not first Wed), Darts
- 1.30pm** Ladies lawn bowls
- 2pm** Art, Tennis
- 6pm** Residents' dinner
- 7.15pm** Movie night

### THURSDAY

- 9am** Aqua aerobics
- 10.30am** Shibashi
- 12.30pm** Pie Day 'pick up'
- 1.15pm** Tenpin bowling
- 1.30pm** Card making
- 2pm** Table tennis, Tennis
- 3pm** Social bowls

### FRIDAY

- TBC** Shopping bus
- 9.30am** Chair yoga
- 2pm** Tennis
- 5pm** Happy Hour

### SATURDAY

- 9am** Workshop open
- 1pm** Advanced Canasta
- 2pm** Social bowls, Table tennis
- 3pm** Pickleball

### SUNDAY

- 12 noon** Sunday Roast (fourth Sunday)
- 1.30pm** Mah-jong
- 2pm** Movies
- 3pm** Tennis





# 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.

## 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.

# MUSIC IS THEIR SPICE OF LIFE.

WHEN JULIAN LITTMANN REACHED HIS 70S, HE FELT SURE THAT HIS MUSIC-PLAYING DAYS WERE BEHIND HIM. BUT SINCE MOVING TO PALM LAKE RESORT TEA GARDENS AND MEETING FELLOW MUSO JOHN DAVIES, JULIAN HAS FOUND THE RHYTHM ONCE AGAIN – AND HE'S SHOWING NO SIGN OF SLOWING DOWN.

What do two music-obsessed retirees call their rock 'n roll duo? Ol' Spice, of course!

"I like to say that I'm the 'spice,'" says Julian with a laugh. "John is a year older than me, so it seems only fair."

The two men met when Julian moved to Palm Lake Resort Tea Gardens around three years ago. A lifelong lover of music who has been playing electric bass since the age of 20, Julian says he never dreamt he would play music again. He was pleasantly surprised upon arrival.

"Lucky for me, Jill Davies here has a choir of 24 people which she has been working on for about five years," says Julian. "Her husband, John, is the musical genius behind it all – he's been in music for about 40 years. I cornered him and the next thing you know we've got about 70 songs under our belt."

Their epic repertoire features a bit of everything, and while they have performed at a couple of resort events (a well-attended fashion show and a birthday celebration), their sights are set on the resort dinner dance coming up on December 18.

"We've had a few false starts with this particular event, thanks to the ongoing lockdowns, but that has just meant we could perfect our performance," says Julian. "We can't wait to get out there."

Ol' Spice has lined up a whopping four hours' worth of music – a rollercoaster of crooning songs for slow dancing (think 'Imagine' and 'Moon River') and amped-up rock tracks that are sure to get attendees out of their seats. A show like this doesn't

DIARY NOTE:  
DINNER  
DANCE ON  
DEC 18



happen overnight – John and Julian meet up for planning sessions on Monday afternoons, and then dry runs in the resort's theatre on Wednesday afternoons from 2pm until 5pm. They're even using iPads to record backing tracks, both to help them practice individually and to complement their live music – four hours of singing and playing calls for it!

"We're well and truly ready to go for it," smiles Julian.

The excitement is evident in his voice – after all, they've been waiting months for this. Having played in Sydney nightclubs like Checkers in the 1960s and '70s (as part of a trio called 'The Sandmen') it seems Julian hadn't realised how much he missed live music until he came to Palm Lake Resort Tea Gardens.

"It was the last thing I expected to happen to me in a retirement community, but it's been the best!"





# 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 coop, 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 homes and resorts to be pet friendly because we know just how important pets are for the majority of our over-50s residents, too. We find that resort neighbours tend to catch up while out on regular walks with their pooches, providing dog owners with that all-important incidental exercise (the fresh air and vitamin D are simply cherries on top). 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.



# LOOKING FOR SOME OFF-LEASH FUN?

**IF LEASH-FREE FUN FOR YOUR POOCH IS WHAT YOU'RE CHASING, OUR LOCAL AREA IS FLUSH WITH GREAT PLACES TO LET FIDO PLAY FREE...**

There's no mistaking the look in any dog's eye when you unclip their lead and the world becomes their oyster! There are all those scents to follow, those noises to investigate and the freedom to just run, run, run!

For Palm Lake Resort Tea Gardens residents with furry friends, the MidCoast Council's website holds all the information you'll need to find your four-legged flatmate a place to play offleash. As the website states: "Leash-free zones allow dogs to exercise off the lead so they can 'burn off' excess energy in a safe environment without being a nuisance to the general public. They also provide an important socialisation experience with other dogs. By providing these opportunities, dogs are less likely to exhibit nuisance behaviour due to boredom and frustration when confined to their yard."

The website offers a full list of all leash-free areas across the full MidCoast region. For our local area, however, the closest places to let your pooch play off-leash is:

- The area north of the Hawks Nest Golf Club, on Bennett's Beach.
- Also, at the southern end of Bennett's Beach.

Please note that all areas have specific leash-free times and that dogs still need to be under your effective control, of course. Your best bet is to visit the council website at [www.midcoast.nsw.gov.au](http://www.midcoast.nsw.gov.au) and search under the 'Recreation' tab, in 'Pets & Animals'.





## PAULA POUNDS THE PAVEMENT FOR KIDS.

THERE ARE SO MANY STORIES OF OUR WONDERFUL RESIDENTS DOING WONDERFULLY CHARITABLE THINGS. IN THIS EDITION, READ ABOUT PAULA WHO TOOK ON THE RAIN, WIND AND COLD... FOR CARYS.



September 26 was a day of focus on Childhood Brain Cancer. The majority of people are not aware that brain cancer kills more children in Australia than any other disease and also claims the lives of more people under 40 than any other cancer.

DIPG (Diffuse Intrinsic Pontine Glioma) is the most aggressive and deadly of all childhood cancers; it accounts for 20 per cent of childhood cancer deaths. It strikes children at an average age of 5 to 10 years. It is inoperable, there is no cure, no treatment options and this situation has not changed in more than 60 years. Upon diagnosis, kids are given an average of nine months to live.

Palm Lake Resort Tea Gardens resident Paula Lau (Home 165) walked 20km on September 26 to raise money under the 'RUN DIPG' charity fundraiser event. RUN DIPG is a charity created by Professor Matt Dun at the University of Newcastle to fund research into this awful disease. He lost his 4-year old daughter, Josie, to DIPG in 2019. All the funds raised through this event went directly to research. Paula participated in memory of her granddaughter, Carys, who died in 2018 (aged just 8) from DIPG.

"Despite the awful weather on the event day - we had rain, wind and it was cold! - we managed to walk 21.5km," Paula smiles. "We were able to raise an amazing total of \$3675 for Childhood Brain Cancer!"

"I have to send out a huge thank you to everyone who donated. There are so many wonderful people around our resort who donated to the cause and supported me. It was much appreciated," she says. "We are so lucky to be part of such a great community here at Palm Lake Resort Tea Gardens."



NEXT MEETING: NOV 1

## YOU'RE INVITED TO A WAC-A-DO.

WITH MORE THAN 20 YEARS OF HISTORY, THIS IS ONE SUPPORT GROUP MAKING A DIFFERENCE IN LOCAL LADIES' LIVES...

Over 20 years ago, Anne Reynolds called a meeting to form a breast cancer support group. Enthusiastic interest was shown by all who attended the initial meeting to form the Breast Cancer Group for the Tea Gardens & Hawks Nest areas. All those who attended were in agreement that a group operating locally would be of great benefit as many of the attendees mentioned experiencing feelings of isolation. At this time the group was under the guidelines of the Cancer Council and was in the form of monthly meetings and included monthly guest speakers.

Anne says the group is known as "WAC" which is an acronym for "Women and cancer".

"So, when we get together we call it a 'WAC-a-do!'" Anne smiles.

There is an open invitation to ladies who have just been diagnosed and/or are survivors to join the group for great conversation, laughter and comfort among friends who have been through similar circumstances.

Over the years, the decision was made to include all women who have been affected with any form of cancer, not only breast cancer. Instead of meetings with guest speakers, the group decided to have afternoon coffee once a month with a couple of luncheons a year. Now, in 2021, the group hosts a fulfilled informal luncheon once a month. The group no longer focuses on the intensity of cancer but on the inspiration provided from long-time survivors of the group.

"At the moment we have approximately 27 ladies on our mailing list including many original members," Anne says. "There are about 15 ladies who regularly attend each and every month."

These gatherings are generally held on the first Monday of each month, from 12noon, within the Palm Lake Resort Tea Gardens Promenade Country Club. If you are interested in joining the group, please contact Lesley Kibble (either by phone on 0408 676 682 or email neillesleykibble@gmail.com) or Carol Heylbut (4919 8173). Make a note in your diary: The next 'WAC-a-do' catch up is scheduled for Monday, November 1.

"Our focus is to support, encourage and develop friendships whilst sharing our strengths within a positive environment," Anne says. "Over the last 20 years, we have all thrived on the positive and happy contact that has been shared."



# CASH BUYERS AWAIT.



There has been an unprecedented level of enquiry on homes at Palm Lake Resort Tea Gardens in recent months - 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 of weekly activities and our welcoming coastal community have made Palm Lake Resort Tea Gardens a very sought-after local neighbourhood.

If you're a homeowner here and your situation has changed so you are contemplating a move, please let our Sales Centre know. Our Sales Consultant Lisa 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. To find out more, freecall 1800 756 740 or stop by the Sales Centre anytime from 9am-4.30pm, Monday-Friday.



**SOLD!**

BEDS + STUDY 2	BATH 2	LIVING 1	ENCLOSED ALFRESCO	GARAGE 2
-------------------	-----------	-------------	-------------------	-------------

## HOME 19 - \$695,000

This immaculate home is one of our original and very popular Van Gogh designs. It features two bedrooms plus a large study, with vaulted ceilings in the open plan kitchen/dining area and a separate formal lounge room.

Recently painted and with new carpet in the master bedroom and lounge room, this home has been maintained to a very high standard. It has a lovely, light and airy feel and is surrounded by well-established gardens and shrubs giving excellent privacy.



**SOLD!**

BEDS + STUDY 2	BATH 2	LIVING 1	ENCLOSED ALFRESCO	GARAGE 2
-------------------	-----------	-------------	-------------------	-------------

## HOME 129 - \$735,000

Just over three years old, this Cezanne III home is in immaculate condition with mature, well-maintained gardens. The floor plan features an open-plan kitchen and living area, perfect for flexible living or entertaining family and friends. There is a separate wing containing guest bedroom and bathroom and the master bedroom with ensuite and walk-in-robe. Both the living area and master bedroom have access to the private fully fenced courtyard, the perfect place for soaking up the sunshine or enjoy the breeze with a cup of tea and a good book. This home has ducted air con, high ceilings, external window awnings, plantation shutters, wide eaves and is fully insulated. It also has 15 solar panels.



# 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, or maybe tell them about our various new resort locations still under construction, and if they purchase a Palm Lake Resort home, 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 756 740. \*T&Cs apply

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

To find out more, freecall 1800 756 740 or stop by the Sales Information Centre, 9am-4.30pm, Monday to Friday (and weekends by appointment).



THE BEST IN OVER 55's LIVING

# THIS IS YOUR TIME.



This is your time. You are at peace with yourself, having reached a point in your life where freedom, individuality and personal growth can finally be your focus. Here you will find a place to capture the precious moments that define, enrich and centre you. A community where you can find yourself again, at your own pace. It's Tea time.

**Book a Private Inspection today and learn more about the life you could live at Palm Lake Resort Tea Gardens.**



[palmakeresort.com.au](http://palmakeresort.com.au) | Freecall 1800 756 740  
The best in over 55's living | This is your time

\*Subject to change without notice.