

# The Edge

January-February 2022



## CALLING LAST DRINKS!

Our very last new homes are now available. Act fast to secure your slice of paradise!

### Dive on in

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

### Festive flavours

We love a party here at Palm Lake Resort and our recent Festive Flavours event was no exception

### Big blue bows

More wonderful new homeowners have joined our almost-complete community – have you met the newbies yet?



# Welcome

As we welcome in the New Year, we also welcome you to another edition of *The Edge*.

The end of the year saw the judging of our resort's Christmas lights competition. Jacky and I (pictured above) were given the unenviable task of selecting the winners. It was a delight to interact with so many homeowners as we ventured around the resort in our golf buggy at sunset that day. So many long-standing homeowners joined a number of new residents to get into the festive spirit. We have witnessed new friendships being made, as so many join the Palm Lake Resort Toowoomba community and enjoy and all the lifestyle on offer. Our 'Grand Champion' home can be seen on Page 4. What an amazing effort!

At the Sales Information Centre, we are gearing up to a very busy last few months as our final stage (Stage 7) draws to a close. Interest is as strong as ever with a record number of settlements happening in February. We now only have a very limited number of new homes available, as you'll see in our cover photo. Several of these are in prime positions. Of course, we also always have a limited number of beautiful established homes available for sale. The stock is ever-changing so drop us a line when you are ready to join us here at Palm Lake Resort Toowoomba and we can show you through the options available.

We hope the New Year brings good health, happiness and prosperity to you all and we look forward to seeing you soon.

**Shirley and Jacky,  
Palm Lake Resort Toowoomba Sales Team**

## Contact us

Looking for more info about Palm Lake Resort Toowoomba? Find us here:

**Online:** [pamlakeresort.com.au](http://pamlakeresort.com.au) and choose "Toowoomba" from the "Our resorts" menu.

**Social media:** Follow Palm Lake Resort on Facebook and Instagram to see what's happening right across our 25 Palm Lake Group locations.

**Address:**  
Gate 1, 97-161 Hogg St, Cranley.

**Freecall:** 1800 280 129.

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## News briefs

### Jacky's got talent

Homeowners: Did you love your Christmas card from Palm Lake Group this year? It featured a painting by our very own Jacky Poulter from the Sales Info Centre. She's also recently had six more artworks become panels at IWC in Gayndah. Such a talent!

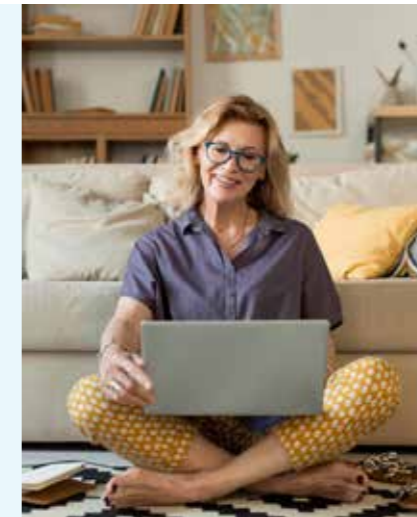


### Hot off the press

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 [pamlakeresort.com.au](http://pamlakeresort.com.au)

### 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 [pamlakeresort.com.au](http://pamlakeresort.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 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!

### Free wheels

New Palm Lake Resort Toowoomba homeowners John and Barbara Hayes are thoroughly enjoying their Club Car 'Tempo' golf car, that they received FREE with the purchase of their brand new home as part of our promotion last year. Nice wheels, guys! In 2022, you can score a FREE boat with your new home!



### Big blue bows

Check out these Palm Lake Resort newbies and their 'Big blue bows'! We welcomed (from left) Noel and Vivienne Shelley, Gail Falknau (and her fur babies) as well as Hugh and Helen Rose recently. It's so nice to have you here!

# Light up your life

GRAND CHAMPION WINNER OF OUR XMAS LIGHTS COMPETITION WAS KEITH CATHRO WHO SPENT MONTHS PREPARING HIS AND HIS WIFE AMY'S HOME FOR THE FESTIVE SEASON.

Keith says, at the age of 90, this will be his last year as it takes a huge amount of time and effort, however it's worth it when he sees the looks on the faces of the many people who come along to enjoy his display. From the hand-knitted food for the 'Teddy Bears' Picnic (lovingly knitted by Amy) to the real lollies in Santa's tray, there is just so much to see in this Winter Wonderland. Congratulations to Keith and Amy - job well done!



# Write on!

PALM LAKE RESORT TOOWOOMBA HOMEOWNER JOCELYN DORAN HAS RECENTLY WRITTEN AND PUBLISHED A BOOK.

Jocelyn's book is a wonderful and intimate look at the very adventurous life story of a woman: her life, love, family and constant adventure. It's a fabulous read and highly recommended by our Sales Information Centre staff. Make sure you get your hands on a copy!



# Festive flavours

WE ATE, WE DRANK AND WE WERE DEFINITELY MERRY AT OUR RECENT 'FESTIVE FLAVOURS' RESORT EVENT. WHAT A SPREAD OF FOOD!



# Dive in

PALM LAKE RESORT POOLS ARE HUBS FOR EXERCISE, RELAXATION AND FUN. SO VERSATILE ARE THE RESORT POOLS, HERE ARE 10 WAYS YOU CAN ENJOY THEM THIS SUMMER, BE THAT ALONE OR WITH 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 these aqua aerobics classes:  
Tuesdays: 10.30am and 2pm  
Thursdays: 2pm

## 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.

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## 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 (three words: swim-up bar). 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 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!

## Splashing good fun!



1. Morgan & Finch whale diving toys, \$13.55 [bedbathntable.com.au](http://bedbathntable.com.au)
2. AquaReader floating book and tablet caddy, \$182 [amazon.com.au](http://amazon.com.au)
3. Sunnyslife floating bed, \$89.99, [theiconic.com.au](http://theiconic.com.au)
4. Hydgenos swimming headphones, \$279 [hydgenos.com](http://hydgenos.com)

# 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

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 lan-

guage'. 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

(PLR) denotes Palm Lake Resort-sponsored activities. (RC) denotes activities organised by our residents. Please check with the Residents' Committee and/or the specific organisers of each event for more info before you attend.

### Monday

**8.30am:** Aerobics, Misty Ridge (PLR)  
**8.30am:** 500 cards, Pinnacle (RC)  
**9.30am:** Beginners line dancing, Pinnacle (PLR)  
**10.45am:** Intermediate line dancing, Pinnacle (PLR)  
**12noon:** 500 cards, Misty (RC)  
**1pm:** Mahjong, Misty (RC)  
**1pm:** Hand and Foot cards, Pinnacle (RC)  
**2pm:** Darts, Pinnacle (RC)  
**3pm:** Indoor bowls, Misty (RC)

### Tuesday

**8.30am:** Beginners line dancing, Pinnacle (PLR)  
**8.45am:** Bus to Grand Central (PLR)  
**9.30am:** Intermediate line dancing, Pinnacle (PLR)  
**10.30am:** Aqua aerobics, Misty (PLR)  
**12noon:** Bistro lunch, Misty Ridge (PLR)  
**1pm:** Craft work and Canasta, Misty (RC)  
**1pm:** Pool/billiards, Pinnacle (RC)  
**2pm:** Aqua aerobics, Pinnacle (PLR)  
**2pm:** Tai chi, Pinnacle Bowls (PLR)  
**6pm:** Dinner, Pinnacle (PLR)

### Wednesday

**8.30am:** 500 cards, Pinnacle (RC)  
**9am:** Tai chi, Misty Ridge (PLR)  
**10.15am:** Steady steps, Pinnacle (PLR)  
**10.30am:** Yoga, Misty Ridge (PLR)  
**11.15am:** Pilates mat class, Pinnacle (PLR)  
**12noon:** Bistro lunch, Pinnacle (PLR)  
**1pm:** Hand and Foot cards, Pinnacle (RC)  
**5.30pm:** Dinner, Misty Ridge (PLR)

### Thursday

**8.30am:** Intermediate line dancing, Misty Ridge (PLR)  
**8.45am:** Bus to Clifford Gardens, departs from both Country Clubs (PLR)  
**9am:** Stitchers and Knitters, all day, Pinnacle (RC)  
**12noon:** Bistro lunch, Misty Ridge (PLR)  
**12noon:** Lunch, Pinnacle (PLR)  
**12noon:** 500 cards, Misty (RC)  
**1pm:** Craft work, Misty (RC)  
**1pm:** Trivia and Pool/billiards, Pinnacle (RC)  
**1.15pm:** Bingo, Misty (RC)  
**2pm:** Aqua aerobics, Pinnacle (PLR)  
**2pm:** Ukulele lessons, Pinnacle (RC)  
**3pm:** Indoor bowls, Misty (RC)  
**6pm:** Dinner, Pinnacle (PLR)

### Friday

**8am:** Pilates mat class, Misty Ridge (PLR)  
**8.30am:** 500 cards, Pinnacle (RC)  
**9am:** Steady Steps, Misty Ridge (PLR)  
**9am:** Bus to Bunnings, last Friday of the month (PLR)  
**9am:** Craft work, Misty (RC)  
**10am-12noon:** Milon Gym inductions, Pinnacle (PLR)  
**1pm:** Mahjong, Misty (RC)

### Saturday

**9am:** Colouring-in, Misty (RC)  
**12noon:** Hand and Foot cards, Misty (RC)  
**12noon:** Watercolours, Pinnacle (RC)  
**1pm:** Backgammon, Misty (RC)  
**1pm:** Pool/billiards, Pinnacle (RC)

### Sunday

**12noon:** 500 cards, Misty (RC)

TRY UKULELE CLASSES HERE AT THE RESORT: THURSDAYS 2PM



# Around the grounds

## Helping friends become neighbours

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with us, 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 or \$500 cash if they buy a brand new home. Easy!

**\$250** for an established home

**\$500** for a brand new home

SALES INFORMATION CENTRE OPEN 7 DAYS | 9am – 4.30pm | 1800 280 129  
 salestoowoomba@pallake.com.au | 97-161 Hogg St, Toowoomba QLD



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



OUR BOWLS CLUB MEMBERS DEFINITELY KNOW HOW TO GET FESTIVE! THEIR CHRISTMAS FUNCTION WAS A WONDERFUL EVENT AT THE PINNACLE COUNTRY CLUB. A WONDERFUL TIME WAS HAD BY ALL.



# Angling for a new boat?

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

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

To find out more about how to land this prized catch, phone our Sales Information Centre on 1800 280 129.

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

T&Cs apply



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