

The Edge

November - December 2022



Welcome home

Check out our latest listings - maybe you could refer a friend and score our cash incentive?

Mystery miles

Our social butterflies have been at it again - mystery tours, morning teas, bus trips and more

Workshop warriors

Our two resort workshops are the places to find helpful hands for your next home improvement project



Pictured: Don't forget that when the weather's not perfect outside, there's always a game of golf to be had inside here at Palm Lake Resort. In fact, our golf simulator can take you to courses across the world, and you'll still make it home in time for lunch!



Welcome

Hello all and welcome to another edition of our resort newsletter, *The Edge*. Well, the end of year is almost upon us, and what a year it's been. We have seen the end of Covid restrictions, families reunited and our lovely resort completed with all those final home builds.

With the resort now at full capacity, and all the extra numbers and work that goes with it, we would like to take the time to acknowledge the hard work and dedication of the new Homeowners' Association, Social Club, and all our homeowner volunteers - you are most definitely our unsung heroes! There are so many volunteers who just quietly work away and get things done and if you are one of these wonderful people, please accept our most sincere thanks and know you are most definitely appreciated.

Christmas is fast approaching and if you are travelling over the Christmas break, please take care and have a safe trip.

From all our staff we wish our Palm Lake Resort Toowoomba family a very heart felt Merry Christmas and a happy New Year.

Mark Kelly & Karen Hopkins
Palm Lake Resort Toowoomba Caretakers

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.

Contact us

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

FREECALL: 1800 280 129

Street address:
 Gate 1, 97-161 Hogg St, Cranley

Office hours:
 9am-4pm, five days a week

Email:
salestoowoomba@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

Get social media:
 Follow Palm Lake Resort on Facebook (@pallmlakeresort) and Instagram (@pallmlake.resort)



News briefs



Our golfers get a round

In September, the Palm Lake Resort Toowoomba Golf Group headed to the Gattin Golf Club for their monthly outing (**pictured above**). Under threatening skies, veteran John Brien mastered the tricky conditions and recently renovated greens to record 36 stableford points and was the winner on the day. In second position was the ever-improving Rob Horsnell who defeated Leith Baxter on a countback, both with 33 points. Shot of the day belonged to our bus driver Darryl Pepper, who hit a magnificent 5 iron to 130cm from the pin on the 170 metre par 3 seventh hole.

Our October outing was to the Warwick Golf Club. Anyone interested in joining the group can contact Darryl Pepper (Home 441), Russell Zimmerle (Home 421) or John Martin (Home 298).

Refer a friend for fast cash

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 Toowoomba home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.

Reasons why we like retirement

Question: How many days in a week?
Answer: 6 Saturdays and 1 Sunday

Question: When is a retiree's bedtime?
Answer: Two hours after falling asleep on the couch

Question: How many retirees does it take to change a light bulb?
Answer: Only one, but it might take all day!

Question: What's the biggest gripe of retirees?
Answer: Not enough time to get everything done

Question: Why don't retirees mind being called 'Seniors'?
Answer: It comes with a 10 per cent discount

Question: Among retirees, what is considered formal attire?
Answer: Tied shoes



Milestone birthdays and more

We love a social gathering here at Palm Lake Resort Toowoomba - ain't that the truth?! So it was without too much hesitation that we got together for John and Jennette Morgan's combined 70th birthdays. We have also been enjoying the coming of the warmer weather with some great Summer Melodies on the Pinnacle Country Club deck. What a location for a summer-style soiree!

Around the grounds



Pictured above: Senior Sales Consultant Shirley snapped this doggie get together while she was out and about in the resort grounds recently. We're not sure who's having more fun at their meet up - the doggos or their humans?



Pictured above: The recent Portifino Fashion Parade brought all our trendiest homeowners out to indulge their passion for fashion. While some starred in the show, others were simply keen to shop up a storm.



Pictured above: What a scenic and fun day the Glengallon Homestead bus trip event turned out to be!



Pictured above: Bruce Edwards, a keen Pinnacle workshop participant, hands over a commemorative sword wall display cabinet which the workshop was engaged to make for long-time Palm Lake Resort homeowner, Floyd Wilson.

Workshop wonders

Palm Lake Resort Toowoomba caters for the varied interests of all its homeowners. Each week hundreds of people make use of our recreational sports facilities including outdoor and indoor bowls, tenpin bowling, swimming pools, pool tables, golf simulator and craft rooms. In addition, there are more than 70 social activities each week, arranged by the homeowners, catering to their social and community needs, not to mention our two theatres for those more culturally inclined.

Standing in pride of place beside each of our Misty Ridge and Pinnacle Country Clubs is a wood and metal activities workshop. Each workshop is equipped with several standing pieces of machinery as well as many hand tools - the envy of commercial industries and school technology departments.

After a brief orientation to ensure safe use of these facilities, all homeowners (men and women) are able to make use of these facilities for their own purpose, whether to repair a piece of furniture or to try their hand at making something new, either from wood or metal. The workshops are managed and supervised by homeowners who are skilled tradespeople or teachers of trades and can assist with the use of the workshop equipment and advise on how to achieve the best result for any project.

The activities workshops are also places for social engagement and building friendships. Perhaps more time is spent drinking coffee than working the machinery! Additionally, for those who may not have the skills for a more ambitious project, skilled tradespeople at the workshop may take on the project for you.

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)

Colours of San Cris at Carbarlah

By Barbara Hay (Home 503)

Heavy rain, thick fog and plenty of thunder did not dampen our morning tea at Colours of San Cris at Cabarlah at the start of September. Not only is Leone a wonderful Chef, she just has the knack for selecting fashion and unusual pottery, imported from Mexico.

Everyone agreed their morning tea was delightful and the ladies say they are going to drag their husbands back to the "Little Train Station". Stalls were set up inside due to rain, but we all enjoyed browsing and buying for Christmas. A venue definitely worth visiting.

After our morning tea, everyone piled back into the buses to be taken to a secret location and it turned out to be Tanglewood Christmas Treasures at Cabarlah. It was the first time any of the ladies had been there and, I must admit, it was a delight had by all.

Julie has turned her large shed into a Wonderland for all and it really is beautiful. There were some stunning decorations and gifts for Christmas. Some of us came out of Tanglewood with arms filled with goodies and again, most said "We will return, it is so beautiful!". Thank you, Julie, it was a well-kept secret.



Awassi Cheesery farm tour

Another great luncheon was enjoyed by 50 homeowners from 'The Hood', under the avocado trees, with lovely cheeses and wine at Awassi Cheesery.

You would swear we were all in Tuscany! We arrived to a beautiful day, with temperatures just right. We were greeted by Di and David, and everyone was made very welcome with a nice hot tea or coffee, followed by a good look around at the gorgeous little lambs with their mums. David gave us a talk about the Cheesery and how they got started, plus, how they have overcome floods and Covid. When we sat down, Di talked about her cheeses and the mistakes she has made - which have turned out to be great successes in the end.

The wine corks all started popping at 12 noon. Each table was offered a variety of platters, with seven different cheeses served with their famous fig and ginger jam and crackers. Our second course was a Plowman's lunch, with mini quiches and salad, followed by Awaasi Sheep Milk icecream, which is made on the premises. All in all, it was a delightful day enjoyed by everyone - we cannot wait until our next Mystery Tour!

The Cottage calls us

By Barbara Hay (Home 503)

We all descended on The Cottage Restaurant at Ipswich, and from the moment we left our resort to our return just after 4pm, it was a really fun-filled day.

As usual, no one knew where we were going. Of course, there were lots of guesses and right up until we pulled up at The Cottage Restaurant, it was still a mystery.

Owners Angelia and Mark had closed the restaurant to other patrons so we could be the only people there - and our group certainly took over.

Most people started off with wine or soft drinks, then Chef Mark brought out our meal. It was delicious (the roast beef to die for - it was so tender!) and there was hardly anything left on our plates. Mark then followed up with alternate drops of homemade mud cake with vanilla ice cream or pavlova with fruit salad.

We had a mix of homeowners from all over the resort, with new acquaintances being made. Everyone joined in and mingled. Our next outings will be just as big and our November Mystery Trip will be an eye opener!

MYSTERY TOURS KEEP US GUESSING!





Step back in time

WE'RE ALWAYS BEING TOLD NOT TO LIVE IN THE PAST, BUT DID YOU KNOW THAT CERTAIN TYPES OF REMINISCING CAN ACTUALLY BE GOOD FOR YOU? FROM REDUCING THE IMPACTS OF DEMENTIA TO PROMOTING POSITIVE PERSONAL GROWTH, FIND OUT WHY AND HOW TO GET A HEALTHY DOSE OF NOSTALGIA.

Dwelling on the past is no longer seen as a sign of senility – in fact, therapists have harnessed the power of reminiscing to treat people with Alzheimer's and other kinds of memory loss. In 1963, psychiatrist Robert Butler first introduced the idea that reminiscing in old age could be positive. Since then, 'reminisce therapy' has been developed as a non-pharmacological intervention for seniors, especially those with impaired short-term memory. Here's why...

It can improve your day

According to Psychology Today, researchers from Loyola University found that thinking of good memories for just 20 minutes a day can make you more cheerful than you were the previous week. Just think about the feeling that comes over you when you see, smell or hear something familiar, or when you look back through photos from happy times.

It can make you feel safe

Nostalgia is often associated with melancholia, but it can also make us feel comfortable. Next time you're in a new place or experiencing feelings of displacement, try thinking or writing about your favourite people and places. Psychologist Tim Wildschut found that people who write about a nostalgic event are more cheerful after the exercise, and feel more positively about their friendships and close relationships. This gives us a comforting sense of belonging.

It brings you closer to your loved ones

Reminiscing on memories is an important way to ground yourself and stay true to your roots. This is because your special memories almost always feature special people. Studies have shown that people with nostalgia-prone

personalities cope with problems more effectively as they are more likely to receive social support after experiencing stress, and see their families more often.

It can motivate you

Drawing from memories of your past accomplishments is a common way to stay motivated – you may not even realise you're doing it. Have you ever thought to yourself, "If you got through that, you can get through this"? Of course, try not to ruminate too long on difficult times – focus instead on how you got through them, and how you felt on the other side.

It can benefit those around you

We gain wisdom from our own experiences, but also from the experiences of others. Reminiscing on your past can shine a light on important lessons you learnt – lessons that you can pass on to your children, grandchildren and even friends. Flipping through old photo albums can be a helpful way to spark these conversations; turn to the following page to find out how to best document your memories.

Remember: reminiscing is all about how you perceive the past. The same memory can promote positivity or pain depending on how you look at it. Psychologist Sonja Lyubomirsky says it best: "It's what you focus on. Do you focus on how positive it was then, or that it's over now?". As some people say, 'Don't cry because it's over, smile because it happened' – it's cheesy, but it's true.

Do you remember?

Residents at Palm Lake Resort's over-50s communities all lived through the '70s and '80s. But how much can you recall from that time period? Whether you were closer to 10 years old or 30, you'll likely remember these moments and memories from 1975 to 1985. There are some great conversation starters here for our next weekly meal!

Continued on Page 9 >>

<< Continued from Page 8

On the big screen...

These were among the highest grossing movies released from 1975 to 1985. Did you see them in the cinemas, and have you watched them since? Perhaps a nostalgic screening is in order!

- Jaws (1975)
- Rocky (1976)
- Star Wars (1977)
- Grease (1978)
- The Amityville Horror (1979)
- Star Wars: The Empire Strikes Back (1980)
- Superman II (1981)
- E.T. the Extra-Terrestrial (1982)
- Risky Business (1983)
- Ghostbusters (1984)
- Back to the Future (1985)

On the radio...

Billboard magazine named these as the number one songs from 1975 to 1985. How many can you remember the words to? Can you remember your favourite songs from those years?

- 'Love Will Keep Us Together' by Captain & Tennille (1975)
- 'Silly Love Songs' by Wings (1976)
- 'Tonight's the Night' by Rod Stewart (1977)
- 'Shadow Dancing' by Andy Gibb (1978)
- 'My Sharona' by The Knack (1979)
- 'Call Me' by Blondie (1980)
- 'Bette Davis Eyes' by Kim Carnes (1981)
- 'Physical' by Olivia Newton-John (1982)
- 'Every Breath You Take' by The Police (1983)
- 'When Doves Cry' by Prince (1984)
- 'Careless Whisper' by Wham! (1985)

On the front page...

Can you remember these history-making moments that took place between 1975 and 1985? Or, better yet, can you remember where you were when you first heard about them?

- In 1975, the Vietnam War ends with the surrender of South Vietnam to Communist forces.
- In 1975, Nadia Comaneci wins three gold medals at the Montreal Olympics with seven perfect scores.
- In 1977, Elvis Presley dies at the age of 42.
- In 1978, the first test tube baby is born in the US.
- In 1979, Sony releases the Walkman.
- In 1980, John Lennon is assassinated at age 40.
- In 1981, NASA launches the very first Space Shuttle mission.
- In 1982, the first episode of Late Night with David Letterman debuts on NBC.
- In 1983, the first mobile phones are introduced by the public by Motorola. The final episode of 'M*A*S*H' airs to a record 125 million viewers.
- In 1984, the first Apple Macintosh personal computer goes on sale.
- In 1985, the Rainbow Warrior is sunk by French foreign intelligence services off the coast of NZ.

Organising your memories

LIFE IS FULL OF PHOTO-WORTHY MOMENTS – SO MUCH SO, MOST OF US END UP WITH A BAZILLION HAPPY SNAPS SPREAD ACROSS A HANDFUL OF DEVICES, ALBUMS AND HARD DRIVES.

Thankfully, website and app developers know the struggle, so there are a number of programs you can use to help you on your photo-organising quest. And with the holiday season upon us and family generally around, why not sort out your memories once and for all – for everyone's benefit.

GATHER THEM UP

Before you can organise your photos, you need to see them all in one place. This may mean scanning physical photos to create digital copies, which you can either do using a scanner or via your smartphone – a quick Google will explain how. You can then save them directly to your camera roll or to an app like Dropbox. You'll also want to find old CDs, USBs or hard drives that could house more pictures. Don't forget to go through your smartphone and any of its backups to find additional images, and check your camera's SD cards if you have one.

FIND THE PERFECT PLACE

Where you store your photos is up to personal preference, but using a cloud-based service is generally the safest, most convenient place. If you use an iPhone and computer, iCloud may be your best bet – it works with your phone to sync images across all devices, and it's relatively affordable if you need to upgrade your storage. Alternatively, Dropbox or Google Drive can be used on the computer and your phone via the app. If you're not a fan of cloud storage, consider an external hard drive for your computer. They're relatively inexpensive but localised – meaning you can only access those photos when you're at your computer.

SET UP A SYSTEM

Depending on your needs, every system has its benefits. While some people prefer to create folders for different events – like, say, 'Japan trip' or 'Emma's first birthday' – this may not lend itself to the more spontaneous snaps. It may be better to create a folder for each year, then a folder for each month. If a particular event happened in a certain month, you could then create a folder solely for that event in the month's folder; for example, your "2019" folder will include a "May" folder, which will include a "Mother's Day Lunch" folder with photos from that event.

MAKE PHYSICAL MEMENTOS

If you love the idea of having each of your children's baby photos in one place, or a holiday album from a family trip, why not make photo books? Websites like Snapfish, Chatbooks, Blurb and Picture Postie make it super easy to turn your photo collections into physical photo albums, which you can proudly put on display or give as gifts to your children, parents or relatives.

Homes for sale

Home 146 - \$480,000



Indoor/outdoor living delight

From the moment you enter this home there is a feeling of tranquility. This preloved home has been lovingly looked after and is ready to just move in. A full-length alfresco runs along the back of the home with a beautiful north-facing garden. The open-plan living extends from the front door through the lounge, kitchen to the dining and outdoor area. The extra-long garage has plenty of room to make an extra space for an office or workshop. This home is sure to impress and won't last long at this price. Book a time to come and inspect.

Home 164

SOLD
IN TWO
WEEKS!



Home 538

SOLD
IN THREE
DAYS!



Home 445

SOLD!



Home 294

SOLD
IN TWO
WEEKS!



Home 1



SOLD
IN 24
HOURS!

Home 515



SOLD
IN 24
HOURS!

Home 545



SOLD
IN THREE
DAYS!

Home 485



SOLD
IN ONE
WEEK!

Home 117



UNDER
OFFER

Home 122



UNDER
OFFER

Your sales update with Shirley

The cooler months did not slow down sales interest, with buyers still lining up to call Palm Lake Resort Toowoomba home. As you can see from the homes featured here, they are selling very quickly indeed - many before they are officially listed. There are still a number of cash buyers waiting for "just the right home", so please come and see me in the Sales Information Centre if you are considering selling. Likewise, I have a number of properties being prepared to go on to the market in the coming weeks so let me know if you are looking to make the move into Palm Lake Resort Toowoomba. We'd love to help you out!



For home appraisals, private resort tours and any other general sales enquiries, contact Palm Lake Resort Toowoomba Senior Sales Consultant Shirley Ortez on 0417 189 927 or email shirleyo@palllake.com.au



Life is cruisy

at Palm Lake Resort.

Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our residents have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort. This is your time.



SALES INFORMATION CENTRE OPEN 5 DAYS | FREECALL 1800 280 129
salestoowoomba@palmlake.com.au | 97-161 Hogg St, Toowoomba QLD

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