

Upper Coomera.

FEBRUARY - MARCH 2022



Right on cue.



WALK INTO ANY PALM LAKE RESORT COUNTRY CLUB AND YOU'LL LIKELY FIND A GROUP OF RESIDENTS GATHERED AROUND THE BILLIARDS TABLE, WATCHING OR PARTICIPATING IN A NEIGHBOURLY GAME. BUT IT'S A GAME THAT SPANS THE GENERATIONS – SO OUR VISITING FAMILIES LOVE IT TOO.

If there's one thing many Palm Lake Resort residents have in common, it's that they love a good game of snooker – it's the reason most of our resorts across Queensland, New South Wales and Victoria have their own billiards tables. Pool, snooker and billiards are all beloved as social games best enjoyed with a drink and good company, but did you know there are distinct differences between them? Paul Cosgriff, president of the Victorian Billiards and Snooker Association, explained the differences to us.

Continued on Page 5 >>



Welcome.

Hello all and welcome back to our first edition of our newsletter for the New Year. We hope you've all had a relaxing and refreshing festive season break and are ready to tackle another year.

While we had a Christmas rest, we've also been busy ticking things off the to-do list over the past few months. The re-plant at the front of the resort is now complete but with all the rain we've had, and the heat and humidity at this time of the year, please be patient with Daryl and our new groundsman Tony as they try to keep on top of the gardens and lawns. The grass is absolutely loving this weather! You'll notice too that the new Sales Information Centre, at the gate, is also moving along in readiness for some additional new homes to be built here.

With another set of school holidays done and dusted, and the Easter school holidays here before you know it, remember that while we absolutely love having your smallest family visitors here at Palm Lake Resort, please ensure you supervise them, for their safety, on our resort streets and in our resort facilities.

We would like to thank everyone for their support of us throughout 2021 and wish you all a wonderful 2022.

**Di and Daryl,
Palm Lake Resort Upper Coomera Caretakers**

CONTACT US

Looking for more info about Palm Lake Resort Upper Coomera? Here are four ways you can reach us:

Online: pamlakeresort.com.au

Social media: Follow Palm Lake Resort on Facebook and Instagram.

Street address: 40 Riverbrooke Drive, Upper Coomera QLD 4209

Phone: 1800 757 457 or 5514 4300

GET SOCIAL

Follow Palm Lake Resort on Facebook (@pamlakeresort) and on Instagram (@palm_lake_resort) to see what's happening right across our 28 Palm Lake Group locations.

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.



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



MO' MONEY

Check out all the prizes that were generously donated by local businesses to our monster resort raffle, in support of the Movember charity initiative. All up, our residents raised nearly \$4500 for Movember and the work this Australian charity does in providing awareness of men's health issues such as prostate cancer, testicular cancer and men's suicide.

GIRLS ENJOY ANOTHER NIGHT IN

Late last year, the ladies of Riverside, together with their family and invited friends, gathered in our River Club for our annual "Girls Night In". This event is a fundraiser in aid of breast cancer support, with all funds donated to The Jane McGrath Foundation. We also wanted to raise awareness of the fact that there are no Breast Care Nurses on staff at our Gold Coast private hospitals. Almost \$1200 was raised on the night, with thanks to the generosity of our wonderful ladies (and also those who could not attend on the evening). A delicious array of food was once again brought along and laid out for all to enjoy. Lots of fun, laughter and chatter made for a great evening. Thanks Riverside ladies, you have excelled once again!

THE HOT TIP

An NRL tipping competition is run every footy season at Palm Lake Resort Upper Coomera for all residents and friends to participate in. In 2021, we had 26 competitors all trying to pick the winners and losers. It was good to see so many ladies competing, with two placing in the Top 3. Here are the placings and their winnings:

- 1st: Barbara (Home 14), \$55
- 2nd: Ray (Home 102), \$35
- 3rd: Tie between Carmel (Home 17) and Don (Home 56), \$12.50 each
- Last place: Ann (Home 72), \$15.

Ann's strategy worked well. After six rounds, she was running last and no chance of winning, so she decided to try and pick the losers – which isn't easy. She did just that, and was rewarded for her efforts! Well done, Ann! We look forward to running the tipping again this year so keep your eye out for details in the coming months.

Warren Strange (Villa 97)

NEW FACES

We'd like to welcome some new faces to our community. We have Ron & Pat Love now living in Home 26 (pictured below right), as well as Corrinne Calvert (Home 111).

We also have a wonderful new groundsman, Tony, with us. Make sure to make them welcome when you see them around the grounds.



Around the grounds.

IT'S ONE OF THE MOST FAMOUS TAKEAWAY MEALS, BUT WE DECIDED TO EAT IN! SOME DELICIOUS FISH 'N CHIPS BROUGHT OUR COMMUNITY TOGETHER RECENTLY WHICH WAS WONDERFUL AFTER THE RESTRICTIONS WE HAD FACED ON GATHERINGS IN RECENT TIMES. BON APPETIT!



Weekly activities.

MONDAY

9.30am Gentle exercise, in the Clubhouse
1pm Rummy-O, in the Clubhouse Theatre
1.30pm Craft, in the Clubhouse
3pm Afternoon tea (see Joyce & Mabs, Homes 43 & 66)

TUESDAY

7.15am Aqua aerobics - outside venue (see Sandra, Home 111)
8.30am Lawn bowls (see Kathleen, Home 30)
2pm Bingo (second and fourth Tuesdays of the month - see Joyce & Mabs, Homes 43 & 66)

WEDNESDAY

6.30am Beach walk (see Barry, Home 61)
9am Line dancing – beginners (see Libby, Home 56)
10am Line dancing – advanced (see Libby, Home 56)
1pm Cards – 500 (see Mal, Home 57)
3pm Singles afternoon tea (first Wednesday of the month - see Mabs, Home 66)
4pm Toucan Club (third Wednesday of the month - see Ray, Home 102)
6pm Chinese dining (fourth Wednesday of the month - see John, Home 64)
6.45pm Cards – Five Crowns (see Barry, Home 61)

THURSDAY

8.30am Lawn bowls (see Kathleen, Home 30)
1pm Tenpin bowling (see Barry, Home 61)
1.30pm Mahjong (see Chris, Home 75)
1.30pm Table tennis (see Warren, Home 97)
4pm Warnouts (second Thursday of the month - see Bob, Home 91)

FRIDAY

8am Tai Chi
9am Yoga
9am Shopping bus leaves (see Chris, Home 75)
12noon Quilting (see Judy, Home 92)
4pm Residents' meeting with a sausage sizzle to follow (fourth Friday of the month - see Jo, Home 28)
5pm Happy Hour/Raffles

SATURDAY

8.30am Garden Club (see Barb, Home 14)
9.30am Musicise (see Libby, Home 56)
2pm Movies in the Clubhouse (see Barb, Home 14)



<< Continued from Page 1

Paul says billiards is played with only three balls (one red, one white and a yellow cue ball). Both snooker and pool begin with a triangle of 15 balls each - in pool they are multicoloured and divided into solids and stripes, while in snooker they are red. Snooker is also played with an additional six coloured balls. Both of these games also require a white cue ball.

"The thing I love most about these games is the combination of physics and artistry," says Paul. "Physics tells you that if you hit the ball a certain way, it will end up in a certain position.

"Mastering all of the other factors - like side, intentional spin and strength - is where the artistry comes in. The best players will finish exactly where they want to finish, under incredible pressure. That's the beauty of the game."

Paul's tips for bettering your game

1. Although cues are provided, your own cue is always best. Your individual cue gives the best 'feel' and on large professional tables, players fit extensions to their own cue because that familiarity is so important.

2. Two-piece cues are best for ease of transport, and storage. The join can be at half-way or "3/4" - meaning well down near the butt end of the cue. Under the rules, a cue must be at least

three feet in length, so if you take the butt end off a "3/4" cue you could still play a shot. Most cues are 54" in length - generally standing about shoulder height, or just above, or below. Therefore, you could not unscrew the 2-piece cue with a mid-join and play a legal stroke.

3. When purchasing a Cue, play a number of shots hitting 'high' on the cue-ball so that it follows on, or runs through, after the object ball. This translates to 'feel' and helps when comparing cues. The more expensive cue is not necessarily the best feel for you. The tip of the cue is your only means of control for spins on the ball (screw, stun and side) so maintain it well. Good chalk is essential.

4. Persistence is the key to improvement and full enjoyment. Practice, especially for plain ball striking, is essential to eliminate unintentional spins. Later practice allows for intentional spins to manoeuvre the cue ball to the desired position for the succeeding stroke.

5. An adjunct to persistence is maintenance. The cue should be kept clean and dry, with a little wood oil on exposed wood near the tip, and below the ferrule. The billiard table should have a dust cover. When the dust cover is removed, the table should be brushed from the baulk end (the "D") all the way to the top of the table where the black spot is. Never "bang" a ball onto a spot. It can only cause damage. The table should be serviced by a qualified person if there are problems with spots, wear and tear to the cloth, or if the table is out of level.



Dive on in.

NO MATTER WHICH PALM LAKE RESORT LOCATION YOU CALL HOME, OUR POOLS ARE ALWAYS HUBS FOR EXERCISE, RELAXATION AND ENTERTAINMENT. SO VERSATILE ARE THE RESORT POOLS, HERE ARE NO LESS THAN 10 WAYS YOU CAN ENJOY THEM, BE THAT ALONE OR WITH VISITING FRIENDS AND FAMILY...

Group fitness

There is no shortage of group fitness on offer for the residents of Palm Lake Resort, particularly in the pool. Aqua aerobics is one firm favourite among residents and for good reason. It is ideal for those who have issues with weight-bearing exercises and helps you increase muscle strength without straining. Palm Lake Resort personal trainer Di Clapp says, "Aqua aerobics – along with many other styles of water-based fitness – removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler." Keen to try? We have the following weekly class:
Tuesdays 7.15am: Aqua aerobics (outside venue)

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 Clubhouse, 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 say it improves blood pressure, digestive system and heart rate, strengthens your immune system and gives you more energy.

Relax and relieve stress

You don't need to go on holiday to relax – our class-leading amenities, in particular our on-site pools and beautiful surrounds help us put the 'resort' in Palm Lake Resort. Head to our sun-soaked outdoor pool to relax by the water and you'll be doing your mind and body a world of good. Studies suggest that just being near water has a psychologically restorative effect, leading to a better mood and less stress – this, in turn, has positive implications for your immune system, heart health and sleep.

Entertain the grandkids

Palm Lake Resort is designed for over-50s, but with green spaces, a cinema, library and a bowling alley on site, visiting grandchildren love our resort just as much. The resort swimming pool in particular is a magnet for little visitors. Next time you're hosting younger generations, why not play a fun pool game with them? There are classics like Marco Polo as well as Sharks & Minnows but why not have fun making up your own games, too? Maybe even stock up on some diving toys?

Catch up with neighbours

At any given Palm Lake Resort location, the pool is a hub for not only exercise but social activity too. Enjoy a poolside drink or lunch with your neighbours, organise to swim laps with a friend or participate in one of the group fitness activities to meet new people. Socialisation is said to improve mental and emotional health, boost confidence, reduce blood pressure and even stave off Alzheimer's.

Entertain friends

Palm Lake Resort residents are a social bunch, often entertaining visiting friends and family from outside our resort. While those visitors will love our Clubhouses 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!

Get your greens and iron.

We had more than 20 people turn up for our first Palm Lake Resort Upper Coomera golf competition. While it was a bit wet under foot, there was no rain. A most enjoyable morning was had by all. A few thank-yous are in order though, including to our spotters Ray (Home 102) and Hans (Home 72) who worked in the wet conditions, marking spots and picking up golf balls. Barbara Fairley and Margaret Humphris are to be thanked for supplying sweets. And also a special mention must go to Barbara for repairing the golf flags. And, of course, a big thank you to all the players who made it such a great day.

Our winners of the 100-metres hole were Margaret (Home 33) and Richard (Home 23). Winners of the 55-metres hole were Fay (Home 7) and Ken (Home 28).

**Warren Strange
(Home 97)**



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 language'. Finding out

which of the five love languages they prefer (words of affirmation, physical touch, gifts, acts of service and quality time - Google it!) will help you understand how they give and receive love. This makes you more able to show them the kind of love they most appreciate and notice when they are showing you love in return.

Love yourself

Last but certainly not least, think about how you can show love to the most important person in your life: yourself. You are the person you'll spend the most time with, so it makes sense to nurture that relationship just as you would any other, right? Think about the things that make you genuinely happy – it might be a certain form of exercise, a swim, a relaxing bath, a trip to the day spa or hair salon, even a specific craft activity – and do more of them.

His 'modelling' days live on.

At the September meeting of the Palm Lake Resort Upper Coomera 'Warnouts' (our ex-service group), long-time resident Laurie McGrath announced that his advancing years meant that he was unable to continue with his 'modelling'. He asked if the Warnouts would like his models (tanks, planes etc).

After some discussion, it was decided that the group would request that the resort's Residents' Committee provide some display cabinets so that the models could be on permanent display, for the enjoyment of all, in the resort Country Club. Our Residents' Committee members were happy to provide the funds and so a permanent display has now been set up in the foyer of the clubhouse.

Stuart & Janet Ritchie (Home 26)





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 (or a new home from elsewhere in the group, for that matter), 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 757 457. *T&Cs apply



THE BEST IN OVER-50S LIVING. THIS IS YOUR TIME.
palm.lakeresort.com.au

Homes for sale.

Home 50 - \$495,000

- Beds
2
- Bath
1
- Living
1
- Study
1
- Garage
1.5



Quiet cul de sac

Located in a quiet cul de sac. You will find this home offers so much for the astute buyer.

2 bedroom + study, 2 way bathroom plus a powder room. 1.5 garage, large front deck and back patio. New kitchen, new bathroom, new flooring throughout, new air con, new roof plus solar panels. Just move in, put your feet up and enjoy the lifestyle here at Palm Lake Upper Coomera.

- Located in a cul de sac
- New kitchen
- New bathroom
- New flooring throughout
- Massive front deck



Home 2 - \$600,000

- Beds
2
- Bath
2
- Living
1
- Study
1
- Alfresco Living
- Garage
1

Another one, sold!

You've got to be quick to secure a home at Palm Lake Resort Upper Coomera - it's such a coveted address!

If you are interested in being among the first to know when new stock becomes available, please contact our office to be put on our database.



Want to book a private tour and find out more about our resort? Freecall **1800 757 457**. Email uppercoomera@palm.lake.com.au or visit us online at palm.lakeresort.com.au

Eat, drink and be merry.

There's nothing more enjoyable than spending time with friends, and you can do just that here at Palm Lake Resort.

With many organised weekly activities on-site as well as other outings in our local community, there are dozens of ways to fill your diary alongside your neighbourly friends. Why not start by pulling up a stool with us at Happy Hour this Friday?

We're all about spending quality time with likeminded friends. Here, community is everything.



Palm Lake Resort Upper Coomera. Find us at 40 Riverbrooke Drive,
Upper Coomera, QLD 4209. Freecall 1800 757 457



**THE BEST IN OVER-50S LIVING.
THIS IS YOUR TIME.**

palmakeresort.com.au