

Upper Coomera

OCTOBER-NOVEMBER 2021

Refer a friend.

THERE'S NO MORE SUPPORTIVE AND SECURE PLACE TO LIVE IN OUR 'NEW' COVID WORLD THAN AN OVER-50S LIFESTYLE COMMUNITY LIKE PALM LAKE RESORT.

Homeowners here are blessed to enjoy neighbours who support one another, while they also benefit from the ongoing support offered by local and upper levels of management. If you have a friend or family member who'd like to join us here at Upper Coomera, did you know there's a 'Refer a friend' cash bonus available? Check out Page 11 for more information.





Welcome.

Welcome back to another edition of our resort newsletter. There's been lots of things happening around the resort grounds over the past weeks and months. To bring you up to date, here's a quick rundown:

- Did you know, Rummy-o has started in the cinema at 1pm on Mondays? Join in the fun – all are invited.
- We've welcomed more new residents to our resort including Jan and also Dorothy. You can put a face to their names on Page 6. We've also said goodbye to Jenny (Villa 95) and Michael (Villa 60) who have moved on from our resort, and also Sandra (Villa 111) who sadly passed away.
- Our recent dog party was a great success! There are some photos from this furry-fun event on Page 4.
- The pool tiling should be finished as this newsletter goes to print.
- The hitting board has been installed. Thanks to Ken and Hans.
- Another big thanks to Lois for painting the chairs at the dog area
- Could all residents organising visiting tradies, cleaners and carers to sign in at the office on arrival?
- And, finally, could all dog owners remember to please pick up after their dog?

"The most wonderful places to be in the world are in someone's thoughts, in someone's prayers and in someone's heart." - Anonymous

Di & Darryl Kerr
Resort 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.

BIG SCREEN FUN

The movies we have scheduled for the coming months include:

- October 23: The Father
- November 6: My Old Lady
- November 20: Ghost
- December 4: The Post
- December 18: Rain Man

COUNTRY COMES TO THE COAST

Groundwater Country Music Festival is an annual free-to-attend festival hosted in Broadbeach from November 12-14. The three-day beachside event showcases premier country music performers throughout the streets, bars, parks, venues and restaurants of Broadbeach. In 2019, Groundwater saw more than 70,000 people in attendance with 130+ hours of entertainment. Did you know, the much-loved Groundwater Country Music Festival took out first prize in the Festivals and Events category at the 2019 Australian Tourism Awards. Visit www.groundwatercmf.com



INTER-RESORT BOWLS COMP A REAL HIT!

The scores are in for the recent Palm Lake Resort inter-resort bowls competition, and we can confirm that (drumroll please...) Bargara AND Beachmere Bay have come out on top! This is with thanks to the winning team being made up of a combination of players from both locations - two from the Bay and a third player from Bargara. Some 185 residents from eight different Palm Lake Resorts (including Upper Coomera) descended upon Dalby Bowls Club for the event, organised by Palm Lake Resort Bargara homeowner Joy Williams. As well as the on-green action, there were plenty of opportunities for the resort teams to socialise and catch up. By all reports the three-day biennial event went down a treat!

"Will there be another Palm Lake Inter-Resort Bowls Comp - you betcha!" organiser Joy smiles.

"These comps not only showcase what Palm Lake Resorts are all about to these small towns, but bring together likeminded residents in a social environment in smallish towns that need visitor support to thrive. The dollars we bring into these towns does not go unnoticed.

"I should add that without the generous sponsorship of Palm Lake Resort itself, I could not have presented trophies and giveaways to those attending, so am very appreciative of their sponsorship."

The event's other 'winners' were:
J.A.M. Bargara: Alan Johnson, Marianne Alhovinta, John Beeck
2+1 Toowoomba: Nola Costabeber, Stephen Costabeber, John Munting
Bowled Over Cooroy-Noosa: Tony Toscano, Les Checkley, Vicki Checkley (who came in last place!)

WELCOME LADIES!



Pictured above: Check out our resort's newest residents including Janice Wall (left, Villa 32) and Dorothy Cooper (right, Villa 109). Make sure you say G'day when you see Janice and Dorothy around our resort grounds.

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 resorts to be pet friendly because we know just how important pets are for the majority of our over-50s residents, too. For example, Palm Lake Resort Truganina offers a safe, fully fenced off-leash dog run. Palm Lake Resort 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). 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.

Resort doggos celebrate.

A DOZEN OF OUR RESORT'S FINEST FOUR-LEGGED CITIZENS GATHERED TO CELEBRATE THE BIRTHDAY OF ONE OF THEIR OWN RECENTLY. WHAT A GREAT DOG PARTY IT WAS WITH ALL GUESTS WEARING MATCHING BANDANAS AND ENJOYING THE BEST DOGGIE TREATS. ZAC PARTICULARLY ENJOYED THE BALLOONS!



Weekly activities.

MONDAY

9:30am Gentle exercise, in the Clubhouse
1pm Rummy-O, in the Clubhouse
1:30pm Craft, in the Clubhouse
3pm Afternoon tea (see Joyce & Mabs, Villas 43 & 66)

TUESDAY

7:15am Aqua aerobics - outside venue (see Sandra, Villa 111)
8:30am Lawn bowls (see Kathleen, Villa 30)
2pm Bingo (see Joyce & Mabs, Villas 43 & 66)

WEDNESDAY

6.30am Beach walk (see Barry, Villa 61)
9am Line dancing – beginners (see Libby, Villa 56)
10am Line dancing – advanced (see Libby, Villa 56)
1pm Cards – 500 (see Mal, Villa 57)
6.45pm Cards – Five Crowns (see Barry, Villa 61)

THURSDAY

8:30am Lawn bowls (see Kathleen, Villa 30)
1pm Tenpin bowling (see Barry, Villa 61)
1.30pm Mahjong (see Chris, Villa 75)
1:30pm Table tennis (see Warren, Villa 97)

FRIDAY

8am Tai Chi
9am Yoga
9am Shopping bus leaves (see Chris, Villa 75)
12 noon Quilting (see Jenny, Villa 95)
5pm Happy Hour/Raffles

SATURDAY

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

SUNDAY

7.30am Tennis (see Carol, Villa 68)



Pictured above: Nine of the original Riverside walking residents including (back row, left to right) Sue Walsh, Deidre Osborne, Kathryn Pring, Heather and Peter Murray with Keith Walsh. In front, Denise Scarborough, Iris Shapland and Mabs Mitchell.

Three years of big strides for shop walkers.

IN OCTOBER, THE HEART FOUNDATION'S WESTFIELD WALKERS, BASED HERE AT PALM LAKE RESORT UPPER COOMERA, CELEBRATE THREE YEARS OF WALKING WONDER.

When the Westfield Shopping Centre at Coomera was in its final stages of construction, management sent a representative along to our resort to speak to our residents, to encourage them to get a walking group organised. The Heart Foundation has long been associated with Westfield and most of their shopping centres offer a local walking group.

Originally there were 24 Palm Lake Resort Upper Coomera residents who signed up to walk the centre for exercise. Some have moved away while others have had health issues and have had to pull out. Resident Heather Murray took on the role of walk organiser for Mondays.

Nowadays, our residents are lucky to be able to join in weekday walks, daily from Monday through to Friday, for those who are really keen.

There are now 56 registered walkers who take part. Many friendships have formed with lots of the participants staying back to enjoy a cuppa and a chat at Signatures Café after completing as many laps as they feel comfortable doing.

It is free to join in the Westfield walks and they are open to anyone. It is also a safe walking environment in any type of weather. Westfield even supports participants with an embroidered polo shirt.

Ladies love their night out.

THE TOUCANS HOSTED A LOVELY LADIES NIGHT RECENTLY, TO THE JOY OF THEIR (BETTER/OTHER) HALVES! IT WAS SO NICE TO SEE EVERYONE ENJOYING THEIR TIME TOGETHER.





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 like-minded 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.

Our picture perfect location.

SPEAKING OF PICTURE-PERFECT DAYS, CHECK OUT THESE PHOTOS TAKEN ACROSS OUR RESORT IN RECENT WEEKS. STUNNING.



On-water action.

THE WEATHER IS WARMING UP AND PRESENTING US WITH PICTURE-PERFECT DAYS. OUR RESIDENTS HAVE BEEN LAPPING IT UP, TAKING OUR RESORT BOAT OUT ON THE WATER. WHAT FUN!



Homes for sale.

Villa 41 - \$470,000

SOLD!

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



Downsize without compromise.







This divine Riverside-design home, newly painted, has two bedrooms plus study and beautiful low maintenance garden and timber flooring in the spacious lounge and dining.

Key features:

- Two bedrooms plus study
- Two full bathrooms
- Sleek modern kitchen with curved stone bench tops
- Ducted air conditioning
- Double garage

Villa 52 - \$480,000

SOLD!

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

Bright and airy.

Occupying prime position on a corner block, Villa 52 truly has it all. The master bedroom has access to a serene shaded balcony - which offers a happy home for plants of all kinds - and the open-plan kitchen/dining space has access to the sunny back patio.

The additional study can easily be converted into a third bedroom, activity room or workspace, offering plenty of versatility for busy retirees. Add to that the private backyard, two bathrooms and two-car garage, and it's clear this home is a downsizer's dream.



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

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



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“LIVING OUR
Best
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