

# Waterford News.

DECEMBER 2021 - JANUARY 2022

## Refer a friend.

THERE'S NO MORE SUPPORTIVE AND SECURE PLACE TO LIVE IN OUR 'NEW' COVID WORLD THAN 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 Waterford, did you know there's a 'Refer a friend' cash bonus available? Check out Page 9 for more information.





# Welcome.

Palm Lake Resort Waterford is blessed to be part of an Australian family-owned and operated company, with 44 years' experience developing lifestyle communities. While there are 28 addresses in the over-50s community lifestyle resort portfolio, there are also six wonderful aged caring communities.

These Palm Lake Care communities are each located nearby a Palm Lake Resort - and as we move into the future, they are being built directly adjacent to most of our newest luxury over-50s locations. What our company is discovering is that having over-50s resorts and aged caring communities co-located provides a very convenient and welcome solution for couples (and families) with differing care needs. Co-locating these communities is supporting a wider range of families and the response we've received so far is nothing short of heart-warming. For example, there's a couple at Palm Lake Resort Beachmere Bay who had been caring for an elderly parent at home until that parent's needs became too much for them. The couple sought out Beachmere Bay for themselves (they love to play golf and this resort has its own nine-hole course) and their beloved mother/mother-in-law is now receiving amazing care in the waterfront Palm Lake Care Beachmere community directly across the road. They visit their mother daily and she is, in fact, improving with all the support she has around her.

Here at Palm Lake Resort Waterford, we are lucky to have close access to two of the six aged caring communities within the Palm Lake Group portfolio. Palm Lake Care Bethania and Mt Warren Park have a couple of rare vacancies available now. As always, our aged caring communities prioritise Palm Lake Resort homeowners who have high-care needs. If you'd like to find out more about the care options available to you, phone the Palm Lake Care Solutions Team on 5552 1380.

## CONTACT US

Looking for more info about Palm Lake Resort Waterford?

Here are five ways you can reach us:

**Online:** [palmakeresort.com.au](http://palmakeresort.com.au)

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

**Street address:** 29-71 High Road, Waterford QLD 4133

**Phone:** 1800 028 428

**Office hours:** Monday-Friday, 9am-noon

**Email:** [waterford@palllake.com.au](mailto:waterford@palllake.com.au)

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## News briefs.

### GET SOCIAL WITH US

Follow Palm Lake Resort on Facebook (@pallmakeresort) and on Instagram (@palm\_lake\_resort) to see what's happening right across our 28 Palm Lake locations.

### CITY HALL XMAS

The Lord Mayor's Seniors Christmas Parties are an annual tradition inviting Brisbane seniors to celebrate the festive season at Brisbane City Hall. There will be 13 shows from December 6-10. Enjoy refreshments before taking your seats for some quality entertainment. This much-loved event features a new line up every year. Tickets are just \$5 and available online at [www.oztix.com.au](http://www.oztix.com.au)

### PASTOR'S CHAT

Welcome to the Christmas period. I would like to invite you to a Christmas Day service at 9am on December 25. There is also a Christmas lunch in the Bethania Hall. This is a bring-and-share style lunch, where there will be others to share with in fun as well as lunch. This is at 12 noon. To book please let Isabel know on 3200 2929.

Let us remember what Christmas is about and not stress out over presents or food or anything else but focus on the birth of Jesus. We generally celebrate birthdays and this is when we celebrate the birth of Jesus. Is it the

exact date? I don't know but I often do not celebrate my birthday on the exact date. There are still people alive today in some countries who do not know when their birthday is. I want to take this opportunity to ask that God will bless you this Christmas. Yes I know some will struggle with memories etc but still praise God for His blessings. Don't forget that we have church every Sunday at 9am in the Bethania Hall and all are welcome.

**Rev. Owen, phone 0432 185 036**  
**Palm Lake Christian Fellowship (non-denominational)**



### THE CULVERT DIVIDES AND UNITES US!

We played the Culvert Cup on Sunday and the Green team from north of the Culvert were the winners. Well done, all!

### FASHIONISTAS WITH FLAIR

Check out these 'model' citizens who volunteered to step out on the resort catwalk recently to help with our fashion parade. The girls did a great job and were warmly received by the crowd.



# Book worms.

By Les (Villa 198)

Would you, or anyone you know, like to receive a free jigsaw puzzle? If so, please help yourself to any of the puzzles in our library, as we desperately need to get rid of some and we would rather see them go to someone who will enjoy them, rather than simply unload them to a charity shop.

If you have enjoyed a book from our library, as per the regular plea, we ask you to please place your returns on the trolley or table for us to re-shelve appropriately.



## BOOK TALK WITH AUTHOR, BELINDA ALEXANDRA

In our most recent newsletter, I reviewed the first book I had read by Belinda Alexandra. It was called the "Mystery Woman" and in the past two months, I have read a further five of Alexandra's books and have been thoroughly captured by somebody who I categorise as a superior writer and storyteller.

Each of these books covered a range of topics and related to well-researched stories. Stories ranged from a tale of Russian female war pilots, to the wealthy golden age of New York Society. Then there was the French ballet dancer who crosses into Flamenco and Spanish Civil War history. A child of a wealthy family, left with and raised by nuns, the story follows her search for her roots and heritage.

Alexandra has written many more books that we have in our library and I sincerely hope that copies will eventually be left with us here at Waterford. You could not go wrong in following this writer who, by the way, is an Australian author.

# Screen time.

By Les (Villa 198)

What a way to spend a night - enjoying a movie with friends, seeing recently released films and saving the many dollars that you would pay to see the same movies on a visit to a cinema elsewhere!

The movies that we have shown at our Palm Lake Resort Waterford cinema over the past two months have been films made and released in 2020 and 2021. In the monthly movies, your cinema group endeavours to include dramas, thrillers, classics and comedies each month trying to meet all tastes. The feedback we get lets us know that we are doing a good job. So, with the weather getting warmer, how about a night in air-conditioned comfort at your very local resort cinema?

Our Sunday matinees remain a great success with the second Sunday always being a musical and the third Sunday a newer-release film for a gold coin donation. The screening on the last Sunday of each month is directed towards the solo residents but, as always, EVERYONE is welcome.

# Workshop news.

Another year has almost finished and this will be the last news report for 2021. On behalf of the workshop members, we thank all our homeowners for their support and donations during the year.

Once again, some workshop members have created a stack of toys to donate to charities that support the underprivileged children in our local area. Unfortunately, there will not be a display day again this year because of restrictions in place. The workshop will, however, be conducting our annual raffle again this year. Tickets for the raffle will be sold at meal times on December 6, 7, 13 and 14.

Workshop members wish everyone a safe and happy Christmas and a great New Year. Stay well, Stay safe.

**Bryn Bennett,**  
Workshop President

# Social Club news.

**WEDNESDAY, DECEMBER 1:** Get ready for our Christmas lights bus trip evening. It will feature a bus trip to dinner at the Brekky Creek followed by a cruise on a City Cat on the Brisbane River. Tickets are \$40 a head.

**THURSDAY, DECEMBER 9:** Resort Christmas party! The band will be Long Gone Daddy and dinner will be a traditional Christmas meal. Tickets are \$20 a head and will be on sale Monday November 22 and 29 (5-6pm) as well as Tuesdays, November 23 and 30 (4.30-5.30pm).

**SATURDAY, DECEMBER 11:** Expression of interest are being taken in going along to see Beenleigh Theatre's production, "Rock of all Ages" at 2pm. To show your interest in attending, please find the list below the noticeboards in the Country Club. Julianne will contact residents on the list, for payment.

**FRIDAY, DECEMBER 31:** New Year's Eve is looking great with Phil Langdon set to entertain us. There will be no meal provided - instead, BYO nibbles and drinks. \$10 a head.



**Pictured left and below:** Our finest fillies got right into the spirit of Melbourne Cup last month. With wonderful fashions on the field, the odd fascinator or two, a delicious spread of food, great conversation and laughs, you'd be forgiven for forgetting there was a significant horse race on, as well!

**Ann Wiltshire,**  
President

# Weekly activities.

## MONDAY

- 8am Toy Boys Workshop
- 9am Ladies lawn bowls
- 9am Guitar rehearsals (Cinema)
- 10am Cardmaking (Craft room)
- 1pm Social craft (Craft room)
- 1.30pm Cards - 500 (Country Club)
- 6pm Dinner (Country Club)
- 6.45pm Movie Night (Cinema)
- 6.45pm Darts (Country Club)

## TUESDAY

- 6.30am Gym with Aubrey (until 11.30am)
- 9am Aqua aerobics (Indoor pool)
- 9am Tuesday AM Art Group (Craft room)
- 1pm Social bowls
- 5.30pm Dinner (Country Club)
- 6.30pm Movie Night (Cinema)
- 6.45pm Trivia (Country Club)

## WEDNESDAY

- 8am Toy Boys Workshop
- 9am Gentle exercise (Country Club)
- 9am Art classes - acrylics (Craft room)
- 1.30pm Social craft - Special interest group (Craft room)
- 6.30pm Cards - Canasta (Country Club)

## THURSDAY

- 9am Sewing and knitting (second & fourth Thursdays, Craft room)
- 9.30am Fabric craft (first & third Thursdays, Craft room)
- 10am Choir practise (Cinema)
- 1pm Social bowls
- 2pm Housie (Country Club)

## FRIDAY

- 9am Aqua aerobics (Indoor pool)
- 9.30am Fabric craft (Craft room)
- 11am Tai chi (Country Club)
- 12.45pm Scrapbooking (Craft room)
- 1.30pm Cards - Canasta (Country Club)
- 4pm Happy Hour
- 6pm Eight ball (Country Club)

## SUNDAY

- 9am Painting with Yvonne (Craft room)
- 9am Church service (Bethania Hall)
- 1pm Social bowls

# Important phone numbers.

<b>POLICE - FIRE - AMBULANCE</b> .....	000
<b>State Emergency Services</b> .....	132 500
<b>Police Link-Non-urgent incident report 24/7</b> .....	131 444
<b>Logan Hospital</b> .....	3299 8899
<b>Logan City Council EMERGENCY</b> .....	3412 3412
<b>Caretakers</b> .....	(internal call 1985) 3489 1985
<b>Sales Office Waterford</b> .....	1800 028 428
<b>Country Club</b> .....	3489 1993
<b>Bowls Club</b> .....	3489 1981
<b>Telephone and Internet issues (Comms Co)</b> ..	5559 7988
<b>BCP Electrical (Electrician)</b> .....	0420 363 752
<b>Harry (plumber)</b> .....	0438 531 367
<b>Landscaping (Ian)</b> .....	0416 221 689
<b>Home Assist-Secure (Beenleigh)</b> .....	3208 0604
<b>Centrecare Home Safety Services</b> .....	3809 9610
<b>Disability Equipment Loan (Doris)</b> ....	Villa 41 or 3489 1741
<b>Logan Taxi Service (Subsidised Thursdays)</b> .....	136 294
<b>Chris Woolf (computer trouble-shooter)</b> ...	0409 637 422
<b>Pesty (Brett. Pest Control)</b> .....	0412 136 473
<b>Snake Advice and Relocation Service</b> .....	0418 738 228
<b>Hairdresser (Bethania resort)</b> .....	3805 2617
<b>JPs</b> .....	Christine (Villa 201), Yolly (Villa 108), Gary (Villa 51), Clive (Villa 77), Bruce (Villa 200)
<b>Homeowners' Committee</b> .....	(President Norman W) #28 homeownerswtr@palmlake.net.au
<b>Craft Committee</b> .....	Ann W, #77
<b>Library</b> .....	Les, Villa 198
<b>Fun Club</b> .....	Julianne, #177
<b>Workshop</b> .....	Bryn, #2



# 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.



# Small yard, big furry love.

DOWNSZERS 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 Resort, we've built our communities to be pet friendly because we know just how important pets are for the majority of our over-50s residents, too. Palm Lake Resort pooches who enjoy a spot of exercise and that all-important social interaction with their four-legged neighbours, give their humans a great social outlet as well. Regular doggo walks provide our homeowners with some great incidental exercise (fresh air and vitamin D are just cherries on top). If you're looking to add a furry, four-legged friend to your family, why not try one of the following breeds - each proven perfect for compact yards.

### 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.



# 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 028 428. \*T&Cs apply



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

# Homes for sale.

## Villa 116 - \$335,000

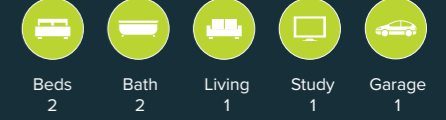


### Location, location!

A lovely Orchid-design home located around the corner from the resort's Country Club. This lovely home offers a large loungeroom with separate dining and kitchen, and the kitchen has 2 pac cabinets and stone benchtops. The home has two bedrooms, bathroom and two toilets as well as front and back patios. The backyard has a water tank which is connected to the washing machine and toilets. The home has lots of room for a dog. Priced to sell and ready for you to move in.



## Villa 102 - \$420,000



### Beautifully presented

An absolutely beautiful home that offers two bedrooms plus study, two bathrooms and single lockup garage which has storage space at the end and features side access. This home offers the discerning home buyer everything and more. The gardens are established with little effort to look after and gives this home fabulous street appeal.



## Villa 151 - \$395,000



### Well presented and move-in ready

This lovely cottage is well presented with large front and back yards giving you lots of space to enjoy. This property has timber flooring making it easy to keep clean, two bedrooms plus study, main bedroom with ensuite and a second bathroom and toilet. The kitchen is 2 pac with stone benchtops and the garage is long with storage at the back which then leads out to the undercover back patio. The backyard has a garden shed and water tank.

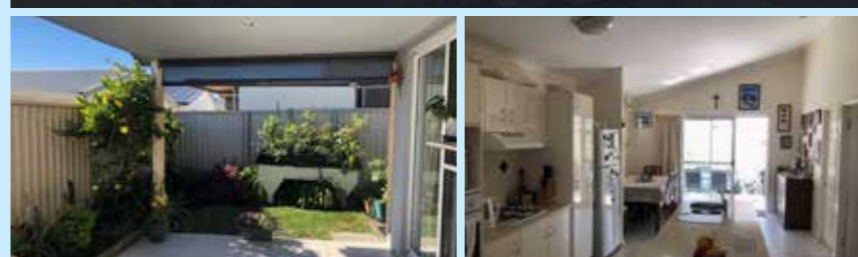


## Villa 142 - \$359,000



### Wonderful Watervale

Great location - walking distance to the resort's Country Club. Popular Watervale home offering two bedrooms + study with an open-plan kitchen and living areas. Main bedroom has a walk-through bathroom. There are two toilets in this home. Step outside to an extra large undercover area with two garden sheds and water tank.



Want to book a private tour and find out more about our resort? Phone Kerrie on **0403 680 969**.  
Email [KerrieB@palmlake.com.au](mailto:KerrieB@palmlake.com.au) or visit us online at [palmlakeresort.com.au](http://palmlakeresort.com.au)

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