

Willow Talk.

APRIL - MAY 2023



The Lodge is open!

Walk through our wonderful new community facility that is changing our homeowners' lives for the better

Refer a friend

Find out which homes are available - you could score a cash bonus when you refer a friend

For art's sake

The Lodge is enabling our homeowners to explore new interests and art is emerging as a favourite



Welcome.

Hi everyone and welcome to all our newbies -

Thank you to Palm Lake Works for generously giving us the opportunity to purchase equipment for our new Craft Room. On Thursday, February 9, Jan and our community visitor, Marg, took a group of homeowners to help shop for our new craft room. From art to craft, we managed to fill at least three trolleys, entertaining many around us. We were all like kids in a candy shop! The Frankston Spotlight staff were incredibly helpful and we were fortunate to meet a sales rep who is coming to our resort to demonstrate some equipment we purchased. We have ordered our sewing machines and overlocker, and they should be here soon for homeowners to use. We are certain a lot of beautiful handmade, creative work will be produced by our homeowners from all these purchases.

Our efforts to stock the Craft Room have opened other opportunities within our community, bringing others together. Marilyn was one of the great shoppers who attended Spotlight with us that day. She helped by selecting a variety of art equipment and with her support, we have encouraged residents to come along on Thursdays, from 1.30 – 3.30pm to share their artistic abilities.

If you are interested in meeting and mingling with the crafters, you can visit the Craft Room at 1pm on Mondays. This is a talented group of ladies who gather each week to teach, share ideas and enjoy each other's company. They are currently organising their next market day for Monday, April 3, just in time for Easter. Come along to the Craft Room at The Lodge, from 10am, to pick up some goodies.

Finally, please welcome Pam and Tony while we head off in our motorhome until the end of April. They will be here to assist Jo, Adam and Matt with their valuable Palm Lake Resort experiences. Happy Easter to you all. Stay safe.

Brendan & Jan,
Palm Lake Resort Willow Lodge Caretakers

CONTACT US

Looking for more information about Palm Lake Resort Willow Lodge? Here's how you can reach us:

FREECALL: 1800 974 981

Street address:
2 Willow Road, Bangholme VIC 3175

Office hours:
9am to 4pm, Monday to Friday

Email:
willowlodge@palmakeresort.com.au

Find us online at:
palmakeresort.com.au

Get social:
Follow us on Facebook (@palmakeresort) and on Instagram (@palm.lake.resort)

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News briefs.

REFER A FRIEND

We know your friends love coming to visit your Palm Lake Resort Willow Lodge 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 home, you'll receive \$250 cash. Easy!



CREATIVITY RULES

Our homeowners are definitely exploring their creative sides at the moment, with thanks to the new facilities available within The Lodge Country Club. We had a rep come in and demonstrate the popular new Cricut machines that allow users to create their own vinyl stickers. Very cool.

HOMES
FOR SALE:
PAGES
9-11



HAVE YOU SPOTTED OUR LITTLE MATE?

Chuckles has been on the move again, looking for lovely yards. He's currently taken up residence at 11 Evergreen Drive in Brenda's front yard. Well done, Brenda - what a lush display!

ATTICUS HEALTH UPDATES

Please note the following important health updates from Atticus Health:

- Geriatrician Dr Rajesh Singh will be returning to Bangholme on March 30. Dr Rajesh Singh can help you out with medication management and rationalisation, dementia, falls and balance disorders.
- Kate Van Duuren is Bangholme's very own nurse practitioner and wound care specialist. Working Monday, Wednesday and Friday, she is available to help Willow Lodge homeowners out with wound management, falls prevention and pain management.

If you would like to book in to see Dr Singh or Kate Van Duuren please phone 9706 5560 or visit reception.

Weekly activities.

- MONDAY**
9.30am-1.30pm Line dancing, Wellbeing Room
10am Workshop, The Shed
1pm-3pm The Crafters, Craft Room
5pm-10pm Darts, Sports Club
5pm-8pm Bar open, Sports Club
- TUESDAY**
10am-11am Aerobics, Wellbeing Room
12noon-4pm Karaoke, The Lodge
12.45pm-3.30pm Indoor Bowls, Wellbeing Room
6.30pm-9pm Indoor Bowls, Wellbeing Room
7pm-9.30pm Pool/snooker, Billiards Room
- WEDNESDAY**
9.30am-11.30am Social bowls, Sports Club
10am-12 noon Workshop, The Shed
12noon-5.30pm Cards - 500, Sports Club
12.30pm-3.30pm Table tennis, Wellbeing Room
- THURSDAY**
10.45am-11.30am Water aerobics, Pool (with Rodney)
11.40am-12.25pm Water aerobics, Pool (with Rodney)
1.30-3.30pm Art class, Craft Room
7pm Bingo, The Lodge Hall
- FRIDAY**
10am-12 noon Workshop, The Shed
1pm-4pm Cards - Crib, Sports Club
5pm-8pm Bar open, Sports Club
- SATURDAY**
10am-11am Aerobics, Wellbeing Room
10am-12 noon Workshop, The Shed
1pm-3pm Knitters, Craft Room
5pm-8pm Bar open, Sports Club
- SUNDAY**
5pm-8pm Bar open, Sports Club

Sports Bar news.

Sports Club table layout reconfiguration

By rearranging and splitting the tables and chairs in the Sports Club, we have been able to increase the seating availability from 45 chairs to 75 chairs. This will allow more people to attend the club and hopefully encourage new homeowners to come and join in the various activities held there. The old layout was in place due to Covid requirements for more space between patrons. However, we are over those restrictions now and hope to welcome more people into the Club.

Fun Fridays

We continue to provide snacks for free on Friday nights (except Bowls Club Pizza Nights) and a \$1 a ticket raffle with prizes of \$30, \$20 and \$10. No bookings required, just turn up!

Upcoming events

The Social Club and Bar Committee will be combining to provide some interesting Saturday events over the coming months which will include:

- May 20: Roast beef rolls, \$5 each, and a 'jam' session so our hungry musicians should come and join us!
- June 17: Karaoke Night. Ann will lead this event with her karaoke skills.
- July 22: Trivia Night. Watch out for the flyer for further details.
- August 12: Soup kitchen. Details to come.
- September 12: Bake Off. Details to come.

Volunteer staff

Please remember that all RSAs and Committee members are volunteers, lending their time and expertise to keep the Sports Bar open. Please show them the respect and gratitude they deserve.

For all things Sports Bar, please contact Kay Smart (Administrator) on 0437 670 977.

WELL
DONE,
MARIA!



***Pictured above:** 'My Hero' finalists, Lawrie Downward and Maria Lacey (who were the Club's 100UP Champions). Maria went on to win the competition.*

Bowls Club news.

Pennant update

Midweek finished in third spot - they won their semi-final at home against Keysborough, but lost the preliminary final against Dandenong Club. Saturday side finished in fifth position, and Thursday seven-side finished on top, with the final still to be announced and played. Players, Committee members and spectators should feel very satisfied with another successful season. Enjoy the break, bowlers, but keep a lookout for games that are to be organised over the coming weeks.

Dates for your diary

- **Tuesday, April 11:** Lunch at the Sands Hotel for bowlers, members and their partners
- **Saturday, April 22:** Presentation Night. The list is already out for names. The event is free for Members, \$15 for Social Members and \$20 for Non Members.
- **Sunday, May 7:** AGM
- **Saturday, May 13:** Tournament Day
- **Sunday, June 18:** Come and try bowls day

If you have any queries, you can contact our Bowls Club President, John Cargill, on 0427 153 384.

**Maureen Atwell,
Willow Lodge Bowls Club Committee Member**

Social Club news.

Report on functions

Thursday, January 26 - The Great Aussie BBQ:

We had a great turn out for this event. The brisket buns were a huge hit! Fun was had with the "Thong Toss" although with a strong wind it was more like a boomerang! The corn bag toss also proved to be fun.

Saturday, February 18 - Rock 'n Roll Night:

This was a fantastic night. We had great music courtesy of DJ Flash, and many homeowners were rocking great outfits.

Wednesday, March 8 - Gifts & Gadgets: Again, very good attendance with lots of gadgets sold.

Upcoming events

Sunday, April 23 - Mad Hatters Tea Party (high tea):

Come and enjoy high tea at The Lodge from 11am. There will be a selection of hot and cold, sweet and savoury delights plus bubbles on arrival for \$15 per person. Bookings essential.

Tuesday, April 25 - Anzac Day sausage sizzle:

Come and share stories or memorabilia if you have any. Enjoy a free sausage from 12noon at the new barbecue area.

Sunday, May 28 - Biggest Morning Tea:

To be held in The Lodge, and bring along a plate to share. If you have any unwanted gifts you'd like to donate for the raffles, we'd be happy to take them off your hands (prior to the day).

Saturday, June 17 - Trivia Night:

Starts at 6pm. To be held in the Sports Bar. BYO nibbles. Bar will be open.

Saturday, July 22 - Karaoke Night:

Starts at 6pm. To be held in the Sports Bar. BYO nibbles. Bar will be open.

Flyers for all Social Club functions, with further information about these events, will be posted on the noticeboard outside the Laundry and very soon on the noticeboard to be located in The Lodge lobby. Go for a walk and check out what's on in detail.

For more information about the Social Club, please phone Chris Beard (Secretary) on 0408 400 486.



For art's sake.

WITH ALL THE WELCOME SPACE THAT THE LODGE NOW PROVIDES, OUR HOMEOWNERS ARE ABLE TO EXPLORE NEW HOBBIES, INCLUDING THIS GROUP OF CREATIVE ARTISTS...

Our first Art Group started on Thursday, February 23, with a delightful group of eager participants which included six ladies and a talented gentleman.

We came together, some with knowledge in painting, and others simply eager to explore the many ways to use the creative art materials that Palm Lake Resort Willow Lodge has supplied for us. It was a happy, enthusiastic time spent by us all. If you are interested or curious about art, please join us on Thursdays, from 1.30-3.30pm in the Craft Room at The Lodge Country Club.

Marilyn

Puzzle power.

DON'T THINK OF A BOX OF JIGSAW PUZZLE PIECES AS A TIME-CONSUMING CHORE – IT'S ACTUALLY AN ACTIVITY THAT WILL PROVE MORE BENEFICIAL THAN YOU THINK.

Building jigsaw puzzles is a pastime that spans the generations. You might remember your own children, as babies and toddlers, joining a handful of large format puzzle pieces to make a simple picture. As they grow, the pieces get smaller, the image gets more detailed and number of pieces in a box rises through the hundreds and eventually, into the thousands.

Building puzzles as a fun family activity can also 'join' you in other ways - the bonding experience and time shared is invaluable. Jigsaw puzzles should definitely be on the activity list when the smallest members of your family come and visit or stay. However, building jigsaw puzzles in the latter years of life, and especially so with likeminded friends, actually has more benefits than you'd think. Here are just some of them:

1. Left brain meets right brain to prevent cognitive decline. Puzzles are a whole-of-brain activity as they exercise both the right and left sides. Our brain's right side sorts creativity, emotion and intuitive thinking while the left side is the logical, objective and methodical side. When you complete a puzzle, both sides communicate and work together, increasing cognitive function. The occipital lobe is the area where the brain connects colours and shapes and it is also activated during puzzle building. Exercising the mind helps prevent cognitive decline.

2. Memory improvement. Picking up a puzzle piece and scanning the rest of them for a match strengthens neural connections and increases the generation of new connections. This, in turn, increases mental speed and thought processes. You've also got to be visualising the completed

image, but in small sections, and when you exercise the part of the brain in charge of storing this kind of information, you're also working a muscle that will ultimately improve your short-term memory.

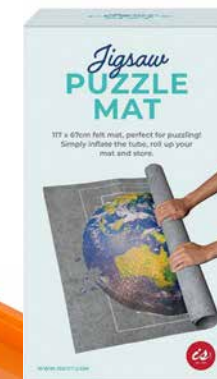
3. Problem solving and IQ increase. It's true. You can actually become smarter by completing puzzles - and there's research to prove it. A group led by Dr Susanne Jäggi at the University of Michigan found that spending just 25 minutes a day solving puzzles can raise your IQ by four points. Nice. Beyond the brain boost, these enhanced problem-solving skills can be transferred and applied to other areas of life to make you more innovative and adaptive as well as a more critical thinker.

4. Mood enhancement. Solving puzzles increases the brain's production of dopamine. This neurotransmitter is responsible for regulating mood and optimism. It also affects learning, memory, concentration and motivation. Dopamine is released every time we put a puzzle piece in the right place. This encourages us to challenge ourselves and continue to find more and more puzzle-piece matches (many of us know that feeling of becoming 'addicted' to completing a puzzle and finding it hard to walk away from an uncompleted one!).

5. Decreased stress through the meditative process of completing a puzzle. When assembling a puzzle, our brains go from 'beta' (or awake) to a state of 'alpha' (which is similar to the state we are in when we are dreaming). This shift in consciousness comes with many benefits, including improvements in mood and self confidence, lower blood pressure and heart rate, as well as stress relief.

Jigsaw puzzle mat, \$26.95, from templeandwebster.com.au

Kmart puzzle sorting trays, \$10, kmart.com.au



Deluxe jigsaw puzzle board and zip-up storage/carrier (for up to 1000-piece puzzles), \$73.99, theboardgamer.com.au



6. Better visual-spatial reasoning.

7. Greater attention to detail.

8. Increased productivity.

9. Delaying symptoms of dementia and Alzheimer's disease.

10. Better ability to collaborate and work in a team (when you join friends in puzzle-building).

If you don't have your own puzzles or have done them so many times that you know them too well, head to our resort library and check out the collection there.

And here's a nifty idea: Similar to a Book Club, you could even round up some likeminded puzzle-lovers here within our community and share resources or, more importantly, join forces and puzzle together regularly. Now that sounds like fun!

Do your friends love it here, too?

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 homes you'll receive \$250* cash!

\$250

cash bonus simply for referring a friend!

For more info or to refer your friend, FREECALL 1800 974 981.

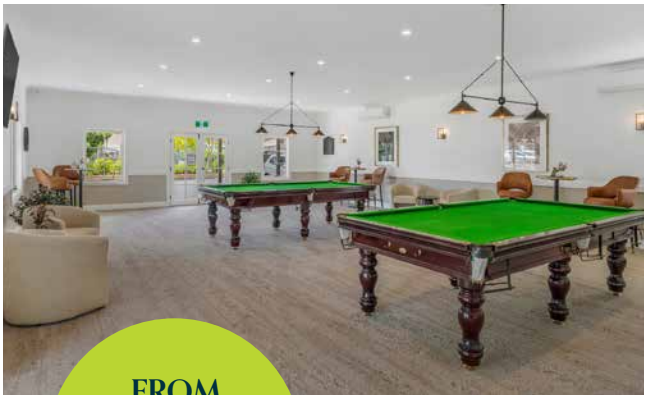
*T&Cs apply



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

Walk through The Lodge.

SHE'S A BEAUTY, THE LODGE COUNTRY CLUB. CHECK OUT JUST SOME OF THE DELIGHTS THAT AWAIT THOSE WHO VISIT OUR BRAND NEW COMMUNITY FACILITY.



FROM
SPORTS TO
THE ARTS, IT'S
ALL HERE!

New homes for sale.

58 and 60 Willow Rd -
Price on application

- Beds 3
- Bath 2
- Living 1
- Garage 2



New and beautiful.

These duplex homes are located in a prime and central location within Palm Lake Resort Willow Lodge, just steps away from all of our amazing facilities. They each feature large open-plan living, with full sliding glass doors opening out into your own alfresco area. The kitchens are well appointed, each with a walk-in pantry, two bedrooms, and an extra room for your home office/study or a sofa bed for visiting guests. Book your site tour now. You will not be disappointed.

Key features:

- Double garage with internal access
- Quality SMEG appliances with induction cooktop
- No Stamp Duty
- No rates
- Free water

TURN OVER
FOR MORE

New homes for sale.

11 Brushwood Drive - POA



UNDER OFFER!

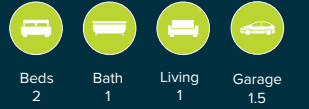
**The happiest front door
of them all.**

This delightful home was only recently finished and is perfectly move-in ready. This well-appointed custom-build home is sure to impress. The open-plan kitchen, dining and living is tucked away at the rear of the home opening on a fully-covered alfresco, ideal for entertaining. 11 Brushwood also enjoys quality appliances in the kitchen and a study nook. Key features:

- Quality appliances
- Second toilet
- Study nook
- No Stamp Duty
- No rates
- Free water



4 Quiet Drive - POA

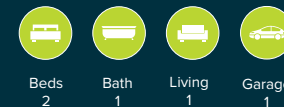


Centrally located.

You will be delighted by this two bedroom home with open-plan living, dining and lounge, nestled in the heart of Willow Lodge. A great location and just a short stroll to all of our BRAND NEW facilities. Wake up to the morning sun and enjoy breakfast out on the covered alfresco.

Key features:

- 2 bedrooms (master with walk-in robe)
- 1 bathroom, 2 toilets
- Split system heating/cooling
- Covered alfresco
- No stamp duty, no rates, free water



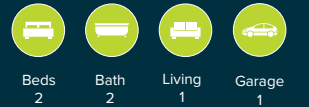
Custom made

This brand new two-bedroom custom designed home is ready for you to move in to. It offers a handy study nook, two-way bathroom and great quality appliances.

Additional key features:

- Remote garage with internal access
- Brand new community facilities just opened at The Lodge Country Club
- No Stamp Duty
- No rates
- Free water

2 Conservation Drive - POA



Right in the heart.

This home is perfectly situated in the heart of Palm Lake Resort Willow Lodge and across from the Sports Club. This two bedroom, two bathroom home enjoys ample natural light and features an open-plan living and dining area that opens onto a covered alfresco. Extras include a study nook and quality SMEG appliances. With quality finishes and an abundance of storage, this stunning and sought-after design will not last. Contact us today to arrange a private inspection.

- No Stamp Duty
- No rates
- Free water

For more info or to organise your private tour, FREECALL 1800 974 981,
email willowlodge@palmlake.com.au or visit palmakeresort.com.au



10,000 REASONS TO CELEBRATE

With more than 45 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 1800 974 981 | willowlodge@pallmlake.com.au
2 Willow Rd, Bangholme VIC 3175

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