

JANUARY - FEBRUARY 2026



Ballina Bliss



Melbourne Cup Day fun

Inside, catch up on our Cup Day celebrations, from competitions to costumes

Singalong, for the benefits

Beyond the beautiful sound, there are wonderful personal benefits of joining a choir

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for fast cas



Welcome.

We are now well into the new year, with all guns blazing! I had a great two-week break over Christmas, when I got to enjoy time with family and friends. I hope you all managed to do the same over the summer holidays.

Since returning to work, interest in the resort has been enthusiastic and enquiries are coming in on a regular basis.

We have also welcomed a number of new residents, who are all settling in nicely. We trust you are keeping yourselves busy at home and enjoying trying out all the amenities here in our beautiful resort.

In other exciting news, we now have a new manager's assistant, Janine. I am sure some of you have made yourself known to her already, but if you haven't, please say hi when you see her around the resort. Janine is familiarising herself with the job at hand and looking forward to meeting you lovely residents throughout the coming weeks.

There will be more homes coming up for sale in the next couple of months, so if you have a friend who is thinking about moving to our lovely resort, please let me know. And be sure to ask about our Refer a Friend offer!

Until next time,

Julie D'Arpino
Sales Consultant, Palm Lake Resort Ballina

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Contact us.

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

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Email:
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Find us online at:
pallmlakeresort.com.au

Get social:
Follow us on Facebook (@pallmlakeresort) and on Instagram (@pallml.lake.resort)



News briefs.

Weekly activities

MONDAY

7.30am Tennis
9am Art class, Tai chi, Brunch
10.30am Line dancing (general)
2pm Scrabble
3pm Aqua aerobics
5.30pm PLR dinner
7pm Old style dancing (first and third Monday)

TUESDAY

9am Craft and quilting, Brunch
2.30pm Canasta (five players)

WEDNESDAY

7.30am Tennis
9am Bus to shops, Painting Pals, Brunch
10.30am Line dancing
12pm Lunch
2pm Mixed lawn bowls
7pm Cinema

THURSDAY

9am Men's lawn bowls, Line dancing (intermediate), Jonola Canasta
1pm Ladies' lawn bowls
3pm Singing and fun
7pm Sing-along

FRIDAY

8.30am Aqua aerobics
9.30am Aqua aerobics, Gentle exercise
10am BYO morning tea
1pm Cards
5pm Happy Hour

SATURDAY

7.30am Tennis
9am Tai chi
1.30pm Mah-jong, Canasta
7pm Cinema

SUNDAY

2pm Mixed lawn bowls

This is Your Time



The Summer 2025 edition of *This is Your Time* magazine harnesses the wonderful festive energy of the holiday season. It's such a great time of the year! While you'll get the most up-to-date information on all of the construction progress across our newest Palm Lake Resort addresses (including Yamba Cove, Paynesville, Pelican Waters and Forster Lakes), you'll also read about how charitable the homeowners are at our established resorts. It was definitely a big year for philanthropic pursuits, proving just how selfless and wonderful our homeowners are. Among the magazine's lifestyle features, readers can enjoy a kaleidoscope of colourful summer ideas across gift giving, recipes, travel and more. You can read the Summer 2025-26 edition online at pallmlakeresort.com.au

We want to hear from you!

Whether it's photos from a recent event or a new activity you'd like to announce, this newsletter is the place to share the latest and greatest resort happenings. Ask your caretaker about deadlines for upcoming editions and how to submit content.

Four-legged friends

Palm Lake Resort understands how important pets can be in people's lives and we actively market our resorts as pet friendly. However, for the benefit and comfort of all homeowners, certain rules concerning pet ownership are in place. Initially, all pets in the resort need to be registered with the Resort Office. Your site agreement contains all the finer details in relation to this requirement and no reasonable requests have been denied.



Bowled over, in Roma!

Recently, two teams from Ballina joined other Palm Lake Resort bowlers from Queensland in Roma. Everyone had a fun time making new friends; winning 5 out of 6 games was a bonus!



Giddy up!

THE FIRST TUESDAY OF NOVEMBER – OTHERWISE KNOWN AS MELBOURNE CUP DAY – SAW MUCH CELEBRATION AT OUR RESORT, AS WE WATCHED THE RACE THAT STOPS THE NATION...



Resort manager's report.

The festive season is now in our rear view mirror, bringing a welcome rest for our residents – many of whom have been busy with street Christmas parties, dinners and drinks in our restaurant/cafe, and celebrations with loved ones around the pools and outdoor areas. Not to mention New Year's Eve with our resident band, The Tonics! It's been a busy few weeks, indeed.

Now, we look ahead to our upcoming Australia Day celebrations, which will round out the month with a true blue Aussie community gathering.

Our resort has recently welcomed some new team members, including our new Administration Assistant Janine, who has thriving in the role and has quickly become a great asset to us. Best wishes to our former Administration Assistant who has retired after nine years with us.

We are also fortunate to have a new groundsman, Daichi, who joins us after completing a horticulture certificate. We are grateful that he is using his skills here with us! Overall, with our recent warm weather and touches of rain, our gardens are consistently blooming and looking great.

"What a great place to live and visit," is the constant feedback I get.

Until next time,

Rick Stewart,
Resort Manager

SINGING
TOGETHER
IS BETTER!



Preaching to the choir.

WHETHER YOU LIKE TO HUM IN THE SUPERMARKET, SING IN THE SHOWER OR FOUND YOURSELF ENJOYING CAROLLING WITH FRIENDS AND FAMILY OVER THE FESTIVE SEASON, THERE ARE PLENTY OF REASONS TO JOIN THE CHORUS THIS NEW YEAR – ESPECIALLY IF YOU HAVEN'T TRIED SINGING IN PUBLIC BEFORE.

Ask any of the dozens of choristers who call our Palm Lake Resort communities home, and they'll tell you that being part of a choir just feels good. But better yet, science says it's actually good for you. Research shows that singing together offers extraordinary physical, social, emotional and mental benefits – especially for over-50s.

At first glance, choir practice may not look like physical exercise. But singing is a whole-body activity: it engages the diaphragm, intercostal muscles and core, encourages upright posture, and requires controlled breathing. Multiple studies have found that singing on a regular basis can increase lung capacity, improve respiratory function and even enhance heart-rate variability – a key marker of cardiovascular health.

Deep, steady breathing also stimulates the parasympathetic nervous system, helping the body shift out of 'fight-or-flight' mode. The result? Reduced blood pressure, steadier oxygen flow and that lovely sense of calm that lingers long after practice ends. For older adults, especially those looking for gentle, low-impact ways to support physical wellbeing, choir rehearsals provide a surprising dose of functional fitness. And as Palm Lake Resort Waterford homeowner and Choir Director Les Elborne puts it, "Singing is something we can all do – if you can talk, you can sing."

Many people say they feel better after singing, but the science behind that emotional lift is compelling. Group singing releases endorphins (the "feel-good" hormones) as well as oxytocin, the hormone associated with trust, bonding and reduced anxiety. It's no coincidence that participants in community choirs often report improved mood, greater confidence and a sense of joy that carries through the rest of the week. And for over-50s – especially those undergoing life transitions such as retirement, downsizing or bereavement – the emotional outlet of singing can be profoundly grounding.

Australia is not immune to what experts are calling the "epidemic of loneliness", but choir singing could offer a powerful antidote. For many over-50s, especially those living independently, chronic loneliness can creep in unexpectedly, and the health impacts can be devastating – comparable to smoking 15 cigarettes a day, some reports suggest. A 2015 study out of Oxford University found that group singing not only helps forge social bonds but does so particularly quickly – and among large groups.

But that's not all. Singing is also a powerful cognitive workout, exercising memory pathways and stimulating neural activity in both hemispheres of the brain. The act of synchronising with others – matching pitch, pace and breath – is another

mental challenge that engages attention networks and enhances neuroplasticity. Research from the Monash University found that older adults who regularly engage with music had significantly lower risk of both dementia and cognitive decline.

Across our many Palm Lake Resorts, choirs have become much more than groups who sing – they are pillars of community life. At Palm Lake Resort Waterford, homeowners gather not just to rehearse, but to connect. And they do so outside of their resort gates as well. Palm Lake Care Mt Warren Park residents are among this choir's biggest fans given the regular visits the chorists make to their local aged caring community.

As Choir Director Les will tell you, he has seen countless people, many of whom were told as children they "couldn't sing", discover the joy of blending their voices with others as they've aged.

"It turns out that, if we are invited to sing and can let go of the natural shyness, we can express what is in our heart," Les explains. "When we do that together, it is incredibly powerful."

Then there is the spirited singing group at Palm Lake Resort Bargara. Formed about 10 years ago, the choir now has around 50 members, with 35 attending regularly each week. Entirely funded by members, they proudly add heart and harmony to the resort's Australia Day, ANZAC Day and Christmas celebrations. They also perform at Palm Lake Care Bargara and other local aged-care providers, bringing comfort and connection to residents who delight in their repertoire of Christmas carols.

Also at Bargara, the breakaway men's singing group known as the 'Bargara Barnacles' deserves special mention. Their heartfelt performances have become a cherished part of life at Palm Lake Care Bargara, reminding everyone that music is for all – and that enthusiasm often matters far more than technical skill.

As one of the Palm Lake Resort Bargara choir's favourite songs declares, "The music in my life will set my spirit free." For our Palm Lake Resort choristers, this is more than a lyric – it's a lived experience.

On the back of the festive season, with carols echoing through shopping centres and across community gatherings, consider that your motivation and invitation to sing along with your resort friends in 2026. It might just be the most uplifting, rewarding New Year's resolution you'll ever make.

Join our resort choir in 2026!

If you're interested in making a New Year's resolution to try something new and want to join our Palm Lake Resort Ballina choir (or as they call it, 'seated karaoke') in 2026, simply phone Chris Shevellar on 0429 847 154. The choir meets weekly on Thursday at 3pm in the cinema and are more than happy to answer any questions.



Oktoberfest fun.

IN HONOUR OF OKTOBERFEST – AND OUR GERMAN-BORN CHEF, ETIENNE – WE TURNED OUR FRIDAY NIGHT HAPPY HOUR INTO A MUNICH-STYLE CELEBRATION!

Our restaurant served a menu filled with German delights, our bar committee ordered in German beers for the night and a 'world-renowned' Schlapp dancing troupe provided the entertainment.

The dancers performed to the music of a traditional oompah band and had the audience in fits of laughter with their antics. The troupe dancers were Hans (Ian), Heine (Peter), Heinrich (Ramsay), Hellmut (Ted), Herman (Jerry) and Horst (Peter), joined by Gretel (Viv) the dancing girl interrupted by that rowdy group of beer drinking lads.

They were appropriately dressed in the traditional Lederhosen – all but 'Gretel', who donned a traditional Bavarian dress.

It was a great, fun night with most residents caught completely unaware by the entertainment. That element of surprise added to the fun of the show! 'Dankeschön' (thank you) to the entertainers and organisers.



Homes for sale.

WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT?
PHONE 1800 335 666 OR EMAIL SALESBALLINA@PALMLAKE.COM.AU.
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU

Home 38 - \$975,000



Beds

2

Bath

1

Living

1

Study

1

Alfresco

1

Garage

1

Light and bright.

This welcoming home invites you into an open-plan lounge and dining area, filled with natural light and enjoying garden views from all aspects of the living space. The modern kitchen is well equipped with contemporary appliances, while tiled flooring flows through the main areas of the home, complemented by lush carpeted bedrooms.

A dedicated study sits conveniently close to the living area and also overlooks the garden, offering a pleasant and practical workspace. Outside, the tidy and well-maintained garden provides a low-maintenance setting, enhancing the home's light, airy feel.

Home 62 - \$990,000



Beds

3

Bath

2

Living

1

Alfresco

2

Garage

2

SOLD

Peaceful paradise.

Surrounded by a beautifully landscaped garden featuring vine-covered arches, mature ferns, and established shrubs, this home offers a serene outlook onto tall, bird-attracting trees. Step outside to a fully enclosed alfresco area, perfect for unwinding or entertaining, set behind a sleek white metal slat screen for added privacy and style. The low-maintenance artificial lawn ensures minimal upkeep, while a convenient outdoor shed offers storage for all your gardening tools. Offering outstanding value in a sought-after setting, this property is sure to capture the attention of savvy buyers.

Home 3 - \$980,000



Beds

2

Bath

2

Study

1

Living

1

Alfresco

1

Garage

2

Ready to move in.

Welcome to this spacious, open-plan two-bedroom home with a dedicated study, thoughtfully designed for comfortable everyday living. The light-filled lounge and dining area flows seamlessly to an inviting alfresco space, creating an ideal setting for relaxed entertaining.

From here, step out to a generous garden featuring a mature lemon tree ready for picking, complemented by a large front yard that enhances the sense of space and privacy. Ideally positioned close to the resort exit, this home offers both convenience and a peaceful lifestyle, ready to welcome its new owners.

Home 131 - \$1,150,000



Beds

2

Bath

2

Study

1

Living

1

Alfresco

1

Garage

2

SOLD

Comfortable living.

This well-maintained home offers a comfortable and inviting living environment, complete with a low-maintenance garden and lawn that's ideally-sized for a pet to run around and enjoy the outdoors.

The modern kitchen is equipped with high-quality Smeg appliances and features a stylish stone benchtop, providing a functional and elegant space for everyday cooking. The lounge room overlooks the garden, offering a lovely outlook that brings in natural light and a sense of tranquillity.

Over the back fence.

THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS.



The Toy Boys make prime time TV

WE'VE COVERED THE WONDERFUL WORK OF "THE TOY BOYS" AT PALM LAKE RESORT WATERFORD IN THESE PAGES BEFORE, BUT DID YOU KNOW THAT THE BOYS MADE TV HEADLINES OVER CHRISTMAS?

This group of merry toymakers spend all year in their **Palm Lake Resort Waterford** workshop constructing wooden toys for underprivileged local children. At Christmastime annually, they gather a year's worth of handmade goodies and make a large heartfelt donation to Beenleigh Special School as well as The Mitre 10 Beenleigh Christmas tree appeal. And they've been doing this for 15 years!

7News Brisbane heard about The Toy Boys' pending 2025 donation and sent out a camera crew to capture their story. So taken with the Boys' dedication to their cause were producers of the 'Sunrise' television show that they then live-crossed to Palm Lake Resort Waterford to interview the Boys live on air. Workshop President Ray Johnstone says the group was grateful for the recognition and praise, and they look forward to many more years spent in their resort workshop, building wooden treasures for local kids.

HANDMADE
TOYS SPREAD
CHEER TO
NEEDY KIDS

Step inside Santa's Workshop

PALM LAKE RESORT CALOUNDRA CAY HOMEOWNERS PUT THEIR MANY TALENTS TO GOOD USE, COLLECTING (AND MAKING) DONATIONS FOR THE ANNUAL SALVOS CHRISTMAS APPEAL.

In the lead-up to Christmas, **Palm Lake Resort Caloundra Cay** homeowners worked together to assemble 81 Christmas hampers for families in need across the Sunshine Coast. Retired Salvation Army Major and homeowner Maree Strong helped coordinate the effort, which evolved from a simple neighbourly suggestion into a well-organised collection and distribution process.

"What began as one small idea quickly grew into something incredibly meaningful," Maree told Tony Durkin for the Caloundra Cay newsletter, recalling the steady flow of donated food items that filled collection boxes in the library and required regular sorting and storage ahead of final packing.

Adding a new element to this year's appeal, members of the Caloundra Cay Workshop also contributed 40 handmade wooden toys for children from recipient families. Suggested by workshop member Bruce Angus, the project involved hours of sanding, painting and finishing, with each toy requiring several hours of careful work. The toys were distributed alongside the hampers, complementing the food donations and no doubt promising a joyful surprise for recipients with children.



Doing good in The Long Run

Homeowners at **Palm Lake Resort Barga** recently came together for a meaningful fundraising event. As part of Prostate Cancer Awareness Month, homeowners formed a team for 'The Long Run', inviting neighbours to join a ride around the resort grounds to raise funds and spark conversation around prostate cancer awareness.

The ride saw 37 participants cycle a combined distance of more than 300km along the resort's streets, cheered on by fellow homeowners who generously donated along the way. The morning concluded with a well-earned morning tea and a raffle, with the event raising \$1975 for Prostate Cancer Foundation Australia.

The ride also shone a spotlight on the Barga Prostate Cancer Support Group, which now supports men and families across the Coral Coast. Most importantly, it reinforced a vital message: early detection saves lives, and regular conversations with your GP are key.

Think pink, for a cause

Palm Lake Resorts across Queensland turned pink late last year, coming together to raise funds and awareness for the McGrath Foundation and breast cancer.

At **Palm Lake Resort Upper Coomera**, homeowners enjoyed a lively evening event that raised \$1515, thanks to generous donations from homeowners, the Toucan Club, and local service providers. **Palm Lake Resort Bethania** hosted a beautifully curated Pink Morning Tea, led by homeowner Lorraine Sommerville, raising more than \$2000 with the help of volunteers, prizes and home-baked treats. Meanwhile, at **Palm Lake Resort Cooroy-Noosa**, around 70 homeowners filled the Pavilion Country Club with pink, raising \$1152 and enjoying music, food, costumes and plenty of community spirit as well.

Congrats on these big birthday milestones

Best wishes to Palm Lake Resort's latest nonagenarians and even a centenarian, who all celebrated a birthday milestone recently..

Jan Cuskelly from **Palm Lake Resort Barga** marked her 90th birthday alongside 70 of her family, friends and neighbours. Everyone in attendance enjoyed finger food and refreshments in the Ocean Breeze Country Club.

Palm Lake Resort Caloundra Cay's 'Big' John Williams celebrated his 90th birthday with the help of his regular bowling mates, who put together an afternoon of activities in his honour. Cake was eaten, rounds of drinks were shouted (even by the birthday boy himself!) and many laughs were shared.

And finally, **Palm Lake Resort Phillip Island** birthday girl Joan Menzies just turned 100! She spent the day surrounded by family, many of whom she hadn't seen for years, with friends joining in the festivities later on. What a milestone!

A very special visitor

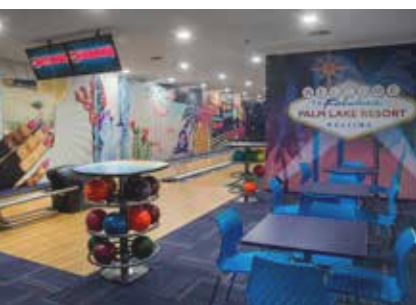
Residents at **Palm Lake Resort Ballina** recently enjoyed a rare wildlife surprise – a Great Bowerbird, well outside its usual Queensland range. The striking visitor built an intricate bower beside the walking track, decorating it with stones, pegs, marbles and even chilli peppers! While no female arrived to admire his efforts, the bowerbird's unexpected stay sparked curiosity, conversation and delight, offering a fascinating glimpse into Australia's extraordinary birdlife.



What's over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? We'd love to include it in the next editions of our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**

Better,
together.



1800 335 666 | salesballina@palllake.com.au
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THE BEST IN OVER-55s LIVING. THIS IS YOUR TIME.
palllakersort.com.au