

FEBRUARY - MARCH 2026



The Point



A happy and healthy 2026?

If you're chasing wellbeing this year, you have the power right in your own hands

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 move here? Refer them for a cash reward



Welcome.

As we settle into the new year, we'd like to share a few important reminders to help keep our Palm Lake Care Banora Point community safe and enjoyable for everyone.

Please remember that the 10km/h speed limit applies to all vehicles within the resort, including cars, bikes and mobility scooters. Keeping to this limit helps ensure the safety of residents, visitors and staff at all times.

If you engage any contractors to carry out work on your home, they must sign in at the office upon arrival. A sign-in book is located on the table outside the office for convenience. This process is essential for maintaining security within the resort.

We'd also like to remind residents to stay vigilant when it comes to scams and poor workmanship. Door-to-door advertising is not permitted within the resort. If someone knocks on your door offering services, please let them know you will contact the office to confirm they have permission to be on site. Our team can then follow this up and, if necessary, ask them to leave the premises.

Thank you for your cooperation in helping us keep our community safe and welcoming for all.

Until next time,

Wayne and Di
Palm Lake Resort Banora Point Caretakers



Contact us.

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

FREECALL: 1800 641 665

Street address:
67 Winders Pl
Banora Point NSW 2486

Office hours:
9am-11am, Monday to Friday for residents and 11am-3.30pm for sales

Email:
banorapoint@palllake.com.au

Find us online at:
palllakeresort.com.au

Get social:
Follow us on Facebook (@palllakeresort) and on Instagram (@pall.lake.resort)

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News in brief.

Green waste collection

Make a note in your diary for the next few green waste collections (and remember to put your green waste out the night before these dates as Wayne makes his collection in the early hours of the morning):

- February 2 and 16
- March 2 and 16

Important phone numbers

Caretakers Wayne & Dianne: 5523 1188

Ambulance, Police, Fire: 000

Tweed Heads Police Station: 5506 9499

John Flynn Hospital: 5598 9000

Tweed Valley Hospital: 07 6677 2000

Electrician (Matt): 5590 5857 or 0409 396 396

Electrician (Richard): 0410 827 040

Plumber (Ryan): 0418 919 050

Border Locksmith: 5536 1611

Tweed Council: 02 6670 2400

TV/Antennas (Rob): 0419 796 649

Palm Lake Resort hair salon (Chontel): 5523 3090

Pest Control (Glenn): 0412 497 281

Super Clinic Doctors: 5589 7555

Pathology: 5524 8403

Chemsave Super Clinic: 5523 1266 (free Webster packaging and delivery)

Weekly Activities

MONDAY

11am Gentle exercise, in the Grand Hall

TUESDAY

9am Lawn bowls

TBC Dinner Dance (fourth Tuesday of each month)

WEDNESDAY

10am Table tennis, in the Clubhouse

2pm Craft group meets in the Clubhouse (first Wednesday of the month)

THURSDAY

10am Line dancing

2pm Bingo, in the Grand Hall

FRIDAY

10am Table tennis, in the Clubhouse

3pm Lawn bowls

SATURDAY

9.30am Yoga, in the Grand Hall

Stay up to date

To keep up to date with the many social activities that are happening at Palm Lake Resort Banora Point, make sure you check the whiteboards in the letterbox area.

Hair studio update

Unfortunately, I have been diagnosed with thyroid cancer and will be having surgery on Thursday February 12. I have been told I will need a month off to recover, but rest assured the salon will still operate as normal. Jenny (former owner) has kindly offered to look after you while I will be away. All going to play, I aim to be back in the salon on March 17 and look forward to seeing you all then.

Chontel

Go slow

Sometimes when we are in a hurry, we forget the limits and our speed creeps up but, for the safety of all including our wildlife, please stick to the 10km/h speed limit. Also, to those owners of bikes, buggies and motorised scooters, you also need to respect the road rules whilst moving around our resort grounds.

Fun and games

Want to join us for Cards 500? We play every Tuesday from 2pm in the Clubhouse. We are a social group that would love to have your company. If you have played in the past, come along and join us. You will pick the game up again very easily. Contact Gay (ph. 0439 908 738).

Pet owners

A friendly reminder to please ensure your pet is always on a leash and under your control when out of the house. Droppings must be picked up and disposed of and are not permitted in or close to the communal facilities (all buildings, pools, etc.) or on residents' front grass areas. Please ensure your pet does not interfere with the peace, comfort or privacy of other homeowners. For more, please refer to the Residential Park Rules (July, 2017).

Fortnightly coffee club

The Fortnightly Coffee Club continues to attract a following. It's an opportunity to catch up with new or old friends for a chat and a coffee, for just \$1. Held in the Grand Hall, the dates for your diary are:

- February 11 and 25
- March 4 and 18

Please note: the Coffee Club meets every second Wednesday at 10.30am.

A happy, healthy New Year.

A HAPPY, HEALTHY NEW YEAR DOESN'T HAVE TO MEAN BIG CHANGES – IN FACT, SMALL, EVERYDAY HABITS CAN MAKE THE BIGGEST DIFFERENCE. FROM WEARABLE HEALTH TRACKERS TO MINDFULNESS AND LEARNING APPS, THESE SMART, TECHY TOOLS CAN HELP SUPPORT YOU'RE YOUR MENTAL AND PHYSICAL WELLBEING IN THE YEAR AHEAD.

DUOLINGO APP

Learning a new language is a powerful way to keep the mind active, and Duolingo makes it both accessible and enjoyable. With short, engaging lessons and a game-like approach, it encourages consistency without pressure. Even just a few minutes a day can boost memory, concentration and confidence, and open the door to new cultures and experiences. How long will your streak last?



FITBIT

Fitbit is a simple, motivating way to stay active and mindful of your health throughout the year. From tracking daily steps and heart health to monitoring sleep and offering gentle reminders to move, this small but mighty gadget helps turn good intentions into achievable habits. Progress is easy to follow, goals are personal, and every small win is captured – making it ideal for building consistency, rather than chasing perfection.



KINDLE

A Kindle makes reading easier, more comfortable and wonderfully convenient. With adjustable text size, soft lighting and thousands of books in one lightweight device, it removes the barriers to reading more often. Whether you're revisiting old favourites, discovering new authors or setting a simple daily reading goal, a Kindle supports quiet moments of focus, relaxation and lifelong learning.



HEADSPACE APP

Headspace helps create calm and clarity, with guided practices designed to reduce stress and improve wellbeing. Choose from meditation courses, single-session exercises, breathing techniques, mindful movement and sleep soundscapes to support better rest. There are themed collections for anxiety, focus, relationships and work, plus quick "SOS" meditations for moments of overwhelm. Whether you have five minutes or twenty, Headspace makes prioritising your mental health easy.



ELEVATE APP

Elevate focuses on strengthening everyday cognitive skills such as memory, focus, reading comprehension and problem-solving. Through short, targeted brain-training games, it turns mental fitness into a simple daily habit. Progress is tracked over time, helping you stay motivated while keeping sessions manageable. It's an easy way to challenge your mind, stay sharp and support long-term cognitive health.



OURA RING

Small, discreet and powerful, the Oura Ring offers deep insight into your overall wellbeing. By tracking sleep quality, recovery, activity and readiness, it helps you understand how your body responds to daily routines. Rather than pushing harder, Oura encourages balance – reminding you when to rest, recharge and move mindfully, so your health goals feel sustainable all year long.



TRIED ONE OF THESE TOOLS? LET US KNOW! TO SHARE YOUR EXPERIENCE WITH US, EMAIL BELINDA@BELLEPR.COM.

From the Bowls Club.

The summer heat is really affecting all of us, so please remember to hydrate well and wear a hat when on the bowling green.

It has been great to see so many turn up to play bowls both days, and we have only missed Tuesday January 20 due to the weather. We had to make the decision before 8.30am, and it turned out we probably could have got 12 ends in.

The hamburger night on Friday January 19 was very well attended with 35 enjoying our delicious hamburgers which are purchased for the butcher adjacent to Woolworths in Tweed City.

Our Cane Toads bowls for February 1 has been transferred to an indoor game at Club Tweed from 11am to 1pm due to the expected heat conditions.

Cheers and great bowling,

Glenda Ballard, Secretary

Homeowners Committee.

We hope everyone enjoyed Australia Day this year. It was great to see all the flags flying outside the houses in our community – we have a lot to be grateful for in this country.

Over the holidays we had a few issues with the swimming pool. They are now resolved, and it's good to see homeowners enjoying the pool again. Please remember that visitors using the facilities must be accompanied by a homeowner.

Another reminder to please not feed the birds and wildlife. It is not good for their diet.

On March 30 we will be having our AGM. Please consider volunteering to go onto our committee for the coming year. Nomination forms will be available soon – stay tuned for more information in the coming weeks.

**Sandra Horne
Chairperson**

THE COMMITTEE FOR 2025/2026

- Sandra Horne (Chairperson)
- Anita Hatton (Home 62)
- Lesley Bulluss (Home 120)
- Michael Fiddy (Home 109)
- Ray Graham (Home 153)

Social Committee report.

The Social Committee would like to extend a warm welcome to 2026 to all the residents of our friendly resort. We especially invite any new homeowners to come and join the Social Committee. It's only \$5 for the year and join in on any of the events during the year.

The New Year's Eve barbecue went off well, with 25 or so people joining in the festivities. We had a glimpse of fireworks at 9pm, and some of the gathering stayed up for a while – but alas, nobody made the 12 o'clock deadline.

Having a couple of coffee mornings in January proved to be popular. The good news is, the tea and bickies will be free for the foreseeable future. If anybody likes baking, we will welcome some nice homemade delicacies.

The Social Club AGM held on January 19 was well attended with 50 people signing the attendance sheet. Your President conducted the meeting as per the agenda, with minutes of last year's meeting and reports from the chairman and treasurer. In question time, the committee was asked if we had a constitution – it was explained that this subject was dealt with early in 2025, and under government regulations it was not required for our social group.

Our Australia Day barbecue gathering was another great social get-together, with an amazing 36 revellers turning out to celebrate the special occasion. The weather was kind to us and there was lots of reminiscing and tales – some true, some dubious, and some very doubtful.

Bingo has resumed as of February 5. A reminder: it starts at 2pm on the dot. Karaoke also resumed on Saturday February 7, as did gentle yoga. Our coffee mornings too place on February 11 and 25.

Our next dinner dance is on February 24. The theme is 'Summer Attire' and our entertainment for the night will be 'Toucan Twango'.

Looking ahead, we plan to have an outing to the 'Australian Outback Spectacular' on the Gold Coast on Sunday June 28. It will be a Sunday matinee bus and show with a delicious meal and unlimited drinks. There will be a bus limit of 40 people. Expected cost is \$96.70 per person. To officially express your interest, place your name on the form in Grand Hall.

We also have an A&I FASHION PARADE planned for March 11 at 10am in the Grand Hall.

That's all for now. Wishing you all a happy, healthy and safe 2026, on behalf of the Social Committee,

David M.



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.

Start your own choir in 2026!

If you're interested in making a New Year's resolution to try something new, why not start a choir of your own? Palm Lake Resort Banora Point is home to many bands and musical groups, but no choir... yet! It doesn't need to be a formal affair – a few voices, some lyric sheets and a backing track (live or pre-recorded) is all you need.

Strength in numbers.

WHEN A NEW YEAR BEGINS, OUR ATTENTION NATURALLY TURNS TO HOW WE'D LIKE TO SPEND THE DAYS AHEAD. HAVE YOU CONSIDERED A NEW HOBBY LATELY? WHILE STARTING SOMETHING NEW CAN BE REWARDING, DOING IT IN A GROUP OFFERS EVEN GREATER BENEFITS.

Just look at our 'Weekly Activities' list. A trademark of Palm Lake Resort community lifestyle, shared activities offer an easy way to stay active, engaged and socially connected. So before you pick up a fresh set of knitting needles or crack open a new book, ask your neighbours if they'd like to join you - especially if your special interest group doesn't yet exist. As Hellen Keller once said, *"Alone we can do so little; together we can do so much."*

Walking group

Walking groups remain one of the most popular ways to combine movement with social interaction. Regular walks support mobility and general fitness, while the group setting provides motivation and routine. Conversations tend to flow naturally, and the walk can become as much about connection as exercise. Ask your immediate neighbours to join you for starters.

Swimming squad

Swimming in a group setting allows us to enjoy the physical benefits of water-based movement while sharing the experience with others. The pool provides low-impact exercise that supports strength and flexibility, and scheduled swim times are often extended by social catch-ups before and/or after a session.

Book club

Book clubs offer mental stimulation alongside meaningful discussion. Sharing thoughts on a book encourages new perspectives and thoughtful conversation, while the regular meeting schedule helps maintain routine. For many, it's a chance to engage with ideas and connect with others through a shared interest. Get a group of neighbours together, choose a book to read at the same time, and you're away!

Art and craft club

Group creative sessions provide space for focus, creativity and relaxed conversation. Activities such as painting, knitting or card-making allow homeowners to work at their own pace while enjoying the company of others. These sessions often balance quiet concentration with easy social interaction. If you have specific art or craft expertise that isn't already covered in our Weekly Activities list, let us know and we might be able to find some likeminded neighbours to join in!



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, you'll receive \$250 cash. Easy!

\$250

cash incentive when you refer a friend to buy an **established home** at Palm Lake Resort

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 641 665. *T&Cs apply



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

Cash buyers await.

Listings wanted
 Word has spread about our secure resort grounds, low-maintenance/high-quality homes, world-class facilities, myriad weekly activities and welcoming coastal community - so much so, we have a number of buyers looking to purchase at Palm Lake Resort Banora Point.

If you're a homeowner here and your situation has changed, call our Sales Team for a free market appraisal. We have qualified buyers waiting to hear about any new homes as they hit the market. To find out more, phone 1800 641 665 or stop by the Sales and Information Centre between 9am-11am, Monday to Friday for residents and 11am-3.30pm for sales.

Commission-free transition
 Did you know that if you are a resident of any Palm Lake Resort and relocate to a new home in a different Palm Lake Resort location, you won't pay any agent's commission on the sale of your original Palm Lake Resort home?



Marketing and advertising services include:

- Professional photography of your home
- Listing on realestate.com.au
- Listing on Palm Lake Resort website
- Presented in our sales newsletter
- Printed professional flyers included in our information packs
- Homes for sale emailed to potential buyers on our database

ONLY

\$550

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 641 665 | banorapoint@palllake.com.au
67 Winders Pl, Banora Point NSW 2486

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