

JANUARY - FEBRUARY 2026



The Reef



Paws on parade, show we care

Our homeowners have started a wonderful community initiative - would you like to get involved?

Singalong, for the benefits

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

What's happening over the back fence

Check out what's going on here and a little further afield within our extended Palm Lake Resort family



Welcome.

Welcome to our first official edition of *The Reef* newsletter for 2026. We hope you all had a wonderful Christmas and New Year celebrating with your special people? It was great to see our resort grounds buzzing with activity over summer with all your friends and family members stopping by.

Even in a normal week, however, ours is a vibrant community with loads always happening. One look at our Weekly Activities list on Page 3 shows just how many options are presented to our homeowners for things to add to their diaries. With that annual burst of New Year 'energy' right now, it's always a great time to start something new and build it into your routine. Maybe you had a New Year's resolution to move your body and be a little more active? Maybe your resolution was to try a new hobby with a view to expanding your creativity? Maybe you're looking for a new social network? Whatever the New Year resolution, we bet you can find an activity to support it on Page 3. We encourage you to attend something new on the Weekly Activities this year - we bet you'll make new Palm Lake Resort Bargara friends!

Michelle and Michael,
Palm Lake Resort Bargara Caretakers

PS. The Summer 2025 edition of *This is Your Time* magazine also harnesses the wonderful festive energy of the season. 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 palmakeresort.com.au



Contact us.

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

FREECALL: 1800 501 119

SALES OFFICE ADDRESS:
24 Rifle Range Road, Bargara QLD

CARETAKERS' OFFICE ADDRESS:
39 Wearing Road, Bargara QLD

OFFICE HOURS:
Monday-Friday, 8am-3pm.
Homeowner hours, 9am-11am (other times by phone or appointment).

EMAIL:
bargara@palmlake.com.au

ONLINE: Visit our website
palmakeresort.com.au

GET SOCIAL:
Follow us on Facebook
([@palmakeresort](https://www.facebook.com/palmakeresort)) and on
Instagram ([@palm.lake.resort](https://www.instagram.com/palm.lake.resort))

MONDAY

6.50am Aerobics, SB dance floor
8.30am Yoga, OB upstairs
8.30am Health & Wellness, OB
8.30am Photography Club, Craft Room (every second Monday)
9am Art Club, Art Room
9am Outdoor Aqua, Horizons pool
9.30am Qi-Gong, OB upstairs
12.30pm Cards, OB
12.30pm Men's cards 500, OB
12.30pm Knit & Knatter, OB lounge
1pm Patchwork Group, Craft Room
1pm Pool/billiards, SB
1pm Tenpin competition, Horizons
2pm Prostate Cancer Support Group
2pm Line dancing absolute beginners, SB
4pm Barnacles Choir rehearsal, SB
4pm Line dancing beginners, SB
4.15pm 5km walk, OB entrance
5pm Line dancing advanced, SB
5.30pm Tennis (under lights)
6.45pm Scroungers, Bowls Green

THURSDAY

6.50am Aerobics, SB dance floor
7-10am Men's bowls, Bowls Green
8.30am Ladies bowls, Bowls Green
9am Pottery, Pottery Room
10am Genealogy (first Thursday of the month)
12.30pm Canasta Hand & Foot, OB
1pm Tenpin bowling (via bus), Bundy Bowl and Leisure Complex
1pm Pool/billiards, SB
1pm Mah-jong, Horizons
1.30pm Light and easy, OB upstairs
2pm Karaoke, SB Cinema
2.30pm Indoor carpet bowls, SB
3.30-7pm Bar open, OB
4.15pm 5km walk, OB entrance

SATURDAY

7-10am Men's bowls, Bowls Green
12.30pm Cards: Canasta, OB
1-4pm Cards: 5 Crowns, SB
1-4.30pm Mah-jong, Horizons
1pm Bowls self-selected pairs
1pm Pool/billiards, SB
1.30pm Afternoon movie, SB Cinema (latest releases)
3.30-7pm Oasis Bar open, OB
5-8pm Bar open, Horizons
6.10pm Villa draw, OB

Weekly activities.

OB: Ocean Breeze Country Club
SB: Sea Breeze Country Club

TUESDAY

6.50am Aerobics, SB dance floor
7am Men's bowls, Bowls Green
8am Pilates, OB
9am Guitar/ukulele jam, SB Cinema
9am Pottery, Pottery Room
9.15am Light and easy, OB
11am Tai chi, OB upstairs
12.30pm Rummikub 500, OB
1pm Card making/scrapbooking, Craft Room
1pm Musos Club, SB Cinema
1pm Pool/billiards, SB
1.30pm Tenpin bowling, Horizons
2pm Table tennis, SB
2pm (monthly) Dementia Support Group, OB lounge
2pm Line dancing beginners, SB
4.15pm 5km walk, OB entrance

FRIDAY

6.50am Aerobics, SB dance floor
7-10am Milon Gym induction (first Friday of the month by appointment)
8am Tennis, Tennis courts
8.30-10am Line dancing, SB
9-11am Choir, SB Cinema
10-11am Table tennis, SB
10.30am-2pm Clock Works Band, SB Cinema
12.45pm Mahjong, SB
1pm Mixed bowls, Bowls Green
1pm Pool/billiards, SB
1-4pm Canasta, Horizons
2pm Ukulele, OB meeting room
3.30-7pm Oasis Bar open, OB
4pm Friday Fun Darts
4.15pm 5km walk, OB entrance
5-8pm Bar open, Horizons

SUNDAY

8am Tennis, Tennis courts
9.30am Table tennis, SB
1pm Mixed bowls, Bowls Green
1.30pm Movie Matinee, SB Cinema (classic movies from the 1940-1970s)
2pm Bridge (1st, 3rd Sundays), OB
3.30-6pm Oasis Bar open, OB
4-7pm Bar open, Horizons (first Sunday of the month)
4.15pm 5km walk, OB entrance

WEDNESDAY

6.50am Aerobics, SB dance floor
7.30am Golf, Coral Cove Resort
8am Tennis, Tennis courts
8am Pilates, OB
9am Art Club, Art Room
9am Line dancing advanced, SB
9.30am Aqua aerobics, SB pool
10.30am Aqua aerobics, SB pool
12.45pm Mahjong beginners, Horizons
1pm Pool/billiards, SB
1pm Bingo, OB
1.30pm Mixed bowls, Bowls Green
3.30-6pm Bar open, OB
3.30pm Twilight bowls, Green
4.15pm 5km walk, OB entrance
7pm Table tennis, SB

HOMEOWNER CONTACTS

Workshop induction and key:
Harold (Home 41)
Community gardens:
Helen (Home 74)
Russell (Home 473)
Tennis/ball machine:
Helen (Home 297)
David (Home 511)

FACILITY HOURS

6.30am Golf simulator (see Brian, Home 186)
6am-8pm Indoor pool (children are allowed 11am-1pm)
6.30am-9pm Outdoor graduated pool
7am-9pm Outdoor lap pool (homeowners only)
6.30am-9pm Milon gym (for homeowners' use only)
7am-9pm Horizons outdoor pool (please note: closed for cleaning Tuesdays, 9-11am)
6.30am-9pm Mini golf (equipment can be found in King Pins)



Paws on parade show we care.



Late last year, a group of our wonderful Palm Lake Resort Bargara homeowners and their pooches took a walk over to Palm Lake Care Bargara to let the care residents meet their delightful furry friends.

The Care residents were so excited to be able to pat the dogs or even have them sit on their lap if they felt comfortable - and, of course, they also loved chatting with our homeowners. It was a great community engagement initiative. Our homeowners said they certainly noticed the faces of the Care residents brighten upon seeing the doggos and having some new friends to chat to, as well.

Pet therapy is a proven benefit to older adults, especially those in care environments, with much research showing:

Emotional and mental health benefits

- Reduces stress, anxiety and depression
- Boosts mood and feelings of happiness
- Provides comfort, companionship and reduces loneliness

Physical health benefits

- Can lower blood pressure and heart rate
- Encourages gentle physical activity
- Supports rehabilitation and motor skill improvement

Social and cognitive benefits

- Helps improve communication and social interaction
- Encourages memory recall and conversation (especially helpful for dementia patients)
- Builds confidence and motivation

Our homeowners' initial visit was such a success that the group went over again last month and have decided to visit on a regular basis. If you are keen to be involved and join in a visit with your beloved four-legged friend, simply contact Russell (Home 470).

Pictured left, from top down: A group of our Palm Lake Resort Bargara homeowners have started walking to Palm Lake Care Bargara regularly to spread some delightful pet therapy love. They include Russell and Jazz (a Schnauzer), Ian and Heidi (a Wolfhound x Staffy), as well as Peter and Bailey (a Bichon Friese/toy Poodle).



FLOWER POWER LIVES ON!

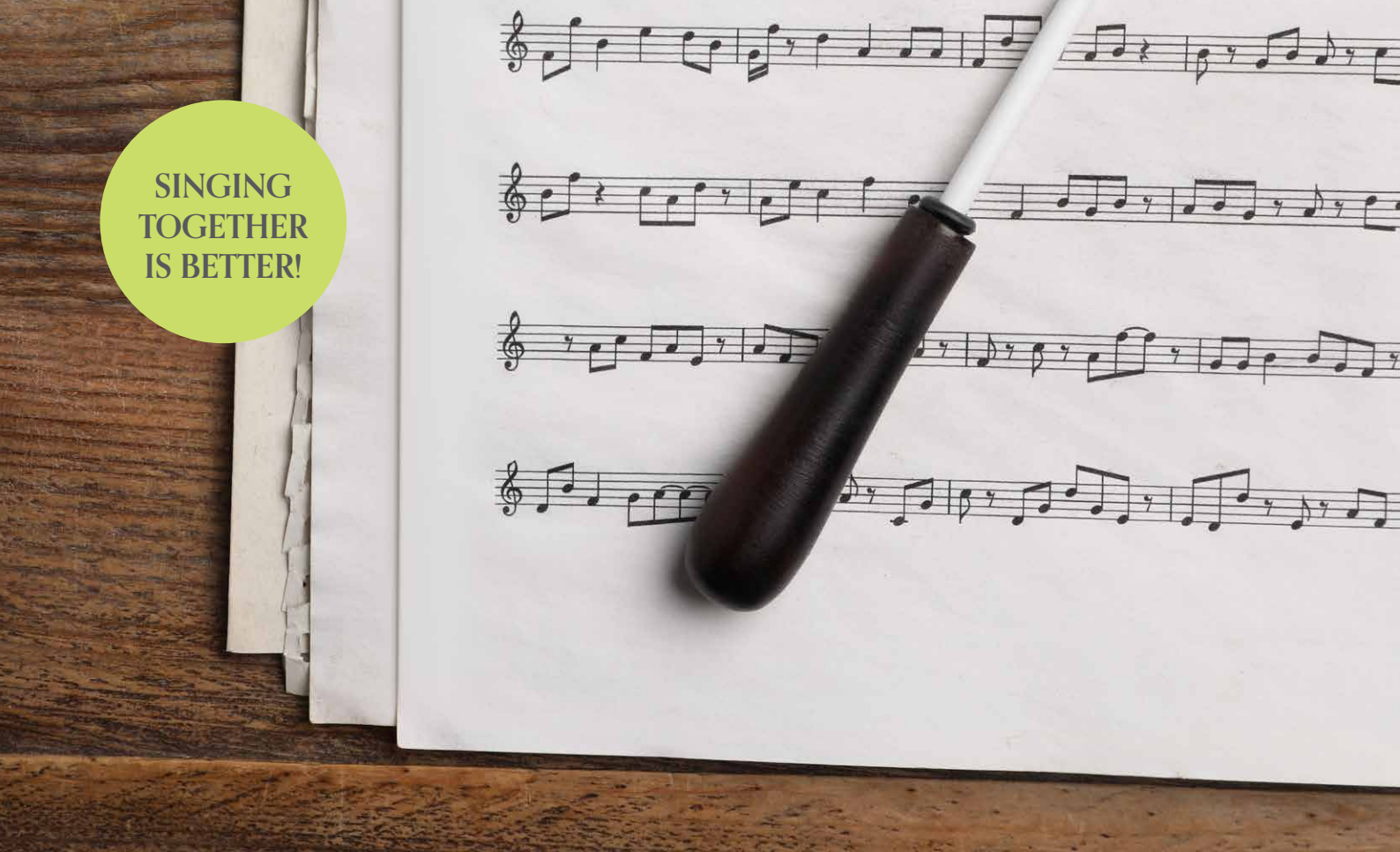


Pictured left and above: What a blast our New Year's Eve party was! 2025 farewelled in true Palm Lake Resort fashion and 2026 welcomed with a FLOWER POWER theme. It was a sensational NYE party! And it was amazing to see so many of our homeowners dressing up in theme. Come midnight, everyone was up on the dance floor. An amazing atmosphere was created by our great homeowners and the ROCK-IT SCIENCE band was brilliant. Many hands made light work of cleaning up after some serious partying. Thank you so very much to those super special homeowners who arrived bright and early the next morning to clean up. You guys are GOLD. And again, a huge shout-out to our Social Club for their many hours of hard work in making it all happen!

Around the grounds.



Pictured above, from left: Our annual Christmas lights competition lit up Palm Lake Resort Bargara over the festive season. There was an incredible array of beautiful displays right across our community. Hosted by our resort's Sales team, the event has become a much-loved tradition, and with so many outstanding entries, choosing the winners was no easy task. Pictured are our top three placegetters: **1st prize:** Home 486, **2nd prize:** Home 116, **3rd prize:** Home 136.



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.

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!

Homes for sale.

TO BOOK A PRIVATE INSPECTION AND FIND OUT MORE ABOUT OUR RESORT,
FREECALL 1800 501 119 OR EMAIL SALESBARGARA@PALMLAKE.COM.AU
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU



Home 171: \$730,000

- Bed 2
- Bath 2
- Living 1
- Study 1
- Outdoor living
- Garage 2

Ticks all the boxes

This thoughtfully designed home offers comfort and ease with two generous bedrooms, a dedicated study, two bathrooms and a double garage complete with built-in storage. High ceilings and striking feature windows enhance the sense of space, flooding the home with natural light and creating a bright, welcoming living environment. The open-plan kitchen is both stylish and practical, featuring Caesarstone benchtops and a convenient waste disposal system. It flows seamlessly to a private, undercover alfresco area – ideal for relaxed entertaining. Outside low-maintenance gardens with an automatic irrigation system ensure easy care year-round. Ideally positioned in a convenient location within the resort.



Home 367: \$835,000



UNDER OFFER

Home 391: \$810,000



UNDER OFFER

Home 499: \$908,000



SOLD!

Home 483: \$800,000



SOLD!

Home 91: \$550,000



UNDER OFFER

Home 316: \$730,000



UNDER OFFER

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 Bargarra** 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 Bargarra 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 Bargarra** 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

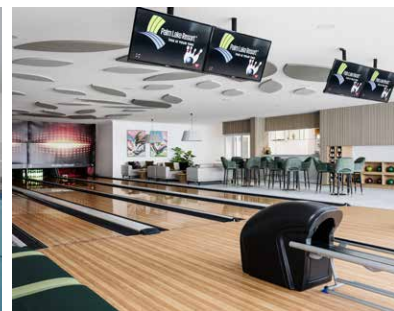
Residents at **Palm Lake Resort Ballina** recently enjoyed a rare wildlife surprise – a Great Bowerbird, well outside its usual Queensland range. The striking visitor built an intricate bower beside the walking track, decorating it with stones, pegs, marbles and even chilli peppers! While no female arrived 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.



FREECALL 1800 501 119 | salesbargara@palllake.com.au
24 Rifle Range Road, Bargara QLD 4670

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