

JULY - AUGUST 2024



The Reef



Staying socially connected

Being social is not just about keeping up appearances - it's important for your wellbeing, too

What's happening over the back fence

Stay up to date with all the good news from your fellow Palm Lake Resort 'family' members

Has your situation changed?

What's your home worth? Come and see Kim in the Sales Information Centre today!



Welcome.

Welcome to another edition of 'The Reef' - your update on all things Palm Lake Resort Bargara.

Well, it is definitely cool in the mornings and evenings here in beautiful Bargara, but the sunny days are absolutely magnificent giving us all time to thaw out. We really cannot complain about our weather here in Queensland - we are all so lucky to be living here during the winter!

There has been a lot going on over the last few months with the resort lawn bowls competitions in full swing and some of our amazing homeowners volunteering their time to set up a huge Biggest Morning Tea event that hosted more than 200 people here in June. Make sure you check out the story on Page 11 to find out how much, collectively, our Palm Lake Resorts across the group have raised for the Cancer Council through Biggest Morning Tea events this year - it's pretty impressive!

The Social Club continues to roll out their terrific events with a beautiful Mother's Day gathering for all our special mums, a Country Hoe Down with plenty of singing and dancing and a Masquerade Ball. It never stops - which is great!

We also wanted to give a shout out to Bernadette Gibbs who volunteers her time to organise some great seminars and information sessions in the Cinema for any and all homeowners to attend. Everyone appreciates the time you put in, Bernadette. Thank you.

Until next time, take care.

Pam
Palm Lake Resort Bargara Relief Caretaker

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.

Contact us.

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

FREECALL: 1800 501 119

STREET ADDRESS:
24 Rifle Range Road,
Bargara QLD

OFFICE HOURS:
Monday-Friday, 8am-3pm

EMAIL:
bargara@palllake.com.au

ONLINE: Visit our website
palllakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@pall.lake.resort)



News in brief.

Get to know your 2024 Residents' Committee:

- President:** Lyn Tate (Home 426)
Treasurer: Susan Wright (Home 494)
Secretary: Lina Kitchen (Home 330)
Committee Members:
Marianne Alhovirta (Home 409)
Bernadette Bainbridge (Home 414)
Cheryl & Trevor Barrett (Home 478)
William Kirby (Home 39)
Leonard Littlely (Home 434)
James Lyons (Home 329)
Peter Madejewski (Home 437)
Ian Parson (Home 497)
Geoff Patterson (Home 265)
Agnes Wright (Home 332)

Don't forget to check your speed

Please remember the speed limit around our community grounds is 10km/h. It is not hard to keep your foot off the accelerator so please keep an eye on your speedo as it is very easy for someone to have a mishap. Please slow down - and make sure to remind your visitors and/or invited tradespeople to do the same.

Your Time is out now



Grab your copy of the Winter 2024 edition of our company magazine, Your Time, now. In it, we celebrate the progress of our newest resort locations, including Yamba Cove, Pelican Waters and Forster Lakes. You can also read about Fern Bay's 10th birthday and our features on active ageing, pickleball and more. If you haven't received a copy in your mailbox, you can always catch up online at palllakeresort.com.au

Refer a friend

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 a Palm Lake Resort home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.



Bowlers roll on

The Redclaws bowlers have been busy! The singles championships were held in May, the pairs competition ran in June and we're seeing the triples play out as this newsletter goes to print. The championships have been held annually since 2015 and become more and more popular every year. Organisers find that it is a good way for players across all three competitions to come together. Also, the competitions have been getting a reasonable audience which makes play all the more exciting.

Looking for care?

There are limited vacancies at Palm Lake Care Bargara available now. Vacancies come and go quickly and Palm Lake Care prioritises Palm Lake Resort homeowners and their families. If you have someone needing high quality 24-hour nursing care in this award-winning community, FREECALL Care Solutions on 1800 24 66 77.

Weekly activities.

MONDAY

6.50am Aerobics, SB dance floor
8.30am Yoga, OB upstairs
8.45am Health & Wellness, OB
9am Photography Club, Craft Room
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
3pm Tenpin competition, Horizons
3.50pm 4km walk, Corner Golden Cane Place and Majestic Way
4pm Line dancing beginners, SB
5pm Line dancing advanced, SB
6.45pm Scrungers, Bowls Green

THURSDAY

6.50am Aerobics, SB dance floor
7-10am Men's bowls, Bowls Green
8.30am Ladies bowls, Bowls Green
12.15pm Indoor carpet bowls, SB
12.30pm Canasta Hand & Foot, OB
1pm Tenpin bowling (via bus), Bundy Bowl and Leisure Complex
1pm Pool/billiards, SB
1.30pm Light and easy, OB upstairs
2.30pm Indoor carpet bowls, SB
3.50pm 4km walk, Corner Golden Cane Place and Majestic Way
7pm Movie night, SB Cinema

SATURDAY

7-10am Bowls, Bowls Green
12.30pm Cards, OB
1-3pm Indoor carpet bowls, SB
1-4.30pm Cards 5 crowns, SB
1pm Bowls self-selected pairs
1pm Pool/billiards, SB
3.30-7pm Bar open, OB
4.30-6.30pm Villa draw, OB Bar
5-7pm Bar open, Horizons
6pm Movie night, SB Cinema
7pm Movie night, SB Cinema

TUESDAY

6.50am Aerobics, SB dance floor
7am Men's bowls, Bowls Green
8am Pilates, OB
9am Pottery, Pottery Room
9.15am Light and easy, SB
11am Tai chi, OB upstairs
12.30pm Rummikub 500, OB
1pm Card making/scrapbooking, Craft Room
1pm Pool/billiards, SB
1.30pm Tenpin bowling, Horizons
2pm (monthly) Dementia Support Group, OB lounge
3.50pm 4km walk, Corner Golden Cane Place and Majestic Way
4pm Musos, OB
5pm Line dancing advanced, SB
7pm Movie night, SB Cinema

FRIDAY

6.50am Aerobics, SB dance floor
7-11am Gym instruction, Milon gym
8am Tennis, Tennis courts
8.30-10am Line dancing (\$5), SB
9-11am Choir, SB Cinema
10-11.30am Table tennis, SB
11.30am-1pm Bar open, Horizons
12.45pm Mahjong, SB
1pm Mixed bowls, Bowls Green
1pm Pool/billiards, SB
1-4pm Canasta, Horizons
3.30-7pm Bar open, OB
3.50pm 4km walk, Corner Golden Cane Place and Majestic Way
5-7pm Bar open, Horizons

SUNDAY

8am Tennis, Tennis courts
9.30am Table tennis, SB
1pm Mixed bowls, Bowls Green
1.30pm Movie afternoon, SB Cinema
3.50pm 4km walk, Corner Golden Cane Place and Majestic Way
3.30-6pm Bar open, OB
5-7pm (first Sunday of month) Bar open, Horizons

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

WEDNESDAY

6.50am Aerobics, SB dance floor
7.30am Golf, Coral Cove Resort
8am Pilates, OB
8am Tennis, Tennis courts
9am Art Club, Art Room
9am Line dancing advanced, SB
9.30am Aqua aerobics, SB pool
10.30am Aqua aerobics, SB pool
10.30am Life story writing, OB
12.45pm Mahjong beginners, Horizons
12.45pm Movie, SB Cinema
1pm Pool/billiards, SB
1.30pm Bingo, OB
1.30pm Mixed bowls, Bowls Green
3.30-6pm Bar open, OB
3.50pm 4km walk, Corner Golden Cane Place and Majestic Way
4pm Twilight bowls, Bowls Green
7pm Table tennis, SB

HOMEOWNER CONTACTS

Workshop induction and key:
Michael (Home 350)
Community gardens:
Wally (Home 32)
Tennis/ball machine:
Helen (Home 297) and
Geoff (Home 319)

FACILITY HOURS

7am Golf simulator (see Brian, Home 186)
6am-8pm Indoor pool (children are allowed 11am-1pm)
7am-9pm Outdoor graduated pool
7am-9pm Outdoor lap pool (homeowners only)
6am-9pm Milon gym (for homeowners' use only)
7am-9pm Horizons outdoor pool (please note: closed for cleaning Tuesdays, 9.30-11am)
7am-9pm Mini golf (equipment can be found in King Pins)



Pictured: Our Mother's Day and Biggest Morning Tea events were great social get-togethers.

CHECK OUT
OTHER BIGGEST
MORNING TEA
RESULTS,
PAGE 11



Around the grounds.

We love our mums!

All our Palm Lake Resort mothers were celebrated in fine style at our super special Mother's Day morning tea. And how wonderful it was to see a whole lot of daughters there with their mums - very special indeed! Seabreeze Country Club was, as always, beautifully decorated for this special occasion.

The entertainment started with our amazingly gifted resident soprano, Everlee Sharples. She opened with "Oh What a Beautiful Morning" - a perfectly appropriate song to start the day. A sumptuous morning tea was served by our wonderful volunteers. There were lots of lucky door draws and the beautiful raffle hampers went to some very delighted and lucky homowners. Then, our very own 'Barnacle Boys' scrubbed up beautifully to sing their hearts out. One of the boys wrote some beautiful words to "She wears my ring", paying tribute to all the mums. And, of course, they sang some of their traditional and ever-popular sea shanties.

We are indeed lucky to have our Palm Lake Resort Social Club members who did a brilliant job organising this lovely event.

They were joined by our dear friends who volunteered in a range of jobs such as making sandwiches, setting up the room, serving the food and hot beverages, and (of course) cleaning up. Everyone went home with a full tummy and a full heart.

Biggest Morning Tea marks 21 years

On June 3, the Seabreeze Country Club was transformed to celebrate the 21st anniversary of the Relay for Life via a Biggest Morning Tea event.

Sponsored by Genesis Care Bundaberg and strongly supported by local Bargara and Bundaberg businesses, as well as our very own homeowners, the "Young at Heart" resort team worked very hard to raise \$5138. A very big thank you must go to the Barnacle Boys. It was a great result, with all monies raised going to the Queensland Cancer Council to support those suffering from any cancer.

A great event was held with many happy homeowners enjoying delicious food and taking home beautiful raffle prizes. We look forward to doing it all again next year and achieving an even better result!

The importance of staying socially connected.

MAKING THE DECISION TO MOVE INTO A PALM LAKE RESORT STARTS BY FINDING JUST THE RIGHT HOME. BUT LONG-TIME PALM LAKE RESORT HOMEOWNERS WILL BE QUICK TO TELL THEIR NEWBIE NEIGHBOURS THAT THEIR DECISION WILL ULTIMATELY PROVE TO BE LESS ABOUT THE PHYSICAL 'BRICKS AND MORTAR' AND MORE ABOUT THE LIFESTYLE COMMUNITY THAT COMES ALONG WITH IT.

The benefits of buying into a Palm Lake Resort community extended well beyond what you can physically see. Yes, your home will be a low-maintenance safe haven in a gated community with caretakers to support you on a day-to-day basis. And, yes, you'll also have access to a raft of onsite community facilities strategically chosen for the over-50s demographic. But one of the greatest returns on your Palm Lake Resort investment will, in fact, be something a lot less tangible - and that's your 'membership' into this welcoming, likeminded community.

Scientific research proves we humans live longer, happier, healthier lives when we feel part of something bigger than just ourselves – that is, part of a social/community group. There has been much research completed and reported across the last decade about the benefits of staying socially connected as we age. Here are just some of them:

Improved cognitive function: Social engagement can help maintain and even improve cognitive functions. Studies have shown that social interaction can help protect against cognitive decline. Engaging in social activities stimulates the brain, which can enhance memory and cognitive skills.

Reduced risk of mental health issues: Social connectedness significantly reduces the risk of depression and anxiety among older adults. Having a strong social network provides emotional support, which is crucial for mental health. Interacting with others can also provide a sense of purpose and belonging.

Enhanced physical health: Older adults with strong social ties in general have lower risks of chronic illnesses such as heart disease, hypertension and diabetes. Studies show that socially engaged individuals are also more likely to be physically active, which contributes to overall health. Having a team of friends to inspire you to go for a walk together, play sport, join in a group training session or even just try activities that you would otherwise overlook is motivating.

Longevity: Socially active individuals tend to live longer. Research has indicated that loneliness and social isolation are linked to higher mortality rates. Having a robust social network can encourage healthier behaviours and provide emotional support, both of which contribute to a longer life.

Improved immune function: Funnily enough, social engagement can strengthen the immune system. Positive social interactions can reduce stress and its negative impact on immune function. Reduced stress levels are associated with better immune responses and lower inflammation.

Greater emotional wellness: Being socially connected can enhance emotional wellbeing. Regular interactions with friends and family can increase feelings of happiness and decrease feelings of loneliness. Emotional support from social networks can also help individuals cope with life's challenges more effectively.

Increased sense of purpose and belonging: Engaging in social activities can provide a sense of purpose and belonging. Volunteering, participating in community events, or simply spending time with likeminded friends and loved ones can give older adults a meaningful role and a reason to stay active and involved.

So, now that we know why it is beneficial to stay social as we age, let's look at how we can achieve and maintain those all-important social connections. As a homeowner in a Palm Lake Resort, you've made the biggest and most important first step by joining our community. Congrats, you! But don't expect the benefits to simply come flowing in through your front door – some definitely will, but you've also got to invest a little time and effort to chase down those social opportunities.

Here's how you can very easily bolster your social connections at Palm Lake Resort:

Join a club, find your tribe: Everyone has some kind of passion, hobby, interest or creative streak within them. Maybe there was something you enjoyed in your earlier years before life and work and family commitments got in the way? Maybe you just want to learn something brand new (there are additional cognitive benefits to being a lifelong learner!). Start by taking a look at our resort's Weekly Activities list to see if something there resonates. You can also stop by our Caretakers' office and ask them if they know of any other homeowners interested in the same thing you are interested in. Beyond that, simply ask around your neighbourhood, at weekly meals, in the resort's private Facebook group etc. We guarantee you'll find a likeminded neighbour with just a little digging and if our resort isn't already supporting your chosen hobby, we'd love to know how we can start!

Play a sport: This is the obvious one. We've got the resort facilities to support many different sporting pursuits. Not only will you benefit from being physically active, you'll find strong social

connections among likeminded sporting friends. We've seen likeminded sporting neighbours join forces to play their chosen sport outside the resort grounds (inter-resort games, played across multiple local Palm Lake Resort addresses are all-too common). Some have even organised group holidays interstate and internationally to indulge a shared sporting passion. Trust us, sometimes the post-match drinks can be more fun than the match itself!

Volunteer: If you've got time on your hands, volunteering will no doubt connect you with likeminded neighbours. Maybe you are a social butterfly with a background/flair for event planning? Our resort Social Committee would love to have you onboard. Maybe you enjoy driving and could help shuttle our homeowners around on the resort bus? Maybe your calling is even bigger than that? Maybe there's a charitable organisation that would benefit from you and your neighbours' combined volunteering support? It might be knitting or sewing items in groups to support a local hospital or the underprivileged? Or maybe you could organise a resort fundraiser for a charity? If this kind of work tickles your fancy, finding others who share the same interest will definitely uncover wonderful social connections for you, beyond the feel-good bonus of selflessly helping others.

Jump online: It can be nerve-wracking for some to make new friends in real life. Maybe, also, you're not as mobile as you used to be? Either way, the internet has the power to bring social connections right into the palm of your hand so you have no excuses not to stay socially connected from wherever you are. If you're new to social media, our Palm Lake Resort community's private Facebook group might be just the (safe and secure) place to uncover a Palm Lake Resort neighbour with similar interests? Beyond our resort gates, you could try searching Facebook for community groups based in our geographic area? You could even find a Facebook group dedicated to your particular interest or hobby? The sky really is the limit here.

Get a dog: It's amazing how dog owners automatically connect with one another over their beloved pooches! If you haven't already got a four-legged best mate in your life, maybe now is a great time to get one? Palm Lake Resorts are dog friendly so there's no drama there. You'll also find yourself more physically active as a dog owner, given the extra walking (and playing!) that you'll do. And you'd be surprised just how many incidental social connections you'll make when you're out and about with your pooch. A dog is the gift that keeps on giving, in so many different ways.

FIND OUR
WEEKLY
ACTIVITIES LIST
ON PAGE 4





Embrace your inner Olympian.

AS THE WORLD TURNS ITS EYES TOWARD THE OLYMPICS, THERE'S NO BETTER TIME TO CHANNEL YOUR INNER ATHLETE AND EXPLORE NEW SPORTS RIGHT HERE AT OUR RESORT. WHETHER YOU'RE A SEASONED SPORTSPERSON OR JUST LOOKING FOR A FUN WAY TO STAY ACTIVE, THERE ARE A SELECTION OF OLYMPIC SPORTS ON OFFER FOR ALL FITNESS LEVELS.

Artistic swimming

Artistic swimming, formerly known as synchronized swimming, combines the best of dance, swimming, and gymnastics. This elegant sport enhances flexibility, strength and cardiovascular health. Did you know, there are a handful of artistic swimming groups already across a number of Palm Lake Resorts. Why not start one at your resort? It's a great way to learn basic routines, improve your breath control, enjoy the rhythm of the water and experience the beauty of moving in harmony with others.

Golf

Golfers will tell you, their game is more than just a sport - it's a serene way to enjoy nature while honing your precision and patience. Some Palm Lake Resort locations have their own golf courses, while most others are just a short drive away from one. From regular tournaments to friendly matches, golf allows you to enjoy the competitive spirit or simply relax with a leisurely game. Consider taking up lessons to help you perfect your swing and lower your handicap.

Swimming

Swimming is an excellent full-body workout that is gentle on the joints and great for cardiovascular health. Your resort swimming pool is ideal for laps, aqua aerobics classes and leisurely swims. Whether you prefer a vigorous workout or a relaxing float, our pool offers a refreshing way to stay fit and cool. Take a dip to improve your technique and enjoy the therapeutic benefits of water exercise.

Table tennis

Table tennis, or ping-pong, is a fast-paced sport that sharpens reflexes, improves hand-eye coordination and provides a fun social activity. Many of our resorts are already equipped with table tennis tables, which are available for casual play and organised tournaments.

Tennis

Tennis is a dynamic sport that combines agility, strength and strategy. Our resorts feature well-maintained tennis courts where you can enjoy singles or doubles matches. If you're new to the sport, ask around to see if there is a seasoned player who is willing to show you the ropes and help you improve your skills. If they aren't taking place already, tee up a few social games to stay fit and engage with fellow homeowners, all while enjoying the outdoors and maintaining a healthy lifestyle.

Break dancing

Did you hear that break dancing is now an Olympic sport? While this style might seem intimidating, dancing in general is a wonderful way to express yourself, stay active and have fun. Many of our resorts offer a variety of homeowner-led dance classes, including Zumba, line dancing and more. Dancing improves flexibility, balance and cardiovascular health while providing a joyful outlet for creativity. Join one of our dance classes – or start your own – to learn new moves, meet new people, and let the music move you.

Note: Check out our regular 'Over the Back Fence' series on Pages 10-11 for Palm Lake Resort's connection to the 2024 Paris Olympics...

Homes for sale.

Home 386 - \$765,000



Home 137 - \$455,000



Has your situation changed?



While we know our homeowners adore living at Palm Lake Resort Bargara for all the incredible resort facilities and benefits that this local area offers, we also understand that situations change.

Did you know that we have a huge waiting list of people ready and rearing to join us at Palm Lake Resort Bargara? If you've been thinking of a move yourself because your situation has changed, please come and see me in the Sales Information Centre. I can give you a qualified, no-obligations appraisal of your Palm Lake Resort home and answer any questions you may have about moving. You definitely won't be disappointed by the current market conditions.

Kim Cankar
Sales Consultant, Palm Lake Resort Bargara



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

Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT ADDRESSES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL OUR PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!

A man of many talents.

You will have read about Palm Lake Resort Fern Bay's 10th birthday in the current edition of our company magazine, *'This is Your Time'*. While the 10th birthday party was a celebration of the resort as a whole, the unofficial 'man of the hour' was homeowner Steve Carroll. Some 86 years young, Steve wrote two poems about his time at Palm Lake Resort Fern Bay (read aloud at the party by Lloyd Hynd) and completed portraits of event guest speakers Amanda Clements (Palm Lake Group's Executive Manager People & Operations) and Meryl Swanson (Federal Member for Paterson). Both were delighted to receive their portraits at the end of the ceremony.

But Steve's talents don't stop at poetry and portraiture. Having served in four wars, he is passionate about working alongside his fellow veterans



to better the lives of those abroad – particularly in Laos, which is home to 15,000 amputees thanks to landmines leftover from the Vietnam War. Steve began collecting prosthetic limbs from clinics in Australia (discarded because regulations say they can't be reused) and sending them to Laos. For the first five years, he did this on his own dime – which, at around \$700 in postage for three boxes soon added up. More recently, he has linked up with another

veteran in Queensland who helps him send the prosthetics to Laos for free. As part of their local Rotary Club, Steve and his wife Doreen have also taken on impressive fundraisers – namely, a motorbike ride around Australia. They rode 20,000 kilometres, slept on the ground of countless Rotary Clubs and raised \$30,000 for malaria research. Yes, the people of Palm Lake Resort really are very special indeed. Well done, Steve and Doreen.

Sharing a cuppa, for charity.

Right across our 27 Palm Lake Resort addresses, we bet there's a jug boiling right now! Coming together over a piping hot cup of tea or a reinvigorating mug of coffee is what we all love best. It's not so much the drink itself as it is the enjoyment when the moment is shared with friends, family and likeminded neighbours. So, it's little wonder why the Cancer Council's annual 'Biggest Morning Tea' fundraiser seems to strike a chord across all our resorts, year after year. Not only do we all know someone who has been affected by cancer, we know that supporting a worthy cause like this will support the future of cancer research and patient care. And to do it by sharing a cuppa? Too easy!

At the time of printing this newsletter, more than \$14 million has been raised across Australia at Biggest Morning Tea events in 2024 alone. Here are just some of the fundraising results we've seen across our own Palm Lake Resort addresses that helped to raise that \$14 million total figure:

- **Banora Point:** \$1700
- **Bargara:** \$5138
- **Beachmere Sands:** \$5977
- **Carindale:** \$2906
- **Cooroy-Noosa:** \$1000
- **Eagleby:** \$6000
- **Forster Lakes:** \$8000
- **Mt Warren Park:** \$2000
- **Phillip Island:** \$2272
- **Truganina:** \$2320
- **Upper Coomera:** \$1790
- **Waterford:** \$1700
- **Willow Lodge:** \$3500 (pictured, right)

**\$44,300+
RAISED FOR
CANCER RESEARCH
WITH THANKS
TO PALM LAKE
PEOPLE!**



Our Thelma reigns supreme.

When it comes to volunteering, there's one Palm Lake Resort homeowner who is quite literally top of the pops - and that's Thelma Hansen of Willow Lodge. Thelma has been at the resort since 2000 and has clocked up 23 years of volunteer work in that time. While this queen of volunteering is 95 years young, she's quite happily living on her own and heading to The Lodge Country Club on Tuesday and Saturday mornings each week to lend a helping hand. Thelma is a true inspiration, selflessly giving back to her community for more than two decades, which is why she's the inaugural winner of her resort's new Volunteer Recognition prize. Keep up the great work, Thelma! We appreciate you.

Green and gold for grandie.

There's going to be one proud Palm Lake Resort Tweed River homeowner with her eyes glued to the television come the 2024 Olympic Games. Laurie Galloway's granddaughter, Kaitlyn Torpey (pictured right), has been selected to play for the Australian Matilda's soccer team at the Paris Olympics. Well done to Kaitlyn! The whole of Palm Lake Resort will be cheering you on.

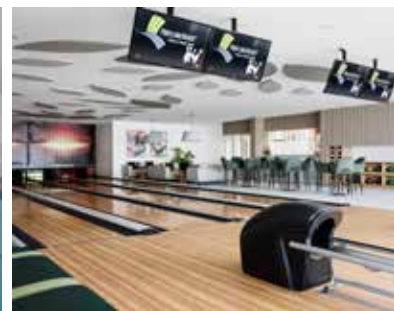


What's happening over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the greater Palm Lake Resort community? Are you and your neighbours doing something special that you're proud of - and you know we'd be proud of too? We'd love to hear from you.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com

Where friends become family



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.
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