

MARCH - APRIL 2025



The Gatsby



We like to stay social by the Bay!

There have been some vibrant social events lately. Full coverage inside...

Green thumbs up for indoor plants

Bring the outdoors in with easy-care indoor plants for every different room

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Welcome.

Hello all - I wanted to put a spotlight on our beautiful Hamptons Country Club in this column. We have so many facilities and activities available there for all our homeowners to enjoy. In fact, it's a hive of activity most days. Coffee mornings keep everyone connected and exercise classes keep everyone fit. Our Craft Room, Music Room and Library are very well equipped for quiet, constructive afternoons, Book Club gatherings and more. Then there is our Billiards and Darts Room that plays host to many social games and other competitions - fun for all!

Our tenpin bowling alley provides great entertainment for the whole family and offers regular competitions for everyone to enjoy. Our Milon Gymnasium is very modern and well used too. It is set out in a circuit and simple to follow, via the high-tech equipment on offer. Our Milon instructor is available for any assistance, providing personalised programs and more. And, of course, our indoor heated pool and spa are favourite places for our homeowners to pass the time while also enjoying a great way to exercise.

Beyond the facilities, we are also very fortunate to have many homeowner volunteers who donate their time and skills to assisting with activities, managing our resort clubs and bars, and providing assistance with table setting and serving meals. We also have volunteers who drive our buses for shopping outings, trips to the theatre and dinners and lunches out.

Our volunteer Bar Manager and his assistants provide excellent service at our Happy Hours, and continue their helpfulness during meal times in the Hamptons Country Club. Meals on Tuesday and Wednesday evenings and lunch on Thursdays are cooked by our wonderful Chef, Jorge. FYI, Jorge is back from a two-month holiday (he went to see his family in Columbia and was definitely missed) and we are grateful to have him back in the kitchen.

We look forward to seeing you down at our Hamptons Country Club soon - but also remember that you can join in as much or as little as you like. It's your choice. We are available Monday to Friday to answer any questions you may have.

Until next time,
Sue and Steve Babbage,
Palm Lake Resort Beachmere Bay Caretakers

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Contact us.

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

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palllakeresort.com.au

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



News in brief.



Autumn's here, and it's Your Time

It's the start of a new season and that means there's a new edition of *This is Your Time*, our company magazine, hitting mailboxes around the nation. In this edition, let us introduce you to Mirador Wellness Centre which is part of Palm Lake Resort Pelican Waters. Mirador is the largest and most opulent over-50s wellness centre in the Southern Hemisphere. We couldn't be prouder of this one - it's a showstopper. We've actually taken that wellness theme and sprinkled it right throughout this magazine edition. Learn more about all those wellness therapies that are 'trending' right now (spoiler alert: they aren't 'trending' as much as they are here to stay!) and why you should incorporate a little more wellness into your daily life. We also catch you up on the progress we're making on our construction sites. If you haven't received a hard copy in your mailbox, read it online: palllakeresort.com.au



Bush Poetry and Breakfast, with the Social Club

Pictured above: Homeowner Lionel suggested a Bush Poetry event so the Social Club worked with this concept to turn a recent Lazy Sunday Afternoon into a Lazy Sunday 'Morning'. The Shearer's Brekky Burger was developed to give guests a hearty start to the day and the coffee van outside did a booming trade. At 10am, the Bush Poetry began with Lionel introducing the local poets. Some humorous, some originals and some traditional poems were recited. Banjo Patterson's work was celebrated and the morning finished with a rousing rendition of Waltzing Matilda led by Sue and Barry at the piano with everyone joining in. It was a very popular and heartwarming morning shared with more than 100 homeowners. The poetry was so popular that the poetry enthusiasts will visit Palm Lake Care Beachmere soon to share their poems with the residents. The local Beachmere Men's Shed has also invited the bush poets as well - it is great to get to know our community a bit more and be able to contribute to our community in a small way.

Weekly activities.

- MONDAY**
7.30am Sands golf competition
9am Zumba. Lawn bowls: Ladies' morning
10am Mah-jong. Social golf. Yoga
11am Slice of Life (fourth Monday of month)
1pm Cards (Hand & Foot). Lawn bowls (Triples)
2pm Ukulele practise
4.30pm Mixed tennis
5.45-6.30pm Lawn bowls: Coaching
- TUESDAY**
AM, TBC Ladies' golf competition
8.15am Senior exercise class
9am Lawn bowls: Novice Pairs
9am Ladies' pickleball. Ladies' social golf
10am Book Club (second Tues of the month)
1pm Cards: Hand & Foot
3pm Lawn bowls: Scroungers, Mixed social
7pm Cards: 500
- WEDNESDAY**
All day Social golf
7.30am Aqua aerobics
8.15am Mat Pilates
8.45am Chair yoga
1pm Lawn bowls: Self-selected pairs
1pm Duplication Bridge
7.15pm Movies at The Bay
- THURSDAY**
All day Social golf
8.15am Yoga
8.30am Mixed tennis
9am Lawn bowls: Pot luck games, skill sessions
1pm Cards (500). Supervised Bridge
1.30pm Craft, coffee and chat
6pm Mixed pickleball
7pm Lawn bowls: Winners & losers, mixed
- FRIDAY**
AM, TBC Mixed golf competition
8.15am Mat Pilates
9am Chair yoga
9.30am Tai chi
10am Mah-jong
1pm Social golf. Line dancing (beginners)
1pm Lawn bowls: Men's
2pm Line dancing (intermediate)
4pm Happy Hour (second Friday: Raffles)
- SATURDAY**
All day Social golf
9am Mini Bridge
10am Remote-controlled boats
2pm Men's pickleball
2pm Lawn bowls: Scroungers, Mixed social
3-5pm Live music (fourth Saturday of month)
4pm Lawn bowls: Scroungers
5.30pm Villa draw (third Saturday of month)
- SUNDAY**
All day Social golf
8am Mixed pickleball
1pm Mixed cash triples competition
2.30pm Trivia (second Sunday of the month)
4pm Croquet. Happy Hour



New Year's Eve event

Pictured above: 'Cruise into 2025 – White Night Party' was our theme to celebrate 2024 and welcome in the New Year. Captain Stubing led the Social Team in a welcome to the background music of 'The Love Boat'. What great fun that was! Huge thanks to DJ Frank for the upbeat songs that everyone loved to hear and dance to.

Delicious supper and the Kir Royale Cocktails kept the large crowd of 170 people going right into 2025. Big events like this cannot occur without the wonderful support of our many generous volunteers – so a big thank you to you all.



New Year's Day chill

Pictured left: The first day of 2025 was celebrated by more than 100 people at The Beach House with Greek kofta wraps and ice cream for lunch. Layla Harrington played keyboard and sang laid-back tunes as we sat on the back deck watching the waves, or inside in the cool, chatting with friends and neighbours. It was a great start to 2025!

Social Club news.

BY KRIS MANN, SOCIAL COMMITTEE CHAIR

Friday Night Dance

Pictured this page: Friday, January 31, saw "The Claptomaniacs" rock The Bay playing cover tunes from Eric Clapton, Cream, Joe Cocker and the Rolling Stones. This five-piece band was even better than expected. The lead singer could have passed for Joe Cocker without a doubt! They were a very talented group of musicians who have played together for a decade and who were very happy with the enthusiasm shown by our homeowners who filled the floor from the start and did not leave until after two encores! The band and the crowd both soaked up the vibe and really loved the evening. The Claptomaniacs will be back in a few months so stay tuned! The theme for the night was 'Wear a Mad Tie' and the large crowd turned up with a huge variety of ties. What a creative bunch of people – there was even a skirt made of ties!



THE
'TIES'
HAVE IT!



Green thumbs up.

IT DOESN'T MATTER WHERE IN YOUR HOME YOU PLACE THEM, POTTED PLANTS ADD A SPECIAL SOMETHING TO ANY AND EVERY INTERIOR. THEY INJECT LITERAL LIFE INTO INANIMATE SPACES AND BEYOND THAT, THEY BENEFIT HOMES – AND THE HUMANS THAT INHABIT THEM – BY FILTERING AIR AND ABSORBING AIRBORNE TOXINS.

The biggest problem homeowners have with incorporating potted plants into their interior scheme is keeping them alive. Yes, unfortunately, many of us either set and forget our plants or at the other end of the scale, we shower them with too much love (read: water) and the end result is the same. Having said that, the biggest mistake homeowners make around indoor plants is in the very first step: Choosing the wrong plant for the space. You simply can't enter a nursery, fall in love with any lush pot of greenery and expect it to live anywhere in your home. Just like humans, plants can be fussy when it comes to their living arrangements. To help get you off on the right foot with adding plants to your home interior, follow these guidelines and suggestions to find a plant for some of the most obvious places...

In the kitchen

A lovely little potted plant on a bright kitchen windowsill or a bright benchtop, can do wonders for the heart of your home. Try these options that are cute in size but add mighty impact:

- **Geranium:** Compact. Flowers beautifully in full sun.
- **African Violet:** Prefers bright light but not extreme heat, making it great for sunny but cooler windowsills.
- **Kalanchoe:** A flowering succulent that enjoys direct sun.
- **Echeveria:** A beautiful rosette-shaped succulent that does well in sunny spots. Enmasse, these guys add even more

impact. For example, put four different Echeveria in four individual but matching/coordinating pots and group them together on a bright bench.

- **Basil:** Grows well in a sunny spot with regular watering.
- **Thyme:** A hardy herb that loves warmth and sunlight.

In the bathroom

Bathrooms are typically high humidity, low light spaces with temperature fluctuations, so the best plants for these conditions are ones that thrive in moisture-rich environments.

- **Peace Lily (Spathiphyllum):** Handles low light and high humidity, plus it purifies the air.
- **ZZ Plant (Zamioculcas zamiifolia):** Extremely hardy, tolerates low light and moisture.
- **Cast Iron Plant (Aspidistra elatior):** Almost indestructible and thrives in low light.
- **Boston Fern (Nephrolepis exaltata):** Loves humidity but needs regular watering. The good thing here is that you're probably more likely to remember to water your boston fern given it's a room where water is easily accessible.
- **Maidenhair Fern (Adiantum spp.):** Thrives in high humidity, though it needs consistent moisture. Again, a great location to remember to water your fern.
- **Bird's Nest Fern (Asplenium nidus):** Tolerates low light and loves moisture.

In the living area

These spaces call for larger plants that make more of a statement. Living spaces can be bright, or offer lower/ indirect light, depending on the orientation of your home and the available windows so you'll want something that can handle filtered light while also able to grow to a good indoor size.

- **Fiddle Leaf Fig (Ficus lyrata):** A popular indoor tree with large, glossy leaves. Prefers bright, indirect light and occasional watering.
- **Rubber Plant (Ficus elastica):** Low maintenance with dark green or variegated leaves; thrives in bright, indirect light.
- **Bird of Paradise (Strelitzia reginae or Strelitzia nicolai):** Large tropical plant with broad leaves. Loves bright spaces but not direct sun.
- **Kentia Palm (Howea forsteriana):** A graceful, slow-growing palm that adapts well to indoor conditions.
- **Parlor Palm (Chamaedorea elegans):** Classic indoor palm with a soft, tropical look; thrives in bright, indirect light.
- **Dragon Tree (Dracaena marginata):** Tall and slim with striking foliage, easy to care for, great for indoor air quality.
- **Umbrella Tree (Schefflera actinophylla):** Lush and bushy with an elegant shape, perfect for bright rooms.

From the ceiling

Hanging pots can provide unexpected drama in the right interior spaces. They can fill a space well and bring height to that space. Low-maintenance, lush indoor hanging plants are quite inexpensive and many require minimal care, including:

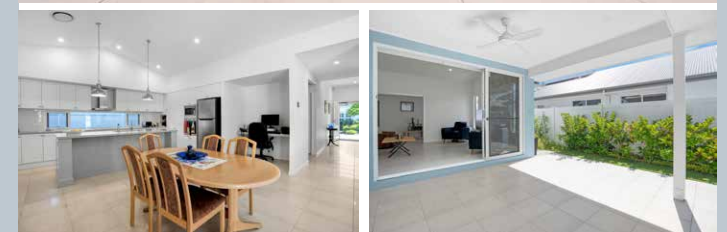
- **Heartleaf Philodendron (Philodendron hederaceum):** A fast-growing, trailing plant that thrives in indirect light and only needs occasional watering.
- **Spider Plant (Chlorophytum comosum):** Hardy and adaptable, this strappy-leaved specimen gets better and better as it matures as it produces baby 'spiderettes' that drape beautifully down from the pot.
- **Devil's Ivy (Epipremnum aureum):** One of the easiest plants to grow. It tolerates low light, occasional neglect and still looks full and lush. If you like this one, you'll also love the striking green and yellow variegated leaves of **Philodendron Brasil** and the bright lime-green version called **Neon Pothos** and finally, **Marble Queen Pothos** for its variegated white/green marbled leaves.
- **Silver Satin Pothos (Scindapsus pictus):** Another close relative of Devil's Ivy with velvety, silvery-speckled leaves.

...and a few other hot tips

- If you want to make a statement in your living space but your preferred indoor plant is smaller and doesn't have a tall, upright shape, simply choose a tall statement pot that lifts your plant off the ground.
- If the spot you want to fill is simply too dark for any plant to thrive, a vase filled with greenery is a great substitute. Monstera (Monstera deliciosa) offers iconic split leaves that last weeks in water. Lucky Bamboo (Dracaena sanderiana) thrives in water, adding height and structure to a vase. Eucalyptus branches are another great option.
- It's always a good idea to have a few indoor plants on an indoors/outdoors rotation so they are always getting a period of time outside to recharge and revitalise. They'll also love a little incidental nitrate-filled rainwater while they're outside having a holiday.

Homes for sale.

Home 175: \$975,000



Home 204: \$985,000



TURN OVER FOR MORE...

Homes for sale.

FOR MORE INFO, CONTACT PALM LAKE RESORT SALES CONSULTANT JULIE-ANN
ON 1800 338 382 OR EMAIL HER AT JULIEANNH@PALMLAKE.COM.AU



Home 17: \$1,165,000

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



Home 74: \$1,185,000

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



Home 12: \$1,295,000

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



Home 191: \$1,175,000

- Beds 2
- Bath 2
- Living 1
- Alfresco 1
- Garage 2



Home 65: \$1,150,000

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



Home 219: Offers over \$1.3m

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



Home 256: \$975,000

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



Home 31: \$975,000

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



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 ARE OUR SUPERPOWER!

Palm Lake Care needs you.

As you know, the Palm Lake Group portfolio includes more than two dozen over-50s resort communities as well as seven aged caring communities across Queensland's south-east corner.

While our Palm Lake Care teams provide highly reputable 24-7 nursing support and engaging Lifestyle programs, they are currently on the hunt for community volunteers. In each community, these volunteers can choose to spend one-on-one time with the residents or support our teams in running group activities and excursions etc.

Palm Lake Resort Beachmere Bay's Robyn Crosbie says she loves nothing more than volunteering her time at Palm Lake Care Beachmere's aged caring community which is conveniently across the road from her resort.

"I've been volunteering there every week for the past six years, helping the Lifestyle Team facilitate their activities program," she smiles.

For example, you can find Robyn going on bus trips with the residents - taking them out to lunch and on scenic drives, sometimes also to church.

"Volunteering is not for everyone but I love it. My Dad was in aged care for seven years so I'm very used to the setting," Robyn explains. "I love a chat and find it very easy to talk to the residents. I love listening to their stories and they love listening to mine."

If you're based nearby one of our seven Palm Lake Care communities and would like to assist as a volunteer, we encourage you to make an inquiry. Simply visit www.pallmlakecare.com.au and you'll find all the contact details you'll need there.



100
YEARS
YOUNG!

Lucky Phil.

Palm Lake Resort Eagleby homeowner Phil McDonald has just celebrated his 100th birthday! The Eagleby community knows Phil as an avid (lead) bowler. He's a favourite teammate among the skips, always close to the jack. Even if his bowl lands just a few feet out, he curses himself, though most of us would be thrilled to bowl as well as he does! His dedication to the game has undoubtedly kept him active and young at heart. At this rate, we wouldn't be surprised if he's still bowling at 110! Congrats to Phil, from all across the Palm Lake Group!

D-Bay delight.

It's been a record-breaking year for the charitable bunch at Palm Lake Resort Deception Bay. In 2024, they recycled a record 39,141 containers and donated more than \$3900 to Farm Angels (Farm Angels provides support to rural communities in time of flood, fire, drought and plagues). They also collected and donated items for hampers for the needy over the festive season, supporting organisations such as Community Care Network and The Lighthouse. Go team!



Homeowner golfers unite on the green.

GOLF IS DEFINITELY ONE WAY THAT OUR HOMEOWNERS BOND ACROSS RESORT ADDRESSES - AND THE MOST RECENT PALM LAKE INTER-RESORT GOLF CLASSIC IS PROOF OF THIS.

For the third successive year, Caloundra Cay golfers won the Palm Lake Resort Cup, but this time it was by the skinniest of margins. The winning resort team score was 60.32 (Caloundra Cay) over Pelican Waters (60.857) and Beachmere Bay (61.0). Golfers from Palm Lake Resorts at Pelican Waters, Toowoomba, Cooroy-Noosa, Beachmere Sands, Beachmere Bay, Hervey Bay and Caloundra Cay took part in the annual event, teaming up at the superb Pelican Waters Golf Course which is owned and operated by the Palm Lake Group.

And despite an absolute drenching in the days leading up to the event – which had been abandoned five days earlier – the course was presented in unbelievably good condition for the 31 teams and 120 individuals representing Palm Lake Resort homeowners.

Competing in a four-person Ambrose, the Beachmere Bay team of Graeme Clark, Michael Gregory, Stephen Walton and Ronald Rosenberger won the day, returning a nett score of 58.625. The Pelican Waters group of Steve Whitehead, Brendan Francome, Glenn Stamp and Ronald Wilkins (59) finished second, and Caloundra Cay's Ian Chew, Heather Busch, Trish McConnell and Terry Jones (59.625) came in third. But it was the overall scoring of the nine Caloundra Cay teams that resulted in the win, and the trophy returning to its 'home' at Hemingways Country Club.

– By TONY DURKIN

Our congrats to Greg.

Palm Lake Group was pleased to hear that Australian sporting identity Greg Norman was handpicked by Prime Minister Anthony Albanese to join the board organising the 2032 Brisbane Olympic and Paralympic Games. Greg Norman Golf Course Design was the team behind the original Pelican Waters Golf Course layout and they also helped our local team reconfigure the course to make way for Palm Lake Resort Pelican Waters. Greg is a supporter of the Palm Lake Group and we couldn't think of anyone more perfectly suited to this Olympic role. We send our congratulations to Greg and look forward to hosting him at Pelican Waters for a round, when he's in town.



Bravo Barnacles!

Palm Lake Resort Bargara's "Palm Lake Singers" is a choir formed by the resort's homeowners. This choir's male members have formed an additional separate choir group called "The Barnacles". Pictured above, the group stopped by Palm Lake Care Bargara recently and made a huge impression on the very grateful audience. We love seeing our homeowners involved in inter-resort events but it's just as great to see our resort homeowners and aged care communities coming together for mutual benefit. Bravo Barnacles!

Tell us what's happening 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? Are you and/or 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 and include your story in these pages in the next editions of all our resort newsletters.

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

Making memories.



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