

AUGUST - SEPTEMBER 2025



The View



The Humpback Highway

Our friends have returned!
Find out where - and when -
to see migrating whales

Over the back fence

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

Refer a friend, earn a reward

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



Welcome.

Hi everyone and welcome to another edition of *The View*.

The weather is warming, the season is starting to change and the wattle is blooming – which also means hayfever sufferers most un-favourite time of the year has arrived. But the lake is looking lovely and lots of birdlife has been visiting us including a family of pelicans – such a wonderful sight.

For those who haven't yet heard, new doctors are now taking patients at Mt Warren Park Surgery so if you are looking for a new doctor please give them a call. Among the new faces are Dr Ellen Muscat, Dr Matthew Gartrell, Dr Corina Buerger-Maunders and Dr Ricarda. There are also skin specialists onsite in the Skin Clinic (Dr Brent Paine and Dr Jeffrey Yu) along with a QML for your convenience. For bookings, please phone Mt Warren Park Medical Centre on 3807 8588.

Just in closing, we would like to wish one of our homeowners and Vice President of the Social Club, Dave Oldershaw, a very happy 80th birthday (pictured right). Keep up the good work, Dave! Our homeowners appreciate the effort you and the rest of the Social Club members put into keeping us all busy and entertained.

Stay safe everyone.

**Charna and Phil,
Palm Lake Resort Bethania Caretakers**

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 Bethania? Here's how you can reach us:

FREECALL: 1800 774 866

STREET ADDRESS:
43 Goodooga Drive,
Bethania QLD 4205

OFFICE HOURS:
7am to 3pm, Monday to Friday

EMAIL:
bethania@palllake.com.au

ONLINE: Visit our website
palllakeresort.com.au

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



News in brief.

Green waste dates

Pop these dates in your diary to remember to put out your green waste for collection (fortnightly on Mondays):

- Monday, Sept 1, 15 and 29
- Monday, October 13 and 27



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.

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.



Get social with us

Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@palllakeresort) and also over on Instagram (@palllake.resort) to see what's happening right across our dozens of Palm Lake Resort locations. We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both social platforms (@palllake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!

Giving back to the community

Do you have some spare time and want to give back to our local community, while also making a difference in someone's life? Palm Lake Care (owned and operated by the Palm Lake Group) is always looking for volunteers to either visit a local aged caring community and spend time with the residents, or assist the Lifestyle Team members in running some fun resident activities. If this sounds like something you'd like to do, contact Palm Lake Care Bethania on 3086 3000 or you can also volunteer at Palm Lake Care Mt Warren Park by phoning 3444 6000.

Weekly activities.

WEEKDAYS

7am Clubhouse and Library open
6pm Library closes
7pm Clubhouse locked

WEEKENDS

8am Clubhouse and Library open
6pm Clubhouse and Library locked

MONDAY

8.45am - 11.30am Shopping bus to Browns Plains (meet in the front carpark)
10am Carpet bowls (Clubhouse)
1.30pm Bible Studies (Clinic Room)
1.30pm for 2pm Housie cards (Clubhouse)

TUESDAY

8am Tai Chi with Shane (Clubhouse)
9am - 12 noon Craft (Clubhouse)
9am Shopping bus to Bunnings/Aldi (meet in the front carpark)
9.30am Pool players (Clubhouse)
1.30pm Dr Ting (Clinic Room)
5pm Homeowners' dinner (Clubhouse)

WEDNESDAY

8am start Podiatrist visits fortnightly (Clinic Room)
8.30am start Lawn bowls (Bowling green)
8.45am - 11am Shopping bus to Waterford (meet in the front car park)
6pm Cards and games (Clubhouse)
6pm Pool player competition (Clubhouse)

THURSDAY

7am-12 noon Gym with Aubrey (Gym)
8.45am - 12 noon Shopping bus to Logan Hyperdome (monthly, meet front car park)
9am - 10am Gentle exercise (Clubhouse)
11.30am - 1.30pm Bistro lunch (Clubhouse)
2pm - 3pm Chair yoga, \$10 per person (Clubhouse)
6pm for 6.30pm Bingo (Clubhouse)

FRIDAY

8.45am - 10am Shopping bus to Beenleigh (meet in the front carpark)
9am - 10am Aqua aerobics (Indoor Pool)
11.30am - 1.30pm Bistro lunch (Clubhouse)

SATURDAY

8.30am start Lawn bowls (Bowling green)
12pm Christian lunch (monthly, Clubhouse)

SUNDAY

9am Church service (Clubhouse)



Our friends return.

EACH YEAR FROM JUNE TO NOVEMBER, THOUSANDS OF HUMPBAC WHALES MAKE THEIR WAY ALONG AUSTRALIA'S EAST COAST, MIGRATING BETWEEN THEIR ANTARCTIC FEEDING GROUNDS AND THE WARMER WATERS OF QUEENSLAND. IT'S A SPECTACULAR NATURAL EVENT – AND IF YOU LIVE AT A PALM LAKE RESORT, CHANCES ARE YOU'RE RIGHT ON (OR VERY CLOSE BY) THE HUMPBAC HIGHWAY.

Whether you're watching from a scenic headland or hopping aboard a whale-watching cruise, there's nothing quite like spotting the flick of a whale's tail or a mighty breach out at sea. And while you might be familiar with your local whale watching vantage point, why not get out and about this season and try a new spot? A little bit like a pub crawl, you could use the season to visit a bunch of different wonderful coastal locales with your binoculars, and take in the whales from a variety of great viewing destinations.

Some of the best places to catch a glimpse of these gentle giants include **Hervey Bay** in Queensland, where the calm, protected waters offer rare opportunities to see whales up close as they rest and play with their calves. Peak viewing here is from July to October, and the town celebrates with its annual Whale Festival. On August 7, 9 and 10, enjoy a vibrant festival of live music, food and community spirit. For more, visit herveybaywhalefestival.com.au

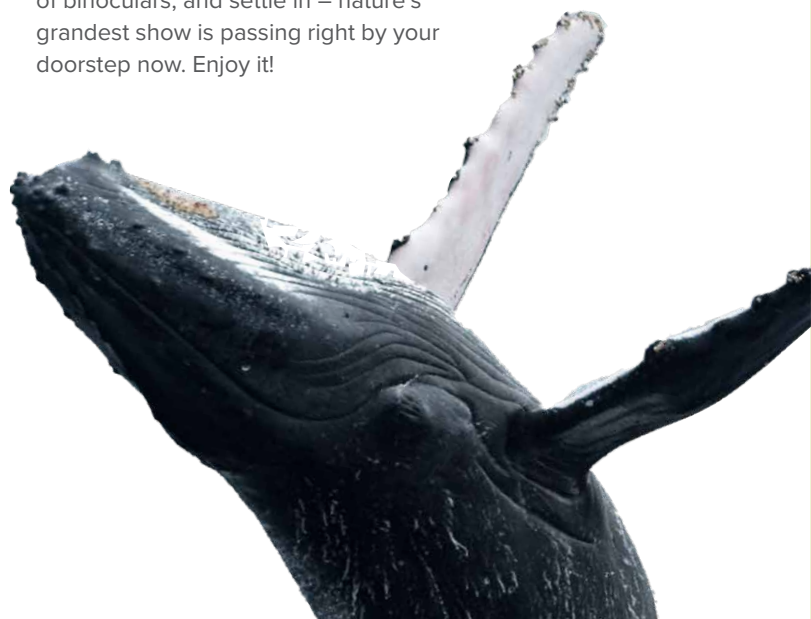
In New South Wales, the headland at **Port Macquarie's** Tacking Point Lighthouse provides excellent vantage points from May through November. **Byron Bay**, Australia's most easterly point, is another top spot – especially at sunrise or on still, clear mornings when the ocean surface is calm and whales are more active. Further south, **Coffs Harbour's** Muttonbird Island and the surrounding Solitary Islands Marine Park offer both land and boat-based viewing opportunities.

Even in Victoria, you're not missing out. **Phillip Island**, with lookouts at the Nobbies and Pyramid Rock, offers sightings during both legs of the migration, with June and July being the best months for viewing.

When it comes to timing, mornings and early afternoons are ideal, particularly on calm, sunny days. Whales are often more active during these hours, so you may be lucky enough to spot a breach, a tail slap, or the telltale spout of air as they rise to the surface to breathe.

To stay updated on the latest whale sightings, keep an eye on local coastal Facebook groups and tour operator pages, many of which share daily updates and photos. The **Wild About Whales** website and app, run by NSW National Parks, is another great resource, offering real-time sighting reports and maps.

Whether you're a seasoned spotter or a first-time enthusiast, whale watching is a reminder of just how special it is to live by the sea. So pour a cuppa, grab a pair of binoculars, and settle in – nature's grandest show is passing right by your doorstep now. Enjoy it!



HO, HO, HO, HAPPINESS!



Christmas in July.

MRS CLAUS AND HER HELPERS CAME TO BETHANIA FOR OUR CHRISTMAS IN JULY EVENT HELD IN THE RESORT'S CLUBHOUSE ON JULY 26.

A wonderful two-course Christmas dinner was served from our caterers, Tasty Treats, and live music was played for the homeowners by the Baby Boomers, allowing us all to dance the night away. Plenty of prizes were also won on the night, courtesy of raffles organised by our Social Club. Thankyou to Social Club members for the time and effort put in to make these events special for our homeowner community.





Home work.

1. Create digital albums or physical photo books to organise your memories – you could make one for a recent holiday you’ve been on, or one for each grandchild. Websites like Snapfish, Memento and Chatbooks are all very helpful.
2. Fix, polish or clean up heirlooms you would like to hand down to your loved ones. There's no time like the present to gather up the pieces in your favourite china set, mend a childhood toy or polish a piece of jewellery so that it's ready to pass on to someone special.
3. Have you ever thought about writing your autobiography? Whether or not you think you have much to write about, an autobiography is a great way to connect the dots and reflect on big and small moments in your life. It also makes a great gift for your family.
4. In the same vein, why not make your own cookbook? You don't have to be a great cook – simply include the recipes that have meant a lot to you throughout the years and write little notes as to why. Food has an unparalleled power to connect people, and your friends and family will love reading which dishes are close to your heart and why.
5. Learn a new language. This activity might just inspire you to plan that trip abroad but, either way, learning a new language is also great for the kind of mental stimulation that helps to keep our brains active and healthy in the latter years.
6. Making a quilt is one craft project that offers a big reward – literally! You don't need to be an avid sewer or even own a sewing machine to embark on a quilt-making project. All you need is thread, needles, pins and fabric scraps. Your quilt doesn't have to be huge. It could even feature small pieces of fabric from unwanted items in your

IT MIGHT BE RAINY. YOU MIGHT NEED SOME QUIET TIME. SPENDING TIME AT HOME GIVES YOU THE PERFECT OPPORTUNITY TO GET CREATIVE, GET ORGANISED, OR EVEN LEARN SOMETHING NEW. HERE ARE 20 MEANINGFUL WAYS TO MAKE THE MOST OF THE GREAT INDOORS.

- wardrobe. Pro tip: Small sampler quilts look great framed and hanging on the wall.
7. Learn a new card game. We've all got our family favourites but why not stretch your card-playing repertoire? There are countless free instructional videos available online, but you could also put a call out to your friends and neighbours to share their favourite cards games with you.
 8. Do an online course – at an Ivy League school, no less! World-class education is at your fingertips thanks to schools like Harvard and Yale which offer free online courses in everything from computer science to business, art and much more. Hit the internet... You'll be surprised!
 9. Virtually tour a gallery or museum you've always wanted to visit, whether it's Melbourne's NGV, Barcelona's MACBA or the Louvre. Some of the world's most notable museums offer online tours of their latest and greatest collections – they're all free, and all just a Google search away.
 10. Do you know exactly where you came from? Quiet time at home provides the perfect opportunity to find out. You can map your family tree by diving into old archives – both physical and digital – or by enlisting the help of a website like Ancestry.com
 11. If you are a life-long reader, there are likely some books that have stuck with you over time. What are they and why do you love them so? Write down a list of your all-time favourite books, and maybe even a little bit about why you like them or what your life looked like when you first read them – you could write the note inside the book for added sentimentality. You could then gift this list and these books (notes included) to your nearest and dearest.

12. Much like your favourite books, there are probably a number of songs that are close to your heart too. Maybe it's the song you danced to at your wedding, or one you loved as a teenager? Take this time to reflect on all the songs that have meant something to you over the years, and write them down – or, turn them into a CD or playlist to listen to on repeat and share with your family and friends.
 13. Do you know where all your most treasured photos are right now? If not, now might be time to organise them – whether they are physical photos or digital copies. Websites and apps like Zoner Photo Studio, Canto and Google Photos can help.
 14. If you haven't got one already, now is a great time to get into the garden and create your own herb, veggie or flower patch. The weather is right for working outdoors (you're not going to be raising a sweat right now!) and the timing is also perfect for preparing your beds ahead of spring.
 15. Flex your creative muscles and turn those magazines, old photos and craft supplies you have lying around into a fun collage. These look great when framed. All you need are some scissors, glue and perhaps a few pens to annotate your illustrations. You could make it sentimental – to celebrate a family member or holiday – or just for fun.
 16. Bullet journals have been around since the early 1990s, but they really took off a few years ago. The idea is simple: every day, you jot down your thoughts, feelings and activities in bullet form, creating a valuable log for you to look back and reflect on. It's also great for stress relief.
 17. From 'The Godfather' to 'Casablanca,' 'Pulp Fiction' to 'Star Wars,' some movies will go down in history. But how many have you actually seen? Ask your friends what they consider to be 'must-see' movies or Google the greatest movies of all time, then work your way through the list until you've seen them all. The perfect 'job' this winter!
 18. If you're not quite sure what an app is or still think 'FaceTime' can only happen in person, consider using your downtime to learn more about the technology in your smartphone. A whole world awaits, quite literally at your fingertips, and you can use it to learn new information and skills, play games or better manage your life. Hit your device's app store or enlist the help of your grandchildren if need be – they'll be happy to get you up and running.
 19. Everyone has one – the drawer that is always in disarray, that you can barely look at, let alone open or close. If you have spare time on your hands, use it to clean out 'that' drawer. Organise it well, and you'll never have to worry about that drawer again.
 20. Did you know that you don't even need to leave the house to volunteer your time and services? There are a number of volunteer organisations like Vollie, the UN's onlinevolunteering.org and volunteer.com.au that offer online and remote options.
- Whether you tick off one idea or try a handful, time at home can be both restorative and productive. You never know – a quiet day at home might just spark a new passion.

Important phone numbers.

- Caretakers' Office, for homeowners' enquiries:** 3200 9622 (for after-hours emergencies, leave a message and your phone number)
- Police Link (Non-urgent incident report):** 131 444
- Community flyer:** 1300 463 593
- Mater Hospital (24-hour emergency):** 3840 8111
- PA Hospital (24-hour emergency):** 3240 2111
- QEII (24-hour emergency):** 3275 6111
- Logan Hospital:** 3299 8899
- Logan City Council:** 3412 3412
- Veteran Affairs:** 13 32 54
- Local snake catcher:** 0413 028 081
- MHIA Insurance:** 1800 676 700
- Buses and trains information:** 13 12 30
- Home Assist:** 1300 366 836
- Seniors Qld:** 1300 135 500
- Palm Lake Care:** 1800 246 677
- Yellow Taxis:** 131 924
- Doctor Ting:** 3807 8588
- Origin:** 136 262
- Cleaning/Dog walking (Andrea):** 0407 028 614
- Electrician (Darcy @ Shockproof Electrical):** 0432 288 442
- Plumber (Rick's Plumbing & Drainage):** 0430 162 608
- Podiatrist (Cameron):** 0404 857 479
- Palm Lake Resort Hair Salon:** 3805 2617
- Handyman (Barry):** 0414 686 342
- Alterations (Carol):** 0412 635 614
- JP (Lynne Venczel):** 3200 4758
- Lawn mowing (Brian):** 0407 060 243
- Phone/Internet problems (Bow Street only) Comms Co:** 3216 5700
- Car washing (Cliff):** 3299 9421
- Painter (Dennis):** 0413 643 572
- In Style Painting Services (Matt):** 0451 920 173
- Deep Clean Air Services (Paul):** 0407 037 280
- Homeowners Committee (Rosa, Secretary):** 0419 707 110

Homes for sale.

WANT TO BOOK A PRIVATE INSPECTION AND FIND OUT MORE ABOUT OUR RESORT?
FREECALL 1800 774 866 OR EMAIL BETHANIA@PALMLAKE.COM.AU
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU

5 Palm Court - \$495,000


Beds
2


Bath
2


Living
1


Outdoor
living


Carport
1



Location, location

Fully renovated, this light-filled home features an air-conditioned master with walk-in robe, second bedroom with built-in, and open plan living with study nook.

The modern kitchen offers soft-close drawers, ample storage, and a breakfast bar. Enjoy the sunny verandah, internal laundry with garage access, and a covered deck with water feature.

Additional perks include security cameras and proximity to the clubhouse and pool.

Key features:

- Well maintained
- Comfortable
- Desirable location
- Spacious living

25 Cedar Court - \$475,000


Beds
2


Bath
2


Living
1


Outdoor
living


Garage
1



Take charge!

Newly renovated, this low-maintenance home features two bedrooms with built-in robes, air-conditioning and ceiling fans - the master with an ensuite and dual robes. The modern kitchen includes soft-close drawers, a glass cooktop, wall oven and dishwasher. Fresh carpet throughout, plus one-way blinds and blackout curtains on all windows. No mowing required, and a solar system helps cover electricity bills. A new EV charger in the lock-up garage and ramp access to the front door complete this impressive package.

Key features:

- Well maintained
- Comfortable
- Spacious living
- EV charger in lock-up garage

6 Lake Court - Offers over \$475,000

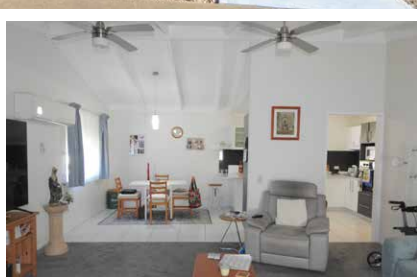

Beds
2


Bath
1


Living
1


Outdoor
living


Garage
1.5



Stone's throw from the Clubhouse

This beautifully maintained 2-bedroom home offers open-plan living with cathedral ceilings and a spacious feel throughout. The modern kitchen includes a glass cooktop, wall oven, rangehood and ample storage. A large air-conditioning unit keeps the living area comfortable year-round. The generous bathroom features non-slip timber-look flooring, plus a separate toilet for added convenience. Both bedrooms have ceiling fans, with the main offering a full wall of built-in robes. There's also an internal laundry, a carport with room for two vehicles, and a low-maintenance outdoor area - all positioned on the sunny side of the street. Move-in ready and perfectly located, this one's not to be missed!

22 Cocas Court - \$399,000


Beds
2


Bath
2


Living
1


Outdoor
living


Carport
1



SOLD!

Neat as a pin

Freshly updated with new carpet and paint, this neat two-bedroom home in Cocas Court is move-in ready. The main bedroom features double robes and an ensuite, while the second bedroom includes built-in wardrobes. A separate toilet adds convenience for guests. The home also offers a separate laundry with ramp access to the side. Enjoy year-round comfort with new air conditioning in the lounge and ceiling fans throughout. Outside, there's a carport, a shed and a sunny grass area to relax in. This charming home is priced to sell at \$399,000 — book your inspection today!

- Well maintained
- Main bedroom ensuite
- Comfortable
- Side ramp access

Over the back fence.

THE PALM LAKE GROUP SPANS 27 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 'FAMILY MEMBERS' HAVE BEEN UP TO - WHETHER JOINING FORCES TO DO GOOD IN THE COMMUNITY OR JOINING FORCES FOR FUN!

Cheers to the success of caffeinated charity event

There's one charitable fundraising event that seems to pique the interest of our Palm Lake Resort homeowners more than others, and that's Australia's Biggest Morning Tea. This annual fundraiser is hosted by the Cancer Council to help support people affected by cancer. Held each May, the event invites individuals, workplaces, schools and communities (like ours) across the country to come together over a cuppa and a bite to eat while raising vital funds for cancer research, prevention and support services. Every dollar raised goes towards funding world-class research, running life-saving prevention programs and offering essential support for Australians impacted by cancer. One in two Aussies will be diagnosed with cancer by age 85, making the Cancer Council's work more important than ever.

Pictured right, from top down, our Carindale Caretaker, Wayne raised \$200 by 'raffling' his beard! Yamba resort hosted a vibrant Madhatters' Tea Party with some great costumes. Waterford's event saw a fashion parade combined with a lovely spread of delicious goodies. And down at Willow Lodge, The Lodge Country Club hosted a great event with many donated prizes raffled to add to the final tally. Here's a little snapshot of some of the results of Palm Lake Resort fundraisers across our group, totalling more than \$47,000 so far!

- Banora Point: \$3133
- Bargara: \$4215
- Beachmere Sands: \$3260
- Carindale: \$3500
- Cooroy-Noosa: \$2107
- Eagleby: \$5000
- Forster Lakes: \$10,250 (an incredible result for an event organised by homeowner, Lyn Wootten!)
- Mt Warren Park: \$2500
- Phillip Island: \$2303
- Truganina: \$1750
- Waterford: \$3000
- Willow Lodge: \$3745
- Yamba: \$2265



Caloundra: \$8K for The Salvos

Following two outstanding fundraisers in recent months, Caloundra Cay homeowners have seemingly, and resoundingly, adopted The Salvation Army as their charity of choice. Their most recent event, tagged the 'Give Back Dinner', raised \$8050 for the Salvos, with the funds to stay on the Sunshine Coast in support of a project named 'Family Pathways'. This epic result followed the donation of 81 Christmas hampers by Caloundra Cay residents back in December, which were distributed to needy Sunshine Coast families. Chief organiser of the Give Back Dinner, homeowner Bernie, described the event as "an outstanding success". "We had 63 attendees, and our goal was to raise \$5000," he said. "The end result was \$8050, an amount which was far beyond our expectations. And while the fundraiser, as such, was a huge success, the night of entertainment was also incredible."



THANK YOU
TO ALL OUR
VOLUNTEERS

We heart resort helpers

Palm Lake Resort Ballina recently celebrated three remarkable people whose dedication and community spirit have changed this resort for the better. Beryl Boness, Stan Peck and Keith Johnson have each contributed more than 10 years of volunteer service, as part of the resort's beloved Cinema Group. Beryl and Stan were among the founding members of the group, which has spread the joy of the silver screen through its regular 'Movie Wednesdays' and 'Saturday Night at the Movies' events. Their vision and commitment helped shape a much-loved tradition at the resort. Beyond their cinematic contributions, all three have supported fellow community members in creating and sustaining a variety of other special interest groups. Their efforts have helped create connection, creativity and countless memorable evenings for all who call this resort home. The resort wouldn't be the same without you three!

Carindale marks 25 years

Palm Lake Resort Carindale is hosting a lovely celebration in July - the 25th anniversary of its ownership under the Palm Lake Resort banner. Many nostalgic photos have been dug up out of the archives for the planned event, by a very engaged group of homeowner history buffs. Among them are the two photos pictured right featuring a young Palm Lake Group MD Scott Elliott from the early 2000s! We wish the homeowners and resort management team the best for a lovely event.



Yamba homeowner quilter named best in show

The recent Maclean Show saw the crowning of our very own Palm Lake Resort Yamba homeowner, Wendy Flitcroft, as Champion Overall. It's a prestigious title for Wendy who received the commendation based on her creative handicraft. Wendy's work is known for its intricacy and striking detail. Congratulations Wendy. Given the high number of creative crafters and fellow artisans across our Palm Lake Resort network, we are all very proud of you!

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**



This is your time
to embrace more.



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43 Goodooga Drive, Bethania QLD 4205

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palllakeresort.com.au