

The View



Colour your world trendy

The results are in and the experts are telling us there's a trendy new colour in town...

Supporting those less fortunate

Palm Lake Group just made an incredible donation to an incredible organisation, with your help

Muscle up, for the New Year

It's important for over 50s to keep your muscles toned - and it's not as hard as you think



Welcome.

Welcome to another edition of *The View* newsletter and welcome to another New Year! We hope all our homeowners had a wonderful Christmas and then celebrated the New Year with those people most special to them.

So many new homeowners have come into Palm Lake Resort Bethania in recent months. We encourage our longer-term homeowners to ensure you welcome any new faces you see around our resort grounds. Maybe an invite for a coffee and scone from the Café wouldn't go astray? Or maybe you could encourage a new neighbour to come along with you to one of our weekly meals? We gather on Tuesdays for dinner at 5pm and also bistro lunch on Fridays, from 11.30am - 1.30pm, in the Country Club. I am sure our new neighbours would also love to be included in the many activities we have on offer here for the opportunity to make new friends. Invite them to join you!

The weather is rather warm and humid now so there's no doubt your air conditioner is getting a good work out. It's a great time to have them checked and cleaned so they don't give you any problems and also so they operate as efficiently as possible for you. On that, it's also a great time to check the outside of your house for mould. Mould can cause many health problems, not only for you but for the homeowners around you, as mould spores are released into the air. Our tip is to check your property thoroughly and give your house a wash down - it will look and feel like new again.

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.

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.



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.

Weekly activities.

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)
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 at the Logan Hyperdome (monthly, meet in the front car park)
9am - 10am Gentle exercise (Clubhouse)
11.30am - 1.30pm Bistro lunch (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)
1pm Card making with Lorraine (Bowls Club)

SATURDAY

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

SUNDAY

9am Church service (Clubhouse)

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

QELI (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/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 (Cooper @ Coastline): 0422 879 620

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): 3299 9405

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

CHECK
OUR WEEKLY
ACTIVITIES LIST
ON PAGE 3

Don't weight.

MAINTAINING TONED MUSCLES IS
QUITE CRUCIAL FOR US OVER-50s AS IT
SIGNIFICANTLY ENHANCES OUR OVERALL
HEALTH AND QUALITY OF LIFE. HERE'S WHY -
AND HERE'S HOW...

As we age, we naturally lose muscle mass and strength — a condition known as sarcopenia. This decline can lead to reduced mobility, increased risk of falls and difficulty performing everyday tasks. Regular muscle-toning exercises help combat this loss, preserving strength and functional independence.

Toned muscles also support joint health by stabilising and reducing strain on the joints, which can alleviate symptoms of arthritis and prevent injuries. Furthermore, muscle tone enhances posture and balance, which are vital for avoiding falls, a common cause of injury among older adults.

Building and maintaining muscle tone boosts metabolism, making it easier to manage weight and reduce the risk of obesity-related conditions such as diabetes and cardiovascular disease. Strong muscles also play a role in maintaining bone density, decreasing the likelihood of fractures and osteoporosis.

Beyond the physical benefits, engaging in muscle-toning activities improves mental wellbeing, boosts energy levels and enhances confidence. Whether through resistance

training, Pilates, yoga or bodyweight exercises, keeping your muscles toned is an essential part of staying healthy, active and independent in later life.

Here's the good news: Maintaining muscle mass after 50 doesn't require gruelling workouts. Gentle, consistent exercises and activities can effectively build strength, improve flexibility and promote overall wellbeing. And if ever there was a place to support this type of activity, among a group of likeminded participants, it's here in our Palm Lake Resort community, don't you agree? And research shows that the New Year is often the best time to start on this type of exercise regime. Generally, we are physically refreshed after the Christmas holidays and many also enjoy a renewed and enthusiastic outlook on life at this time of the year, making big, bold plans for the coming 12 months. Utilise your New Year headspace/mental vigour to start an exercise routine that has the best chance of sticking!

Here are some of the easiest and most beneficial ways to encourage your muscles to stay strong:

Yoga

Yoga improves muscle tone, flexibility and balance. Gentle styles like Hatha or restorative yoga are accessible for beginners and can help strengthen core muscles while promoting relaxation and mental clarity.

Tai chi

Often described as "meditation in motion", tai chi is a low-impact activity that enhances muscle strength, balance, and coordination. It's particularly beneficial for reducing fall risks and improving joint health.

Pilates

Both mat-based and reformer Pilates are excellent for building core strength, improving posture and toning muscles. The exercises are adaptable to individual fitness levels and focus on controlled movements.

Swimming

Swimming and water aerobics provide full-body resistance training with minimal strain on joints. The water's buoyancy makes it ideal for people with arthritis or other joint issues.

Low-impact sports

Activities like tennis, pickleball or golf encourage muscle engagement and coordination while being gentle on the body. They also foster social interaction and enjoyment. Tick, tick!

Body-weight exercises

Simple exercises such as squats, lunges and modified push-ups can be done at home to maintain strength and endurance without needing equipment.

Resistance bands

Using resistance bands offers a safe, versatile way to strengthen muscles. They are lightweight and allow for various exercises targeting different muscle groups.

Walking with weights

Walking while holding light weights or using weighted wristbands provides a dual benefit of cardiovascular activity and muscle toning.

Gardening

Gardening activities like digging, raking and planting engage various muscle groups, making it a functional way to stay active.

Dance classes

Dance-based fitness classes are fun and effective for improving coordination, muscle tone and cardiovascular health. Think Zumba, line dancing and adult tap dancing, for starters.

The most important thing with maintaining muscle tone is consistency. Starting slowly, listening to your body and gradually increasing intensity will help you maintain muscle mass and support overall health for many years to come.

Please note: Always consult a healthcare professional before beginning a new exercise program.

Six transformative New Year resolutions for all over-50s.

HAVE YOU HAD A CHANCE TO REFLECT ON 2024 AND SET SOME CHALLENGES AND GOALS FOR YOURSELF FOR 2025? SOME FIND THAT TASK SIMPLE, WHILE OTHERS CAN BE OVERWHELMED BY THE THOUGHT. LET US HELP YOU GET STARTED...

Whether your plans and goals are big or small, now is definitely the time to embrace the energy of renewal that abounds this season and set some intentions for the year ahead. If you need some inspo, we've come up with six New Year resolutions, specifically for over-50s, that will help transform your life:

1. Prioritise strength and mobility

Commit to a fitness routine that blends strength training with flexibility exercises like yoga or Pilates. These activities preserve muscle mass, improve balance and reduce the risk of falls.

2. Adopt a Mediterranean-inspired diet

Focus on whole foods like olive oil, fresh vegetables, lean protein and nuts. This heart-healthy eating pattern supports brain health and longevity.

3. Engage in lifelong learning

Pick up a new skill or hobby, or start an online course. Continued learning keeps the mind sharp, boosts self-confidence and provides opportunities to meet likeminded people. There will definitely be scope to find a group of likeminded neighbours here at our resort if you are wanting to start a new activity group. Otherwise, simply head to our Weekly Activities list and see if there's something there that piques your interest.

4. Deepen social connections

Make time for family, friends and community groups. Social engagement improves mental wellbeing, reduces loneliness and even strengthens immunity.

5. Embrace mindfulness practices

Incorporate meditation, tai chi or mindful breathing into your daily life. These practices reduce stress, enhance focus and promote a sense of peace.

6. Declutter and simplify

Start a decluttering journey, focusing on your home and commitments. Letting go of unnecessary possessions and obligations clears space for a simpler, more fulfilling lifestyle.



Pictured clockwise from top left:
1. Liriel linen/cotton throw, 130 x 170cm, \$149, freedom.com.au
2. Form vase in mocha, 15 x 18 x 5cm, \$35, middleofnowhere.com.au
3. Ceduna planters, 30cm/39cm/43cm, from \$89.95, freedom.com.au
4. Ombeo cushions in 'Smoked wood', \$35, freedom.com.au
5. Country Road cross body bag, \$99.95, countryroad.com.au

Mocha mousse is on the menu in 2025.

AROUND THIS TIME EACH YEAR, THE EYES OF THE DESIGN WORLD FOCUS ON THE PANTONE COLOUR INSTITUTE TO SEE WHAT THIS YEAR'S COLOUR TREND WILL BE...

For 2025, the Pantone Colour Institute has named PANTONE 17-1230 Mocha Mousse their Colour of the Year.

This warming, rich brown is described as "nurturing us with its suggestion of the delectable qualities of chocolate and coffee, answering our desire for comfort" — and it's easy to see why.

Mocha Mousse brings a sophisticated, earthy elegance that works beautifully on its own or as a versatile base. Whether you're drawn to minimalist vibes or love designs with rich detail, this hue is ready to enhance palettes across every colour-focused industry and homes the world over - including (no doubt) Palm Lake Resort interiors.

According to the Executive Director of the Pantone Color Institute, Leatrice Eiseman, their decision on this year's colour was "underpinned by our desire for every day pleasures".

"Mocha Mousse expresses a level of thoughtful indulgence," Leatrice explains. "Sophisticated and lush, yet at the same time an unpretentious classic, PANTONE 17-1230 Mocha Mousse extends our perceptions of browns from being humble and grounded to embrace aspirational and luxe."

Pantone Color Institute Vice President Laurie Pressman agrees.

"For Pantone Color of the Year 2025, we look to a mellow brown hue whose inherent richness and sensorial and comforting warmth extends further into our desire for comfort, and the indulgence of simple pleasures that we can gift and share with others," Laurie says.

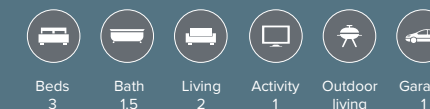
Did you know that colour also plays an important role in our mood? According to colour therapy, every hue has its own subliminal energy. In colour therapy, browns (like Mocha Mousse) are associated with grounding, stability and security. Browns represent a connection to the earth, providing a sense of comfort and resilience. Brown energy fosters practicality, reliability and balance, making it helpful for those seeking to feel rooted, calm and centered in their lives.

There's no doubting that Mocha Mousse is a colour of warmth and comfort - just like the components of its name: delicious mocha and delectable mousse! This is, in fact, a colour that is accessible to all and can be easily incorporated into most interior schemes. Think Mocha Mousse-inspired throws and cushions on your lounge or an inviting feature armchair in the corner of your living space or bedroom (as pictured above). Equally, Mocha Mousse is quite the wearable colour.

How will you jump onboard this 2025 colour trend?

Homes for sale.

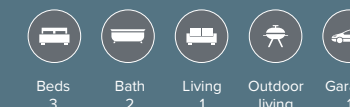
5 Royal Drive - \$549,000+



Lake views, pet friendly

Beautifully presented property with a view of the lake and fully renovated. Open plan lounge and dining, excellent kitchen with plenty of storage for the best of cooks. Lovely, raked ceilings in the lounge exudes space and the plantation shutters throughout the house gives you a beach side feel. Airconditioning and ceiling fans keep you cool in the summer months and the easy-care timber laminate flooring compliments the space perfectly. The internal laundry has excellent storage and also a second toilet. Tiles to the ceiling and modern styling in the bathroom. Three bedrooms and a study space/TV room, all with built-in robes. The main has a sliding glass door leading out to the verandah overlooking beautiful Bethania lake. This property is one of a kind in our resort.

22 Cocas Court - \$399,000



Neat and tidy

This neat two-bedroom property in Cocas Court offers new carpet and new paint. Main bedroom has double robes and an ensuite. Second bedroom also with built-in wardrobes.

A separate toilet from the main bathroom for practicality when you have guests visiting. Separate laundry with ramp exit to the side of the property. Carport area and shed with a lovely sunny grass area.

With new air-conditioning in the lounge and ceiling fans, new carpet and paint, this delightful house is ready for inspection.

TURN OVER FOR MORE GREAT HOMES!

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

9 Palm Court - \$350,000 neg

2

1.5

1

living

1

Renovator's delight

This property is a renovator's delight! Featuring two bedrooms, one bathroom with an additional toilet, it is conveniently located near the clubhouse and outdoor swimming pool.

The living/dining area and master bedroom are equipped with air conditioning and ceiling fans for year-round comfort. The home includes an internal laundry and a spacious undercover area at the rear, perfect for creating an inviting outdoor living or BBQ space with a bit of paving or decking.

With a kitchen upgrade and a fresh coat of paint, this well-priced property could truly shine. Listed at \$350,000 negotiable.



13 Lake Court - \$350,000

2

1

1

Activity 1

Outdoor living

1

Blank canvas to make yours

Fantastic opportunity for renovators, this two-bedroom property on Lake Court is ready for some TLC. The main bedroom includes built-in robes, air conditioning and a ceiling fan, opening onto a verandah that enjoys the afternoon sun. The second bedroom also features a ceiling fan.

The home includes a bathroom with a toilet, shower and vanity. The kitchen, located at the front of the property, offers an under-bench oven and a compact laundry cleverly tucked behind doors. The air-conditioned lounge has its own entry via the side passage. Outside, the large backyard features a shed, while a carport provides undercover parking. With endless potential, this home is ready for your creative ideas!



1 Lake Court - \$387,000

2

1

1

Outdoor living

1

Very well positioned

This neat and tidy two bedroom property is just across the road from our clubhouse and outdoor pool. A long front verandah catches the cool breezes. Upon entering, you are greeted with a very spacious L-shaped lounge/dining and kitchen with lovely bay windows complete with screening blinds and verticals. This area is also air-conditioned with ceiling fans for your comfort in the summer months and heating in the winter. The large main bedroom features built-in robe, glass sliding door leading onto the verandah and air-con. Second bedroom is also of a good size with built-in robe. Large bathroom with excellent size shower, skylight and toilet is separate. Internal laundry also has a skylight providing natural light to this area, which leads to the lock-up garage.



20 Palm Court - \$385,000



17 Lake Court - \$470,000



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!

Palm Lake Group 'Rizes' to the occasion.



OUR
CHRISTMAS
HAUL FOR
THOSE IN
NEED

This year, all seven Palm Lake Care communities, a number of Palm Lake Resorts and our Palm Lake Group Head Office team supported the RizeUp Christmas Appeal. PLC Chief Operating Officer Patricia Heke says the Group collected “a mountain of beautiful presents” (pictured above) that were gifted to children of families in domestic violence situations who otherwise might not have had a gift under their Christmas tree. “Our efforts were for smiles we will never see, but will know were there, on Christmas morning,” Trish says. “A massive thank you to all for your generosity.”



Twenty years young.

Recently, there was a vibrant gathering to mark the 20th anniversary of Palm Lake Resort Mt Warren Park. The day was filled with much fun and celebration. Best of all, it was great to honour Mt Warren Park's original 14 homeowners – those who have proudly called this community home since 2004 (as pictured left). Hip hip, hooray!



Waterford's Toy Boys continue their epic project.

Palm Lake Resort Waterford is home to a delightful group of fellows who adore their time together in the resort workshop. Not only do they use that quality time to chew the fat on all the topics of the world, they also like to build wooden toys for very grateful local children. And they've been doing it for longer than a decade!

The "Toy Boys" spend the whole year crafting gorgeous, high-quality toys from donated materials (and other materials that they purchase with funds raised through resort events and donations). Then, come December,

they put on their Santa hats and gift their toys to local groups. Toy Boys committee president Ray Johnstone says the Beenleigh Special School and Woodmans Mitre 10 Beenleigh's Community Christmas Tree appeal were the two grateful local organisations that received their hand-crafted gifts this past Christmas (all gifts under the Mitre 10 tree were provided to Night Light Outreach who distributed them to needy local families). Among the haul was everything from doll beds to a ride-on digger - all handmade in the Palm Lake Resort Waterford workshop. Bravo boys!



Wedding belles.

Congrats to Palm Lake Resort Beachmere Sands residents Allyson and Graham (pictured top) who tied the knot in a wedding ceremony at the resort's fabulous Beach House late last year.

We also saw Palm Lake Resort Bethania homeowners Dawn and Vern (above) tie the knot in a private function at their resort's Country Club in front of 60 guests.

Doing it for charity, again and again.

You can tell we've just enjoyed the 'season of giving' - not only did our homeowners enjoy giving Christmas gifts to their loved ones, they didn't forget about those less fortunate. We've seen so many great stories of charity fundraisers being held across our resorts in recent months - here's a little snapshot of some of them:

- Cooroy-Noosa hosted a 'pink' event for the McGrath Foundation. More than \$4000 was raised for breast cancer research and patient support.
- Carindale's inaugural jumble sale raised \$3000 for Care Kits for Kids and Beyond DV.
- Beachmere Sands and Beachmere Bay converged for morning tea to raise \$430 for Alzheimers research. The Sands crew also held a Bowls event fundraiser for prostate cancer research and raised another \$800.

Doggie dates.

At Palm Lake Resort Carindale's Home 52, an ever-changing and random assortment of resort doggos gather early each morning to greet each other. Homeowner Betty welcomes these morning gatherings on her front step where she and her dog, Lucy, provide delicious morning treats. There are often 4 or 5 puppies dropping in each morning, she tells us. It's a lovely way for our four-legged community members (and their humans!) to stay connected.



New Year, new you.



FREECALL 1800 774 866 | bethania@palllake.com.au
43 Goodooga Drive, Bethania QLD 4205

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