

JUNE - JULY 2025



The View



Adventures await behind the wheel

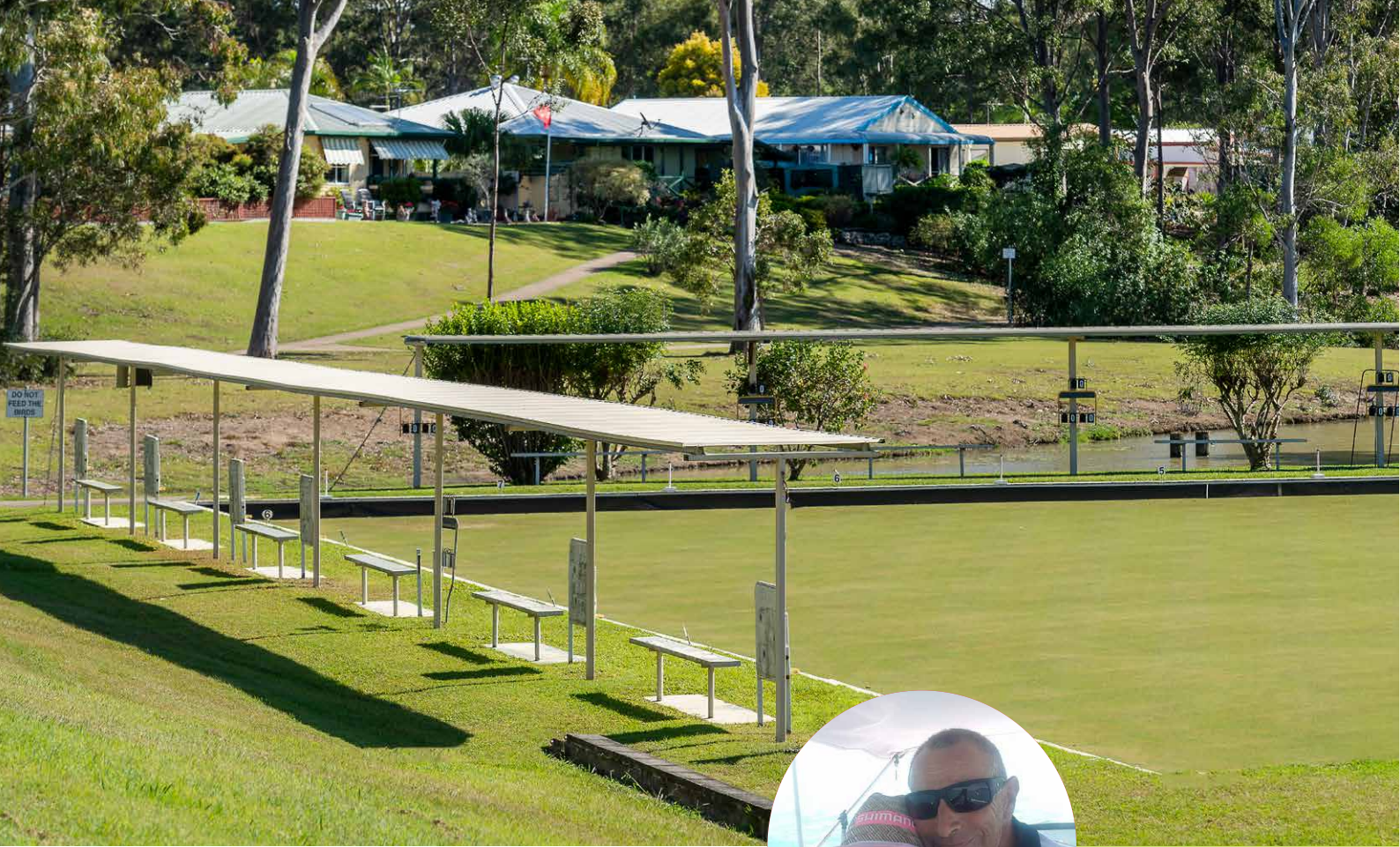
Autumn provides the perfect opportunity to lock up your Palm Lake Resort home and drive!

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.

Welcome to another edition of *The View* newsletter. Winter has arrived and the mornings are a little fresh, but the sunny days we enjoy here in South-East Queensland are just glorious. It's a great time of the year to be reacquainted with our resort grounds, local parks and other attractions. Walking is just so comfortable in this weather so we encourage you to get out and take in the scenery.

You may have noticed we have a new-look team here at Palm Lake Resort Bethania? A big welcome goes out to Garry (who is our new truck driver), Magenta (our wonderful and hardworking cleaner) and Luke (our groundsman, who has been giving Phil a hand to get everything back in order again after such a long stint being off with his injury). Give them all a welcoming "hello" when you see them around the grounds.

Don't forget everyone, our homeowner evening meals have had a slight price increase from \$12 to \$14 per person, so make sure you put the new amounts in your envelopes.

We also have a new "Chair Exercise" class with instructor Sharlene every Thursday at 2pm. It's a great class filled with stretching exercises and a good cardio workout. Come and join in the fun. An hour class is just \$10.

Well, stay warm everyone, but don't lock yourselves away in the cold. Morning teas are still happening in the clubhouse on Tuesday, Thursday and Friday with lunches on Thursday and Friday. Bring your family and friends and enjoy the sunshine out on our lovely deck overlooking the lake..

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.



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.

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 speed 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.

Green waste dates

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

- Monday, July 7 and 21
- Monday, August 4 and 18
- Monday, Sept 1, 15 and 29



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.

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)

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 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



TO BE
SURE, TO BE
SURE!



Pictured above: Check out all the fun of our Irish night which was held in April. Lots of great costumes were spotted throughout the event, especially Hazel Edwards who took out best dressed in her full leprechaun costume - including a beard!

Winter immunity boosters.

PROTECTING OUR HANDS AND HOME FROM GERMS IS IMPORTANT, ESPECIALLY COME WINTER, BUT STRENGTHENING OUR IMMUNE SYSTEM IS ONE OF THE BEST WAYS TO SAFEGUARD OUR HEALTH. HERE ARE SOME OF THE BEST INGREDIENTS FOR A STRONG IMMUNE SYSTEM.



Vitamin C

It will come as no surprise that vitamin C tops the list of immune-supporting ingredients – it's a superhero when it comes to protecting the body from harm. Vitamin C is necessary for the growth, development and repair of all body tissues. It acts as an antioxidant, protecting cells from damage caused by free radicals – unstable atoms produced either from normal cell metabolisms or external sources like pollution, cigarette smoke and radiation. Vitamin C is also involved in the formation of collagen, wound healing and the maintenance of bones and teeth, and encourages the production of white blood cells, which help protect the body against infection. As if all that wasn't enough, vitamin C also plays a part in helping white blood cells function more effectively by protecting them from damage by free radicals – it may help to reduce the severity and length of infection, too.

Where you'll find it: Blackberries, strawberries, lemons and capsicums are great sources of vitamin C.

Zinc

The second-most-abundant trace mineral in your body, zinc is present in every cell – but, your body doesn't naturally produce it, so you must obtain it through food or supplements. When paired up, zinc and vitamin C are extremely effective at fighting off infection. Even mildly low levels of zinc may impair your immune function, so you want to make sure you keep your zinc levels high – especially in the coming colder months.

Where you'll find it: Eat your beans! Beans, and especially chickpeas, are a great source of zinc, as are eggs, oats, quinoa, cashews, pumpkin seeds and meat or shellfish.

Turmeric

Turmeric has been the go-to spice in the wellness world for some time now – and, for good reason. The active ingredient in turmeric is curcumin, which may help lower anxiety levels

by reducing inflammation and oxidative stress in the body. Inflammation often increases in people experiencing depression or anxiety, and research has concluded that an increase of curcumin in the diet also increased DHA levels and reduced anxiety.

Where you'll find it: Find turmeric powder in the spice section at your local supermarket and add it to your morning smoothie or to curry or soup, for example. You can also make delicious turmeric lattes with cinnamon and steamed milk, or sip on some turmeric tea.

Ginger

Ginger is a potent anti-inflammatory that may help ease a cold or the flu. It's interesting to note that researchers reviewed the effects of fresh and dried ginger on one respiratory virus in human cells and results showed fresh ginger may help protect the respiratory system, while dried ginger did not have the same impact. Ginger may also help with nervous system function and digestive health – and it's delicious!

Where you'll find it: Use ginger in teas, to make immunity shots or throw it in your stir fry, for example. You can buy whole ginger root at the supermarket, or the minced variety in a jar – just ensure there are no additives.

Magnesium

Magnesium acts as a nervous system relaxant and is a great mineral to assist with anxiety, irritability and restlessness. It can also help alleviate tension by relaxing the muscles. Low magnesium intake has been linked to chronic inflammation, which speeds up the ageing process and can cause chronic disease. Studies have shown that magnesium supplements can reduce markers of inflammation in adults.

Where you'll find it: Foods like leafy greens, avocados and bananas are a great source of magnesium – you can quite literally eat it for breakfast, lunch or dinner.

Drive time.

THERE'S NO DOUBT THE OVER-50s ERA BRINGS WITH IT THOSE HIGHLY COVETED LUXURIES OF RELAXATION AND TIME. A GREAT EXAMPLE OF THIS IS HOW MANY OF US GO FROM PLAYING THE FAMILY TAXI DRIVER FOR BUSY CHILDREN AND GRANDCHILDREN (AND ALL THOSE EXTRA-CURRICULAR ACTIVITIES) TO SIMPLY DRIVING FOR PLEASURE...

LOCK AND LEAVE YOUR PALM LAKE RESORT HOME, WITH TOTAL PEACE OF MIND

There are so many adventures to be had behind the wheel across our great state. And the freedom of time allows your adventure driving experience to be as 'adventurous' as you choose. You might happen upon a great roadside café and decide to linger a little longer to enjoy a meal. Or there might be an unexpectedly good photo opportunity on your route that deserves a little extra exploration and documentation. Whatever interest your chosen route brings, being behind the wheel allows you the luxury to go at your own speed and potentially also divert off the track where you want to.

Autumn/winter brings with it arguably the best season for a leisurely drive. The temperature is just right to be sitting in a car, and the roads are generally less busy than the summer holiday season. So, guess what? Adventure awaits you right now! Here are our Top 7 ideas for scenic drives around our glorious state. Each route offers unique landscapes and experiences, making them ideal for over-50s seeking leisurely adventures. Some of them will be more easily accessible for you than others but there's nothing stopping you from tacking on some short domestic flights, a hire car and overnight accommodation to turn these ideas from simple driving day trips into memory-making driving holidays.

1. Great Barrier Reef (Cairns to Cape Tribulation)

Distance and time: Approx 140km. Around 3 hours drive time.

Why it's special: This coastal journey along the Captain Cook

Highway offers breathtaking views where the rainforest meets the reef. Travellers can explore the Daintree Rainforest, visit Mossman Gorge and relax on pristine beaches like Four Mile Beach. This scenic route is well-maintained and sealed the entire way, ie. you don't need a 4x4 to drive from Cairns to Cape Tribulation. You will need to take a ferry across the Daintree River over to Cape Tribulation as no land crossing bridge exists. Departures are every 15 to 30 minutes, from 5am to midnight daily, and incur a fee.

Visit: www.weseektravel.com/cairns-to-cape-tribulation-drive/

2. Atherton Tablelands loop

Distance and time: Approx 200km loop. Allow a full day.

Why it's special: Starting from Cairns, this drive takes you through the lush Atherton Tablelands. Highlights include the Curtain Fig Tree, Millaa Millaa Falls and charming towns like Yungaburra. The cooler autumn/winter climate enhances the experience of rainforest walks and local markets.

Visit: www.tropicalnorthqueensland.org.au (and click on "Things to do" and then "Itineraries and road trips" for loads of ideas to suit your interests and available time)

3. Scenic Rim circuit

Distance and time: Approximately 300km loop. Around 3 to 4 days recommended for a relaxed pace.

Why it's special: Just an hour from Brisbane, the Scenic Rim

offers a loop through Boonah, Mount Barney and Tamborine Mountain. Visitors can enjoy vineyard tours, rainforest walks and panoramic views from various lookouts.

Visit: www.visitscenicrim.com.au (and click on "Plan your stay" and then "Weekender itineraries" for some great routes).

4. Glass House Mountains drive

Distance and time: Approximately 40-50km loop. Around 2 to 3 hours, depending on stops.

Why it's special: This drive through the Sunshine Coast Hinterland showcases ancient volcanic peaks and lush landscapes. Stops include the Glass House Mountains Lookout and quaint towns like Maleny and Montville, known for their art galleries and cafes.

Visit: www.australia.com (and click on "Places to go" then "Country" then "Glasshouse Mountains")

5. Carnarvon Gorge drive

Distance and time: Approximately 720km from Brisbane. You can start at Yeppoon and the drive is 460km; four nights will give you ample time to explore.

Why it's special: Located in Central Queensland, the drive to Carnarvon Gorge offers dramatic sandstone cliffs, diverse flora and fauna, as well as Aboriginal rock art sites. Autumn/winter provides pleasant temperatures for hiking and exploring the Gorge's natural beauty.

Visit: www.visitcapricorn.com.au/road-trips-and-drive-journeys for various downloadable itineraries including "Reef, beef and Carnarvon Gorge".

6. Daintree Rainforest drive

Distance and time: Approximately 100km from Cairns to Cape Tribulation. Around 2.5 to 3 hours of driving time.

Why it's special: This route takes you through the heart of the one of the world's oldest tropical rainforests. Travellers can experience river crossings, lush vegetation and the chance to spot unique wildlife.

Visit: www.daintreeinfo.com/info/self-drive/

7. Lamington National Park drive

Distance and time: Approximately 110km from Brisbane. Around 2 hours of drive time.

Why it's special: From Canungra, this drive winds through the Gold Coast Hinterland to Lamington National Park. The journey offers stunning mountain views, rainforest walks and the opportunity to visit O'Reilly's Rainforest Retreat.

Visit: www.parks.desi.qld.gov.au/parks/lamington for full information, maps and other resources.

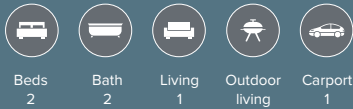
These drives offer a mix of coastal beauty, rainforest adventures and mountainous landscapes. They provide perfect opportunities for over-50s to explore Queensland's diverse regions at a relaxed pace. So, grab your keys and let's drive!



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



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

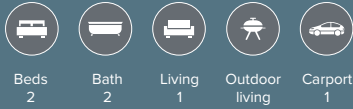
9 Palm Crt - \$350,000



1 Lake Crt - \$387,000



22 Cocas Court - \$399,000



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

17 Lake Crt - \$470,000



13 Lake Crt - \$350,000



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 COMMUNITY OR JOINING FORCES FOR FUN.

Neighbours lend a hand as Alfred comes to town.

The strength of our Palm Lake Resort communities, and the Palm Lake Group as a whole - was put on show when Tropical Cyclone Alfred rolled into Queensland's south-east corner recently. In scenes reminiscent of the Covid pandemic, our Palm Lake Resort homeowners rallied to support one another and ensure their communities were not only prepared for the hit, but also quickly mopped up afterwards.

Palm Lake Resort Carindale Caretakers Wayne and Karen said that while 28 homeowners left the resort to be with their families, more than 200 stayed in the resort throughout the cyclone.

"For the first time ever, the flood waters came into our community from Wright Street (pictured above)," Karen says. "We constantly checked the levels there and in the creek. We had Stuart (Home 168) monitoring the creek and reporting in to us and trusty Ken (Home 113) reporting from the other end of the resort. What an incredible team.

"Those who stayed were in good hands, as we had many many homeowners checking on their older neighbours, boiling them water on gas stoves when they lost power. Our communal halls were left open so homeowners could gather together with other homeowners. Luckily we had arranged some extra food for sandwiches, as well as milk



and water so we could all meet at the Grand Hall and have toasties - mostly made by Bob (Home 98).

"Some homeowners were scared - mainly because of the fast flood waters - as they live on their own, but we made sure that someone kept dropping in on them regularly to keep them in the loop.

"We are actually so proud of our caring homeowner network," Karen smiles. "Our beautiful Palm Lake Resort Carindale community certainly comes together well in tough times."

The same types of stories were heard right across the Palm Lake Group - with our resort homeowners even supporting their local Palm Lake Care aged caring communities. For example, the sleepy seaside town of Beachmere does not have its own local police station, so officers were brought in to keep an eye on local residents during the storm. When the power in that neighbourhood went out, our Palm Lake Care staff returned the favour and offered the police officers hot meals and coffee, which they gratefully accepted. What's more, three volunteers (retired registered nurses) from Palm Lake Resort Beachmere Bay and Beachmere Sands - located just across the road - provided support and personal care to the elderly aged care residents. A lovely gesture of selfless care that embodies the PLR spirit!



Wedding bells ring loud and clear.

THERE HAVE BEEN NEW WEDDING BELLS RINGING ACROSS PALM LAKE RESORT AS WELL AS CELEBRATIONS FOR MARRIAGE LONGEVITY - ALL WE KNOW IS THAT WE LOVE, LOVE STORIES!

Palm Lake Resort Bethania

Pictured above left, check out the new "Mr and Mrs Remy" (also known to homeowners at Palm Lake Resort Bethania as Steve and Kate), who tied the knot on February 15. Their official ceremony was held at their resort - how wonderful! We wish the Remys the best for their future life together.

Palm Lake Resort Yamba

Shirley Foley married Denis Kelly on May 15, 1965, at Tumut, New South Wales. Little did they know, 136km away on that very same day, their future friends (and future neighbours) Carole Wilson and John Joyce were also tying the knot. In the late 1960s, the Joyces moved to Tumut and, sure enough, met the Kellys. The couples have been firm friends ever since. And they have more in common than just their wedding anniversary - nowadays, you'll find Denis and Shirley in Home 4 at Palm Lake Resort Yamba, and John and Carole in Home 63 (all four pictured above right, including a photo of the Kellys on their wedding day).

Palm Lake Resort Eagleby

It all began in Liverpool, England, in the early 1960s. The school dance was in full swing when John, who was working as a roadie for the band that night, spotted Joan across the dance floor. He winked at her and, as he fondly recalls, "that was it". The couple married on March 27, 1965, in Liverpool and in 1976, John and Joan made the bold decision to move to Australia, with their young family in tow. After more than two decades in Sydney, they moved to Queensland in 2000, making Palm Lake Resort Eagleby their home in 2009. Pictured above (middle), six decades on from their wedding day, family remains at the heart of their lives through six grandchildren and six great-grandchildren.

Palm Lake Resort Cooroy-Noosa

Long-time Sunshine Coast locals, David and Nola, just marked 60 years with their proud family, including nine grandies and 11 great-grandies (with more on the way!).

Fiona is 102 years young

One of our oldest homeowners at Palm Lake Resort Willow Lodge is Fiona Ryan. She turned 102 years young in April. The Lodge Country Club hosted a party for Fiona, with many of her family and Palm Lake Resort friends stopping by. What a milestone for this resort matriarch!



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

You're always
warmly
welcomed.



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

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