

JANUARY - FEBRUARY 2026



Calypso



Stories released from the vault

We begin looking back on some of the best stories to grace the pages of Calypso...

Singalong, for the benefits

Beyond the beautiful sound, there are wonderful personal benefits of joining a choir

Refer a friend, earn a reward

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



Welcome.

Happy New Year to each and every one of you!

Welcome to our first edition of Calypso for 2026. We trust that you have had a wonderful festive season with family and friends.

We hope you all enjoyed the amazing Christmas luncheon our wonderful Social Committee organised, as well as the special celebration for New Year's Eve. Thank you to all the volunteers who help prepare, serve and clean up, including all the dedicated bar volunteers that made these special events possible. Please take some time to thank your volunteers when you see them. We certainly appreciate all their hard efforts in creating memorable events for you all to enjoy.

If you're interested in the upcoming events happening around our resort, remember to check out the monthly activity sheets on the noticeboard at Hemingway's and the weekly newsletter from Dee.

Some events coming up this January and February are:

- **Sunday January 11:** Chill Lounge Music & Food Van at Hemingway's Country Club
- **Monday January 26:** Australia Day BBQ & Festivities at Hemingway's BBQ Area
- **Sunday February 8:** Betty B Music & Food Van at Hemingway's Country Club
- **Saturday February 14:** Valentine's Day Dance at Hemingway's Country Club

Through-out the remainder of the summer months, enjoy the wonderful facilities we have here at Caloundra Cay. Be sure to use the newly installed umbrellas at the outdoor pool to stay shaded and cool while enjoying some relaxing time with family and friends.

Warmest regards to you all,

Neil & Kerri
Palm Lake Resort Caloundra Cay 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 Caloundra Cay? Here's how you can reach us:

PHONE: 1800 55 66 77

STREET ADDRESS:
96 Village Way,
Little Mountain QLD 4551

OFFICE HOURS:
9am to 12 noon, Monday to Friday
(emergency calls, 24/7)

EMAIL:
caloundra@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.

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.



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!

Snake safety

Snakes will avoid people, but if they feel threatened and can't find a way of escape they will defend themselves by biting.

IF YOU SEE A SNAKE...

Stay calm and walk away from it: **Do not** try to catch it. **Do not** try to kill it. **Do not** make it feel threatened e.g. by throwing things at it or poking it with a stick. Most people bitten by snakes are bitten while trying to catch or kill the snake.

Report it as you would any other hazard, and warn others away from it until it is dealt with by a suitably trained person.

Stamping heavily on the ground, even from a distance, can encourage it to move away for its own safety.

If you see the snake in a building leave the room and close the door so the snake is contained until help comes.

SNAKE SAFETY TIPS

Never put your hand or foot anywhere you cannot see. Keep open workplaces and nearby areas clear of places snakes might find food or a place to shelter.

It is not only **against the law** to kill or catch snakes without a permit, it is also highly **dangerous**.

IF YOU ARE BITTEN BY A SNAKE

By following these steps you should have plenty of time to get to a hospital for anti-venom.

Call for help immediately. You or someone call 000 - do not hang up until the operator tells you to.

Do not try to suck out the poison.

Do not cut the wound. **Do not** apply an arterial tourniquet. **Do not** wash the bite. The hospital has the best chance of identifying the snake by any venom still around the wound.

Apply a broad bandage tightly across the bite and up the limb to immobilise it. This helps prevent venom from entering the blood stream. Stay as calm and as still as possible while you are waiting for help to come.



This is Your Time

The Summer 2025 edition of *This is Your Time* magazine harnesses the wonderful festive energy of the holiday season. It's such a great time of the year! While you'll get the most up-to-date information on all of the construction progress across our newest Palm Lake Resort addresses (including Yamba Cove, Paynesville, Pelican Waters and Forster Lakes), you'll also read about how charitable the homeowners are at our established resorts. It was definitely a big year for philanthropic pursuits, proving just how selfless and wonderful our homeowners are. Among the magazine's lifestyle features, readers can enjoy a kaleidoscope of colourful summer ideas across gift giving, recipes, travel and more. You can read the Summer 2025-26 edition online at palllakeresort.com.au

Wellbeing, on site

Did you know you can now access onsite audiology, physiotherapy and massage services? Audiologist Rachel Deane and physiotherapist Anne-Marie Cavanagh – who was the physio for the Australian Open, and the personal physio of Serena Williams – are available, along with Anne-Marie's partner, who offers massage sessions a few nights each week.



Pictured: Arthur Busch (left) with fellow Queenslanders in the Australian team at the Mexico Olympics including Jim Mason, Terry Moessinger (manager), Fred Quine and Don McWatters.

From the vault: Buschy feels for Kookaburras.

LIKE MANY OF HIS FELLOW CALOUNDRA CAY RESIDENTS, ARTHUR BUSCH SAT ON THE EDGE OF HIS LOUNGE DURING THE 2021 MEN'S HOCKEY GOLD MEDAL MATCH BETWEEN AUSTRALIA AND BELGIUM AT THE TOKYO OLYMPICS, DESPERATELY HOPING FOR A KOOKABURRAS WIN.

But for Arthur – or Buschy as he is affectionately known around the resort grounds – the empathy he sensed when the result went Belgium's way after a penalty shoot-out, was far more heartfelt than merely being a disappointed Aussie.

Arthur had in fact 'been there, done that'. It was 53 years ago in Mexico City that the 77-year-old former public servant represented his country at the 1968 Olympics, and that team suffered the identical disappointment. Back then the sport was referred to as field hockey and there was no fancy nickname for the Aussie team – but the result was the same.

"We played Pakistan for the gold medal, and they beat us 2-1," recalls Arthur, who was the No. 2 goalkeeper in the team and sat on the bench for the final. "But while it was gut-wrenching to be beaten for gold, Pakistan went through the tournament unbeaten and were the better side on the day. Although only one goal was the difference on the scoreboard, they earned the gold."

And Arthur felt the same watching the 2021 gold medal match, which Belgium eventually won 4-3 after a penalty shootout, when the fulltime score was locked at 1-all.

"I thought Belgium had us covered for most of that match. There was some edge-of-the-seat drama at the end with the

penalty shootout, but if I take off my green and gold glasses, I can say Belgium deserved the win."

In Tokyo, it was the heat and humidity which took its toll on the Kookaburras, but in Mexico City playing at altitude was the biggest challenge for the 1968 team.

"We were lucky that the Australian team doctor, Howard Toyne, had an affinity with the hockey boys and he had visited Mexico City earlier to check out the conditions," recalls Arthur, whose hockey career started in his native Ipswich. "Howard designed a pre-Games training program for us, which had the team very well prepared. And we were fortunate to be able to go over four weeks early to acclimatise, and also play half a dozen warm-up games against teams in the other pool to ours."

Although it was more than five decades ago, Arthur described his Olympics experience as unforgettable.

"I had been on overseas trips previously, but nothing compared to the Olympics," he says. "Even now, 50-odd years later, it is impossible for me to describe the emotion I felt marching into the stadium for the opening ceremony."

Arthur, who played hockey non-stop for 54 years, has no involvement in the game anymore, but admires the skill of the modern-day players and the speed at which the game

is played. He last contested a National Championship in 2012, as a member of the Queensland Over 65s Masters team. What is vastly different, he says, is the protective equipment worn by the keepers of today.

"In Mexico City my protection consisted of a pair of leg pads, 'kickers' which covered my boots, a mouthguard, a cap and the extremely necessary 'personal' protector commonly called a box," he reminisces. "Today the 'keepers are totally covered, virtually from head to foot."

Arthur is one of seven male Ipswich hockey players to have represented Australia and, interestingly, five have been goalkeepers.

"I'm sure that statistic has something to do with the hockey fields back home," he quips. "They weren't particularly well grassed and at times were a little uneven, so keepers had to have great reflexes as well as excellent reaction time."

– TONY DURKIN



Pictured above and below: Then and now. Homeowner Arthur Busch reminisces about his days as an Olympian.



Weekly activities.

MONDAY

7.30am Tennis, pickleball round robins
8.30am Pilates
9am Quilters' circle (1st Monday of month)
9.30am Zumba Gold
9.45am Aqua aerobics
11am Tai chi, Qi-gong
12.50pm for 1pm Cards - Hand & Foot
1pm Cards - Bridge
3pm Pool/Billiard Room

TUESDAY

7.30am: Ladies tennis and pickleball
8.30-10am Table tennis
9.15am for 9.45am Lawn bowls (10 ends)
9.30am Bingo
12pm Ladies who lunch (1st Tuesday of month)
12.45pm for 1pm Lawn bowls (20 ends)
6pm Homeowners' dinner (book via Portal)

WEDNESDAY

8.30am Pilates
9am Bus trip to Sunshine Coast Plaza
9.30am The Dice Game
9.45am Aqua aerobics
10am Knitters & Sewers
11am-2pm Milon Gym training session
1-4pm Mah-jong (Bowls/Sports Club)
1-4.30pm Mah-jong (The Cove Recreational)
3pm Snooker
3pm, 5pm, 7pm Tenpin bowling (three starts)
7pm Movie night

THURSDAY

7.30am Tennis
8.30-11.30am Workshop
9am Yoga
9am Artist group (not on third Thursday)
9-11.30am Craft (third Thurs of month, \$10)
9.15am for 9.45am Lawn bowls (10 ends)
10am Workshop morning tea
12.30pm Homeowners' lunch (see Portal)
1.30pm Cribbage
1.45pm for 2pm Lawn bowls (16 ends)
2.30pm Bus to Caloundra Rugby League Club
3pm, 5pm, 7pm Tenpin bowling (three starts)
3pm Ladies' fun table tennis
3.30pm Pétanque

FRIDAY

8.30am Caloundra Cay Singers rehearsal
9am Dance practice (The Cove Recreational)
12.50pm for 1pm Cards - Hand & Foot
4.30pm for 5pm Lawn bowls/Scroungers
5pm Happy Hour

WEEKEND

Sat 8.30am Saturday swimming group
Sat 9-10.30am Table tennis
Sat 12.45 Lawn bowls (Pairs 10 ends)
Sun 12.45 Lawn bowls (20 ends)
Sun 7pm Movie night



SINGING
TOGETHER
IS BETTER!

Preaching to the choir.

WHETHER YOU LIKE TO HUM IN THE SUPERMARKET, SING IN THE SHOWER OR FOUND YOURSELF ENJOYING CAROLLING WITH FRIENDS AND FAMILY OVER THE FESTIVE SEASON, THERE ARE PLENTY OF REASONS TO JOIN THE CHORUS THIS NEW YEAR – ESPECIALLY IF YOU HAVEN'T TRIED SINGING IN PUBLIC BEFORE.

Ask any of the dozens of choristers who call our Palm Lake Resort communities home, and they'll tell you that being part of a choir just feels good. But better yet, science says it's actually good for you. Research shows that singing together offers extraordinary physical, social, emotional and mental benefits – especially for over-50s.

At first glance, choir practice may not look like physical exercise. But singing is a whole-body activity: it engages the diaphragm, intercostal muscles and core, encourages upright posture, and requires controlled breathing. Multiple studies have found that singing on a regular basis can increase lung capacity, improve respiratory function and even enhance heart-rate variability – a key marker of cardiovascular health.

Deep, steady breathing also stimulates the parasympathetic nervous system, helping the body shift out of 'fight-or-flight' mode. The result? Reduced blood pressure, steadier oxygen flow and that lovely sense of calm that lingers long after practice ends. For older adults, especially those looking for gentle, low-impact ways to support physical wellbeing, choir rehearsals provide a surprising dose of functional fitness. And as Palm Lake Resort Waterford homeowner and Choir Director Les Elborne puts it, "Singing is something we can all do – if you can talk, you can sing."

Many people say they feel better after singing, but the science behind that emotional lift is compelling. Group singing releases endorphins (the "feel-good" hormones) as well as oxytocin, the hormone associated with trust, bonding and reduced anxiety. It's no coincidence that participants in community choirs often report improved mood, greater confidence and a sense of joy that carries through the rest of the week. And for over-50s – especially those undergoing life transitions such as retirement, downsizing or bereavement – the emotional outlet of singing can be profoundly grounding.

Australia is not immune to what experts are calling the "epidemic of loneliness", but choir singing could offer a powerful antidote. For many over-50s, especially those living independently, chronic loneliness can creep in unexpectedly, and the health impacts can be devastating – comparable to smoking 15 cigarettes a day, some reports suggest. A 2015 study out of Oxford University found that group singing not only helps forge social bonds but does so particularly quickly – and among large groups.

But that's not all. Singing is also a powerful cognitive workout, exercising memory pathways and stimulating neural activity in both hemispheres of the brain. The act of synchronising with others – matching pitch, pace and breath – is another

mental challenge that engages attention networks and enhances neuroplasticity. Research from the Monash University found that older adults who regularly engage with music had significantly lower risk of both dementia and cognitive decline.

Across our many Palm Lake Resorts, choirs have become much more than groups who sing – they are pillars of community life. At Palm Lake Resort Waterford, homeowners gather not just to rehearse, but to connect. And they do so outside of their resort gates as well. Palm Lake Care Mt Warren Park residents are among this choir's biggest fans given the regular visits the chorists make to their local aged caring community.

As Choir Director Les will tell you, he has seen countless people, many of whom were told as children they "couldn't sing", discover the joy of blending their voices with others as they've aged.

"It turns out that, if we are invited to sing and can let go of the natural shyness, we can express what is in our heart," Les explains. "When we do that together, it is incredibly powerful."

Then there is the spirited singing group at Palm Lake Resort Bargara. Formed about 10 years ago, the choir now has around 50 members, with 35 attending regularly each week. Entirely funded by members, they proudly add heart and harmony to the resort's Australia Day, ANZAC Day and Christmas celebrations. They also perform at Palm Lake Care Bargara and other local aged-care providers, bringing comfort and connection to residents who delight in their repertoire of Christmas carols.

Also at Bargara, the breakaway men's singing group known as the 'Bargara Barnacles' deserves special mention. Their heartfelt performances have become a cherished part of life at Palm Lake Care Bargara, reminding everyone that music is for all – and that enthusiasm often matters far more than technical skill.

As one of the Palm Lake Resort Bargara choir's favourite songs declares, "The music in my life will set my spirit free." For our Palm Lake Resort choristers, this is more than a lyric – it's a lived experience.

On the back of the festive season, with carols echoing through shopping centres and across community gatherings, consider that your motivation and invitation to sing along with your resort friends in 2026. It might just be the most uplifting, rewarding New Year's resolution you'll ever make.

Join our resort choir in 2026!

If you are interested in making a New Year's resolution to try something new and want to join our choir, simply contact either Bruce (Home 122) or Paul (Home 172). The choir will recommence weekly for rehearsals on Friday January 30. Please contact Bruce or Paul for more details – they will also be happy to answer any questions you may have.

Strength in numbers.

WHEN A NEW YEAR BEGINS, OUR ATTENTION NATURALLY TURNS TO HOW WE'D LIKE TO SPEND THE DAYS AHEAD. HAVE YOU CONSIDERED A NEW HOBBY LATELY? WHILE STARTING SOMETHING NEW CAN BE REWARDING, DOING IT IN A GROUP OFFERS EVEN GREATER BENEFITS.

Just look at our 'Weekly Activities' list. A trademark of Palm Lake Resort community lifestyle, shared activities offer an easy way to stay active, engaged and socially connected. So before you pick up a fresh set of knitting needles or crack open a new book, ask your neighbours if they'd like to join you - especially if your special interest group doesn't yet exist. As Hellen Keller once said, *"Alone we can do so little; together we can do so much."*

Walking group

Walking groups remain one of the most popular ways to combine movement with social interaction. Regular walks support mobility and general fitness, while the group setting provides motivation and routine. Conversations tend to flow naturally, and the walk can become as much about connection as exercise. Ask your immediate neighbours to join you for starters.

Swimming squad

Swimming in a group setting allows us to enjoy the physical benefits of water-based movement while sharing the experience with others. The pool provides low-impact exercise that supports strength and flexibility, and scheduled swim times are often extended by social catch-ups before and/or after a session.

Book club

Book clubs offer mental stimulation alongside meaningful discussion. Sharing thoughts on a book encourages new perspectives and thoughtful conversation, while the regular meeting schedule helps maintain routine. For many, it's a chance to engage with ideas and connect with others through a shared interest. Get a group of neighbours together, choose a book to read at the same time, and you're away!

Art and craft club

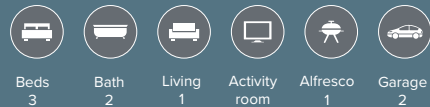
Group creative sessions provide space for focus, creativity and relaxed conversation. Activities such as painting, knitting or card-making allow homeowners to work at their own pace while enjoying the company of others. These sessions often balance quiet concentration with easy social interaction. If you have specific art or craft expertise that isn't already covered in our Weekly Activities list, let us know and we might be able to find some likeminded neighbours to join in!

Homes for sale.

FOR MORE INFO, CONTACT PALM LAKE RESORT SALES CONSULTANT JULIE-ANN
ON 1800 55 66 77 OR EMAIL HER AT JULIEANNH@PALMLAKE.COM.AU



Home 96: \$1,475,000

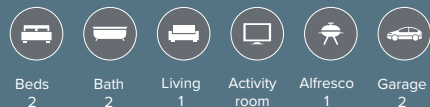


Prime position.

Setting the standard for elegance and comfort, 'The Diamant' is perfectly suited for retirees of those over 50 in search of a peaceful haven.

The floorplan fuses the coastal environment and lifestyle perfectly together, inviting you into an open-plan living area with plenty of natural light.

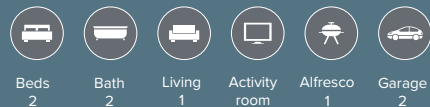
Home 189: \$1,160,000



Effortless elegance.

The Manaboa at Palm Lake Resort offers effortless over-50s living with two bedrooms, activity room, two bathrooms, double garage, Smeg kitchen, ducted air-conditioning and northwest alfresco. Enjoy light-filled interiors, low-maintenance gardens, resort amenities and proximity to wellness facilities.

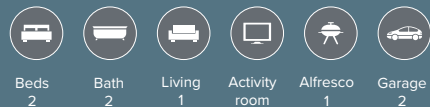
Home 75: \$1,165,00



Entertainer's delight.

Just 100m from the award-winning Bowls Club, this immaculate Fontein combines space, style and comfort. The king-sized main suite offers a walk-in robe and ensuite with double vanities, ample storage and a large shower, opening to an alfresco framed by lush, low-maintenance gardens.

Home 218: \$1,475,000

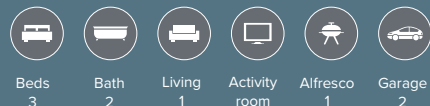


Impressive design.

This home was completed in 2020 and is highly desirable with its generous hall and large living space it offers a sense of luxury living at its finest.

Luxurious master suite with a huge wardrobe, bar/coffee station and a built-in office desk along with a luxurious ensuite with storage galore.

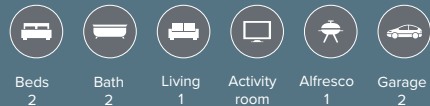
Home 14: \$1,275,000



Easy living.

Ideally located and well maintained, this home asks nothing of you – simply unpack your bags and start living your best life. The neutral colour palate is welcoming and sure to appease everyone's taste, and the layout is open plan with generous dining and living areas that welcome natural breezes.

Home 255: \$1,310,000



Ideally located.

Located within a prime location within the resort, with no front neighbours in a quiet sought-after street.

The 2020 "Dominica" design is highly desirable with its generous hall and open plan living offering a sense of luxury living at its finest and an abundance of natural light.

Over the back fence.

THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS.



The Toy Boys make prime time TV

WE'VE COVERED THE WONDERFUL WORK OF "THE TOY BOYS" AT PALM LAKE RESORT WATERFORD IN THESE PAGES BEFORE, BUT DID YOU KNOW THAT THE BOYS MADE TV HEADLINES OVER CHRISTMAS?

This group of merry toymakers spend all year in their **Palm Lake Resort Waterford** workshop constructing wooden toys for underprivileged local children. At Christmastime annually, they gather a year's worth of handmade goodies and make a large heartfelt donation to Beenleigh Special School as well as The Mitre 10 Beenleigh Christmas tree appeal. And they've been doing this for 15 years!

7News Brisbane heard about The Toy Boys' pending 2025 donation and sent out a camera crew to capture their story. So taken with the Boys' dedication to their cause were producers of the 'Sunrise' television show that they then live-crossed to Palm Lake Resort Waterford to interview the Boys live on air. Workshop President Ray Johnstone says the group was grateful for the recognition and praise, and they look forward to many more years spent in their resort workshop, building wooden treasures for local kids.

HANDMADE
TOYS SPREAD
CHEER TO
NEEDY KIDS

Step inside Santa's Workshop

PALM LAKE RESORT CALOUNDRA CAY HOMEOWNERS PUT THEIR MANY TALENTS TO GOOD USE, COLLECTING (AND MAKING) DONATIONS FOR THE ANNUAL SALVOS CHRISTMAS APPEAL.

In the lead-up to Christmas, **Palm Lake Resort Caloundra Cay** homeowners worked together to assemble 81 Christmas hampers for families in need across the Sunshine Coast. Retired Salvation Army Major and homeowner Maree Strong helped coordinate the effort, which evolved from a simple neighbourly suggestion into a well-organised collection and distribution process.

"What began as one small idea quickly grew into something incredibly meaningful," Maree told Tony Durkin for the Caloundra Cay newsletter, recalling the steady flow of donated food items that filled collection boxes in the library and required regular sorting and storage ahead of final packing.

Adding a new element to this year's appeal, members of the Caloundra Cay Workshop also contributed 40 handmade wooden toys for children from recipient families. Suggested by workshop member Bruce Angus, the project involved hours of sanding, painting and finishing, with each toy requiring several hours of careful work. The toys were distributed alongside the hampers, complementing the food donations and no doubt promising a joyful surprise for recipients with children.



Doing good in The Long Run

Homeowners at **Palm Lake Resort Bargarra** recently came together for a meaningful fundraising event. As part of Prostate Cancer Awareness Month, homeowners formed a team for 'The Long Run', inviting neighbours to join a ride around the resort grounds to raise funds and spark conversation around prostate cancer awareness.

The ride saw 37 participants cycle a combined distance of more than 300km along the resort's streets, cheered on by fellow homeowners who generously donated along the way. The morning concluded with a well-earned morning tea and a raffle, with the event raising \$1975 for Prostate Cancer Foundation Australia.

The ride also shone a spotlight on the Bargarra Prostate Cancer Support Group, which now supports men and families across the Coral Coast. Most importantly, it reinforced a vital message: early detection saves lives, and regular conversations with your GP are key.

Think pink, for a cause

Palm Lake Resorts across Queensland turned pink late last year, coming together to raise funds and awareness for the McGrath Foundation and breast cancer.

At **Palm Lake Resort Upper Coomera**, homeowners enjoyed a lively evening event that raised \$1515, thanks to generous donations from homeowners, the Toucan Club, and local service providers. **Palm Lake Resort Bethania** hosted a beautifully curated Pink Morning Tea, led by homeowner Lorraine Sommerville, raising more than \$2000 with the help of volunteers, prizes and home-baked treats. Meanwhile, at **Palm Lake Resort Cooroy-Noosa**, around 70 homeowners filled the Pavilion Country Club with pink, raising \$1152 and enjoying music, food, costumes and plenty of community spirit as well.

Congrats on these big birthday milestones

Best wishes to Palm Lake Resort's latest nonagenarians and even a centenarian, who all celebrated a birthday milestone recently..

Jan Cuskelly from **Palm Lake Resort Bargarra** marked her 90th birthday alongside 70 of her family, friends and neighbours. Everyone in attendance enjoyed finger food and refreshments in the Ocean Breeze Country Club.

Palm Lake Resort Caloundra Cay's 'Big' John Williams celebrated his 90th birthday with the help of his regular bowling mates, who put together an afternoon of activities in his honour. Cake was eaten, rounds of drinks were shouted (even by the birthday boy himself!) and many laughs were shared.

And finally, **Palm Lake Resort Phillip Island** birthday girl Joan Menzies just turned 100! She spent the day surrounded by family, many of whom she hadn't seen for years, with friends joining in the festivities later on. What a milestone!

A very special visitor

Residents at **Palm Lake Resort Ballina** recently enjoyed a rare wildlife surprise – a Great Bowerbird, well outside its usual Queensland range. The striking visitor built an intricate bower beside the walking track, decorating it with stones, pegs, marbles and even chilli peppers! While no female arrived to admire his efforts, the bowerbird's unexpected stay sparked curiosity, conversation and delight, offering a fascinating glimpse into Australia's extraordinary birdlife.



What's 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? We'd love to include it in the next editions of our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**

Better, together.



1800 55 66 77 | salescaloundra@pallake.com.au
96 Village Way, Little Mountain QLD 4551

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