

The Chatter



Around the grounds

Ours is such a vibrant and fun resort - catch up on some of the memories inside

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.

We've just enjoyed our second Christmas here at Palm Lake Resort Carindale and we have to say that we have never worked in a place where we have been so spoiled! The office was FULL of gifts leading up to Christmas and then we were presented with a Christmas basket AND a gift voucher at the last homeowner meal. We definitely felt the love! Thank you to all our homeowners and the Social Club for all your kindness. Probably the highlight of the Christmas period for us was when our own Christmas elf, Carol (Home 145), suggested we go around the resort grounds, carolling to the older homeowners who don't get out as much. It was wonderful to see their surprised and happy faces as we sang outside their homes! Hopefully this will be a continued tradition here at our resort.

This year, we were able to have a short break from our Caretaking duties between Christmas and New Year and went on a road trip. It's just typical that there was an Energex outage whilst we were away! With the help of homeowners here at the resort, we managed to get everything up and running reasonably quickly. Unfortunately, it was an extremely hot day. We made sure the air-con was on in the Rec Room and some of you headed down there with a book and a beer to keep cool. We actually like to manage things like this and are old hands now at fixing stuff as quick as we can. Particularly Wayne, with his technical knowledge - he is always fixing something!

We are getting more and more homeowners to dinner which is great to see. It was 125 people at last count (when we first arrived here at the resort, we were averaging just over 100 people at meals).

We'd like to send a huge thank you to our wonderful David who works hard making sure the gardens and grass areas look fabulous, while always wearing a cheeky grin! He has asked us to remind you all that he likes caramel tarts - ha! As a reminder to those homeowners who need a hand to keep their own gardens looking nice, Steve the Handyman is always available to help you. His number is in the list on Page 4. On that topic, we will be doing a garden audit some time around Easter. Also, thank you to Dee and Mark who make the resort sparkle and are always around to lend us a hand if needed. Thanks must go to our volunteers, too - as always, we appreciate all they do. A job completed by a volunteer, no matter how big or small, is valuable. We think it encourages the great community feel we have here, too. That's what our volunteers tell us, anyway.

Sadly, we have had some homeowners leave us recently, either moving on to aged care or having passed away. Our hearts go out to those families who have recently lost loved ones - we always try and assist to make these situations easier, if we can. On a happier note though, there are also new homeowners who now call Palm Lake Resort Carindale home. Don't forget to say hi to someone new if you see them around the resort grounds. We look forward to enjoying a meal with our new neighbours!

Karen and Wayne,
Palm Lake Resort Carindale Caretakers



Contact us.

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

FREECALL: 1800 770 057

STREET ADDRESS:
2 Ford Court,
Carindale QLD 4152

OFFICE HOURS:
9am to 12 noon,
Monday to Friday

EMAIL:
carindale@palllake.com.au

ONLINE: Visit our website
palllakeresort.com.au

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



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News briefs.



HIP, HIP
HOORAY
TO BEV!

90 years young!

Pictured above, congrats to our Bev (Home 77) who recently turned 90!

Go green

With your yellow-top recycle bin, please crush, compact or cut up your items as best you can before putting them into these bins. Also, make a diary note for our these green waste collections:

- **March 3**
- **April 7**

Please have green waste out the front ready for pick up on these days. Please do not put green waste in bags.

Refer a friend, earn cash

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.

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.

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.

Weekly activities.

MONDAY

9am Bus service: Westfield Carindale, with pick-up at 12 noon (booking sheet in Hall)
9am Snooker, Billiards, 8 Ball (Grand Hall)
10.30am Aqua aerobics (indoor pool, booking sheet in Hall)
1.30pm Darts (Recreation Room)
6.15pm Bingo (Recreation Room)

TUESDAY

8.30am Beginners' line dancing (Grand Hall)
10am Gentle Exercise class (Grand Hall)
10am Trauma teddies (2nd & 4th Tuesday, Craft Room)
3pm Gents' BYO Happy Hour (Recreation Room). All gents welcome
4-5pm Lawn bowls (on the green)
6.30pm Cards Hand & Foot Canasta (Recreation Room)

WEDNESDAY

7am Gym instruction with Aubrey (Gym), with your doctor/physio's approval
9am Snooker, Billiards, 8 Ball (Grand Hall)
9am-10am Line dancing (Grand Hall)
5.30pm Dinner (Grand Hall). Book your meal before noon on the Friday prior
6.30pm Movie night (Theatre). Movie announced at dinner

THURSDAY

9am Tai chi (Grand Hall, booking sheet in Hall)
10.30am Aqua aerobics (indoor pool, booking sheet in Hall)
1pm Bus service: Shopping at Capalaba, pick-up at 3.30pm (Grand Hall)
4pm Ladies' BYO Happy Hour (Recreation Room). All ladies welcome

FRIDAY

9am Bus service: Westfield Carindale (booking sheet in Hall)
1pm Cards - Rummikin, Scrabble, Mah-jong (Recreation Room)
4pm BYO Happy Hour (Recreation Room)

SATURDAY

9-10am Line dancing (Grand Hall)
9.30am Cards - Hand & Foot, Canasta (Recreation Room)
1pm Cards - 500 (Recreation Room)

SUNDAY

9am Mah-jong (Recreation Room)
4pm-5pm Choir (Grand Hall)

Social Club update.

Christmas parties

The Social Club bought extra tickets to the Lord Mayor's Seniors Christmas concert and 30 of us went on Thursday, December 5, to the afternoon session at Brisbane City Hall. A lovely afternoon tea was served with tea and coffee. The theme was Jingle and Jazz with a nine-piece orchestra and lots of singers and dancers. Among the many songs were the usual carols and some new tunes too just to make it more varied and interesting.

Our Christmas Party was held on Saturday, December 7. There was a prize for the best decorated table so everyone made a special effort and all the tables looked very festive. Terry Scott who has been the entertainer for several years now was great playing all our favourite songs and carols. He really gets the party going getting residents doing the macarena, hokey pokey and chicken dance to name a few.

Christmas Dinner was held on our usual Wednesday night before the Christmas break. Palm Lake Resort supplied ham

on the bone and dessert, with the Social Club providing all the salads. The Social Club also gave our wonderful Caretakers a Christmas gift in appreciation for the work they do and the pleasant way they do it.

Australia Day

As usual, a good turnout of homeowners enjoyed Australia Day in the Grand Hall (pictured right). Typical Australian fare was served – Beefys meat pies, mashed potato, mushy peas and gravy, with lamingtons to follow. Fun and games and Australian trivia made up the entertainment. There was much laughter with some dressing up in their best Aussie gear!

Date claimers

- Brisbane Motor Museum: February 11
- Valentines Movie: February 12
- St Patrick's Day Bus Trip: March 17 (to be confirmed)
- Bremmer River Boat Trip: April 11

Judy Henson, Social Club Secretary



Aussie, Aussie, Aussie! Oi, oi, oi!

Pictured this page: We'll use any excuse to get together for some great laughs, games and fun! Australia Day saw nearly 100 homeowners converge on the Grand Hall in their green and gold/Aussie ensembles to wave a flag for our beloved country. Thong throwing, modified beer pong and a lovely lunch of pies, mushy peas, mash and lamingtons for dessert was all organised by our Social Club. Thanks to all involved!



Important phone numbers.

POLICE/FIRE/AMBULANCE 000

Police Link (non urgent incidents 24/7) 131 444

State Emergency Service 132 500

Mater Hospital (24 hour emergency) 3163 8111

PA Hospital (24 hour emergency) 3176 2111

QEll Hospital (24 hour emergency) 3182 6111

Veterans Affairs 1800 838 372

Home Assist 3343 9833

Bus, Ferries and Trains Information 13 12 30

Palm Lake Resort Carindale: Recreation Room 1195

Palm Lake Resort Carindale: Grand Hall 1196

Affordable Computer Repairs (Mark) 0409 974 707

Amended Air Conditioning (Joshua) 0417 491 811

Alex Sharp Appliances (Repairs) 3822 7406

Bev's Mobile Hairdressing 0411 353 446

Carpet cleaning Sun Clean (Frank) 0421 334 797

Chemist: Belmont Pharmacy 3890 3988

Chemist: Meadowlands Road 3398 6709

Clean & Tidy (Colin) 0402 074 947

Comms Co (internal phone/internet) 5607 4030

Digital Antenna Installations and Service 0416 322 600

Dog washer 0401 102 181

Dog walker 0439 294 580

Total Electrical (Tony) 0412 308 131

Electrician (Glen) 0412 678 357

Live Energy (Tim) 0427 557 288 (small weekend jobs)

L&GM Electrical (smoke alarms) 0403 667 759

Fencing (Dan Norman) 0412 885 223

Floors: Top Fit Floors (timber/laminate/floating) 0412 814 868

Garage doors (Gavin) G and G doors 0411 723 664

Hairdresser (Kaye) 0432 429 485

Handyman/gardening (Steve) 0402 128 737

Hire a Hubby (Mark) 0404 263 173

Insurance: MHIA 1800 676 700

Locksmith (David) 0428 947 997

Newspaper delivery (The Courier-Mail) 1300 696 397

Painter (Stephen) 0414 608 512

Painter (Geoff) 0407 944 428

Paper Delivery 3390 4969

Pest Control (Ben) 0422 978 582

Plumber (Andrew) 0434 018 008

Podiatrist (Jason) 0475 276 740

Pressure cleaning (David) 0409 483 645

Financial Planning (Sharon) 0415 094 256

Shutter installation (Cameron) 0491 642 368

Smoke alarms (Myles) 0431 963 199

Snake Catcher (Neil) 0437 830 393

Taxi: Black & White 13 32 22

Taxi: Yellow 13 19 24

TransitCare Community Flyer 1300 153 636

Wayne's Lawn Mowing Service 0401 136 533

Westy's Pressure Washing 0435 030 305

Window cleaning (Cameron) 0412 574 257



OUR
AUSSIE DAY
FESTIVITIES

HOA update.

The Carindale Home Owners Association would like to wish every member of our community a Happy New Year. The HOA exists to serve and support our homeowners.

Throughout 2024, we continued to bring information by way of presentations and demonstrations on matters that are relevant to our demographic. These include changes to laws relating to Manufactured Home ownership, legal rights and obligations in our community, information on falls prevention, information on moving to aged care and fire safety in your home, just to name a few. Some of these sessions may be repeated during 2025.

The HOA committee is continuing with plans for a Care Expo Open Day. The date has now been set for Monday, April 14 2025 and service providers have been contacted with a view of participating on the day.

During October we will celebrate our 20th anniversary and look forward to the publication of the history of our community, covering its first 20 years.

Thanks to our wonderful Social Club for their contribution at the Christmas dinner.

A BIG WELCOME to those new homeowners who joined us through 2024. You bring us the wealth of your experiences and diversity. We hope that, in our community, you make new friends and that your life will be enriched by the many facilities and activities available to you. RIP to our dear departed homeowners. We are saddened by their passing.



Pictured this page: Christmas was a special time for us at Palm Lake Resort Carindale. Our Caretakers felt the love at our last homeowner meal (below), and so too did those older homeowners who enjoyed surprise Christmas carols being sung to them (in their homes) from our roaming street carollers! A group of our homeowners also attended the Lord Mayor's Christmas concert (left)



**THERE'S
ALWAYS SO
MUCH GOING
ON AT OUR
RESORT!**

Lights and delights.

By Patricia Benson

Palm Lake Resort Carindale became Christmas personified with homeowners decorating their front yards (and even some backyards) with flickering lights and Christmas ornaments. The Recreation Room and Grand Hall took on a festive atmosphere too with decorated Christmas trees, tinsel and toys on display.

Homeowners rose to the occasion to decorate their dinner tables for the final meal of the year – the reward being a bottle of wine for the best table. Individuals complimented their table settings with costumes and hats. Thank you to the talented Elaine McClure for her artistic design and flare on table No. 4 which won the best decorated table. The Social Club generously contributed food and cash envelopes to the dinner guests.

A Powerpoint presentation entitled “The Year that was 2024”, depicting photos of homeowners from many of the activities and functions conducted throughout the year, was visual entertainment for guests as they waited to be served their meal. This presentation concluded with a RIP tribute slide for the following homeowners: Terence Cassanell, Eric Scott, Maria Cuylenborg, Dal Richardson, Trish Carleton, Bob Langdon, Maria Axelsen and Judith Newman, who all passed away during 2024 and will be sadly missed but remembered by us all...



Carols by candlelight.

By Carol Ayres, Local Vocals Director

Carols by Candlelight was the theme for our Christmas Carols tribute this year. A good turn out of family and friends gathered in the Grand Hall. The hall lights were dimmed and the piano was adorned with a nativity scene which complimented the nativity scene banner behind which the Local Vocals were positioned. They held candles during the performance which added to the Christmas atmosphere.

Plans to conduct this event outdoors had to be abandoned due to weather reports predicting thunderstorms and so we relocated to the Grand Hall. Everyone was invited to stay for a cuppa and Christmas cake and biscuits.

The programme consisted of some beautiful old carols as well as the more traditional Christmas songs concluding with one of the choir's favourites, “The Twelve Days of Christmas”. Feedback from the audience that they would like to join in with the singing was appreciated and plans to provide words for them will be put in place for next time.

My heritage is Irish and where I lived it was a tradition to gather in groups and move from house to house singing carols to my neighbours. Knowing that we have homeowners here in our community who are housebound, a few of our choir members decided to go carolling around the grounds (pictured on Page 6). It was a coordinated effort with Norma ringing a bell to alert homeowners of the event, our lovely Caretakers and choir members knocking on doors and giving out good wishes and hugs, while Elaine (our postie) gave out Christmas cards. It was wonderful to have Terry and Wayne joining in with the singing. Well done to you all. The two hours of singing, to cover our entire Palm Lake Resort community, was rewarded with the smiles and joyous faces of our homeowners.

Hopefully this can now become a tradition here at Palm Lake Resort Carindale.

Around the grounds.

Pictured below: What a beautiful morning sky over Carindale recently.



Pictured above: Resort maintenance doesn't rest. We've had our trees trimmed ahead of storm season and our main gate got the once over as well!

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.

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 770 057 | carindale@palllake.com.au
2 Ford Court, Carindale QLD 4152

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