

JANUARY - FEBRUARY 2025



The Essence



Around the grounds

From Melbourne Cup to Christmas, we've had a load of fun here recently!

Supporting those less fortunate

Read about the many feel-good charitable activities across our resort and the Palm Lake Group

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



Pictured above: Why not commit to trying a new sport or resort activity this year? Now is the time to set some goals and take steps towards achieving those goals. Maybe you could start by reviewing our Weekly Activities list on Page 3? Maybe something there piques your interest?

Welcome.

Christmas is over and a New Year begins. It seems that in the blink of an eye, another year has come and gone. As for how you celebrated Christmas, I hope it was with a lot of fun, frolic, food and of course a little wine!

It's that time of year where we cherish the essence of family and friends, indulging in delectable treats and an array of culinary delights. We all know each new year offers an exciting opportunity for a fresh start and new beginnings. I love fresh starts - there's just something about a new year that screams hope and possibility.

No matter what your goals are for the coming year or how many New Year's resolutions you plan on making (see our story on Page 7 for inspiration, if you need it!), celebrating the start of a new year is a moment to acknowledge.

To our wonderful homeowners, we look forward to another exciting year with plenty of energy, possibilities and ideas. The year ahead will no doubt be filled with many different social events and activities. We urge you to make sure you take advantage of all that's on offer here at our resort (and right on your doorstep!).

As we welcome in 2025, let's cherish the opportunities for growth, joy and connection that the new year brings.

Kirstine and Jon Jones, Caretakers
Palm Lake Resort Cooroy-Noosa

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Contact us.

If you have any questions about Palm Lake Resort Cooroy-Noosa or if you are interested in touring our resort grounds and world-class facilities, simply contact us!

FREECALL: 1800 885 851

STREET ADDRESS:
19 Trading Post Road, Cooroy QLD

OFFICE HOURS:
9am - 12 noon, weekdays

EMAIL:
salescooroy@palllake.com.au

ONLINE: Visit our website
palllakeresort.com.au

GET SOCIAL:
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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!



Your summer page-turner

Summer and the end-of-year holiday season are upon us and so we have another edition of Your Time magazine packed full of festive reads. In this edition, you can catch up on the progress we're making at Yamba Cove, Paynesville and more. There's also a wonderful feature story based on a 50-year-old Elliott family scrapbook that contains the most nostalgic newspaper clippings and photos. We've also got plenty of stories in our popular Lifestyle section around how you too can collect your own prized family history - it's the perfect time of the year to be thinking about that. If you haven't received a hard copy in your mailbox, you can always catch up and read it online at palllakeresort.com.au

Looking for convenient, high-quality care?

There are limited vacancies at Palm Lake Care Caloundra (pictured left) as well as Palm Lake Care Beachmere available now. Vacancies come and go quickly and Palm Lake Care prioritises Palm Lake Resort homeowners and their families. If you have someone needing high quality 24-hour nursing care, FREECALL our Care Solutions team on 1800 24 66 77.

Weekly activities.

MONDAY

7am Walking group (meet outside Pavilion)
8am Mat yoga
8.30am Uniforms 4 Kids sewing group meet
9.15am Chair yoga
10am Crochet, knitting (Library)
1pm Band practice
1.30pm Lawn bowls
3pm Ladies Pool Room fun
3.30pm Bar opens
5pm Pickleball

TUESDAY

7.30am Social tennis
8.30am Uniforms 4 Kids sewing group meet
9am and 10am Aqua aerobics (indoor pool)
1pm Indoor bowls (Pavilion), Art & Craft Club (Craft Room), Mah-jong (Library)
3pm Badminton
4.30pm Bar opens
6pm Homeowners' dinner
6.45pm Table tennis
7pm Cards (Pavilion)

WEDNESDAY

8am Table tennis (Pavilion)
8.30am Bus shopping trip
1pm Art class (Craft Room), Mah-jong (Library), Board games (Pavilion)
1.30pm Lawn bowls
1.30-3pm Line Dancing
5pm Pickleball
6.30pm Lawn bowls

THURSDAY

8am Mat yoga
9am-11am Croquet (tennis courts)
9.15am Chair yoga
10.25am Group exercise class with Lee
11.30am-2.30pm PT at Milon (bookings reqd)
12.30-3.30pm Lawn bowls (alternate weeks)
1pm Mah-jong (Library)
2.45pm Choir
4.30pm Bar opens
6pm Homeowners' dinner
7pm Cards

FRIDAY

7am Walking group (Pavilion)
7.30am Social tennis
8am and 9am Aqua aerobics (Indoor Pool)
10.30am Qigong class
4.30pm Casual bowls, food follows (1st Friday)
4.30pm Happy Hour (Pavilion)

SATURDAY

9am-11am Croquet (tennis courts)
10am Old time dancing
1pm Board games (Pavilion)
1.30pm Lawn bowls
4pm Men's group (first Saturday)
6pm Bar opens for bingo (third Saturday)
7pm Bingo

SUNDAY

7.30am Social tennis
9am Social bowls
1pm Board games
7pm Movie



Ladies hats



Ladies hats



Best dressed Gents



Jim won best dressed Gent



Annie won best dressed lady

Around the grounds.

THEY DON'T CALL IT THE *FESTIVE* SEASON FOR NOTHING!

Pictured on this page, we started our run into Christmas with a vibrant Melbourne Cup carnival here at our resort. Loads of fashions on the field prizes were won - there was even a horse race!

Then, pictured right, the Christmas parties simply snowballed from there. One special event of the season was when our cleaning staff (Jenny and Colleen, pictured right) hosted their annual Christmas morning tea for our homeowners. The girls put on the morning tea out of appreciation for their "joyful" workplace - and we love that!



Margaret and Gerrit

Best dressed couple



Nina won best Hat



Incredible charitable effort.

BY YVONNE PATTINSON (HOME 87)

Just before Christmas, the ladies who sew here at Palm Lake Resort Cooroy-Noosa joined forces with the U4K group from town to pack up 171 bags of Christmas goodies to go to various police stations. Each of the bags contained approximately 32 items, with police officers distributing the bags to needy children in their areas. The group also packed boxes containing more than 400 items to go to the Australian Federal Police for them to send to the Pacific Islands. It was a total of well over 5000 items!

Not everything was made by us. The bags also contained some toiletries, books, toys etc. However, our contribution was about 4500 items including dresses, skirts, shorts, pencil cases, library bags, hats, scarves and so much more.

Reflecting on our efforts last year, the 2024 total for the combined groups at Palm Lake Resort Cooroy-Noosa was 8976 items. I might add, that brings our grand total (since we started) to 39,158 items! Besides helping to clothe many children, I estimate that we have saved 15,500 disused police uniforms from going into landfill. What's more - we have truly loved doing it!

My sincere thanks goes to everyone involved - from the sewers and the people who unpick, iron and cut out fabric, to those homeowners who provide ongoing support by donating goods. Thank you all.



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.

Homes for sale.

FOR MORE INFO, CONTACT THE PALM LAKE RESORT SALES INFORMATION CENTRE ON
1800 885 851 OR EMAIL SALESCOOROY@PALMLAKE.COM.AU

Home 213 - \$995,000

Bed

2

Bath

2

Living

1

Activity

1

Outdoor living

Garage

2



This impeccable Manaboa ticks all the boxes. Sitting on a 286sqm block with nature as your backdrop, there's a generous north-facing rear yard full of artificial grass and low maintenance gardens. Two bedrooms, plus an activity room, two bathrooms, a double garage, ducted air conditioning and an inviting open floorplan showcase seamless coastal living. The heart of the home lies in its gourmet kitchen adorned with top-of-the-line SMEG appliances that are as stylish as they are functional. Whether you're preparing a quick meal or hosting a dinner party, the kitchen's sleek cabinetry and stone benches will inspire your next culinary delights. The home was completed in 2020 and is well presented with nothing to do other than move straight in.

SOLD!

Home 71 - \$875,000

Bed

2

Bath

2

Living

1

Activity

1

Outdoor living

Garage

2



Two bedrooms, activity room, two bathrooms and double garage, SMEG appliances, ducted air-conditioning: these are just some of the inviting features of a seamless blend of effortless living and beach vibes available with Home 71. The heart of the home is the kitchen, with top-of-the-line appliances, walk-in pantry, stone benches, glass splashback.

A large open-plan living and dining then open out onto a well-covered tiled alfresco area which has blinds surrounding the area for protection. The master bedroom has a walk-in robe and an ensuite with double vanities and ample storage. A second bedroom and activity room are toward the front of the home with the second bathroom close by for the comfort of your guests.

SOLD!

Home 228 - \$1,099,000

Bed

3

Bath

2

Living

1

Study nook

Outdoor living

Garage

2



Home 228 features high ceilings that enhance the sense of openness, creating an inviting atmosphere from the moment you walk inside. There are three bedrooms, all with built-in robes, with a bath located in the ensuite, two generous bathrooms and a well-appointed study nook. Adorned with luxurious stone finishes is the kitchen, big enough for the whole family to gather around and prepare the meal of the day, with the dining and lounge room sharing in the 'togetherness'. Storage galore throughout the kitchen with soft-close drawers and cupboards. The garage accommodates two cars and has ample built-in cupboards again for all your storage needs. With its impeccable design, premium finishes and resort-style living, this property offers a unique opportunity to indulge. Inspections by appointment.

UNDER OFFER

Refer a friend and earn yourself a reward



A \$250 CASH BONUS FOR YOU

Do your friends love it here at Cooroy-Noosa, too?

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 one of our established homes you'll receive \$250 cash. Easy! Terms and conditions apply.

For more information or to refer your friend, FREECALL 1800 885 851.



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 885 851 | salescooroy@palllake.com.au
19 Trading Post Road, Cooroy QLD 4563

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