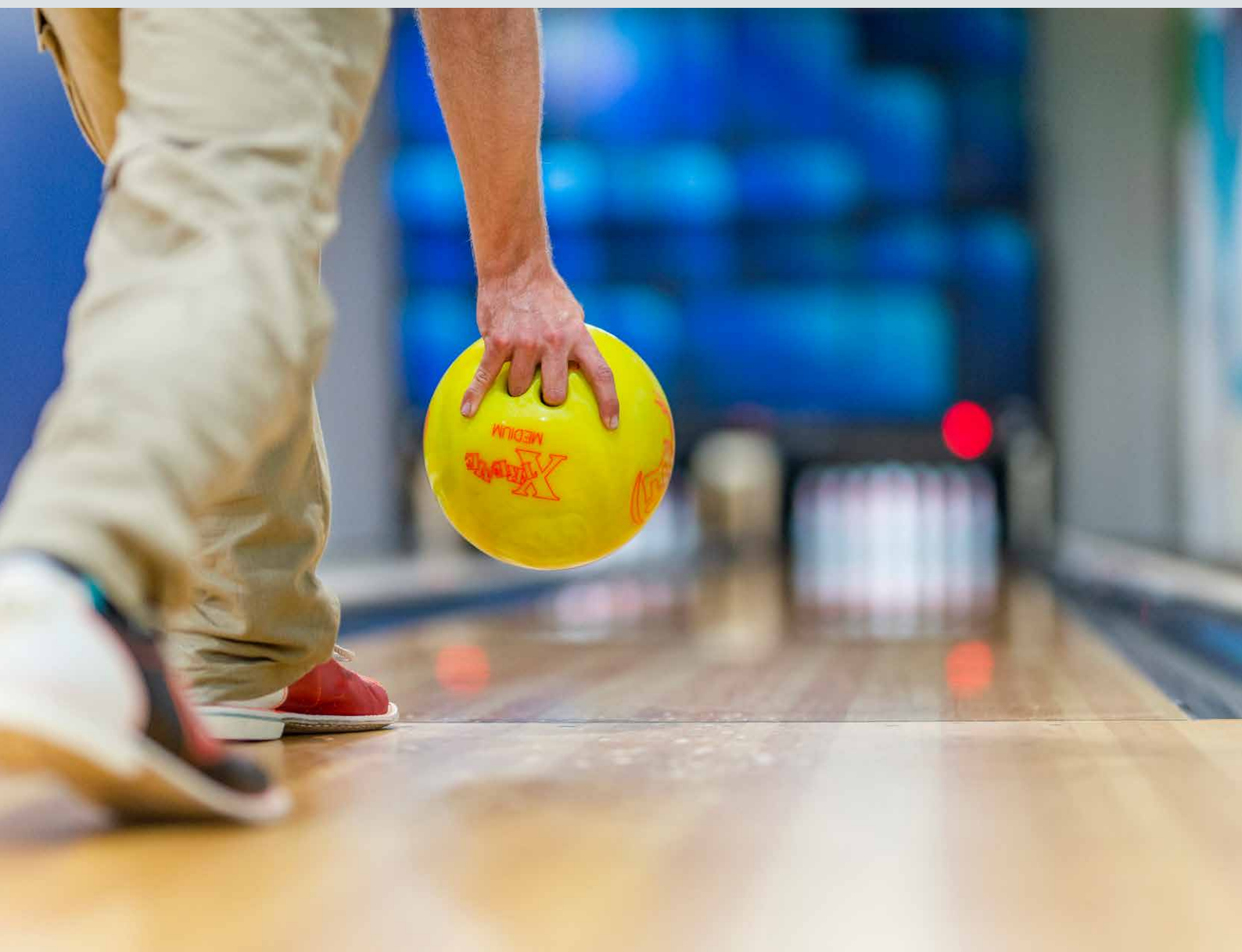


MARCH - APRIL 2025



The Essence



Aussie rules on our country's day

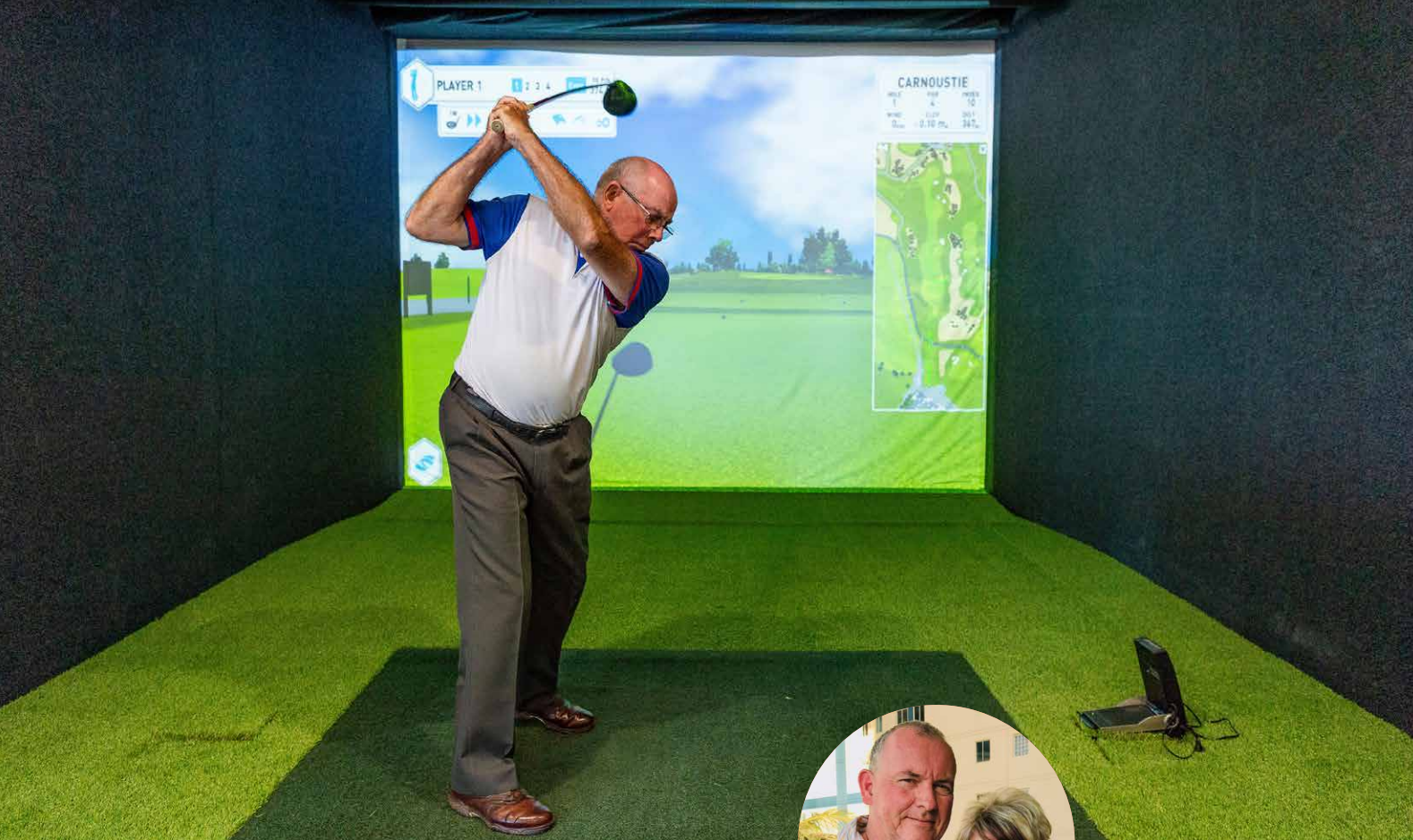
Australia Day brought a vibrant spectacle to our resort. Full coverage inside...

Green thumbs up for indoor plants

Bring the outdoors in with easy-care indoor plants for every different room

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Pictured above: Our golf simulators allow homeowners to experience the best international golf courses right on their doorsteps. And it doesn't matter what the weather's doing, it's always perfect in here!

Welcome.

Welcome to the March-April edition of *The Essence*.

So, the question is; why do you choose to live at Palm Lake Resort Cooroy-Noosa?

Is it the location? The attraction of a low-maintenance lifestyle? The ability to 'lock-up and go' whenever you please? Or perhaps the sense of community that comes with living here?

You will have many reasons no doubt, but it seems one of our most appealing aspects is the 'built-in' social lifestyle and the deep sense of connection through shared activities and social events here at the resort. Speaking of social events, 2025 is off to a great start! Our social calendar is well underway and there's some serious entertainment planned so diarise those dates!

To our newest homeowners, we hope you're settling in well and enjoying your new home. As you become familiar with our community, you too will feel that 'connection' as you engage with other homeowners here. If you would like to be part of one of our special-interest groups, don't hesitate to reach out - I'm only too happy to put you in touch with the right person.

Also, to those of you who have birthdays and anniversaries coming up, best wishes and congratulations! May you enjoy many more!

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

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.

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:**
Follow us on Facebook (@palllakeresort) and on Instagram (@palllake.resort)



News in brief.

Autumn's here, and it's Your Time

It's the start of a new season and that means there's a new edition of *This is Your Time*, our company magazine, hitting mailboxes around the nation. In this edition, let us introduce you to Mirador Wellness Centre which is part of Palm Lake Resort Pelican Waters. Mirador is the largest and most opulent over-50s wellness centre in the Southern Hemisphere. We couldn't be prouder of this one - it's a showstopper. We've actually taken that wellness theme and sprinkled it right throughout this magazine edition. Learn more about all those wellness therapies that are 'trending' right now (spoiler alert: they aren't 'trending' as much as they are here to stay!) and why you should incorporate a little more wellness into your daily life. We also catch you up on the progress we're making on our construction sites. If you haven't received a hard copy in your mailbox, read it online: palllakeresort.com.au



Refer a friend

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you. Refer a friend to join you and become part of our community, and if they purchase a Palm Lake Resort home, you'll receive \$250 cash. Refer a friend at the Sales Office.

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.



Flower power, lives on in 2025 at Palm Lake Resort!

The Social Club put on a great 1960s night recently with a fabulous band, The Hazbeans. Our homeowners' costumes were as vibrant as the energy in the room. What a great event. Peace and love to all!

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



Aussie rules.

IF THERE'S ONE EVENT ON THE COOROY-NOOSA CALENDAR THAT BRINGS OUT THE VIBRANCE IN EVERYONE, IT'S AUSTRALIA DAY. CHECK OUT THE FUN WE HAD IN 2025!



LOOKING FOR A NEW SPORT? TRY THESE!

Hole lot of social fun!

BY BRIAN STEPHEN (HOME 61)

Our Social Golf group has been in operation for seven years. We are all about enjoying a game of golf in good company, having fun and having a nice day out. The emphasis is definitely on "social" golf!

There are many old golfers across Palm Lake Resort Cooroy-Noosa who still enjoy a hit out so we aim to be as flexible as possible.

All golfers of all standards are always welcome. Because of this, we play on different courses. These include Gympie Golf Club, Cooroy Golf Club, Noosa Golf Club and a par 3 course at Noosa Hills and Gunabul (Gympie).

We always arrange for players to use carts and to have lunch as a group after we play. To cater for a wider variety, we also organise some mini golf games where anyone can play and enjoy lunch after. When travelling, we always arrange to use the Palm Lake Resort bus to make it easier for players.

If you're interested in joining in the social golf fun, simply contact us direct, or speak to our Caretakers who will put you in contact with the right person.

BY GRAHAM READETT,
ON BEHALF OF THE SOCIAL TABLE TENNIS GROUP

Table tennis is one of those games that is always fun to play and one of the best things about the game is anyone can play regardless of age or skill level.

There are numerous studies about the benefits of playing table tennis, with players improving hand-eye coordination, muscle tone and balance. Some reports even suggest players experience stress relief.

Table tennis is currently the third largest participation sport in the world. At Palm Lake Resort Cooroy-Noosa, it is possibly the loudest activity! The Wednesday morning group has the reputation of being the loudest and most enthusiastic.

Homeowners and visitors can play at any time. The table tennis tables remain set up, and bats and balls are always available. It can also be a great activity for young visitors, like grandchildren, by providing simple challenges like counting the number of times they can hit the ball up continuously. Even just hitting the ball back and forth continually over the net will create interest. No need to play a game, just let them have fun. For your interest, the longest rally recorded in the world to date has lasted 32,000 hits over eight hours!

Hopefully we will continue to see (or even hear!) even more homeowners having a hit - and having fun - on the tables in the table tennis hub.



THE COLOUR
GREEN PROMOTES
CALM, BALANCE,
RELAXATION,
RENEWAL

Green thumbs up.

IT DOESN'T MATTER WHERE IN YOUR HOME YOU PLACE THEM, POTTED PLANTS ADD A SPECIAL SOMETHING TO ANY AND EVERY INTERIOR. THEY INJECT LITERAL LIFE INTO INANIMATE SPACES AND BEYOND THAT, THEY BENEFIT HOMES – AND THE HUMANS THAT INHABIT THEM – BY FILTERING AIR AND ABSORBING AIRBORNE TOXINS.

The biggest problem homeowners have with incorporating potted plants into their interior scheme is keeping them alive. Yes, unfortunately, many of us either set and forget our plants or at the other end of the scale, we shower them with too much love (read: water) and the end result is the same. Having said that, the biggest mistake homeowners make around indoor plants is in the very first step: Choosing the wrong plant for the space. You simply can't enter a nursery, fall in love with any lush pot of greenery and expect it to live anywhere in your home. Just like humans, plants can be fussy when it comes to their living arrangements. To help get you off on the right foot with adding plants to your home interior, follow these guidelines and suggestions to find a plant for some of the most obvious places...

In the kitchen

A lovely little potted plant on a bright kitchen windowsill or a bright benchtop, can do wonders for the heart of your home. Try these options that are cute in size but add mighty impact:

- **Geranium:** Compact. Flowers beautifully in full sun.
- **African Violet:** Prefers bright light but not extreme heat, making it great for sunny but cooler windowsills.
- **Kalanchoe:** A flowering succulent that enjoys direct sun.
- **Echeveria:** A beautiful rosette-shaped succulent that does well in sunny spots. Enmasse, these guys add even more

impact. For example, put four different Echeveria in four individual but matching/coordinating pots and group them together on a bright bench.

- **Basil:** Grows well in a sunny spot with regular watering.
- **Thyme:** A hardy herb that loves warmth and sunlight.

In the bathroom

Bathrooms are typically high humidity, low light spaces with temperature fluctuations, so the best plants for these conditions are ones that thrive in moisture-rich environments.

- **Peace Lily (Spathiphyllum):** Handles low light and high humidity, plus it purifies the air.
- **ZZ Plant (Zamioculcas zamiifolia):** Extremely hardy, tolerates low light and moisture.
- **Cast Iron Plant (Aspidistra elatior):** Almost indestructible and thrives in low light.
- **Boston Fern (Nephrolepis exaltata):** Loves humidity but needs regular watering. The good thing here is that you're probably more likely to remember to water your boston fern given it's a room where water is easily accessible.
- **Maidenhair Fern (Adiantum spp.):** Thrives in high humidity, though it needs consistent moisture. Again, a great location to remember to water your fern.
- **Bird's Nest Fern (Asplenium nidus):** Tolerates low light and loves moisture.

In the living area

These spaces call for larger plants that make more of a statement. Living spaces can be bright, or offer lower/ indirect light, depending on the orientation of your home and the available windows so you'll want something that can handle filtered light while also able to grow to a good indoor size.

- **Fiddle Leaf Fig (Ficus lyrata):** A popular indoor tree with large, glossy leaves. Prefers bright, indirect light and occasional watering.
- **Rubber Plant (Ficus elastica):** Low maintenance with dark green or variegated leaves; thrives in bright, indirect light.
- **Bird of Paradise (Strelitzia reginae or Strelitzia nicolai):** Large tropical plant with broad leaves. Loves bright spaces but not direct sun.
- **Kentia Palm (Howea forsteriana):** A graceful, slow-growing palm that adapts well to indoor conditions.
- **Parlor Palm (Chamaedorea elegans):** Classic indoor palm with a soft, tropical look; thrives in bright, indirect light.
- **Dragon Tree (Dracaena marginata):** Tall and slim with striking foliage, easy to care for, great for indoor air quality.
- **Umbrella Tree (Schefflera actinophylla):** Lush and bushy with an elegant shape, perfect for bright rooms.

From the ceiling

Hanging pots can provide unexpected drama in the right interior spaces. They can fill a space well and bring height to that space. Low-maintenance, lush indoor hanging plants are quite inexpensive and many require minimal care, including:

- **Heartleaf Philodendron (Philodendron hederaceum):** A fast-growing, trailing plant that thrives in indirect light and only needs occasional watering.
- **Spider Plant (Chlorophytum comosum):** Hardy and adaptable, this strappy-leaved specimen gets better and better as it matures as it produces baby 'spiderettes' that drape beautifully down from the pot.
- **Devil's Ivy (Epipremnum aureum):** One of the easiest plants to grow. It tolerates low light, occasional neglect and still looks full and lush. If you like this one, you'll also love the striking green and yellow variegated leaves of **Philodendron Brasil** and the bright lime-green version called **Neon Pothos** and finally, **Marble Queen Pothos** for its variegated white/green marbled leaves.
- **Silver Satin Pothos (Scindapsus pictus):** Another close relative of Devil's Ivy with velvety, silvery-speckled leaves.

...and a few other hot tips

- If you want to make a statement in your living space but your preferred indoor plant is smaller and doesn't have a tall, upright shape, simply choose a tall statement pot that lifts your plant off the ground.
- If the spot you want to fill is simply too dark for any plant to thrive, a vase filled with greenery is a great substitute. Monstera (Monstera deliciosa) offers iconic split leaves that last weeks in water. Lucky Bamboo (Dracaena sanderiana) thrives in water, adding height and structure to a vase. Eucalyptus branches are another great option.
- It's always a good idea to have a few indoor plants on an indoors/outdoors rotation so they are always getting a period of time outside to recharge and revitalise. They'll also love a little incidental nitrate-filled rainwater while they're outside having a holiday.

Green helpers.

IS YOUR GREEN THUMB NOT AS BRIGHT GREEN AS YOU'D LIKE? CHECK OUT THESE GREEN ASSISTANTS THAT WILL HELP MAKE BEING A PLANT MUM OR DAD EASY!

The Plant Society Design Handbook by Jason Chongue, \$45, from Murdoch Books

Love plants? Appreciate design? Want to combine the best of the two in your home? The Plant Society Design Handbook brings together essential know-how for incorporating the ethereal magic of plants into your living spaces, where a striking arrangement of succulents is just as important as an investment lounge or a standout piece of art.

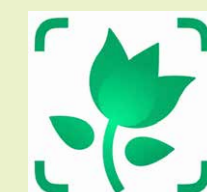
Plant Society founder Jason Chongue offers a comprehensive guide to 80+ of his go-to plants, the conditions they thrive in and how to nurture them for a long life. He reveals the secrets to successful garden layouts, sharing design-led templates that are adaptable to different spaces, and explains how to navigate plant grouping and placement, as well as style fundamentals including colour, texture, shape and scale.

With these foundations, you can explore a vast array of garden design projects – from verdant plant shelves to bold balcony arrangements to fuss-free front yards. Jason's easy-to-follow garden blueprints take a design-first approach, focusing on how plants relate to the surrounding architecture, materials and environment. Whatever the scale of your living spaces and ambition, Jason brings the rewards of a personal plant stylist into your home.

Apps for smartphones



Planta: Individual care schedule and reminders for your plants, recommendations, step by step guides, identification, light meter and more. Keep your plants alive with Planta! Visit getplanta.com



PictureThis - Plant Identifier: This app identifies millions of plants with over 98 per cent accuracy, making plant care simple and accessible. It also offers a plant disease diagnosis tool, identifies toxic plants for pets and kids, and has a great water tracker and reminder function. For iPhone and iPad in the App Store.





Fun that stands the test of time.

ARE YOU HOSTING YOUR YOUNGER GENERATIONS THIS UPCOMING EASTER SCHOOL HOLIDAY SEASON? TAKE A TRIP DOWN MEMORY LANE WITH THESE OLD SCHOOL FAVOURITES, WHICH WILL BRING AS MUCH JOY TO YOUR CHILDREN AND GRANDCHILDREN (AND EVEN GREAT-GRANDCHILDREN?) AS THEY DID YOU...

Movies

- Mary Poppins (1964): Watch it on Disney+
- A Charlie Brown Christmas (1965): Watch it on Apple TV
- The Love Bug (1968): Watch it on Disney+
- The Pink Panther (1963): Watch it on Apple TV
- The Parent Trap (1961): Watch it on Disney+

TV shows

- The Beverly Hillbillies (1962-1971): Watch it on Prime Video
- Bewitched (1964-1972): Watch it on Apple TV
- I Dream of Jeannie (1965-1970): Watch it on Apple TV
- The Munsters (1964-1966): Watch it on Foxtel Now
- The Addams Family (1964-1966): Watch it on Apple TV

Songs

- 'God Only Knows' by The Beach Boys (1966)
- 'I Want You Back' by The Jackson 5 (1969)
- 'Like A Rolling Stone' by Bob Dylan (1965)
- 'Be My Baby' by The Ronettes (1963)
- 'You Can't Hurry Love' by The Supremes (1966)

Indoor games

Dominoes: Each player starts with seven dominoes. The remaining dominoes are placed face down. The first player places a domino with a matching number of dots (e.g., a 6-6). The next player must add a domino that matches one of the numbers on the open ends of the chain. If a player cannot play, they must draw from the pile until they find a playable piece. The game continues until one player uses all their dominoes or no more plays can be made. The winner is the person who runs out of dominoes first.

Knuckles/Jacks: Scatter the knuckles on the ground. The first player tosses the ball into the air, quickly picks up one knuckle, and catches the ball before it hits the ground. The player continues picking up one knuckle at a time. After clearing all knuckles, the player moves on to picking up two at

a time, then three, and so on. The game ends when a player fails to pick up the right number of knuckles or drops the ball.

Marbles: Draw a circle (about one metre wide) on the ground and place a few marbles inside. Players take turns flicking their "shooter" marble (a larger marble) at the smaller ones, aiming to knock them out of the circle. If a player knocks a marble out, they get to keep it and take another turn. The game continues until all the marbles have been knocked out. The player with the most marbles wins.

Outdoor games

Yo-yo: To start, hold the yo-yo in your hand with your palm facing up and the string wrapped around your middle finger. Throw the yo-yo downward with a flick of your wrist, letting it unwind and "sleep" (spin) at the bottom. Give the string a small tug to bring the yo-yo back to your hand. As you get comfortable, you can try simple tricks like "Walk the Dog" (letting the yo-yo roll along the ground) or "Around the World" (spinning the yo-yo in a circular motion).

Handball/Four Square: Stand a few feet away from the wall and hit the ball against it using the palm of your hand. The ball must bounce once on the ground before hitting the wall, and the other player must return it after it bounces once on the ground. Play continues as long as players can keep hitting the ball back and forth. If a player misses, lets the ball bounce more than once or hits the ball out of bounds, the other player earns a point.

Elastics: Tie a long piece of elastic into a loop. Two people stand inside the elastic, stretching it around their legs at ankle height to form a rectangle. The third player jumps over and on the elastic in a sequence, chanting a rhyme (e.g., "England, Ireland, Scotland, Wales..."). As the player succeeds, the elastic is moved higher, first to knees, then hips, etc. The aim is to complete the jumping pattern without touching the elastic incorrectly or missing a jump.

Homes for sale.

Home 77 - \$880,000


Beds
2


Bath
2


Living
1


Activity
1


Outdoor
living


Garage
2



This lovely Surfside ticks many boxes. Two bedrooms, activity room, two bathrooms, double garage and ducted air-conditioning are just some of the inviting features of a seamless blend of effortless living and beach vibes. The gourmet kitchen is adorned with top-of-the-line SMEG appliances that are as stylish as they are functional. A spacious open planned living and dining room opens out onto a well-covered tiled alfresco area with blinds installed for comfort and protection. The master bedroom has a WIR 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.

Home 228 - \$1,099,000


Beds
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 loungeroom 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.

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

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 ARE OUR SUPERPOWER!

Palm Lake Care needs you.

As you know, the Palm Lake Group portfolio includes more than two dozen over-50s resort communities as well as seven aged caring communities across Queensland's south-east corner.

While our Palm Lake Care teams provide highly reputable 24-7 nursing support and engaging Lifestyle programs, they are currently on the hunt for community volunteers. In each community, these volunteers can choose to spend one-on-one time with the residents or support our teams in running group activities and excursions etc.

Palm Lake Resort Beachmere Bay's Robyn Crosbie says she loves nothing more than volunteering her time at Palm Lake Care Beachmere's aged caring community which is conveniently across the road from her resort.

"I've been volunteering there every week for the past six years, helping the Lifestyle Team facilitate their activities program," she smiles.

For example, you can find Robyn going on bus trips with the residents - taking them out to lunch and on scenic drives, sometimes also to church.

"Volunteering is not for everyone but I love it. My Dad was in aged care for seven years so I'm very used to the setting," Robyn explains. "I love a chat and find it very easy to talk to the residents. I love listening to their stories and they love listening to mine."

If you're based nearby one of our seven Palm Lake Care communities and would like to assist as a volunteer, we encourage you to make an inquiry. Simply visit www.palmlakecare.com.au and you'll find all the contact details you'll need there.



100
YEARS
YOUNG!

Lucky Phil.

Palm Lake Resort Eagleby homeowner Phil McDonald has just celebrated his 100th birthday! The Eagleby community knows Phil as an avid (lead) bowler. He's a favourite teammate among the skips, always close to the jack. Even if his bowl lands just a few feet out, he curses himself, though most of us would be thrilled to bowl as well as he does! His dedication to the game has undoubtedly kept him active and young at heart. At this rate, we wouldn't be surprised if he's still bowling at 110! Congrats to Phil, from all across the Palm Lake Group!

D-Bay delight.

It's been a record-breaking year for the charitable bunch at Palm Lake Resort Deception Bay. In 2024, they recycled a record 39,141 containers and donated more than \$3900 to Farm Angels (Farm Angels provides support to rural communities in time of flood, fire, drought and plagues). They also collected and donated items for hampers for the needy over the festive season, supporting organisations such as Community Care Network and The Lighthouse. Go team!



Homeowner golfers unite on the green.

GOLF IS DEFINITELY ONE WAY THAT OUR HOMEOWNERS BOND ACROSS RESORT ADDRESSES - AND THE MOST RECENT PALM LAKE INTER-RESORT GOLF CLASSIC IS PROOF OF THIS.

For the third successive year, Caloundra Cay golfers won the Palm Lake Resort Cup, but this time it was by the skinniest of margins. The winning resort team score was 60.32 (Caloundra Cay) over Pelican Waters (60.857) and Beachmere Bay (61.0). Golfers from Palm Lake Resorts at Pelican Waters, Toowoomba, Cooroy-Noosa, Beachmere Sands, Beachmere Bay, Hervey Bay and Caloundra Cay took part in the annual event, teaming up at the superb Pelican Waters Golf Course which is owned and operated by the Palm Lake Group.

And despite an absolute drenching in the days leading up to the event – which had been abandoned five days earlier – the course was presented in unbelievably good condition for the 31 teams and 120 individuals representing Palm Lake Resort homeowners.

Competing in a four-person Ambrose, the Beachmere Bay team of Graeme Clark, Michael Gregory, Stephen Walton and Ronald Rosenberger won the day, returning a nett score of 58.625. The Pelican Waters group of Steve Whitehead, Brendan Francome, Glenn Stamp and Ronald Wilkins (59) finished second, and Caloundra Cay's Ian Chew, Heather Busch, Trish McConnell and Terry Jones (59.625) came in third. But it was the overall scoring of the nine Caloundra Cay teams that resulted in the win, and the trophy returning to its 'home' at Hemingways Country Club.

– By TONY DURKIN

Our congrats to Greg.

Palm Lake Group was pleased to hear that Australian sporting identity Greg Norman was handpicked by Prime Minister Anthony Albanese to join the board organising the 2032 Brisbane Olympic and Paralympic Games. Greg Norman Golf Course Design was the team behind the original Pelican Waters Golf Course layout and they also helped our local team reconfigure the course to make way for Palm Lake Resort Pelican Waters. Greg is a supporter of the Palm Lake Group and we couldn't think of anyone more perfectly suited to this Olympic role. We send our congratulations to Greg and look forward to hosting him at Pelican Waters for a round, when he's in town.



Bravo Barnacles!

Palm Lake Resort Bargara's "Palm Lake Singers" is a choir formed by the resort's homeowners. This choir's male members have formed an additional separate choir group called "The Barnacles". Pictured above, the group stopped by Palm Lake Care Bargara recently and made a huge impression on the very grateful audience. We love seeing our homeowners involved in inter-resort events but it's just as great to see our resort homeowners and aged care communities coming together for mutual benefit. Bravo Barnacles!

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

Making memories.



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19 Trading Post Road, Cooroy QLD 4563

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