

MARCH - APRIL 2026



The Essence



Our homeowners spread the love

Valentine's Day was an opportunity to celebrate love of all kinds

Australia Day celebrations

Our homeowners celebrated January 26 with food, fun and community spirit

Over the back fence

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



Welcome.

With the year in full swing and Easter just around the corner, it's great to see how much we've already achieved and enjoyed!

A standout moment was our Australia Day celebrations, which saw a fantastic turnout, clearly enjoyed by all.

Since then, we've been treated to the vibrant sounds of new, emerging local bands and a delicious variety of cuisines served up by our visiting food vans.

Why is Palm Lake Resort Cooroy-Noosa such a fantastic place to call home? I always tell our new homeowners that life here is truly what you make of it.

You have the total freedom to be as independent or as social as you choose.

With world-class facilities at your doorstep, from the Pavilion Country Club to the championship Bowling Green, there's always something to do.

If you're looking for a sense of purpose, there are also numerous ways to get involved through resident committees and volunteer roles that help our community thrive.

As we look forward to the year ahead, there's never been a better time to dive in, get involved, and enjoy the luxury lifestyle you've worked so hard for.

It truly is more than just a place to live – it's a place to belong!

Until next time,

Kirstine and Jon Jones
Palm Lake Resort Cooroy-Noosa Caretakers

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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!

PHONE: 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

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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.



Get social with us

Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@pallmlakeresort) and also over on Instagram (@pallm.lake.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 (@pallm.lake.care). With more than 12,000 people calling a Palm Lake Resort home, there's always loads going on!

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, phone our Care Solutions team on 1800 24 66 77.

Weekly activities.

MONDAY

8am Mat yoga
8.30am Uniforms 4 Kids sewing group
9.15am Chair yoga
10am Crochet, knitting (Library)
1pm Band practice
1.20pm Lawn bowls
3pm Ladies Pool Room fun
3.30pm Bar opens
5.30pm Pickleball

TUESDAY

7am Walking group (meet outside Pavilion)
7.30am Social tennis
8.30am Uniforms 4 Kids sewing group meet
9am Lawn bowls coaching, Aqua aerobics (indoor pool)
10am Aqua aerobics (indoor pool)
1pm Art class (Craft Room), Indoor bowls (Pavilion), Art & Craft Club (Craft Room), Mah-jong (Library)
1.20pm-3pm Lawn Bowls
2.30pm Guided meditation (fortnightly)

3pm Badminton
4.30pm Bar opens
6pm Homeowners' dinner
6.45pm Table tennis
7pm Cards (Pavilion)
WEDNESDAY
8am Table tennis (Pavilion)
8am-10am Croquet (tennis courts)
8.30am Bus shopping trip
9am Social table tennis
1pm Mah-jong (Library), Board games (Pavilion)
1.20pm Lawn bowls
1.30-3pm Line dancing
3.30pm-4pm Dance fitness
5.30pm Pickleball
6.30pm Lawn bowls
THURSDAY
7am Croquet
8am Mat yoga
9.15am Chair yoga
10.25am-2.30pm PT at Milon (bookings required)
12.30-3.30pm Lawn bowls (alternate wks)
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, 9am Aqua aerobics (Indoor Pool)
10.30am Qigong class
4.30pm Casual bowls, food follows (1st Friday)
4.30pm Happy Hour (Pavilion)
SATURDAY
8am-10am Social tennis and Croquet (tennis courts)
10am Old time dancing
1pm Board games (Pavilion)
1.20pm Lawn bowls
3.30pm-4pm Dance fitness
4pm Men's group (first Saturday)
6pm Bar opens for bingo (third Saturday)
7pm Bingo
SUNDAY
7.30am Social tennis
9am-12pm Social lawn bowls
1pm Board games
3pm Croquet (tennis courts)
7pm Movie night (first Sunday/month)

THERE'S SO MUCH FUN TO BE HAD!



A great Australia Day.

GOOD FOOD, GOOD COMPANY AND PLENTY OF COMMUNITY SPIRIT WERE THE ORDER OF THE DAY WHEN OUR PALM LAKE RESORT COOROY-NOOSA HOMEOWNERS CAME TOGETHER FOR AUSTRALIA DAY.

Organised by the resort's LAC (Liquor Administration Committee), the event featured a classic Aussie BBQ that proved extremely popular with homeowners.

In fact, around 220 residents attended the festivities, making it one of the resort's biggest gatherings of the season. The day was filled with laughter, conversation and plenty of "happy snaps" as neighbours caught up and celebrated together.

A big thank you goes to the LAC for their efforts in organising such a successful event, helping create another memorable day in our vibrant resort community.



So much love!

THIS VALENTINE'S DAY, GEOFFREY FROM HOME 136 ORGANISED A SPECIAL LUNCH OUTING TO SECRETS ON THE LAKE, GIVING RESIDENTS THE CHANCE TO ENJOY A LOVELY DAY OUT TOGETHER.

The event proved so popular that interest could have easily filled a 20-seat bus! With such enthusiasm from homeowners, another group outing may be on the cards later in the year.

Cut flowers 101.

SPRING ISN'T THE ONLY SEASON FOR FLOWERS. AS WE HEAD INTO THE COOLER MONTHS, FRESH FLOWERS ARE STILL THE PERFECT WAY TO MAKE YOUR PALM LAKE RESORT HOME FEEL ALIVE. CONSIDER THIS YOUR OFFICIAL GUIDE TO THE VERY BEST CUT BLOOMS FOR YOUR HOME – AND OUR TOP TIPS TO KEEP THEM LOOKING FRESH.

Roses

Did you know that roses share lineage with apples, cherries and strawberries? Or that there are over 300 species? One of the oldest known flowers, roses have been used in recipes, cosmetics and rituals for millennia – so naturally, there is a lot of lore that surrounds them. But 'floriography' (communication through flower colours and arrangements) is actually quite simple when it comes to roses and what they symbolise: red means love, yellow means friendship and white means purity. **Keep them fresh:** For longer-lasting roses, trim stems on an angle and change the vase water every two days.

Tulips

Originating from central Asia – particularly Kazakhstan – tulips get their name from the Persian word for turban ('dulband' or 'tulband') for their shape. And they're not just beautiful – for a moment, in the Netherlands in the 17th Century, 'Tulip Mania' made rare tulip bulbs more valuable than gold. They are the national flower of the Netherlands, Turkey and Iran. **Keep them fresh:** Tulips continue to grow after being cut, so choose a taller vase and trim stems regularly.

Hydrangeas

Originating in Japan and Korea, famously spotted in Cape Cod (USA), with a Greek name, hydrangeas are as exotic as they are beautiful. Like roses, their colours signify different meanings – pink means love, blue means forgiveness, white is boastful and purple brings abundance or understanding. They grow beautifully in moderate, moist climates, but green thumbs beware – hydrangeas can release cyanide if ingested. **Keep them fresh:** Hydrangeas are thirsty flowers – keep the vase topped up and mist the blooms to prevent drooping.

Lilies

With over 100 species in a wide range of colours, lilies have maintained their position as one of the most popular flowers since ancient times. As symbols of purity and rebirth, lilies were historically associated with the divine and used in religious ceremonies. Nowadays, you're more likely to see them at weddings – especially trumpet-shaped Calla Lilies, which are having a major moment. They typically last one to two weeks in a vase but beware of fallen pollen and leaves: lilies are highly poisonous for pets if ingested. **Keep them fresh:** Remove the pollen stamens as the flowers open to prevent stains and help blooms last longer.

Chrysanthemums

Commonly known as 'mums', chrysanthemums originated in ancient China as early as the 15th Century BC and also have roots (pun intended) in ancient Greece. Proving their diversity, they're also the national flower of Japan. In Australia, chrysanthemums are often given for friendship and Mother's Day, though red mums can symbolise love and passion. Did you know that their scent can deter insects? All the more reason to include this easy-to-care-for flower in your next bouquet. **Keep them fresh:** One of the longest-lasting cut flowers, mums can stay fresh in a vase for up to two weeks.

Dahlias

The national flower of Mexico, dahlias were once cultivated by the Aztecs – not just for their beauty, but for food and medicinal purposes. In fact, they were thought to be vegetables when they were first introduced to Europe. But their versatility doesn't stop here: dahlia stems were once

tested as natural water pipes in Mexico, and their petals have long been used as natural dyes. Dahlias are more than just a pretty face, it seems! **Keep them fresh:** Dahlias are best bought fully open, as they won't continue blooming once cut.

Peonies

When properly cared for, peonies can live for 100 years – a good omen, since they're also symbols of prosperity, fortune and romance. In fact, there is a famous 1000-year-old peony tree that still flowers in China, as well as many annual peony festivals. Fun fact: Peonies come in every colour but blue, making them a diverse addition to any bouquet or arrangement. Another fun fact: the correct pronunciation is more like 'peer-knee' than 'pee-oh-knee'. **Keep them fresh:** Peonies have a short season in Australia – usually late spring – so enjoy them while they're available.

Carnations

Not to be confused with peonies, which are larger and more spherical in full bloom, carnations are distinctive for their ruffled, fringed petals. Native to the Mediterranean region, the name carnation has several possible origins – the Latin word 'corona' (crown) for its use in ceremonial wreaths, or 'caro' (flesh), a nod to its natural colour. Often associated with love and admiration, carnations are popular around special occasions like Mother's Day and Valentine's Day. **Keep them fresh:** Carnations are hardy, often lasting two weeks or more with fresh water and trimmed stems.

Orchids

They're part of one of the largest flowering plant families, with over 28,000 species – and 192,000 hybrids – worldwide. In fact, orchids are more diverse than all mammal special combined. The most common types include moth orchids, corsage orchids and cymbidium orchids, all of which are popular in both fashion and home styling. Eager to grow your own orchids? Quality potting mix and a consistent watering schedule matter. **Keep them fresh:** Potted orchids thrive in bright, indirect light and only need watering about once a week.

Best buds for small yards.

TO ENJOY BIG REWARD FROM YOUR GARDEN, YOU DON'T NEED A SPRAWLING LAWN OR LARGE GARDEN BEDS. FOR THOSE LIVING IN A PALM LAKE RESORT, HERE ARE THE THREE BEST WAYS TO BRING POTTED COLOUR AND FLOWERING JOY TO YOUR LOW-MAINTENANCE HOME.

With the right plant choices, even the smallest yard, balcony or undercover outdoor living area can burst with colour. If you only have room for pots, it helps to know which flowering favourites thrive in our warm, coastal climates.

Let's begin with begonias, a wonderful all-rounder for compact spaces. These hardy bloomers are well suited to the humidity of our Queensland and Northern New South Wales resorts and perform beautifully in part shade or filtered sunlight. Their neat growth habit makes them ideal for pots, and they reward gardeners with months of continuous colour from spring through to autumn – sometimes even year-round in milder conditions. Best of all, they're low maintenance, making them perfect for those who want vibrant blooms without constant attention.

For sunny Palm Lake Resort patios and balconies, geraniums (Pelargoniums) are a classic choice. Their bold flowers in reds, pinks and whites instantly brighten any outdoor setting. Once established, they're relatively drought tolerant (which suits our warm summers) and cope well with light coastal breezes. Geraniums stay compact and respond well to pruning, so they're easy to keep tidy in containers. Some varieties even feature fragrant leaves, adding an extra sensory delight to your outdoor space.

If you have a hot, sun-drenched corner, portulaca (Moss Rose) is hard to beat. This cheerful plant thrives in full sun and produces masses of colourful blooms with very little effort. It's particularly well suited to shallow pots or hanging baskets, where its trailing stems spill beautifully over the edges. Portulaca is also tolerant of sandy conditions and salty air, making it an excellent option for homes close to the ocean.

Whatever you choose, remember to use quality potting mix, ensure good drainage and position your pots where they'll receive appropriate sunlight and protection from wind. With just a few well-chosen containers, you can create a vibrant, low-maintenance garden oasis — no large backyard required.



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 205 - \$1,150,000



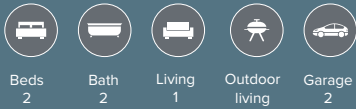
Resort living at its best.

Nestled within the sought-after Palm Lake Resort Cooroy-Noosa, this elegant home offers an exceptional retirement lifestyle. It features two generous bedrooms, a versatile activity room, two sleek bathrooms and a double garage, all complemented by integrated ducted air conditioning.



The heart of the home is the gourmet kitchen with premium Smeg appliances and stone benchtops, flowing into a light-filled open-plan living area and out to a private, undercover alfresco. Homeowners also enjoy outstanding resort amenities, including two swimming pools, an undercover bowling green and tennis courts.

Home 219 - \$1,300,000



SOLD

Perfect lifestyle opportunity.

A delightful home well positioned in the sought after over-50's living at Palm Lake Resort Cooroy-Noosa.

Two generous bedrooms and a versatile multi-purpose room complement two sleek bathrooms and a double garage, all cooled by integrated ducted air-conditioning.



The gourmet kitchen flows into the open planned living and dining room, opening out onto a beautifully decked alfresco area, the ultimate setting for sunset drinks or relaxed weekend brunches.

The perfect lifestyle opportunity awaits you now, don't miss your chance to make this house your home.

Your sales update.

Thinking of selling? Trust the people who know your community best!

When it's time to sell your home at our vibrant over-50s lifestyle resort, trust the people who know it best – us! As Caretakers, we're not just staff; we're your neighbours and an integral part of this community.

We understand the unique charm and value of life here, which is why we're best equipped to highlight its special benefits to prospective buyers.

We've been guiding sellers at Palm Lake Resort Cooroy-Noosa since December 2024, helping twelve of your neighbours achieve excellent results through a seamless and personalised process.

If you're thinking of selling, stop by for a chat, we'd be delighted to discuss how we can make your next move effortless.

To learn more about joining our community, please feel free to call us at 1800 885 851.

Kirstine and Jon
Palm Lake Resort Cooroy-Noosa Caretakers



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, phone 1800 885 851.



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.



Caretakers make the Palm Lake world go 'round!

Every Palm Lake Resort community has an onsite Caretaker (or two) at the helm, managing the day-to-day operations at that address. They oversee local teams of groundspeople, cleaners, cooks and more. Many Caretakers in our established resort communities also facilitate home sales, while also rolling up their sleeves when it comes to serving weekly dinners, for example. They are the first port of call for homeowner queries and oversee all the various local resort special interest groups. They are also an important conduit between Palm Lake Resort headquarters at Southport and their respective local address. They are the glue that holds each of the country's 27 resorts together.

As Palm Lake Group's Executive Manager, People & Operations, Amanda Clements says, "We are very grateful to have a wonderful group of dedicated and long-time Caretakers across our 27 resort addresses". And when she says "long time" – she means it.

For example, Lea has spent most of her 17+ years with the company in the Caretaker role across Victoria but moved into a sales role at **Willow Lodge** more recently. She and (late) husband, Peter, were Caretakers together at **Phillip Island** for 13+ years before Peter's illness (pictured above).

"For all the years we were at Phillip Island we were it – sales and Caretaking – we did the lot," Lea smiles. "Our motto was to show compassion and give the homeowners the time they needed, and to listen. But above all, our aim was always to leave them with a smile on their faces."

"Peter and I built great relationships with our homeowners and helped them as much as we could while always being mindful there was that line, as Caretakers, we couldn't cross. I still live at Phillip Island and see some of the homeowners down the street – they always stop to say hello, and it feels great that we are both still remembered at the Phillip Island resort."

Lea says her advice to new Caretakers and those looking to join the company in this role, is simply to listen. Always.

"A problem that seems small to us can be huge for a homeowner – also, you should never forget that everyone at Head Office and all our fellow Caretakers are always

there to answer any questions you may have – you don't have to do it all on your own.

"When we joined Palm Lake Resort back in 2008, the company was much smaller. I am still in awe of the growth of the company that Wal Elliott founded all those years ago. I have always felt that under the guidance of Wal and Scott Elliott we are one big family – a family that I am happy and grateful to still be a part of. Work has been my saviour. And hopefully I still have a few working years left in me!"

Caretaker Michaela at **Palm Lake Resort Eagleby Heights** is also coming up to 17 years with the company. Caretakers at **Mt Warren Park**, Trish and Rik, will soon commemorate 14 years, while Wayne and Di (**Banora Point**) and Robyn and Bernie (**Yamba**) have all marked a decade or more.

With nine years in the company, current **Palm Lake Resort Paynesville** Caretakers Jo and Troy were married while caretaking at our **Truganina** resort some years back. Jo gave her beloved homeowners a glimpse into the highly anticipated wedding day by coming into work in her wedding dress! And we know that many of our long-time Caretakers are well respected by their communities based on the feedback we hear direct from those homeowners. At **Palm Lake Resort Carindale** for example, the homeowners got together last year and created a 'contract' that they presented to Caretakers Karen and Wayne stating that "The undersigned are committed to us at Palm Lake Resort Carindale and will never leave!". The pair were "so touched" by the gesture, that Karen says, "Of course we put our autographs on that document!"

Honourable mentions must also go to the following Caretakers who've marked 5+ years in the role:

- Ron and Jo (**Fern Bay**): 7 years
- Karen and Mark (**Toowoomba**): 6 years
- Tracey and Bryce (**Forster Lakes**): 5 years
- Kym (**Yamba Cove**): 5 years
- Phil and Lyn (**Deception Bay**): 5 years

Without doubt, Caretakers underpin the success of our Palm Lake Resort communities and we're grateful to have them onboard!

Love is in the air.

Palm Lake Resort Forster Lakes has hosted lawn bowls games, Happy Hours, and now... a wedding! Jessica Nye, daughter of homeowners Steve and Linda, wed her groom, Haylan, at Forster Lakes' Reception Centre in front of their special people (pictured below left). Over at **Palm Lake Resort Waterford**, Roy and Trish (pictured below right) utilised the lush green grounds of their resort to be officially wedded. We wish all the Palm Lake newlyweds wonderful marriages and rewarding lives together!



Tai chi champions.

Congratulations to **Palm Lake Resort Mt Warren Park**, who were the grand winners of the 2025 Inter-Resorts Tai Chi Competition. With steady hands, great teamwork and plenty of laughs, they won with a grand total of 5903 points (beating second-place team's 4480 by a wide margin). "They showed obvious skill and determination, with lots of laughs, to come out on top," says the instructor on the day. And spoiler alert: they're already leading the 2026 competition!



Paws on parade.

A group of **Palm Lake Resort Bargara** homeowners have started walking their dogs over to Palm Lake Care Bargara each month to let the care residents enjoy some friendly canine company and pet therapy. Everyone loves patting the doggos and chatting with the visitors – though few are as excited as the dogs themselves!

It takes a village.

Palm Lake Resort Cooroy-Noosa's latest cent auction raised over \$3100, with the majority going to Uniforms 4 Kids (U4K) – an organisation which repurposes pre-loved uniforms into clothes for children in need.

"Thank you, thank you, thank you to everyone who helped with, attended and donated goods to the cent auction," said organiser and homeowner Yvonne Pattinson. "The sewing ladies truly did themselves proud with the beautiful food. I'm sure everyone had a great day."

The impact of this fundraising is already being felt well beyond the local community. According to a statement from the Queensland Police Service, Cooroy U4K volunteers have worked tirelessly to prepare 40 boxes of essentials for Queensland families. The boxes contained an extraordinary 3200 handmade clothing items, lovingly transformed from repurposed police uniforms into dresses, skirts, shorts, baby clothes, hair accessories, scrunchies, pencil cases and library bags. The boxes were also filled with generously donated items such as baby socks, beanies, small bags of LEGO parts, stationery, bracelets, toys and tissues.



Must love dogs.

The very first **Palm Lake Resort Toowoomba** dog show brought homeowners and their four-legged friends together for a day of laughter, wagging tails and the occasional bark of excitement. Sponsored by the Palm Lake Group, the inaugural event was such a success that it's set to become an annual tradition.

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**

Connect,
for life.



1800 885 851 | salescooroy@palllake.com.au
19 Trading Post Road, Cooroy QLD 4563

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