

MAY - JUNE 2026



The Essence



Meet your new neighbours

Our resort is home to many friendly faces – meet some of our newest ones, inside...

Around the grounds

Catch up on all the fun we've been having here at our resort, on Pages 4 and 5...

Refer a friend, earn a reward

Do you know someone looking to move here? Refer them for a cash reward



One of the many beautiful trees that can be seen around our community!

Welcome.

Welcome to the May-June edition of our Palm Lake Resort Cooroy-Noosa newsletter, The Essence. With Easter now behind us and the weather starting to cool, we hope this issue brings a little extra warmth – and plenty of inspiration. A special thank you to those homeowners who have contributed content. If you would like to submit something for the July-August edition, the content deadline is Monday June 15.

The year is in full swing, and true to form, the social scene here shows no sign of slowing down. Between our talented in-house team and the fantastic lineup of bands we’ve booked, there is plenty of excitement on the horizon!

If you’re a Sunny Coast local-in-the-making and looking for some 'extracurricular' action, you’ve come to the right place. Right on our doorstep this June is the Noosa Food & Wine Festival, a spectacular celebration of both local and national culinary talent – definitely worth checking out.

For those who prefer to be on the move, the Sunshine Coast Golf Classic (coming up in August) is a standout. This premier multi-day tournament hosted across four of the region’s finest courses is perfect for the golf lovers among us.

This is, of course, just a glimpse of the many opportunities waiting for you here – check out our 'What's On' guide on the opposite page for more inspiration! What a privilege it is to call this place home, where an abundance of choice meets the luxury of time.

Until next time,

Kirstine and Jon Jones
Palm Lake Resort Cooroy-Noosa Caretakers

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.



Contact us.

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

News in brief.

What's on around town in the coming months

There's always something exciting happening here on the Sunshine Coast. Add these upcoming events to your calendar...

NOOSA MARATHON Saturday May 23

Runners from all over the world will descend on Noosa for a weekend filled with sunshine and good times. With a flat, fast and friendly multi-lap course set in the heart of Noosa township and multiple distances to choose from, it's a runner's paradise.

NOOSA FOOD & WINE FESTIVAL Thursday June 11 – Sunday June 14

With a fresh program, new collaborations and world-class chefs,

the Noosa Food and Wine Festival is back with a bang in 2026. Indulge your senses across three event programs, including signature events and a mouth-watering restaurant series. Tickets essential, book online.

QUEENSLAND GARDEN SHOW Friday July 10 to Sunday July 12

A must-visit event for seasoned green thumbs and budding gardeners alike. At Queensland's premier gardening showcase, you can browse the state's largest collection of plants in one location, and enjoy free talks, demonstrations, and expert-led workshops. Tickets essential – book them on the Queensland Garden Show website.



Looking for local care?

If you're looking for convenient aged care for a beloved family member, your local Palm Lake Care community is ready to hear from you. While Palm Lake Care can't fully guarantee any beds to Palm Lake Resort homeowners and their family members (simply given the ever-changing demand on their service and also your loved one's individual healthcare needs), the very experienced Customer Experience Team is ready to guide you on your family's journey into aged care. For more initial information, visit the Palm Lake Care website at palllakecare.com.au. You might also like to complete an enquiry form online? And when you're ready to speak to a Palm Lake Care team member, simply freecall 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)
- WEDNESDAY**
 - 3pm Badminton
 - 4.30pm Bar opens
 - 6pm Homeowners' dinner
 - 6.45pm Table tennis
 - 7pm Cards (Pavilion)
 - 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 Group exercise class with Lee
 - 11.30am-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!

Around the grounds.

OUR RESORT REALLY IS THE PLACE TO BE! FROM COFFEE CATCH-UPS TO COMPETITIVE SPORTS, KEEP UP WITH ALL THAT'S BEEN HAPPENING THESE PAST FEW MONTHS...



Binnies morning tea

This get-together – which takes place on the second Wednesday of every month – is put on by Yvonne and the Binnies. It's their way of showing their appreciation for all the bottles and cans their fellow homeowners are donating to our resort. This particular morning tea took place on Wednesday April 8, just after Easter, and everyone enjoyed the treats, coffee and tea on offer. A highlight was Eva Schoenholzer's painted eggs, which were displayed on an ethereal Easter Egg tree.

P.S. Check out our dedicated Binnies at work, below!



Pool room fun

The Palm Lake Resort Cooroy-Noosa homeowners are all about Pop Black Shootout! They run a six-week doubles competition with 20 pairs (26 men and 14 ladies) battling it out for the top spot. Each pair plays three games a night in a fun, high-energy two-and-a-half-hour window. It's BYO drinks and a great laugh, but make no mistake – the competition is stiff, and everyone has their eye on that leaderboard!



Game on!

We hosted Palm Lake Resort Caloundra Cay on Wednesday March 18 for the first of two mixed gender triples challenges for 2026. Later in the year, it will be our turn to challenge them on their home turf.

The all-day event proved to be highly enjoyable and successful for all involved. The morning began with a meet and greet, along with morning tea for the twenty-four visiting Caloundra Cay players. This was followed by the first round of mixed triples, played over 10 ends, with Caloundra winning five of the eight games.

At midday, lunch was supplied by the Cooroy-Noosa bowlers and beautifully presented by Di (Home 117) and her wonderful team of helpers. It was very well received and appreciated by all in attendance.

The afternoon session saw Caloundra Cay continue their strong performance, winning a further seven games to finish with an impressive total of twelve wins across the day.

Congratulations to Caloundra Cay – not only for their success on the scoreboard, but also for the spirit in which the games were played. The day was marked by friendly competition, great sportsmanship, and plenty of laughter. It was a fantastic opportunity to connect with fellow bowlers and strengthen friendships. The excellent facilities and smooth organisation also played a significant role in the event's success.



Slow spaces.

THE HOBBIES YOU LOVE DESERVE A PROPER HOME, DON'T THEY? WHEN YOUR SPACE IS SET UP AND READY, SLOWING DOWN TO ENJOY YOUR FAVOURITE ACTIVITIES STOPS BEING SOMETHING YOU'LL GET AROUND TO — AND STARTS BEING SOMETHING YOU ACTUALLY DO.

Whoever said the over-50s era was the quiet part of life never lived at a Palm Lake Resort. Ask most homeowners how their week looks and you'll hear about sport commitments and grandchildren, community events and coffee catch-ups, fitness classes and volunteering rosters. A full life is a good life, but busy isn't always better — and rushed doesn't mean rich.

If you feel like your days are passing too quickly and you'd like to slow down, start by making time for the things you really love. There's a powerful relationship between our environment and our habits: when the conditions are right, the behaviour comes naturally. By giving your hobbies a proper home — a dedicated corner, a well-stocked shelf or a room that's ready and waiting for you — you're more likely to focus on them, not the distractions.

The reading nook

It doesn't need to be a whole room — a comfy chair near a window, a small side table for your cup of tea and a shelf or basket of books within arm's reach is all you need to invite more reading into your routine. Add a good lamp and a soft throw for winter evenings, and a rule that the phone stays elsewhere. You don't have to hunt for your glasses, clear a space to sit, or find somewhere to put your drink before you can settle in. Better yet, you're creating a space with no other purpose — it's not the couch where you also watch television, the kitchen table where the mail accumulates, or even the bed you sleep in. A space solely for reading signals to your brain that this is where you come to slow down.

The craft room (or corner)

Creative hobbies have one major downside: the set up. When your sewing machine, paints or half-finished projects are stored in a cupboard, getting started feels harder than it should. On a busy day, it's easy to tell yourself you'll do it tomorrow — do that enough, and suddenly it's been months since you spent time on something you really love. A dedicated craft space solves this. With the right set up, the project that's out and waiting for you is the one that actually gets finished — whether you sew, paint, knit, scrapbook or make jewellery or cards.



The kitchen

There's a version of cooking that's purely functional, and then there's the other kind: an onion slowly caramelising, a stock that's been simmering since morning, pastry rested and rolled by hand. That kind of cooking doesn't just require time, but also a kitchen that invites you in rather than frustrates you. When your pantry is stocked, your knives are sharp, your pots and pans are easy to access, and your bench has room to work, the idea of spending a slow afternoon in the kitchen feels indulgent — not overwhelming.

The garden

A garden, even a modest one, operates on its own schedule — and the more time you spend in it, the more you'll find yourself adjusting to its pace. A well-set-up outdoor space makes it easier to pick up where you left off: good tools stored somewhere accessible, a comfortable spot to sit, raised beds that don't punish your back, clear paths between plantings — these small, practical details can make a big difference. For those with a smaller outdoor space (or a less established green thumb), a patio garden of pots and planters offers the same meditative quality.

The workshop

There's something about working with your hands — measuring, cutting, building, fixing — that demands your attention and crowds out everything else. But how should you set up your workshop for success? Good lighting is essential, as is organisation — tools hung or stored so you can find what you need, a dedicated workbench at the right height, a stool for longer tasks, a radio for company.

The caravan

Perhaps unsurprisingly, the slowest kind of travel also requires the most preparation. But having your caravan packed with all the essentials (non-perishables and bed linen alike), maintained and ready to go means a holiday can happen on a Tuesday morning, simply because the weather is good and the mood is right. And isn't that what your over-50s years are really all about?

Meet your neighbours.

ORIGINALLY FROM GOULBURN IN NEW SOUTH WALES, NEW HOMEOWNERS MARDI AND JIM (HOME 174) MOVED FROM ACREAGE TO COME TO PALM LAKE RESORT COOROY-NOOSA — AND WHAT A CHANGE IT HAS BEEN.

We moved from regional New South Wales to Noosa in 2008, then to Cooroy in 2022 — now, we've stepped into this next chapter. We can truly understand why so many people speak so highly of this community, and have been genuinely impressed by how welcoming and friendly everyone has been.

After many years in business and service roles, we are looking forward to slowing things down a little and getting to know more people here over time. While we are still involved in our family business, we are gradually transitioning towards this simpler, more relaxed way of life.

We have really been impressed with the leadership group and the volunteers here at Palm Lake Resort Cooroy-Noosa. Their effort and commitment play a big part in creating such a



positive and well-run community. Our caretakers' leadership clearly sets the tone, and it shows in how smoothly everything operates and how connected everyone feels.

Be sure to say a warm hello to Mardi and Jim when you see them around the resort!

Meet your neighbours.

FOR HOMEOWNERS ROSS AND KAREN (HOME 219), MOVING TO PALM LAKE RESORT COOROY-NOOSA HAS PROVIDED THE PERFECT RESPITE FROM THEIR BUSY SCHEDULES.

"We met 31 years ago when we both worked for an energy company here on the Sunshine Coast," says Karen.

At the time, Brisbane-born Ross was a sales manager (a role he had for almost 40 years) and Karen had moved from administration into a business analyst role. This promotion took her all over Australia for work.

"We married a couple of years later and lived in Buderim, then in Mountain Creek for 25 years," Ross says.

Prior to Ross's retirement in 2011, Karen was working in the financial planning industry — firstly in administration, then as a financial planner. She also partnered in a financial planning business, which was sold in 2020.

Nowadays, Karen works part time as a clinic manager for a naturopath, as well as volunteering at Buderim Private Hospital. In her downtime, she enjoys yoga, gardening and keeping busy, while Ross loves music, NRL, motorsports and a beer or two.

"We have enjoyed several overseas trips and are looking forward to our next one — to Spain and Portugal — later this



year," says Karen.

As for how they came to Palm Lake Resort Cooroy-Noosa, Ross says it was (almost) love at first sight.

"Our long-term friends Stuart and Sue (Home 41) introduced us to Palm Lake Resort, first as visitors, then as house sitters," he says. "After our first stint as house sitters, we decided to sell our Mountain Creek home and enjoy what Palm Lake Resort Cooroy-Noosa had to offer.

Having met so many lovely residents — both in our time as house sitters and now as owners — we are very pleased that we made the decision to call Palm Lake Resort Cooroy-Noosa home."

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


Beds
2


Bath
2


Living
1


Activity
1


Outdoor
living


Garage
2



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.



Your sales update.

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

At Palm Lake Resort Cooroy-Noosa, your Caretakers are your biggest advocates. Because we're part of the community, we understand the true value of life here better than anyone else.

This allows us to highlight the unique benefits of our resort to buyers, with a level of passion an external agent simply won't have.

Having successfully guided 13 of your neighbours through their sales, we're ready and waiting to ensure your next chapter starts with stress-free, and with a personal touch.

Thinking of selling? Pop in for a chat – we would love to help you make your transition as smooth as possible.

Alternatively, 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.

AN EVENING
WE WON'T SOON
FORGET!



Truganina bowls us over!

Our **Palm Lake Resort Truganina** bowlers delivered an outstanding performance during the most recent pennant season, achieving not one but two premierships wins, along with two runner-up finishes. Well done to everyone involved – a great team effort!



Trauma teddies go overseas.

Ladies from the **Palm Lake Resort Hervey Bay** knitting and craft group have been producing these adorable 'trauma teddies' for the local Urangan Branch of the QCWA. The best part? The teddies have been sent to Indonesia, so that they can be distributed among flood-affected children.

Le dîner en blanc.

Over a year ago, the **Palm Lake Resort Forster Lakes** community was deeply moved by the story of a young boy's brave battle with brain cancer – especially since the young boy's grandparents call the resort home. Immediately, one question was on everyone's lips: 'Le Dîner en Blanc' (a "White Dinner"). The global phenomenon began in Paris in 1988, but has since spread across 85 cities – and now, Palm Lake Resort Forster Lakes.

The 'White Dinner Working Group' spent months planning how to bring their vision to life, holding top-secret meetings to plan every last detail, right down to the elaborate white tablescapes. Without those dedicated volunteers crafting floral arrangements, managing entertainment and handling set up and pack down, the night couldn't have taken place – nor been so successful.

When the night of the dinner finally arrived, it was more than just a visual spectacle – it was a show of community. Homeowners came together, forging new friendships and strengthening existing ones, and all for an excellent cause.

The night was an overwhelming success, and now a new question is being asked: "When is the next one?".

We look forward to seeing this become a much-anticipated tradition, not just to come together as a resort, but to support the grandchildren and families within our special community.



Living the high life.

Our homeowners love living in luxury – and having a laugh! At **Palm Lake Resort Carindale**, a newly-created lounge area has quickly been dubbed 'The Qantas Lounge', and homeowners love using it for downtime, church group and coffee catch-ups. One talented homeowner has even created a wooden sign! Meanwhile, at **Palm Lake Resort Yamba**, homeowners have established an exclusive 'corporate box' (dubbed Bay 13, just like at the Melbourne Cricket Ground), and it's the perfect place to watch pickleball games on the new court.



Cooking for a cause.

Our **Palm Lake Resort Bargara** homeowners regularly join forces with the QCWA Bundaberg Branch members to cook for those in need – and have a lot of fun in the process! Recently, on one day alone, the group cooked enough lasagne and cottage pie to serve 174 people. Thanks for caring for your community, one meal at a time!

Friendly rivalry.

There's nothing quite like a bit of friendly competition to bring Palm Lake Resort communities together – and four of our locations have been doing just that!

Palm Lake Resorts Beachmere Sands and **Beachmere Bay** went head-to-head in their bi-annual intervillage lawn bowls competition on March 29. Despite a windy lead-up, the day delivered fine conditions and plenty of entertaining play. Beachmere Bay took home the win, but both teams could put aside their rivalry to celebrate together over burgers and a cold beer in The Sands clubhouse. Rumour has it The Sands are already sharpening up for the next round – watch this space!

Meanwhile, **Palm Lake Resorts Tea Gardens** and **Forster Lakes** teed off in their annual golf challenge. The tournament is played across four games using the Stableford scoring system – and this was the first. Forster Lakes claimed the day's honours, with a combined score of 230 points to Tea Gardens' 218. Jo Nolan of Forster Lakes was the standout individual performer with an impressive 41 points. The next round is set for Hawks Nest Golf Club on July 20.



We love our staff!

The **Palm Lake Resort Toowoomba** Social Committee put on a morning tea on behalf of all the homeowners to show their appreciation for their staff – much to everyone's delight! Homeowner Leanne Day put together a wonderful slideshow of images of the resort, and performed some songs to compliment them.

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**



Your happy place.



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

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