

The Essence



Plan a trip using animal instincts

Capitalise on our country's incredible array of fauna when planning your next adventure

Pretty in pink, for a cause

Our recent fundraising event turned our Pavilion into a sea of pink - for good!

Over the back fence

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



Welcome.

Welcome to the November-December issue of the Essence. As we approach the end of the year, there's a shared excitement, a tangible joy that signals one thing: Christmas is approaching.

The very mention of the word evokes images of twinkling lights, festive decorations, and the delicious smell of holiday treats.

I think for Jon and I, it's a timely reminder to slow down, connect with loved ones and reflect on the blessings we enjoy. There's something undeniably special about the Christmas season that surpasses gifts and decorations.

As I look back over the past 12 months and ponder on what makes our resort so special, I instantly think about the people who call this place home. I am reminded that the community of homeowners we have here is exceptional – it's you, the fun-loving, active people who really add 'the essence' to over-50's resort-style living.

I encourage you to continue to 'live your best life', enjoying all that's on offer here and taking advantage of every opportunity. After all, we are not promised tomorrow.

Here's to the days ahead, anticipating another great year! As you celebrate Christmas with your family and friends, we hope it's joyful, meaningful, and peaceful.

Merry Christmas from our family to yours,

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!

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News in brief.



Special presentation

On Friday October 17, MP Llew O'Brien visited us to present an Australian flag to our resort.

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
5pm 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)



Seeing green

In September, twenty one of our bowlers travelled down to Palm Lake Resort Caloundra Cay for our half-yearly inter-resort bowls cup challenge at their resort.

We left here three players short due to last minute unforeseen circumstances, so Caloundra kindly loaned us three very capable players to fill in. After the first ten ends, played prior to a magnificent lunch supplied by the Caloundra crew, we finished 5 points ahead – which was

a great result for us.

I'm not sure if we should blame the beautiful lunch or the gun teams they put up for the afternoon match, but we were beaten overall 154 to 147 (just 7 points!). That means Caloundra keeps the cup this time, and we look forward to the return match here next year.

Thank you to the Caloundra bowlers, and a big thank you to our crew, too!

Cheers,
Brian (Home 189)

3pm Badminton 4.30pm Bar opens 6pm Homeowners' dinner 6.45pm Table tennis 7pm Cards (Pavilion)	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)
WEDNESDAY 8am Table tennis (Pavilion) 8am-10am Croquet (tennis courts) 8.30am Bus shopping trip 9am Social table tennis (Pavilion) 1pm Mah-jong (Library), Board games (Pavilion) 1.20pm Lawn bowls 1.30-3pm Line dancing 3.30pm-4pm Dance fitness 5pm Pickleball 6.30pm Lawn bowls	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
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	SUNDAY 7.30am Social tennis 9am-12pm Social lawn bowls 1pm Board games 3pm Croquet (tennis courts) 7pm Movie night (first Sunday/month)

TENNIS WILL
START AT
7AM FROM
OCTOBER



Pink was the colour of our pavilion...

WHAT A BEAUTIFUL SIGHT IT WAS – A SEA OF PINK FILLED THE PAVILION AS AROUND 70 RESIDENTS GATHERED FOR A SPECIAL MORNING TEA.

The event was held to raise money for the McGrath Foundation, which provides breast cancer support and education. Thanks to everyone's generosity, we raised an impressive \$1,152!

A big thank you to the "Binnies" for providing the tea and treats, the sewing ladies for making all the wonderful food, Margaret for her marvellous music, and of course everyone who came along and supported this wonderful cause.

Congratulations also to the winners of our costume competition. The Brightest Dressed was Wayne Mollah, and the best Dressed was Shirley Akers.

Yvonne Pattinson (Home 87)



We like to move it!

When the first residents moved into their new Palm Lake Resort homes, it didn't take long for a question to arise – how best to stay fit and make the most of their beautiful new surroundings?

For some, the state-of-the-art Milon Gym quickly became part of their daily routine. Others preferred to take their exercise outdoors, forming walking groups that explored the local neighbourhood and nearby shops. Before long, aqua aerobics classes were making a splash in the resort's spacious pool, bringing fun and fitness together in equal measure.

Then came chair yoga – introduced by instructor Amanda Boreham. At first, six eager residents signed up, gathering in the craft room to learn gentle stretches and seated movements designed to build flexibility and balance. As more people moved in and word spread, the group grew rapidly. Those with previous yoga experience encouraged Amanda to expand into mat classes, and before long, the Bowls Club became their new home. Now, our Rec Room is the perfect space for our flourishing community of yogis.

Today, a range of fitness activities keeps residents moving and connected. Alongside mat and chair yoga, regular exercise groups meet each week, while classes in Tai Chi and Qigong offer calm, mindful ways to stay healthy – body and soul.



Raise a glass.

On Saturday September 20, our homeowners were treated to a fantastic cocktail party, complete with entertainment from the band, the Claptomaniacs, and delicious finger foods supplied by our hard-working Social Committee.

Like last year, it was a marvellous night with over 100 guests dressed in their finery and prizes for the best dressed. Thank you to those who made it so special!



Animal instincts.

PERHAPS MORE THAN OUR BEACHES, OUR SLANG WORDS OR OUR ACCENT, HERE IN AUSTRALIA, WE'RE BEST KNOWN FOR OUR ANIMALS. BUT THERE'S MORE TO OUR FAUNA THAN JUST KANGAROOS AND KOALAS. WE KNOW PALM LAKE RESORT HOMEOWNERS LOVE TO TRAVEL, SO GO WILD WITH THESE AUSSIE ANIMAL ENCOUNTER IDEAS.

Quokkas of Rottnest Island

Unofficially dubbed the 'world's most photogenic animal', the quokka is the small macropod with a big Instagram presence (there are 380,000 posts under the '#quokka' hashtag and counting!). A vulnerable species, they can only be found in a small area of southwestern Australia – most notably, Rottnest Island. This small island off Perth annually draws over 750,000 visitors, all vying for the ultimate souvenir: a quokka selfie.

Whale sharks of Ningaloo Reef

Is it a whale, is it a shark? Technically, it's a fish – the largest living fish species, to be precise. Though whale sharks can be found in other corners of the world, like the Philippines, Galapagos and even Mexico, Western Australia's Ningaloo Reef boasts the highest rate of whale shark numbers and the best accessibility, meaning it's the best place to find these gentle giants close to home.

Crocodiles of Kakadu

Did you know that the Northern Territory is home to the world's largest wild crocodile population? Experts estimate there are around 100,000, which means there are plenty of places to spot them in the wild – Kakadu National Park included. For a heart-racing, blood-pumping croc spotting experience, look no further than a crocodile cruise on the Adelaide River. The cooler months of June, July and August are the best time to see them, when they make their way to the shore to bask in the sun. Our tip: Scared of encountering these prehistoric beasts in the wild? A trip to Australia Zoo's Crocoseum is the next best thing.

Penguins and seals of Phillip Island

Just over two hours from Melbourne by car, Phillip Island is home to the world's largest colony of 'little penguins' (as well as a Palm Lake Resort!). The smallest penguin species, these flightless seabirds are also known as fairy penguins and are best spotted during a 'Penguin Parade'. The best part? They're not the only animals you can spot on the island. At the appropriately named Seal Rocks, you'll also find Australia's largest colony of fur seals – and a boat cruise is one of the best ways to see them.

Wombats of Tasmania

Did you know that a group of wombats is called a 'wisdom'? Or that Tasmania is one of the best places to spot them? From Maria Island to Cradle Mountain, wombats abound on the

island state. While they are a slightly different sub-species to those found on the mainland, don't worry – they're just as round and adorable as you'd imagine. On Flinders Island, for example, they're blonder than most. Perhaps it's all the time they're spending at the beach?

Sealife of the Great Barrier Reef

African safaris have 'the big five' – on the Great Barrier Reef, they have the 'great eight'. Next time you're snorkelling around Lady Elliot Island, Heron Island or the Ribbon Reefs, keep an eye out for the following marine animals: clownfish, giant clams, manta rays, Maori wrasse (behold their 'puppy-like behaviour'), the friendly potato cod, turtles, whales, and over 50 species of sharks (don't worry – some are less dangerous than others).

Dingoes of K'gari (Fraser Island)

Unlike much of the country, dingoes in Queensland's national parks are protected as a native species – especially on K'gari, where they have had few chances to crossbreed with domestic and feral dogs. As a result, K'gari is home to around 200 dingoes – all protected, all 'pure strain' (or purer than anywhere else in the country). While it's beautiful to behold their distinctive golden coat and cute white 'socks', it's important you keep your distance. You're visiting their home, after all.

Cassowaries of the Daintree

Named for the Papuan phrase 'kasu weri' (meaning horned head), the southern cassowary is the third tallest, second heaviest living bird – and, some say, the most dangerous. They're most often spotted in North Queensland – in fact, the Daintree Rainforest is in the heart of a 'cassowary corridor', and you'll likely see them from the moment you arrive at the visitors centre. Just be sure to keep your distance – their vivid colouring belies their aggression if provoked.

Camels of Uluru

Sure, they're not technically an Australian animal, but navigating the Red Centre atop a camel is one of the most memorable outback experiences you can have. After being introduced in the 18th century as working animals, they were released into the wild in the early 20th century – only to become pests. Now, responsible camel tour providers are putting them to work once again, leading 'camel trains' around the desert.



Eyes to the skies.

AUSTRALIA IS A BIRDWATCHER'S PARADISE, HOME TO MORE THAN 800 SPECIES. HERE ARE NINE OF THE MOST ELUSIVE AND ICONIC TO KEEP AN EYE OUT FOR WHILE YOU'RE ON YOUR NEXT TRAVEL ADVENTURE - OR FOR SOME LUCKY PALM LAKE RESORT HOMEOWNERS YOU JUST MIGHT SPY ONE IN YOUR OWN BACKYARD!

SUPERB LYREBIRD: Australia's ultimate mimic, the Superb Lyrebird can imitate everything from chainsaws to car alarms. Look (and listen) for them in the temperate rainforests where males fan their ornate tails in dazzling displays – particularly the Blue Mountains and Dandenong Ranges.

GLOSSY BLACK-COCKATOO: Smaller and rarer than their rowdy yellow-tailed cousins, these shy seed-crackers feed almost exclusively on casuarina cones. They're usually seen in pairs or small family groups among the coastal forests of Queensland, New South Wales and South Australia – including Noosa National Park and Kangaroo Island.

REGENT HONEYEATER: Once common across eastern woodlands, this critically endangered beauty now numbers fewer than 300. Its bold yellow-and-black plumage makes it a breathtaking sight when it appears among the eucalypts of the Capertee Valley and Chiltern–Mt Pilot National Park.

RAINBOW LORIKEET: Vibrant, noisy and impossible to ignore, Rainbow Lorikeets might be common along the coast, but their riot of colour and constant chatter make them one of Australia's most recognisable icons.

AUSTRALIAN KING PARROT: With their striking scarlet chests and emerald wings, King Parrots frequent forested areas and mountain trails and often appear in pairs or small flocks. Keep an eye out in eastern Australia, from Cooktown to Melbourne – especially Lamington National Park and the Otways.

PINK ROBIN: Small, shy and perfectly pastel, the Pink Robin is a cold-climate dweller best found flitting through the shadows of temperate rainforests. When in Tasmania, Victoria and the NSW highlands (including Wilsons Promontory), look up!

BLACK-BREASTED BUTTONQUAIL: A ground-dwelling phantom of the subtropics, this elusive bird leaves its tell-tale feeding "platelets" on the forest floor. Spot them in the vine scrub near Gympie and the Scenic Rim.

PALM COCKATOO: Among the world's largest and most charismatic parrots, the Palm Cockatoo uses sticks as drumsticks to court a mate, making it one of nature's great performers. They mostly reside throughout Cape York Peninsula.

AUSTRALIAN FAIRY TERN: Australia's smallest tern is a rare beach-nesting species that breeds along the southern coastline, its delicate form darting over the turquoise shallows of Western Australia and South Australia.



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 156 - POA



Resort living at its best.

Featuring high ceilings and wide entry that enhances the sense of openness, creating an inviting atmosphere from the moment you walk inside. There are 2 bedrooms, with built-in robes and a large multi-purpose room, two generous bathrooms, with a bathtub and separate shower located in the ensuite. The main bedroom opens onto an alfresco area.

Adorned with luxurious stone benchtop is the kitchen, big enough for the whole family to gather around and prepare the meal of the day with the dining & lounge rooms sharing the same open living space. Storage galore throughout the kitchen with soft close drawers and roll-out shelves. You will also find a separate office/bar nook.



Your sales update.

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

As caretakers of our wonderful over-50's lifestyle resort, we're more than just familiar faces - we're truly part of the fabric of this community. That's why, when it comes time to sell, there's no better choice than working with someone who knows your home, your lifestyle, and what makes living here so special.

Since December 2024, we've proudly helped nine of our neighbours sell their properties, guiding them smoothly through the process with care, insight and personal attention. Because we live and work here every day, we understand exactly how to highlight the unique benefits of our resort to buyers, helping achieve the best possible results.

If you're considering selling, now or in the future, please come and have a friendly chat with us. We'd love to talk about how we can make the next chapter of your journey as seamless and rewarding as possible.

For more information about buying into our resort, phone 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. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW 'FAMILY MEMBERS' HAVE BEEN UP TO - WHETHER JOINING FORCES TO DO GOOD IN THE COMMUNITY OR JOINING FORCES FOR FUN!

Our Bargara homeowners prove themselves charity champions

BARGARA
RAISES
\$250,000 FOR
CHARITY!

Palm Lake Resort Bargara again this year proved their passion for worthy charitable causes, raising another \$28,500 for Relay for Life. This effort takes the resort's total figure raised for the annual Cancer Council Queensland event to an incredible \$250,000!

Palm Lake Resort Bargara's team, "Young at Heart", was proud to see previous team member Ron Myler named the 2025 Relay For Life Patron. Ron was the driving force behind this resort's involvement with the Cancer Council after himself suffering cancer. Bundaberg and Fraser Coast Relay for Life chair Harrison Titmarsh said having such dedicated team return year after year was really meaningful.

"It shows an incredible level of commitment and passion, not only for the event but also for the purpose as to why we Relay For Life," Harrison said.

"As Chair, I am incredibly grateful to have them join us year after year, they are simply amazing at what they do."

Harrison said our resort's passion, commitment, dedication and determination for raising funds for Cancer Council was simply incredible.

"This team inspires myself to do even more fundraisers to raise vital funds for Cancer Council Queensland," he said. "As someone who has been touched by cancer twice in their life. I've seen firsthand the strength it takes to keep fighting. It's so important to raise much needed funds

for Cancer Council Queensland so they can continue research, early prevention and cancer support services.

As Harrison pointed out, and Palm Lake Resort Bargara homeowners agree, Relay For Life injects fun into what we all know as "an evil disease".

"(Our team) certainly give everyone a run for their money with how well they do and they should be incredibly proud of themselves. The Young at Heart team fundraises 365 days of the year, they have turned fundraising into a full-time sport and trust us, they're in 'relay' good shape!"



Pictured above: Ron Myler, Relay for Life team member Bernice Davis and Relay for Life chair Harrison Titmarsh, as they appeared in the Bundaberg Today newspaper.



Bowlers converge on Roma

A long-standing tradition among a group of dedicated Palm Lake Resort bowlers sees teams converge on a regional town for a few days of greens action. This year, the inter-resort bowling competition hit Roma, which is about 5.5 hours west of Brisbane along the Warrego Highway. Players travelled from Palm Lake Resorts Upper Coomera, Hervey Bay, Bargara and Beachmere Bay for the event. While the point of the event is a bowls tournament, we can tell you that the main attraction is the social connection, with bowlers (and many tag-along non-bowling friends) meeting up with homeowners from fellow Palm Lake Resorts.



The Cup stops by

Check out the special visitor that stopped by Palm Lake Resort Truganina recently - the 2025 Lexus Melbourne Cup! It's an iconic piece of Aussie sporting history and our team was thrilled to have it in their (gloved) hands while it was on its annual Melbourne Cup tour. Giddyup!

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**

Tasty Tea Gardens tradition

Each year, as the resort cumquats ripen, a group of dedicated Palm Lake Resort Tea Gardens residents roll up their sleeves, gather in the resort kitchen and turn baskets of fruit into jars of golden jam. Jam making has become more than just a seasonal event; it's a highlight on the Palm Lake Resort calendar! There's always laughter, plenty of taste-testing and, of course, a delicious reward at the end. Best of all, the jars are shared far and wide, bringing a little homemade joy to residents and visitors alike. Such a special resort tradition that we all think is fab!



Collection makes cents

Palm Lake Resort Deception Bay homeowners Pete and Jenny report that they've collected 23,689 containers for recycling so far this year! That means \$2328.90 has gone to Farm Angels, their chosen charity. Farm Angels provides support to outback communities facing fire, flood, plagues, droughts and other calamities. Pete and Jenny say it's surprising how much their collections vary month to month. "In the warmer months, December to March, we get \$75 to \$80 a week - sometimes over \$100," they say. "It's a good job we have a large SUV to squeeze all the bags in!" Last year the pair raised \$4000 for the year by collecting and recycling cans. Let's hope the Deception Bay community helps to get this very dedicated pair to their same target again this year.



65 years of love!

Palm Lake Resort Hervey Bay homeowners Les and Anita enjoyed a lovely resort celebration to mark their 65th Wedding Anniversary recently. What a wonderful milestone!

Connections, for life.



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