

SEPTEMBER - OCTOBER 2025



The Essence



Mad Hatters tea party

Catch up on all the fun our 'Binnies' had at their latest morning tea get-together

Find your perfect pet

Meet five small, loveable dog breeds that will thrive in your Palm Lake Resort home

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for fast cash



***Pictured:** Our Rec Club - the perfect place to spend time with neighbours, or just enjoy the afternoon sun!*

Welcome.

After months of cold temperatures - which left many of us feeling the ‘winter blues’ - spring is finally here! That means longer days, shorter nights and warmer weather, and we can't wait. There's something about the sunlight that lifts the mood, making us feel more energetic, don't you think?

Life here at Palm Lake Resort Cooroy-Noosa is always eventful! We've had some fantastic social events recently, from Father's Day celebrations to cocktail parties, and of course our very popular band nights.

It's been great to see so many of our homeowners joining in and appreciating all that's on offer here. Our busy social calendar is just one of the wonderful parts about living in a community like ours.

Again, we'd like to take a moment to acknowledge all our amazing volunteers. It's so encouraging to see you getting involved and stepping up to help – you are valued! Through your time, effort and dedication, you are helping to build a stronger, more connected community, and the events you put together are a big part of what makes living here so special.

In closing, I'm aware we have celebrated some significant birthdays and anniversaries lately. Congratulations! You are an inspiration to us all, and we hope you enjoy many more.

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 (@pall.lake.resort)

News in brief.

Happy Hour

No matter what you call it – beer o'clock, wine o'clock, afternoon drinks – Happy Hour is that magical time at the end of the week when we get together with our fellow homeowners to relax, enjoy a drink and socialise. Not that we need any excuse to socialise... We do that very well!

If you're new and haven't yet experienced Happy Hour, we encourage you to come down every Friday from 4:30pm onwards. It's a great way to connect with others and if you're lucky, you might win the "Happy Hour draw", which jackpots until someone claims the prize, but you've got to be there to win it!

Residents, to the rescue!

Have you heard of Residents to the Rescue (R2R)? They're a group of residents who have offered to help with any difficulties you may encounter. Whether it's providing a lift to medical appointments, putting you in touch with tradespeople, helping you know about care agencies, assisting with computer problems or providing company for lonely people, we are on hand to make sure you feel secure and happy in our resort.

We have over 20 volunteers who help with incidental problems that occur here, and several attend monthly meetings to keep up to date with requests. The list of volunteers according to home numbers is on the noticeboard, so you can contact someone directly. If you would like to join R2R, we meet in the library on the third Wednesday of each month at 10:30am.

On the first Wednesday of each month, we usually invite a speaker with information that could be relevant to our age-group. These presentations are the result of residents asking for or



suggesting advice on particular topics.

Residents to the Rescue has completed folders of relevant local groups, professionals and organisations that can provide services as we adjust to aging. This is in the library for reference – please ask Janet for assistance.

Mobility and health aids are also available to borrow from people who live in our resort. Some things have been used for periods of recuperation at home and no longer needed. There are also items, such as high chairs and car seats, available for grandparents who may have grandchildren visiting.

If you're interested, or you have something to loan, please phone Sue (Home 7). **For other enquires**, contact Kathy (Home 67), Jill (Home 65), Chris (Home 81) or Suzanne (Home 22).

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)

- 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
- 5pm 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)

**TENNIS WILL
START AT
7AM FROM
OCTOBER**



Congratulations, Nina!



We're all mad here!

OUR HOMEOWNERS WENT ALL OUT FOR OUR LATEST 'BINNIES' MORNING TEA, GETTING INTO THE SPIRIT WITH A 'MAD HATTER'S TEA PARTY'.

Everyone donned their crazy and colourful creations, sharing much laughter (and delicious treats) throughout the morning.

A special congratulations to Nina, who won the prize for the fanciest hat. Well deserved!



Gone golfing.

The very happy group of Palm Lake Resort Cooroy-Noosa residents pictured above is our social golf group - emphasis on the 'social'. We are all about fellowship, companionship, supporting each other, and having fun. Of course, everyone loves to play well, but no one worries if they don't.

As you get older, happiness on a golf course is playing a few good holes and some good shots – and seeing your companions doing the same. Enjoying the day is far more important.

It follows naturally that all players, of all standards, are welcome. Players always have the choice of playing either 9 or 18 holes. We play on a variety of courses including both full course and par 3 courses.

As one player remarked, social golf days are something to look forward to. The social part is fun, the golf gives us some good exercise, and the companionship is relaxing. All of this is good for us as we get older. We always make sure that carts are available, so no one has to walk the course unless they choose to do so. To extend the social aspect, we always have lunch as a group after we finish our game. Some courses have wonderful catering facilities.

Just to make the day easier and even more relaxing, we use the Palm Lake Resort bus for transport. We pick you and your clubs up from your home and drop you back when we get back to Palm Lake Resort Cooroy-Noosa. What service!

Anyone who wishes to have an enjoyable, social day is most welcome. If you want more information, please contact Brian (Home 61).

Breaking news! We are planning to organise some regular sessions in our own simulator to extend social golf (not replace our on-course games) and give everyone the chance to learn how to use the simulator. Stay tuned!

Artist in residence.

I have a life-long commitment to art and enjoy painting with all mediums, though I specialise in oils, watercolours and pastels.

Something of a realist, I like to record what I see as it is, so that others may get to enjoy the same beauty that is before me.

I studied art from the age of eight and later qualified as an Art teacher. I am very appreciative of the training I received at the South Australian School of Art.

Over the ensuing years I became well known for my diversified repertoire of artworks, from landscapes to portraits. In my heyday, I taught at Adelaide's prestigious Wilderness School and St Mary's College.

Later on in life, I taught at the International School in Papua New Guinea and was commissioned to design and paint murals for prominent hotels and businesses.

After 40 years of teaching art, retirement now offers me the time to do more of my own thing. I continue to paint in my home studio, painting and making cards for gifts.

Laurie Bigg (Home 20)



Meet your neighbours...

THIS IS OUR REGULAR SERIES ON THE PEOPLE WHO MAKE UP THE RICH FABRIC OF THIS WONDERFUL COMMUNITY WE ALL CALL HOME...



GARY AND HELEN (HOME 77)

We moved into the resort at the end of June, and have settled in very well - thanks to everyone making us feel welcome.

Originally from Sunbury in Melbourne, we moved to Tewantin in 2019 - after Gary retired from his 24-year career with Victoria Police - to be closer to our son and his family in Noosaville.

The move to Palm Lake Resort was our way of escaping the ongoing maintenance on a block with trees and a large pool!

Gary is a passionate Western Bulldogs AFL fan and proud owner of a 1973 Mini, while I (Helen) am right at home in the sewing room and kitchen. I'm still busy sewing for a couple of shops in Melbourne.

We enjoy trips away in our Jurgens caravan and love the caravan facilities here. We are enjoying all the social activities and look forward to meeting everyone!



CHARMAINE PEARCE (HOME 13)

I moved to Melbourne from Sri Lanka as a teenager with my family, and I thoroughly enjoyed growing up there and building a life in such a vibrant city. However, when it came time to retire, I was ready for a warmer climate. My son was already living on the Sunshine Coast, and my daughter and her young family were also eager to make the move. So, in 2021, my daughter's family and I relocated together.

I spent the last four years living in Lake MacDonald before selling and purchasing my new home here at Palm Lake Resort Cooroy-Noosa. From the moment I arrived, I have been truly overwhelmed, in the best way, by the warm and welcoming community. I'm loving my time here! I've been able to dedicate more time to my favourite hobbies: reading, walking, yoga and gardening. I've really enjoyed becoming part of the community and meeting so many wonderful new people.

I should also mention, please don't be offended if it takes me a moment to remember your name when we cross paths. I've always struggled a little with facial recognition, and with so many lovely new faces here at Palm Lake Resort, I sometimes feel a bit overwhelmed. But I'm always happy to stop for a chat!



Hip, hip, hooray!

One of our homeowners, John, celebrated his 89th birthday at one of our recent dinners, and was joined by several of his friends and neighbours!



In the dog house.

DOWNSIZERS DON'T TYPICALLY MOVE TO PALM LAKE RESORT WITH CHILDREN IN TOW, BUT FUR CHILDREN ARE A WHOLE OTHER STORY – WHICH IS WHY SO MANY OF OUR RESORTS ARE DESIGNED WITH PETS IN MIND. THINKING OF ADDING A FOUR-LEGGED FRIEND TO YOUR FAMILY? HERE ARE SOME POPULAR BREEDS THAT THRIVE IN RESORT LIFE.

Dachshunds

Affectionately known as 'Daccys' (and properly pronounced "Darks-hund"), Dachshunds are energetic, lovable and loyal – making them the perfect companion for over-50s. They're playful and intelligent, with moderate exercise needs that suit a home with a small backyard and daily walks. While their short coats shed a little, their bright personalities more than make up for it. Be prepared for the occasional bark – these little watchdogs love to keep an eye on things.

Cavalier King Charles Spaniel

Small, gentle and oh-so-regal, Cavaliers are bred for companionship. Their even temper makes them a delight around people of all ages, while their adaptable nature means they're just as happy joining you on a walk as they are curling up on the couch. They descend from sporting breeds, so they'll also enjoy some outdoor playtime, but never at the expense of snuggles.

Yorkshire Terrier

The Yorkshire Terrier, or 'Yorkie,' is pint-sized with a big personality. Friendly and sociable, they generally get along well with people and other pets, making them ideal for social owners who love a trip to the dog park as much as their doggos do as well! Despite their energy, Yorkies are content with short walks and play in a small backyard. And here's a bonus – their forever-young looks mean they'll resemble a puppy well into adulthood.

Boston Terrier

Often mistaken for the French Bulldog, the Boston Terrier is instantly recognisable by its "tuxedo" coat, round eyes and perky ears. Intelligent and lively, this breed thrives on active play such as ball games or agility training. They can become restless if left alone for too long, so they're best suited to owners who are home often. One look into those expressive eyes, though, and you'll be smitten.

Maltese

Elegant yet playful, the Maltese is as sweet as they look. Their small size is perfect for compact yards or indoor living, while their low-shedding, hypoallergenic coat makes them a popular choice for many families. Don't let the fluffy white coat fool you – this breed loves a run in the garden, a stroll around the resort ground and a visit to the dog park - and plenty of affection in between.

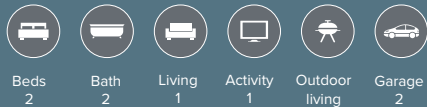
At Palm Lake Resort, we know how important pets are to family life. That's why our homes are thoughtfully designed with small, enclosed backyards – ideal for safe play and exercise. And in many of our communities, you'll even find dedicated off-leash parks where your four-legged friend can run, play and socialise too (and if not, there's likely an off-leash park or dog beach very close by!).

Whether you're after a loyal lap dog or a lively walking buddy, there's a breed to suit. Ask your Palm Lake Resort neighbours for their recommendations!

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 68 - \$990,000



UNDER OFFER



Delightful, well positioned.

Two bedrooms, an activity room/office, two bathrooms, a double garage, Smeg appliances and ducted air-conditioning are just some of the inviting features of this beautiful home. The gourmet kitchen is adorned with top-of-the-line Smeg appliances that are as stylish as they are functional. Whether you're preparing a quick meal or hosting a party, the kitchen's sleek cabinetry and stone benches will inspire your next culinary adventure.

A spacious open-plan living and dining room opens out onto a covered, tiled alfresco area with the added bonus of a second, grassed and concrete outdoor living area. The master bedroom has a walk-in robe and an ensuite with double vanities and ample storage.



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.

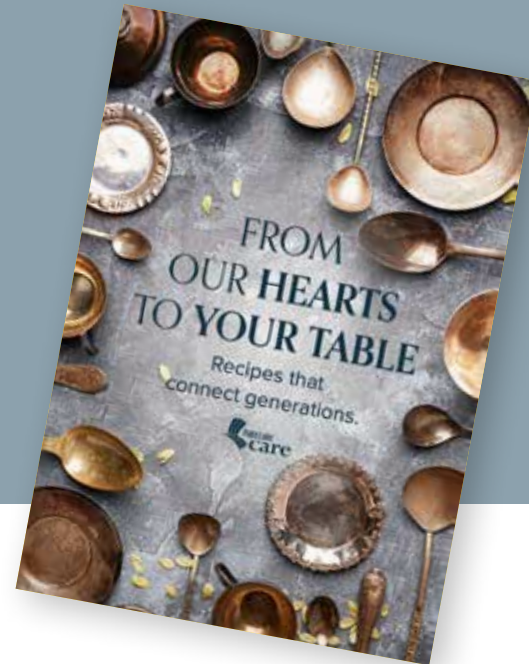
THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW 'FAMILY MEMBERS' HAVE BEEN UP TO - WHETHER JOINING FORCES TO DO GOOD IN THE COMMUNITY OR JOINING FORCES FOR FUN!

Care cookbook shares the culinary love

Palm Lake Resort's sister company, Palm Lake Care, has just published a lovely commemorative cookbook, "From our hearts to your table", filled with special family recipes gratefully shared by residents and various team members. It was quite a lengthy process collecting all the special 'ingredients' for the 52-page cookbook, but now it's time for this highly anticipated project to be plated up and served to our excited community.

"Here we share a passion for food and use it as a bridge to connect generations, cultures and cherished moments," the book's production team members state, in the Foreword. "We're engaging residents and employees by celebrating their culinary memories, personal tastes and shared traditions. This cookbook turns mealtime into a meaningful experience, filled with flavours that comfort, inspire and bring back fond memories of home and childhood."

Every recipe reproduced in the book comes complete with a photo of the recipe's owner and the story as to why their particular recipe is so meaningful to them. For example, Palm Lake Care Deception Bay resident Johanne Visser shared his recipe for Traditional African Oxtail Stew. Johanne says this recipe was passed through three generations of his family. Children within the village where he lived would all bring the ingredients to his door and beg Johanne's wife to make this stew for them - and she'd happily oblige. Palm Lake Care Bethania resident Helen Jutte also shared a recipe that took her back to her childhood. She described her 'Dutch Stampot with Rookworst' as "One dish and a thousand memories".



"When I was 13, I moved to Holland to live with my grandmother on a farm filled with animals - even a cow that lived inside the house!" Helen recalls.

"She introduced me to new foods like Stampot Boerenkool, which we'd enjoy in winter with sausage, always saying 'Eet lekker!' which translated to 'eat well'. This dish still brings back warm memories of my time on the farm."

Palm Lake Care Bethania Service Manager Bernice Cowley shared her recipe for Malva Pudding - a beloved South African dessert, rich in nostalgia and flavour served warm and best enjoyed with custard, cream or ice cream. And our Chief Operating Officer Trish Heke's humble Cheesy Scones also got the call up!

"Making a fresh batch of scones is a tradition in my family, and while the recipe has had a modern twist put on it, the meaning remains - they are a treat from the heart," Trish smiles.

"My great grandmother made fresh scones for family when they visited. It was viewed as an honour to both serve and be served, always with a pot of tea. Naturally, I have taught my family to make them but... it still seems to fall to me to produce a batch. The team at Central Support Office don't mind when I bring some in either!"

Copies of the "From our hearts to your table" recipe book are just \$20 each. To purchase your copy, simply stop by the Reception desk of your closest Palm Lake Care community (see palllakecare.com.au for contact details).

Ian walks for charity



Palm Lake Resort Cooroy-Noosa homeowner Ian Bates has collected close to \$5000 and walked 114km for the 'Walk For Him' campaign, in support of prostate cancer research. "Many of us in the resort have been affected by the scourge of prostate cancer and we have lost too many good friends to it in the few years the resort has been open," Ian says. "By the end of the fundraiser, the donations I had received - both in cash and online - totalled \$4734, placing me eighth out of 1215 participants on the national leader board." Nice work, Ian!



Inter-resort good sports

Palm Lake Resort Tea Gardens homeowners joined Palm Lake Resort Forster Lakes homeowners at Palm Lake Resort Fern Bay recently, to slug it out on the tennis court all in the name of good sports. As is always the case when we bring multiple resorts together for 'sport', there was an equal amount of fun reported on the sidelines as was had on the courts. The event's hosts went above and beyond for their Palm Lake Resort 'cousins' - purchasing a heater and lots of blankets to keep the crowds warm on what shaped up to be one of the area's coldest days on record! After a few games, some of the tennis players decided it was warmer to go inside and play table tennis - luckily, Forster Lakes had four table tennis players in their midst! With a delicious soup lunch enjoyed, no one really cared what the scores on the courts ended up being! The next matches will be played at Tea Gardens at the end of October.

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**

Merran is an Aussie champ!



Palm Lake Resort Yamba homeowner Merran is the Australian Three-Day Orienteering Champion (Women's 85A). While not competing for four years due to a hip replacement and recovery from a fractured pelvis, Merran came second on Day One, first on Day Two and second on Day Three but she was ultimately fastest over the three days and took out the Australian championship. Well done, Merran!



Kindness grows, and grows

Palm Lake Resort Forster Lakes homeowners have rallied behind their local area's flood relief effort with thanks to two key charitable neighbours, Dee and Carol. The pair wanted to help via a collection drive and with the guidance of the Pacific Palms Rural Fire Service, the social media-savvy ladies put a call out to their fellow resort neighbours and were soon inundated with donations of things like food, nappies, toilet paper and animal food. With all hands on deck, they loaded up the resort bus as well as a car trailer and headed to Pacific Palms RFS (as pictured above) to sort and then deliver the haul to the Community Flood Relief Hub in Taree. Still on their charitable high some weeks later, the group heard there was additional need for clothes and bedding. They collected, sorted and labelled another trailerload that went to hubs in Taree and Wingham the following day.

Knowing their charitable efforts were really making a difference, the Forster Lakes homeowners looked for further ways to continue spreading the love. Through Pacific Palms RFS they met two families to sponsor. They worked directly with the family members to find out what exactly they needed to get their homes and even a farm back up and running - and happily obliged with more donated kitchen and household items as well as a monetary donation. After all of the effort and success, the homeowners have decided to 'adopt' the Pacific Palms RFS and have been helping to stock their fridge with meals, cakes etc for when they are out and about looking out for the rest of the local community. As Dee and Carol say, "Helping these helpers makes us feel great!". Well done to all the selfless Palm Lake Resort Forster Lakes homeowners who contributed in some way.

Home to your best years.



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

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