

NOVEMBER - DECEMBER 2024



The Tide



Fun that spans generations

Make the most of this holiday season to rediscover some childhood favourites

Giving the gift of family memories

We share tips for capturing your family's history to create meaningful gifts

Refer a friend, earn a reward

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



Welcome.

Welcome to the latest edition of 'The Tide' newsletter.

Hasn't the year flown by? Christmas is nearly upon us and that means Chef Wayne's magnificent Chrissy dinners. The resort Christmas meals will occur on Tuesday December 17 for dinner, Wednesday December 18 for lunch and Thursday December 19 for a final dinner. Wayne is promising something very special this year so keep your eye on the booking portal and the resort noticeboard for further details.

Our shared meals provide a great opportunity to meet other residents. If you're not a regular attendee, the Christmas meals present a great opportunity to get a start and become more regular. Remember, there are no meals over the Christmas/New Year period so our hardworking staff can get some much-deserved holidays. Meals will resume on Tuesday January 7.

In this, our final newsletter for 2024, we wanted to take the opportunity to reflect on the hard work that has taken place this year. Please turn to Page 4 to read more.

Before we close off, a warm thank you to our wonderful staff: Andy and Ben on the grounds, Wayne and Tania in the kitchen and our cleaner Laila. You all do a wonderful job and the resort is a better place for your efforts.

Finally, we'd like to wish all residents, their families and friends, a safe and happy Christmas and a wonderful 2025. Thanks for your ongoing support, it is much appreciated.

Until next time, stay safe and healthy,

Jo and Ron Payne
Palm Lake Resort Fern Bay Caretakers



Contact us.

Looking for more information about Palm Lake Resort Fern Bay?
Here's how you can reach us:

FREECALL: 1800 648 868

Street address:
1117 Nelson Bay Rd
Fern Bay, 2295

Office hours:
Monday to Friday (by appointment)

Email:
fernbay@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

Get social:
Follow us on Facebook
(@pallmlakeresort) and on
Instagram (@pallm.lake.resort)

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News in brief.

Four-legged friends

Palm Lake Resort understands how important pets can be in people's lives and we actively market our resorts as pet friendly. However, for the benefit and comfort of all homeowners, certain rules concerning pet ownership are in place. Initially, all pets in the resort need to be registered with the Resort Office. Your site agreement contains all the finer details in relation to this requirement and no reasonable requests have been denied.



Get social

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @pallmlakeresort
Instagram: @pallm.lake.resort

Go slow

Sometimes when we are in a hurry, we forget the limits and our speed creeps up but, for the safety of all including our wildlife, please stick to the 10km/h speed limit. Also, to those owners of bikes, buggies and motorised scooters, you also need to respect the road rules whilst moving around our resort grounds.

We want to hear from you!

Whether it's photos from a recent event or a new activity you'd like to announce, this newsletter is the perfect place to share the latest and greatest resort happenings. Ask your caretaker about deadlines for upcoming editions and how to submit content.



Refer a friend

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 a Palm Lake Resort home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.

Weekly activities list

MONDAY

10am Social bowls
1pm Sewing & Craft
1.30pm Mah Jong, Sailing
2pm Table tennis
7pm Cards 500, Snooker

TUESDAY

7.30am Kayaking (Anzac Park)
9am Craft (Paint by Numbers), Tech Savvy (third Tuesday)
9.30am Zumba
10am Forget-Me-Nots (first Tuesday)
1pm Advanced Canasta
2pm Ladies' coffee afternoon (first Tuesday)
3pm Pickleball
7.30pm Movie night

WEDNESDAY

9am Bootcamp, Workshop open
10.30am Line dancing, Aqua aerobics (bookings via Unified Health 02 6555 9607)
11am Darts
1.30pm Ladies lawn bowls
2pm Art, Tennis
7.30pm Movie night

THURSDAY

10am Forget-Me-Nots (third Thursday), Ballroom Dancing
1.15pm Tenpin bowling
1.30pm Card making, Cards & Cribbage
2pm Table tennis
3pm Social bowls, Pickleball (WLCC)

FRIDAY

8.30am Shopping bus
10.30am Line dancing
2.30pm Social Committee Information Talk (last Friday)
5pm Happy Hour

SATURDAY

9am Workshop open
1pm Advanced Canasta
2pm Social bowls, Table tennis
3pm Pickleball

SUNDAY

1.30pm Mah Jong, Knit & Natter
2pm Movies, Tennis
7pm Cards/Crazy Whist (third Sunday)



Do your friends love it here, 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!

\$250

cash bonus simply for
referring a friend!

For more info or to
refer your friend,
FREECALL
1800 648 868.
**T&Cs apply*



THE BEST IN OVER-55s LIVING. THIS IS YOUR TIME.
pallmlakeresort.com.au

Around the grounds.

HERE, RON SHARES AN UPDATE ON SOME OF THE HARD WORK THAT HAS BEEN UNDERTAKEN BY OUR TEAM THIS YEAR. IT TAKES A LOT OF TIME AND EFFORT TO KEEP OUR RESORT LOOKING THIS BEAUTIFUL!

The past year has seen some major goals kicked concerning resort infrastructure. The CCTV system has been replaced with state-of-the-art equipment, featuring twenty hi-resolution cameras and a two month recording capacity. The system is user friendly allowing easy access to all coverage points, ensuring greater security for your resort.

The cinema projector, network amplifier and set top box have all been replaced bringing the cinema up to modern standards. The internet has also been connected to the system allowing streaming capability for services such as Netflix and Disney, among others.

All chlorinators servicing the resort pools have been replaced within the past twelve months. New motors have been installed on the vehicle entry and exit gates. You will notice they operate a lot faster than the old ones. The gates, however, do a mountain of work and sometimes have entanglements with vehicles which is another issue. All in all, they do a good job.

We'd like to take this opportunity to thank the team of volunteers who have been helping out in the gardens over the past year. The resort hedges, gardens and lawns continue to grow and we would have been lost without these volunteers - especially while we only had one groundsman for nearly two months. So, thank you to Ruth, Alf and Allan for your help.

A special mention to Kym (Home 24) for her magnificent work on the hedges - thank you. Thank you also to our other volunteers; the bus drivers, those that open and close the amenities on weekends, the cinema operators, our events calendar co-ordinator, delivery lady, flag raisers, channel 104 co-ordinator, and our dance and tai-chi instructors.

This special community would be nothing without you all.



Fun that stands the test of time.

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

Movies

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

TV shows

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

Songs

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

Indoor games

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

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

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

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

Outdoor games

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

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

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

It's the season of giving... memories.



THIS FESTIVE SEASON, WHY NOT CELEBRATE THE GIFTS WE ALREADY HAVE? OUR FAMILY, OUR PAST, OUR HAPPY MEMORIES – THESE ARE THE THINGS THAT MAKE LIFE SO SPECIAL. HERE ARE A FEW WAYS YOU CAN TURN YOUR FAMILY HISTORY INTO CHERISHED GIFTS.

Handmade scrapbooks

A handmade scrapbook filled with photos, notes, and keepsakes from the past is a beautiful way to bring your family's history to life. You can curate themed pages adorned with photos, ticket stubs or mementos to reflect special memories – think family holidays, childhood memories or important milestones. Alternatively, consider a scrapbook frame to display a single page or a collection of items that tell a story. These frames can hold vintage photographs, concert tickets or handwritten letters, creating a piece of art that blends memories with home decor. A perfect solution if you're creating gifts for more than one person.

Memory books

We each have a seemingly endless well of memories, but it can be hard to recall them all on our own. Memory books are a wonderful way to share stories from our lives – and you can find them just about anywhere. Of course, there are digital alternatives, too. Websites like Storyworth allow users to answer questions about their past (including questions submitted by their friends and family members). At the end of the year, the answers are compiled into a book. These stories offer insight into family traditions, adventures and life lessons. Can you think of a better gift for the next generation?

Photo albums and books

Curating a photobook is a great way to tell a visual story. Gather up your pictures from over the years, from family vacations to simple moments at home. Many online services

offer easy-to-use templates to create beautiful albums that will be cherished for generations. For tech-savvy grandparents, digitising old photos and videos is a special touch – turning fading images into high-quality digital files that can be shared easily across devices.

Digital frames

A modern twist on a classic present, a digital frame allows you to share hundreds of photos in a rotating display. Certain frames allow you to preload a selection of family snapshots, while others can be added to remotely (via cloud technology) for a display that changes as your family does. If a picture tells a thousand words, we can't think of a better way to keep your memories alive.

Furniture with meaning

Furniture may not be the first thing that comes to mind when you think about sentimental gifts, but restoring or passing down a cherished piece can have great significance. Whether it's a rocking chair that's been used by generations or a coffee table where family game nights took place, these pieces allow memories to live on – even when the walls around them change. For a personal touch, inscribe meaningful dates or messages on the furniture, or write a letter explaining its history to your gift's recipient.

Sentimental jewellery

As some of our most treasured possessions, pieces of jewellery can carry deep of nostalgia – especially when they have been passed down through the generations. That necklace or watch that has been gathering dust in your nightstand could become a cherished gift for your child or grandchild. Or how about creating a custom piece from a broken or dated item? You can incorporate birthstones, engravings or even handwriting – with sentimental jewellery, the possibilities are endless.

Keeping the past alive.

THE HOLIDAYS USUALLY PROVIDE MANY OPPORTUNITIES TO SIT AROUND A TABLE WITH LOVED ONES. WHY NOT USE THESE PRECIOUS MOMENTS TO SPARK NEW CONVERSATIONS ABOUT OLD MEMORIES? THIS IS YET ANOTHER WAY TO KEEP THE PAST ALIVE. JUST MAKE SURE YOU DOCUMENT THESE VALUABLE CHATS – YOU COULD MAKE VOICE OR VIDEO RECORDINGS OR TAKE NOTES AND TURN THEM INTO A KEEPSAKE BOOK. TO MAKE THINGS EASY, WE'VE COME UP WITH A FEW QUESTIONS, BELOW, TO HELP GET THE BALL ROLLING ON DOCUMENTING YOUR FAMILY HISTORY...

Questions about childhood

- What was your favourite game to play as a child?
- What was your favourite item in your childhood bedroom? Did you have a special toy?
- Who were your best friends, and what did you like to do together?
- Did you have any pets? What were they like?
- What's a memory from school that stands out to you?
- What was your favourite meal growing up, and who cooked it?

Questions to compare experiences

- What was school like when you were a kid, and how is it different from school today?
- How did you celebrate your birthdays growing up?
- What was traveling like when you were younger compared to now?
- What are some things you did that you think kids today don't get to experience?
- How was life different when you were my age, and how is it the same?

Questions about family traditions

- What special traditions did your family have for holidays like Christmas or birthdays?
- How did your family celebrate big milestones, like weddings or graduations?
- Was there a family recipe that was passed down to you? Are there any family meals special to you? Why?
- Did your family have any unique or funny traditions?
- What was your role during family gatherings when you were younger?

Questions about life events

- What was one of the most important decisions you made in your life?
- Can you tell me about the day you met (spouse/partner)?
- What was your first job, and what things did you learn from it?
- What's the best piece of advice you've received?
- What's a challenge you faced that taught you a lot about yourself?

Questions about the different eras

- What did you do for fun when you didn't have modern technology?
- How did you communicate with your friends or family before the internet and mobile phones?
- What kind of music did you listen to? How did you hear about new bands or songs?
- What major world events or historical moments do you remember clearly?
- How did people dress when you were my age?

Questions about family and ancestors

- Can you tell me about your parents or grandparents?
- What is the most interesting thing you've heard about our family history?
- Did your family have any special heirlooms or items that were passed down?
- What do you know about where our family originally came from?
- Are there any funny or memorable stories about our family that I haven't heard before?

Homes for sale.

WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT?
FREECALL 1800 648 868 OR EMAIL FERNBAY@PALMLAKE.COM.AU.
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU

Home 80 - \$875,000

Beds

2

Bath

2

Living

1

Garage

2



Everything and more.

This home is conveniently situated across from our River Waters Country Club, which boasts amenities such as an indoor heated pool, gymnasium, cinema, and library - just to mention a few. The home has a north-facing fully enclosed room that runs the entire width of the back area. You can turn this peaceful oasis from a sun-drenched winter retreat to a shady breeze-filled room haven, with the slide down screens. This home features two modern bathrooms, and two bedrooms with the master bedroom being a generous size, ensuite and walk-in robe.



Home 58 - \$895,000

Beds

2

Bath

2

Living

1

Study

1

Garage

2



UNDER OFFER

A delight to inspect.

This popular White Wave design is situated across from the resort bowls clubhouse and only a short walk to other facilities. The modern kitchen is generously-sized, with a large stone benchtop that's ideal for entertaining. The laundry has direct access to the side yard. The open-plan living room has a large window and sliding door giving the home a light and airy feel. There is also a study, two generous-sized bathrooms and bedrooms with the master having ensuite, walk-in robe and direct access outside into a peaceful yard.

Home 170 - \$940,000

Beds

3

Bath

2

Living

1

Study

1

Garage

2



UNDER OFFER

Spacious living.

This home is ideally located on a corner block. The home incorporates spacious living and dining area which flows though into a large enclosed entertainment room with plenty of natural light and breeze. The home features laundry, study, two bedroom, two bathrooms, with the master having an ensuite and walk-in robe. The stylish kitchen has modern appeal with stone bench top and plenty of cupboard space. There are two yard areas for those avid gardeners.

Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT ADDRESSES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL OUR PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!



Community helping community.

We hear so many lovely stories of our craftiest homeowners donating their time and talents to support the less fortunate in their community.

At Palm Lake Resort Upper Coomera (QLD), the lovely ladies from the Monday Craft Group have been busy knitting trauma teddies for donation to their local doctors' rooms. Pictured above left, the teddies are kept with the pathology nurses to give to any tearful visiting children, to help cheer them up on a sad day.

Down at Truganina (Victoria) on Wednesday afternoons, a group of homeowners gets together to handcraft the most beautiful items for the greater good. The Craft Group ladies have been working hard getting beautifully handmade crafts ready for delivery to vulnerable children in war-affected Syria. It is no understatement to say that these pretty little bags

filled with haircare accessories for the dear children in war-affected Syria will make such a huge difference in their lives (pictured above, middle). You can imagine just how special these children will feel when they open their packs to reveal their beautiful handmade bag with goodies inside.

The group also makes and donates other goodies to Victoria's most loved family charities including St Kilda Mums, Geelong Mums and Eureka Mums. Items they create for donation include knitted jumper, beanie and mitten sets, beautiful baby cardigans, blankets and toys.

The Truganina Craft Group ladies all say it's rewarding to knit for such wonderful causes. They know there will be such joy among the children when they receive a handmade gift.

At Palm Lake Resort Bethania (QLD), the wonderful Tuesday morning ladies'

Craft Group (pictured below) has also been giving back to their local community knitting beanies, scarves and gloves for the homeless as well as dolls for the children's hospital. These ladies are always seeking donations of wool to continue their great work. You can also purchase one of their handmade beanies for just \$10 with all funds raised going towards the purchase of more wool for knitting and stuffing for the dolls.



'Love' these milestones!

Celebrating their 65th wedding anniversary recently, Kevin and Helen of Palm Lake Resort Carindale (QLD, pictured above) were congratulated with cheers and acclamation by all at the resort's Wednesday dinner. The pair met at a tennis night in Sydney on July 10, 1959. Both are keen gardeners who have been living at Palm Lake Resort for 16 years where they have graciously endeared themselves to fellow homeowners and our management team. Congratulations to you both!

Over at our sister company, Palm Lake Care, another incredible milestone anniversary was recently noted. Max and Joan of Palm Lake Care Caloundra (QLD, below) just clocked up 73 years of wedded bliss! What an incredible achievement!



Organ brings back yesteryear.



There's a beautifully restored cinema theatre organ that now stands pride of place in the Palm Lake Resort Beachmere Bay (QLD) resort cinema. It looks great in its rightful place, akin to the days of yore when all the prestigious cinemas featured theatre organs. Beachmere Bay homeowner/organist Barry Moore not only painstakingly restored the organ himself and then donated it to the cinema, he is also willing to play it whenever asked. Thank you, Barry!

'Big O' bash at Beachmere Sands.

Palm Lake Resort Beachmere Sands (QLD) residents recently came together to celebrate a very big milestone - several of them, in fact. The resort's annual 'Big O' party is held for those celebrating a milestone birthday that year. This year's 'Big O' event was another fantastic night. There have been whispers around the resort that it was the 'best one yet!' The most impressive 'Big O' of them all was Agnes (right), who turns 100 this year!



Award winners, five years in a row.

The Master Builders Association Queensland's independent judges recently named a Palm Lake Resort Pelican Waters' display residence the best in its category on the Sunshine Coast.

At the same glittering awards ceremony, the renovation of Pelican Waters Golf Club (also owned and operated by the Palm Lake Group) was named best Commercial Refurbishment/Renovation project.

These two recent wins see Palm Lake Group's award-winning streak stretch to five consecutive years - a proud achievement for all those involved and for anyone who calls a Palm Lake Resort address home!

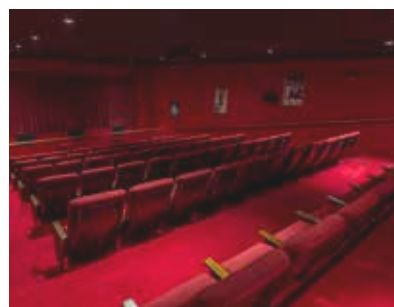
Tell us what's happening over your back fence.

Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? Are you and/or your neighbours doing something special that you're proud of - and you know we'd be proud of too?

We'd love to hear from you and include your story in these pages in the next editions of all our resort newsletters.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com

Entertain your friends.



FREECALL 1800 648 868 | fernbay@palllake.com.au
1117 Nelson Bay Rd, Fern Bay, 2295

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