

# The Lakes



January - February 2025



## Six resolutions to transform 2025

Get the New Year off to the right start with these six resolutions that will transform your life

## Big Blue Bows

We love a 'Big Blue Bow' here at Forster Lakes because it means another home has been filled with more happy homeowners

## We love our Liberty

Our Liberty display residence proves that the living is easy at Palm Lake Resort



# Welcome



Welcome to the latest edition of *The Lakes* newsletter and welcome to a wonderful New Year at Palm Lake Resort Forster Lakes!

Our Sales Information Centre remained open all through Christmas and it was lucky we did have the doors open - we had a lot of future homeowners calling in with their families to have a look around, while many email and website enquiries have also come through. It seems you are all keen for a fresh start at Forster Lakes in 2025! Both Jo and Karina had some welcome time off over the summer break, as well as the Palm Lake Works construction team, but we are all now back up to full speed, refreshed and re-energised for 2025.

Our construction team is planning to complete approximately 70 more homes this year. So if you are thinking about a luxurious new Palm Lake Resort lifestyle in 2025 then be sure to get in touch with our Sales Team to have a look over the masterplan.

Over the Christmas period, we also put our heads together to plan a few great events for the coming months. Firstly, we will have an official opening of our fabulous new Reception Centre for our homeowners on February 26. Set to a theme of champagne and oysters, we are sure this will be an event that fits the calibre of this beautiful new space. The Reception Centre is designed to be a quiet, contemplative place for yoga and tai chi while also being the destination for coffee catch-ups among our homeowners and their friends. The space will be available to be booked by our homeowners for private functions such as birthdays, anniversaries, family get togethers etc. We know it'll be a popular location for memory-making and fun!

Following that grand opening, we are hosting an even grander luxe dinner event in March. Starting with canapes on the pool terrace, this will be a four-course meal with live entertainment for invited VIPs. If you are keen to learn more about Palm Lake Resort Forster Lakes and aren't already on our mailing list, we encourage you to Freecall 1800 577 542 so you don't miss out on invitations to our events.

See you here soon!

**Jen, Jo and Karina**  
**Palm Lake Resort Forster Lakes Sales Team**

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## News briefs



## The beach, made easy

Have you heard of Forster Beach Hut? A newly opened business situated on our picturesque Main Beach in Forster, Forster Beach Hut provides a convenient rental service for beach essentials including umbrellas, lounge chairs, soft-top surfboards, boogie boards and children's beach toys. If you're taking your visiting family along to the beach for the day, this convenient service will make your day comfortable in the easiest possible way! Check them out at [facebook.com/ForsterBeachHut](https://facebook.com/ForsterBeachHut)

## Contact us

Looking for more info about Palm Lake Resort Forster Lakes? Here's how you can reach us:

**FREECALL:** 1800 577 542

**Street address:**  
6 Tea Tree Road,  
Forster NSW 2428

**Office hours:**  
9am-4.30pm,  
seven days a week

**Email:**  
[salesforster@palllake.com.au](mailto:salesforster@palllake.com.au)

**Find us online at:**  
[palllakeresort.com.au](https://palllakeresort.com.au)

**Get social:** Follow us on Facebook and Instagram (@palm.lake.resort)



## You can bring your furry mates

Did you know, Palm Lake Resort Forster Lakes is fully pet friendly? Palm Lake Resort has always welcomed our homeowners' pups and MidCoast Council has also granted us permission to welcome homeowners' cats. How purrrrrfect!

## Let's be 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 and Instagram:**  
[@palllake.resort](https://palllake.resort)

## Refer a friend, to share the fun

Refer a friend to join you and become part of our exclusive community, and if they purchase a new home here at Palm Lake Resort Forster Lakes, you'll receive \$500 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.

## Stay a night, on us

Many of our enquiries come from people in distant locations right around Australia. If you are coming from out of town, simply FREECALL us on 1800 577 542 to arrange a resort tour and a complimentary night's accommodation on us. This offer is subject to availability and conditions apply, but there's never been a better excuse to indulge in a Forster stopover to properly inspect our expanding resort.



## Christmas lights, done right!

It was hard to escape the festive spirit across our resort during December, wasn't it?! We enlisted some very eager 'elves' to judge our homeowners' efforts in our Christmas Lights competition (the elves were, in fact, Sales Consultant Karina's daughters - Olive and Saffron). The girls eventually chose two winners - Sandie & Kevin from Hernando Ave as well as Garry & Sharon from Baypoint Ave. Well done to all our participating homeowners for helping to make Christmas 2024 such a good one!





# Find your Liberty

AT JUST OVER 182M<sup>2</sup>, LIBERTY OFFERS A FULL THREE-BEDROOM FLOOR PLAN WITH PLENTY OF ROOM TO MOVE.

At the front of the home, closest to the entry, Bedrooms 2 and 3 are situated conveniently either side of the bathroom/toilet which makes hosting guests easy.

The U-shaped kitchen provides ample bench space and storage, overlooking the dining area. A study nook allows all those home administration tasks to be stored neatly away, while also being conveniently in the main part of the home.

As is the case with all modern Palm Lake Resort homes, the master is more like a luxury hotel suite than a standard bedroom with its large walk-in robe and spacious ensuite. Double basins add a touch of luxury. Liberty's master suite also provides direct access to the rear outdoor living area through large glass sliding doors. These doors let in the invigorating sunshine while also enhancing the open-plan feel of this suite - and the home.

A double garage with internal access, as well as a full walk-through laundry complete the low-maintenance Liberty layout.

The best way to picture your Palm Lake Resort Forster Lakes lifestyle in our Liberty design is by walking through one. And we have a Liberty display residence available for your private inspection now. Freecall our Sales Information Centre on 1800 577 542 and book your tour and let us show you around.



Book your  
private resort  
inspection on  
**1800 577 542**

*Pictured: Our Liberty display residence is available for your private inspection.*





Jenny & Kelvin (with Bonnie)



Robert & Judy (with Shelly)



Keri & Greg



Sue

# Welcome home!

MORE SHINY NEW HOMES ARE POPPING UP RIGHT ACROSS FORSTER LAKES. CHECK OUT ALL THESE BIG BLUE BOWS! WE WELCOME YOU ALL.



## Caretakers' note

Wow - it's January already! Welcome to our first edition of *The Lakes* resort newsletter for 2025. We hope you all had a lovely Christmas and New Year. We certainly noticed a lot of families here at the resort over that period. It's so lovely to see all the younger grandchildren enjoying our resort facilities and everyone was so well behaved - the kids are a credit to you all.

With the start of the New Year, we have so many things to tell you about. For starters, the Palm Lake App is operational now. It makes it very easy for homeowners to book all our resort facilities and activities. It also makes it so easy to check when facilities are free so you can take advantage of their availability.

Pictured right, aqua zumba also started in January - how cool is that! We've all been so excited for this class to start and so too have our homeowners judging by the class bookings. Yoga has also re-started for the year. This class has moved across to the beautiful new Reception Centre (upstairs) and judging by the increase in this class's numbers it seems that this is a much better (and quieter) space for our homeowners' yoga practise.

Seniors cardio and seniors stretch classes are also back in full swing. It's been great to see everyone participating in these classes and also utilising our Milon gym. If you read our stories on Pages 8-9 of this newsletter and decide to make a New Year's resolution to get on top of your fitness, don't forget that you need to complete an induction with Terri to use the Milon gymnasium. Inductions can be booked via the new app.

Meals are also back in full swing for our homeowners. It's lovely to see the large number of diners attending our meals and enjoying the fabulous food presented by Chelsea.



The entry gate on The Lakes Way is also now operational and presents a grand entry into the resort with the new Reception Centre to one side and view across the lake to the Belleair Country Club. It certainly makes a grand statement to the outside world - very impressive!

In closing, it's been great to see that our pontoon boat and the resort Quintrex fishing boat have been consistently booked most days this summer. Everyone has been enjoying Wallis Lake with their family and friends. What a place we call home!

**Bryce Fellows and Tracey Bekkers,**  
Resort Caretakers





Check  
our weekly  
activities list  
on Page 10

# Don't weight

MAINTAINING TONED MUSCLES IS  
QUITE CRUCIAL FOR US OVER-50S AS  
IT SIGNIFICANTLY ENHANCES OUR  
OVERALL HEALTH AND QUALITY OF LIFE.  
HERE'S WHY - AND HERE'S HOW...

As we age, we naturally lose muscle mass and strength — a condition known as sarcopenia. This decline can lead to reduced mobility, increased risk of falls and difficulty performing everyday tasks. Regular muscle-toning exercises help combat this loss, preserving strength and functional independence.

Toned muscles also support joint health by stabilising and reducing strain on the joints, which can alleviate symptoms of arthritis and prevent injuries. Furthermore, muscle tone enhances posture and balance, which are vital for avoiding falls, a common cause of injury among older adults.

Building and maintaining muscle tone boosts metabolism, making it easier to manage weight and reduce the risk of obesity-related conditions such as diabetes and cardiovascular disease. Strong muscles also play a role in maintaining bone density, decreasing the likelihood of fractures and osteoporosis.

Beyond the physical benefits, engaging in muscle-toning activities improves mental wellbeing, boosts energy levels and enhances confidence. Whether through resistance

training, Pilates, yoga or bodyweight exercises, keeping your muscles toned is an essential part of staying healthy, active and independent in later life.

Here's the good news: Maintaining muscle mass after 50 doesn't require gruelling workouts. Gentle, consistent exercises and activities can effectively build strength, improve flexibility and promote overall wellbeing. And if ever there was a place to support this type of activity, among a group of likeminded participants, it's here in our Palm Lake Resort community, don't you agree? And research shows that the New Year is often the best time to start on this type of exercise regime. Generally, we are physically refreshed after the Christmas holidays and many also enjoy a renewed and enthusiastic outlook on life at this time of the year, making big, bold plans for the coming 12 months. Utilise your New Year headspace/mental vigour to start an exercise routine that has the best chance of sticking!

Here are some of the easiest and most beneficial ways to encourage your muscles to stay strong:

## Yoga

Yoga improves muscle tone, flexibility and balance. Gentle styles like Hatha or restorative yoga are accessible for beginners and can help strengthen core muscles while promoting relaxation and mental clarity.

## Tai chi

Often described as "meditation in motion", tai chi is a low-impact activity that enhances muscle strength, balance, and coordination. It's particularly beneficial for reducing fall risks and improving joint health.

## Pilates

Both mat-based and reformer Pilates are excellent for building core strength, improving posture and toning muscles. The exercises are adaptable to individual fitness levels and focus on controlled movements.

## Swimming

Swimming and water aerobics provide full-body resistance training with minimal strain on joints. The water's buoyancy makes it ideal for people with arthritis or other joint issues.

## Low-impact sports

Activities like tennis, pickleball or golf encourage muscle engagement and coordination while being gentle on the body. They also foster social interaction and enjoyment. Tick, tick!

## Body-weight exercises

Simple exercises such as squats, lunges and modified push-ups can be done at home to maintain strength and endurance without needing equipment.

## Resistance bands

Using resistance bands offers a safe, versatile way to strengthen muscles. They are lightweight and allow for various exercises targeting different muscle groups.

## Walking with weights

Walking while holding light weights or using weighted wristbands provides a dual benefit of cardiovascular activity and muscle toning.

## Gardening

Gardening activities like digging and raking engage various muscle groups, making it a functional way to stay active.

## Dance classes

Dance-based fitness classes are fun and effective for improving coordination, muscle tone and cardiovascular health. Think Zumba, line dancing and adult tap dancing, for starters.

The most important thing with maintaining muscle tone is consistency. Starting slowly, listening to your body and gradually increasing intensity will help you maintain muscle mass and support overall health for many years to come.

*Please note: Always consult a healthcare professional before beginning a new exercise program.*

## Six transformative New Year resolutions for all over-50s

HAVE YOU HAD A CHANCE TO  
REFLECT ON 2024 AND SET SOME  
CHALLENGES AND GOALS FOR  
YOURSELF FOR 2025? LET US HELP  
YOU GET STARTED...

Whether your plans and goals are big or small, now is definitely the time to embrace the energy of renewal that abounds this season and set some intentions for the year ahead. If you need some inspo, we've come up with six New Year resolutions, specifically for over-50s, that will help transform your life:

### 1. Prioritise strength and mobility

Commit to a fitness routine that blends strength training with flexibility exercises like yoga or Pilates. These activities preserve muscle mass, improve balance and reduce the risk of falls.

### 2. Adopt a Mediterranean-inspired diet

Focus on whole foods like olive oil, fresh vegetables, lean protein and nuts. This heart-healthy eating pattern supports brain health and longevity.

### 3. Engage in lifelong learning

Pick up a new skill or hobby, or start an online course. Continued learning keeps the mind sharp, boosts self-confidence and provides opportunities to meet likeminded people. There will definitely be scope to find a group of likeminded neighbours here at our resort if you are wanting to start a new activity group. Otherwise, simply head to our Weekly Activities list and see if there's something there that piques your interest.

### 4. Deepen social connections

Make time for family, friends and community groups. Social engagement improves mental wellbeing, reduces loneliness and even strengthens immunity.

### 5. Embrace mindfulness practices

Incorporate meditation, tai chi or mindful breathing into your daily life. These practices reduce stress, enhance focus and promote a sense of peace.

### 6. Declutter and simplify

Start a decluttering journey, focusing on your home and commitments. Letting go of unnecessary possessions and obligations clears space for a simpler, more fulfilling lifestyle.





# 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. If they purchase a new Forster Lakes home, you'll receive \$500\* cash. And if they choose one of our established homes, you'll receive \$250\* cash. Easy!

up to  
**\$500** cash simply for referring a friend

For more info or to refer your friend, FREECALL 1800 577 542.  
\*T&Cs apply



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

## Weekly activities

**MONDAY**  
**9am** Craft: Sewing/patchwork/crochet, Craft room  
**9.30am** Bowls: 3-bowl triples, Rhodes Bowls Green  
**10.30am** Cardio with PLR instructor Terri, Dance Floor  
**12noon** Librarian in attendance  
**1pm** Mah-jong, Rhodes Sports Club  
**7pm** Canasta, Belleair Dining Room

**TUESDAY**  
**7.30-9.30am** Bus trip to Main Beach. Meet in the foyer  
**8.45am** Stretch and Relax class, Reception Centre  
**9am** Craft: Workshop projects, Craft room  
**10am** Librarian in attendance  
**10.15am** Cardio with PLR instructor Terri, Dance Floor  
**12-3pm** Radio sailing, Tuncurry Racecourse  
**1pm** Cards (500), Belleair Dining Room  
**1.15pm** Craft: Various, Craft room  
**2pm** Ukulele & other instruments, Meeting Room  
**2pm** Chess, Belleair Dining Room  
**6pm** Homeowners' dinner, Belleair Dining Room

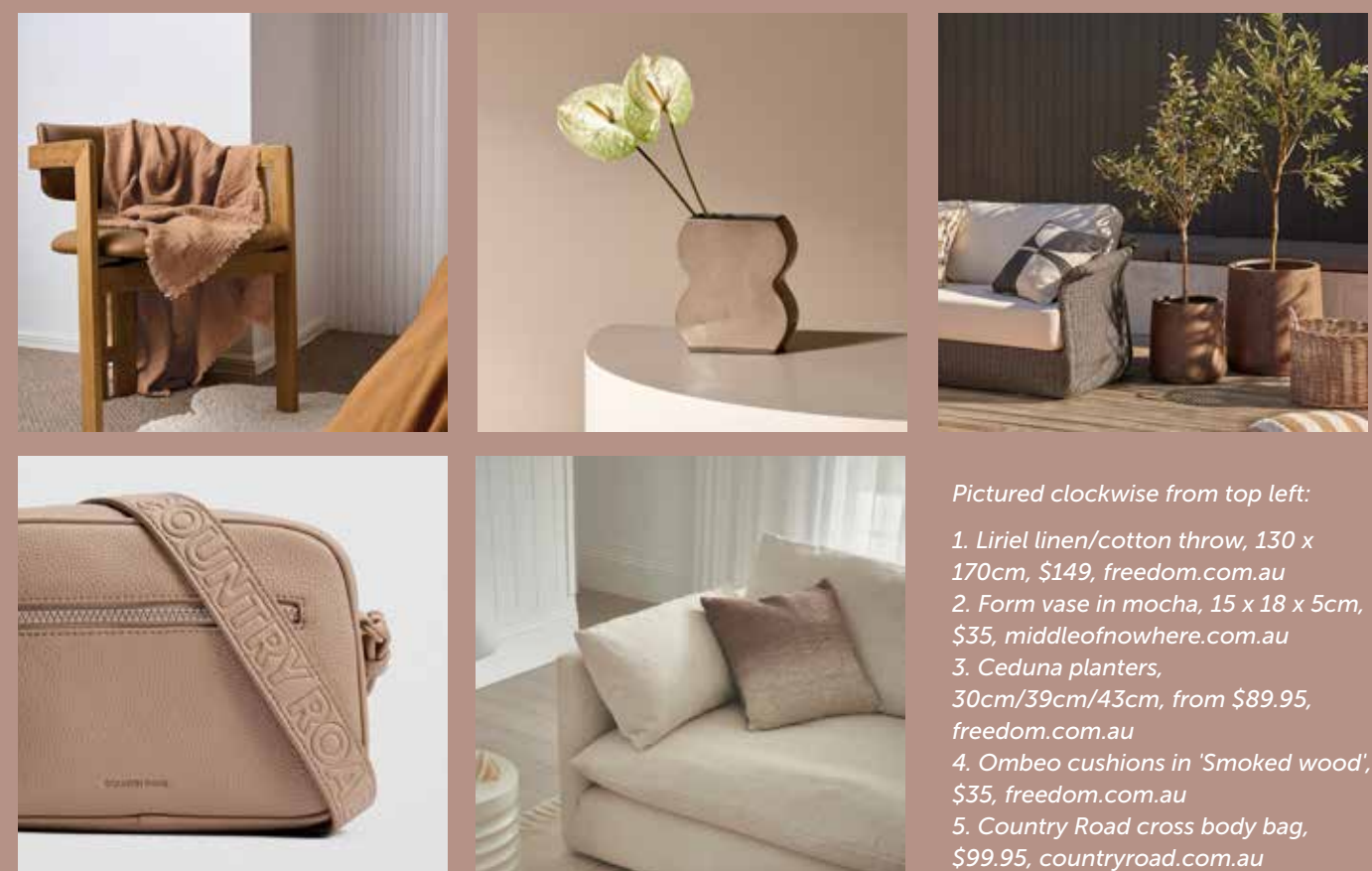
**WEDNESDAY**  
**9.30am** Craft: Card making, Craft room  
**11am-3pm** Milon Gymnasium bookings for inductions and reviews, with PLR instructor Terri  
**3pm** Librarian in attendance  
**6pm** Homeowners' dinner, Belleair Dining Room  
**7.30pm** Movie night, Belleair Theatre

**THURSDAY**  
**9am** Art, Craft room  
**9.30am** Aqua Zumba with PLR instructor Lauren, indoor pool  
**12pm** Homeowners' lunch, Belleair Country Club  
**1.30pm** Bowls: 3 bowl triples, Rhodes Bowls Green  
**2pm** Librarian in attendance  
**2.30pm** Tap dancing, Belleair dance floor  
**3pm** Tai chi, Reception Centre  
**6.30pm** Trivia, Belleair Dining Room

**FRIDAY**  
**8.45am** Yoga with PLR instructor Bernie, Reception Centre  
**9am** Pickleball (social games)  
**3pm** Librarians in attendance  
**4pm** Happy Hour, Belleair Country Club  
**4.30pm** Bowls: Twilight, Rhodes Bowls Green

**SATURDAY**  
**12-3pm** Radio sailing, Tuncurry Racecourse  
**1.30pm** Bingo, Belleair Dining Room  
**2pm** Librarian in attendance

**SUNDAY**  
**1pm** Canasta, Belleair Dining Room  
**2pm** Librarian in attendance  
**3pm** Friendship Group/Happy Hour, Belleair  
**5.30-7pm** Community BBQ, Belleair BBQ  
**7pm** Movie night, Belleair Theatre



*Pictured clockwise from top left:*  
 1. Liriel linen/cotton throw, 130 x 170cm, \$149, [freedom.com.au](http://freedom.com.au)  
 2. Form vase in mocha, 15 x 18 x 5cm, \$35, [middleofnowhere.com.au](http://middleofnowhere.com.au)  
 3. Ceduna planters, 30cm/39cm/43cm, from \$89.95, [freedom.com.au](http://freedom.com.au)  
 4. Ombeo cushions in 'Smoked wood', \$35, [freedom.com.au](http://freedom.com.au)  
 5. Country Road cross body bag, \$99.95, [countryroad.com.au](http://countryroad.com.au)

# Mocha mousse is on the menu in 2025

AT THIS TIME EACH YEAR, THE EYES OF THE DESIGN WORLD FOCUS ON THE PANTONE COLOR INSTITUTE TO SEE WHAT THIS YEAR'S COLOUR TREND WILL BE.

For 2025, the Pantone Colour Institute has named PANTONE 17-1230 Mocha Mousse their Colour of the Year. This warming, rich brown is described as "nurturing us with its suggestion of the delectable qualities of chocolate and coffee, answering our desire for comfort" — and it's easy to see why.

Mocha Mousse brings a sophisticated, earthy elegance that works beautifully on its own or as a versatile base. Whether you're drawn to minimalist vibes or love designs with rich detail, this hue is ready to enhance palettes across every colour-focused industry and homes the world over - including (no doubt) Palm Lake Resort interiors.

According to Pantone Color Institute Executive Director Leatrice Eiseman, the decision on this year's colour was "underpinned by our desire for every day pleasures".

"Mocha Mousse expresses a level of thoughtful indulgence," Leatrice explains. "Sophisticated and lush, yet at the same time an unpretentious classic, PANTONE 17-1230 Mocha Mousse extends our perceptions of browns from being humble and grounded to embrace aspirational and luxe."

Did you know that colour also plays an important role in our mood? According to colour therapy, every hue has its own subliminal energy. In colour therapy, browns (like Mocha Mousse) are associated with grounding, stability and security. Browns represent a connection to the earth, providing a sense of comfort and resilience. Brown energy fosters practicality, reliability and balance, making it helpful for those seeking to feel rooted, calm and centered in their lives.

There's no doubting that Mocha Mousse is a colour of warmth and comfort - just like the components of its name: delicious mocha and delectable mousse! This is, in fact, a colour that is accessible to all and can be easily incorporated into most interior schemes. Think Mocha Mousse-inspired throws and cushions on your Palm Lake Resort Forster Lakes lounge or an inviting feature armchair in the corner of your living space or bedroom (as pictured above). Equally, Mocha Mousse is quite the wearable colour. A winner all 'round!



# New Year, **new you**



**SALES INFORMATION CENTRE OPEN 7 DAYS | FREECALL 1800 577 542**

[salesforster@pamlake.com.au](mailto:salesforster@pamlake.com.au) | 6 Tea Tree Rd, Forster NSW 2428

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