

The Lakes



March - April 2024



Stage 7 offers new designs

Check out the full portfolio of striking new home designs now available in Stage 7

All Rhodes lead to...

We are just weeks away from unveiling our highly anticipated Rhodes Sports Club at our Community Open Day

You're invited to join us!

Come along to Palm Lake Resort Forster Lakes on May 23 for our Community Open Day! RSVP details on Page 7



Welcome

Hello and welcome to our latest edition of *The Lakes* newsletter.

As we sit down to pen this Welcome note, it's exciting for our team to welcome our first homeowners into into Precinct 2. Construction really is moving ahead at a cracking pace in Stage 7 with most homes having the final touches applied in preparation for their new homeowners to move in. Stage 8 and Stage 6 are both underway now with details around home pricing to be released in May. If you're interested in a home here at Forster Lakes, make sure you are on our news list so you are among the first to hear details of these stage releases. First in, best dressed, as they say! Freecall 1800 577 542 to join our mailing list.

We also have a new display home on its way. The Tampa design (Home 107) is one of five brand new floorplans for Precinct 2 so we know it'll be a popular addition to our community. This Tampa will be unveiled as part of our upcoming - and highly anticipated - Community Open Day on May 23. This event will also see the official opening of our impressive Rhodes Sports Club and its associated sporting facilities. Among a host of VIPs and dignitaries in attendance on the day, we'll also host some of our Palm Lake Resort 'cousins' - sportsmen and women homeowners from Palm Lake Resorts Tea Gardens and Fern Bay - who will be here to challenge our own local homeowners to competitions on our brand new championship eight-rink undercover lawn bowls green and in the billiards room, while also experiencing our new golf simulator. While we know they will be 'friendly' matches, we will be (no doubt!) cheering on our Forster Lakes players! We hope you, too, will join us at the Community Open Day as it'll be a big one! See Pages 6-7 for details.

Jen, Jo and Shona
Palm Lake Resort Forster Lakes Sales Team

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Contact us

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

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



News briefs

Float away

With the installation of the Palm Lake Resort Forster Lakes' new pontoon, a 13-seat party boat has recently taken up its mooring there with a Quintrex fishing boat due to join it soon. These two vessels have been provided free of charge for homeowners to use at their leisure. The vessels provide a wonderful and welcomed opportunity for homeowners to access the beauty of Boomerang Cove and beyond.

Refer a friend

We know your friends love coming to visit your Palm Lake Resort home. 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.



It's "Your Time", time

The start of another beautiful Aussie season means another Palm Lake Resort company magazine has just dropped. Our Autumn 2024 edition gives readers their first look at the incredible display homes just unveiled at Palm Lake Resorts Yamba Cove and Pelican Waters. We also explain how you can embrace the 'dopamine decor' trend in your own abode for the ultimate 'happy home'. And we've got some great recipes for you to try when you're invited along to your Palm Lake Resort neighbours' homes and that age-old question crops up: "What can I bring?". Never fear - the answer is here! Grab a copy of the magazine from your letterbox or you can also find it online at our website, pallmlakeresort.com.au



Get social with us

Are you on social media? Make sure you follow the Palm Lake Resort page on Facebook (@pallmlakeresort) and also over on Instagram (@palm.lake.resort) to see what's happening right across our dozens of Palm Lake Resort locations. We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both social platforms (@palm.lake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!

Find us at the Expo

Palm Lake Resort Forster Lakes is looking forward to hosting a stand at the upcoming Health and Lifestyle Expo at Club Old Bar on Wednesday, May 15. The event is presented by the Old Bar Men's Shed and DVA with 40+ exhibitors, guest speakers and giveaways. Admission is free. Find us there from 10am-1pm. The venue can be found at 1 Belford St, Old Bar.

New designs for 'lucky' Stage 7



Pictured: Tampa home design

Inspect our displays at our Community Open Day



Pictured: Desoto home design



Pictured: Havana home design



Pictured: Lafayette home design



Pictured: Liberty home design

PALM LAKE RESORT FORSTER LAKES' STAGE 7 COMMUNITY IS ENJOYING A RAFT OF BRAND NEW HOME DESIGNS THAT HAVE ALREADY PROVED POPULAR.

Palm Lake Resort Forster Lakes Sales Manager Jen Nichols says Stage 7 is benefitting from a shiny new portfolio of home designs, direct from Palm Lake Group's team of talented architects and designers. Among the newbies are the Tampa, Liberty, Lafayette, Desoto and Havana designs, as pictured on these pages.

"We have the first of our Stage 7 homeowners moving in as this newsletter goes to print," Jen says. "It's an exciting time for our Sales Team and for those lucky homeowners who will call Stage 7 their home. These home designs not only benefit from Palm Lake Group's 47 years' experience in designing and developing over-50s communities, but also from the local knowledge and experience that our team has been building since we first broke ground here at Forster Lakes."

Jen says the very first 'Tampa' display home will be unveiled at the resort's Community Open Day on May 23.

"Open Day visitors will be able to put themselves right in the picture here at Forster Lakes by walking through not just

our fully furnished and styled Tampa display home, but also our impressive two-storey display homes in Stages 3 and 4 – our Malabar and Carrabelle designs."

For those who can't make it along to the Community Open Day to inspect our displays in person, you can grab a front row seat online. The Palm Lake Resort website is a wealth of information on these homes, with detailed floorplans, artist impressions and video content available to help you paint a complete picture.

Visit palmlakeresort.com.au/forster-lakes/homes



Come to our
Community
Open Day:
May 23

Pictured: An artist's impression of our Rhodes Sports Club that will be officially unveiled in May.

All Rhodes lead to fun

FOR PALM LAKE RESORT FORSTER LAKES HOMEOWNERS, STAYING ACTIVE WILL BE MADE EVEN EASIER WITH THANKS TO THE BRAND NEW RHODES SPORTS CLUB, OPENING IN MAY.

There's a proven link between staying active to remain healthier later in life which is why the homeowners of Palm Lake Resort Forster Lakes are in a prime position to thrive.

On May 23, the highly anticipated Rhodes Sports Club will throw open its doors with a wealth of sporting opportunity awaiting in and around it. While the major focus of this new community facility and its associated sporting precinct will be a championship eight-rink undercover lawn bowls green, the sporting opportunities for homeowners will not stop there.

Golf simulator

At Rhodes Sports Club, homeowners will be able to tee off on hundreds of different courses from all over the world – and still make it home in time for lunch – with thanks to the golf simulator room found there.

Golf simulators have been installed across all the newest Palm Lake Resorts, with golf-mad homeowners and rookies alike noting an improvement in their game. The technology,

which is used by professional golfers, allows homeowners to analyse their swings, the spin and distance of the ball, their grip, targeting and more.

Housed in a purpose-built room, the simulator's camera-based machine takes photos of the player's golf ball as it is hit, allowing the simulator to accurately work out the ball's speed, rotation, spin rate and where it's going to fly, while projecting a simulation in real time.

Users can play a full 18 holes on hundreds of international golf courses. The elevations and surroundings have been scientifically mapped, making these some of the most accurate simulators on the market. The constantly evolving technology is class-leading and can be easily upgraded at the software level, meaning homeowners always have access to the latest technology.

Other Palm Lake Resort homeowners say they have gained a much better understanding of their technique and report that their efforts in the simulator rooms have translated to improvements on the golf course – an important point given that there are three great golf courses within 15 minutes' drive of Palm Lake Resort Forster Lakes.

"My game has improved," says Palm Lake Resort Toowoomba homeowner Barry Hartshorn. "I like to use the

practice mode, which analyses your swing and your hits and gives you a lot of useful information to help you get a feel for what you're doing. I particularly like knowing about the shape of my hits."

Players can use their own clubs, balls and tees – just like on a real course – but there will also be brand new clubs for use in the golf simulator room at Rhodes Sports Club so that any homeowners can come in, pick up a club and have a go.

"It's a great facility," says Barry. "The simulators are very good, high-tech pieces of equipment and all the information is there if you need it. You can change the settings to personalise the game to your preferences – whether it's adding more wind or changing the length of the rough – and then apply what you learn to your actual golf game."

Putt putt mini golf

There's nothing as fun as mini golf with your mini family members – which is why all 'Rhodes' will lead to fun with thanks to the new Sports Club! But the resort's planned mini golf holes aren't just for homeowners' grandkids' entertainment. The facility will provide our more serious golfers with the ability to practise their putt after a session driving balls in the golf simulator room. And if other similar Palm Lake Resort mini golf courses are any indication, we know this facility will be a wonderful magnet for social fun among neighbours as well!

Pickleball

Pickleball is a sport gaining more and more momentum here in Australia – especially across Palm Lake Resorts. A racquet sport akin to tennis, pickleball is played on a smaller court – roughly half the size of a regulation tennis court. Instead of traditional racquets and tennis balls, the game is played with plastic paddles and a perforated, hollow plastic ball. Just like tennis though, the sport can be played in a singles or doubles format.

Here at Palm Lake Resort Forster Lakes, there will be four pickleball courts constructed within the Rhodes Sports Club precinct with eager homeowners already planning the formation of a resort pickleball club.

...and more!

Inside, Rhodes Sports Club will offer pool tables for those homeowners who prefer to take on balls with cues. And, of course, Rhodes Sports Club will be the place to enjoy a pre- and post-match beverage or two. With an indoor/outdoor bar and barbecue area, this will be a place where stories from the green (and beyond!) will, no doubt, play out long after the last bowl has been rolled.

Calling all good sports...

PALM LAKE RESORT FORSTER LAKES WILL UNVEIL ITS HIGHLY ANTICIPATED RHODES SPORTS CLUB AT A SPORTS- FUELLED COMMUNITY OPEN DAY NEXT MONTH.

Guests are invited to be among the first to experience this stellar sporting facility that supports a community of active Palm Lake Resort homeowners. On show at the event will be Rhodes Sports Club's eight-rink undercover championship lawn bowls green, two virtual golf simulators, the snooker room and more – each of these facilities hosting its own competition games throughout the day.

Palm Lake Resort Forster Lakes Sales Manager Jen Nichols says Rhodes Sports Club is the perfect addition to the resort's masterplan and a brilliant companion to the resort's Master Builders Association award-winning Belleair Country Club.

"Our growing community here at Forster Lakes is proving to be a vibrant, active bunch of likeminded homeowners," Jen says.

"The opening of Rhodes Sports Club has been highly anticipated. For example, we have a fledgling homeowner Bowls Club that has been champing at the bit to get on the lawn bowls green and we're so pleased that their day has arrived."

As well as spectating these fun resort competitions, Community Open Day guests will enjoy live musical entertainment and – of course – some delicious bites and brews throughout the day. Palm Lake Resort Forster Lakes' display homes and the Belleair Country Club will also be open so visitors can experience this resort's enviable Great Lakes lifestyle.

A special guest speaker at the Community Open Day will be Pelican Waters Golf Club's Head of Coaching, Grant Field, who will fly in from Queensland to attend. Pelican Waters Golf Club is a Greg Norman-designed course within the Palm Lake Group portfolio and Grant is renowned in Australian and international golfing circles for training some of the game's shining stars. Among Grant's most notable proteges is Aussie golfing legend Cameron Smith, who Grant guided to win The Open at St Andrews in recent years.

Also attending Palm Lake Resort Forster Lakes for the event will be Bowls NSW spokesperson Peter Schroeder. Peter brings with him expertise as a member of the Bowls NSW state match committee and will address guests on the topic of lawn bowls.

To RSVP for this great community event, FREECALL 1800 577 542



Relaxation matters

NEVER UNDERESTIMATE THE POWER OF RELAXATION; IT CAN LOWER THE RISK OF DEPRESSION, ANXIETY AND HEART-RELATED PROBLEMS, BOOST IMMUNITY AND IMPROVE OUR MOOD, BRAIN FUNCTION AND MEMORY. BUT WHAT'S THE BEST WAY TO DO IT?

Tai chi

A favourite for people young and old, tai chi is a weight-bearing exercise (that is, one done while on your feet, so you bear your own weight) and a form of Chinese martial art. Much like acupuncture and herbs, it is an important part of Chinese medicine – it is an holistic experience, increasing blood and energy flow through the gentle contraction and relaxation of the muscles, while promoting a state of meditation through deep breathing and concentration. With an emphasis on balance, tai chi works both sides of the body equally and, unlike other forms of exercise, is done very gently. It's relaxing and enjoyable, and will leave you feeling calm, energised and in complete balance by the end of your class.

Yoga

Yoga dates back thousands of years, but it only really gained popularity in the Western world around the 1980s. In layman's terms, yoga is a practice of body postures, meditation and breathing control, and there are a number of different varieties of the ancient discipline, all with different focuses, intensity and methods. Almost all of these varieties, however, focus on some core principles: breathing exercises and simple meditation, and most incorporate poses and stretches to flex and strengthen different muscles. The purported benefits of yoga include improved flexibility and muscle strength, better posture, the prevention of cartilage and joint breakdown, protection of the spine, improved bone health, increased blood flow, draining of lymph fluids and it's also an immunity booster. For those who find it harder to get down on the floor, you can even do yoga in a chair!

Meditation

Lauded as one of the best ways to reduce stress, control anxiety and find calm, meditation has grown increasingly popular as more and more people discover its incredible benefits. You don't require much to meditate – just a few spare minutes, a comfy, quiet spot and maybe (if self-meditation isn't your speed) a meditative audio track or podcast to listen to. Lovers of meditation claim it helps improve their self-image, gives them a more positive outlook on life, enhances self-awareness, lengthens their attention span and even reduces age-related memory loss. Physically, meditation can improve your sleep and help you control pain, while also decreasing your blood pressure. In short, there's no reason not to give meditation a try sometime.

Stretch and relax class: Mondays, 4pm



Weekly activities

HERE'S WHAT'S ON AROUND THE GROUNDS EACH WEEK AT PALM LAKE RESORT FORSTER LAKES...

MONDAY

9am Craft. See Lyn (Home 168) or Deb (Home 171)
12noon Librarian in attendance, Sue (Home 185)
2pm Mah-jong. See Robyn (Home 188)
4pm Stretch and Relax. See Janette (Home 225)

TUESDAY

10am Librarian in attendance, Jan (Home 251)
10.15am Balance exercise in the Auditorium
1.15pm Craft: various
2pm Craft: flower tooling workshop with Marcia
2pm Cards (500) in the Belleair Country Club. New players always welcome!

WEDNESDAY

10am Aqua aerobics in the indoor pool
1.15pm Craft: Cardmaking and scrapbooking, Maureen (Home 217) and Dorren (Home 180)
2pm Tap dancing for beginners. See Lynn (Home 277)
3pm Librarian in attendance, Jenny (Home 283)
7.30pm Movie night, in the Theatre

THURSDAY

9am Art class. See Barbara (Home 230) and Lynda (Home 245)
12.30pm Craft: Sewing. See Diana (Home 180)
2pm Librarian in attendance, Dianne (Home 160)
6.30pm Trivia at the Belleair Country Club
7.30pm Rugby league match, on the big screen in the Theatre

FRIDAY

9am Gentle exercise, in the Auditorium
10.30am Aqua aerobics in the indoor pool
2pm Librarians in attendance, Cheryl (Home 184) and Liz (Home 151)
4pm Happy Hour at the Belleair Country Club
7.30pm Rugby league match, on the big screen in the Theatre

SATURDAY

2pm Librarian in attendance, Jen (Home 274)

SUNDAY

2pm Librarian in attendance, Gail (Home 227)
7pm Movie night, in the Theatre



Harry & Deb



Jean-Pierre & Rose



Denis & Jill



Ann & Wal

New friends

BIG BLUE BOWS MEAN MORE DELIGHTFUL NEW NEIGHBOURS! WE WELCOME YOU HOME..

Over the back fence

THE PALM LAKE GROUP SPANS 30 RESORT COMMUNITIES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS.



Our homeowners have charitable hearts

PALM LAKE RESORT HOMEOWNERS PROVE TIME AND TIME AGAIN THAT THEY HAVE WONDERFUL, CHARITABLE HEARTS. HERE ARE JUST SOME OF THE STORIES WE'VE HEARD LATELY...

Tweed River: Around 150 homeowners and guests descending on the resort's Country Club for a stunning art-deco inspired high tea to raise funds for Tweed Palliative Support and the Wedgetail Retreat. The Country Club looked more like a fashionable hotel lounge, reminiscent of The Ritz in London or The Peninsular Hotel in Hong Kong, as fantastic multi-level platters of cakes, scones and savoury treats were prepared and served by the volunteers. Musicians from the Northern Rivers Symphony Orchestra volunteered their time and musical talent to present an incredible classical string concert (pictured above). The high tea was followed by raffles and a lively auction of kindly donated items resulting in more than \$11,000 being raised! This included a donation from the Residents' Committee plus the proceeds of refunds for bottle and can recycling from throughout the year. This total amount was much more than previous fundraisers and greatly appreciated by the worthy charitable recipient.

Deception Bay: Just before Christmas, the resort's Quilters Group drove up to the Centre Against Domestic Abuse (CADA) at Cabooture with enough goodies to fill three car boots! The CADA people were stunned and so grateful.

Along with all the toys for children and necessities for women, there were 70 handmade Christmas stockings and more than 80 fabric drawstring bags for the women (pictured above). The group also donated 12 quilts to CADA to hand out to their clients in the New Year. The quilters were amazed by the response from their fellow homeowners who also donated toys and goods.

Upper Coomera: This resort's Jane McGrath Foundation charity fundraiser "Girls' Night In" event raised \$1060.

Bethania and Waterford: Two neighbouring Palm Lake Resorts came together for the sake of breast cancer research, hosting a charity event that raised more than \$3000 for the McGrath Foundation. Everyone turned out in their best pink outfits and a special visit was made by Federal MP Bert Van Manen who also donated to the cause via some lovely hampers that were raffled.

Carindale: The resort's annual Market and Craft Day saw a variety of stalls selling handicrafts, paintings, bric-a-brac, clothes, jewellery, toys, restored furniture, cakes and more. Through event proceeds, a morning tea and a raffle, Care Kits for Kids Qld (a children's charity that donates backpacks filled with clothes, toiletries and school supplies to disadvantaged children) received a donation from the resort of more than \$1400! This resort's knitters also do good with their spare time. Gathering fortnightly, the knitters produce gorgeous teddy bears for the Red Cross to distribute to needy children (pictured top).



Battle of the two bowling Beachmeres!

Sport brings us together

OUR SPORTIEST HOMEOWNERS HAVE BEEN HAVING FUN, TAKING ON TEAMS FROM OTHER PALM LAKE RESORTS. HERE'S HOW SOME OF THE MOST RECENT MATCH-UPS HAVE PLAYED OUT...

Tea Gardens vs Fern Bay vs Forster Lakes: Golf has been the inter-resort game of choice recently for these nearby communities. In a three-game series, Forster Lakes was victorious once but Tea Gardens proved too good on the other two competition days. The total points overall were: Tea Gardens 454, Forster Lakes 444 and Fern Bay 423 so it was a close competition all 'round.

Beachmere Sands vs Beachmere Bay: The annual inter-resort lawn bowls competition between our Beachmere neighbours took place late last year. It's always a fierce competition and this one was no different. After a tough afternoon and evening battling it out, Beachmere Bay came out on top.

What's happening over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the greater Palm Lake Resort community? We'd love to hear from you!

Email belinda@bellepr.com

Best wishes to these Palm Lake Resort legends!

WE LOVE CELEBRATING A MILESTONE MOMENT AND THERE ARE LOADS HAPPENING ALL OVER THE PALM LAKE GROUP EACH AND EVERY WEEK.

Toowoomba: Pictured right, gorgeous Muriel has just batted her century at Palm Lake Resort Toowoomba. She's been a fixture there since 2011 and her daughter, Lurlene, also calls the resort home.

Mt Warren Park: Congrats to Don and Yvonne who celebrated their 65th wedding anniversary recently.

Carindale: When homeowner Eric celebrated his 96th birthday in December, we learned there were actually three neighbours in 'Club 1927' at that resort - all born in the same year. There'll no doubt be a big party in 2027 when Eric, Shirley and Mavis (pictured far right) all mark their centuries at Palm Lake Resort!



Holiday, everyday.



SALES INFORMATION CENTRE OPEN 7 DAYS | FRECALL 1800 577 542
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palmakeresort.com.au