

The Lakes



May - June 2026



Final stages, now selling

Your last chance to secure a new home at Forster Lakes is now, before we're all sold out

Malabar raises the bar

Our Malabar home design offers two storeys of pure sanctuary. Big is definitely beautiful!

Around the grounds

Meet our newest community members and see what we've all been getting up to, inside...



Pictured: Relax in the sanctuary that is our double-storey Malabar home design. See more on Pages 4-5.



Welcome

Hello and welcome to *The Lakes* newsletter: our latest update from Palm Lake Resort Forster Lakes. Plenty is happening around the resort as we continue to enhance the lifestyle and community experience our homeowners enjoy every day.

We're excited to share plans for some new additions coming to Stage 6B, including a brand-new dog park and community garden. The dog park will provide a fantastic place for homeowners and their furry companions to meet and enjoy the outdoors together. At the same time, the community garden is also set to become a special gathering place where green-thumb homeowners can share their love of gardening and spend time together outdoors.

There's also exciting progress across the resort, with our new nine-hole mini golf course now nearing completion (read more about that on Page 6) and construction officially underway on the Men's Shed. When complete, both projects will create wonderful new spaces for homeowners to relax, connect and enjoy the vibrant community lifestyle on offer here. We're also pleased to announce that Stage 12, the final stage of the resort, has now officially been released for sale — another exciting milestone as the Palm Lake Resort Forster Lakes vision continues to come to life.

What truly makes Palm Lake Resort Forster Lakes special is the strong sense of friendship and connection shared by our homeowners. We look forward to providing more exciting updates with you in the coming months as the resort continues to grow and evolve. Also, be sure to save the date for our Palm Lake Resort Winter Olympics event on July 10, with more details coming soon...

Suzanne, Jo and Karina
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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Find us online at:
palllakeresort.com.au

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



News briefs

Putting wellness first:
Your active lifestyle awaits!

Save the date – July 10: Palm Lake Resort Winter Olympics!

There's never been a better time to experience the vibrant and active lifestyle on offer at Palm Lake Resort Forster Lakes, with an upcoming showcase event planned to deliver a fun-filled day of activity, connection and entertainment - the Palm Lake Resort Winter Olympics!

Guests will enjoy a packed schedule featuring everything from pickleball, lawn bowls and golf simulator practise sessions, to putt putt, yoga, billiards, bingo and table tennis. Event guests can also take part in Milton gymnasium demonstrations, enjoy relaxing pontoon boat cruises and even try their hand at bowling. But, the action doesn't stop there, with a delicious selection of lunch, snacks, an ice-cream cart, charcuterie cart and coffee van all adding to the festival atmosphere on the day. Following the morning's scheduled activities, the afternoon will open into free time at Rhodes Sports Club, where guests can continue enjoying activities at their leisure while socialising with fellow visitors and Palm Lake Resort homeowner ambassadors — the perfect opportunity to experience the welcoming and active community spirit that makes Forster Lakes so special.

If you're not already on our mailing list, phone 1800 577 542 to ensure an invitation to our Winter Olympics event makes its way to you!



Coming soon!

Did you hear our wonderful news? Palm Lake Group's General Manager Development, Suzanne Jensen, has confirmed that a fenced off-leash dog park and community garden will be built in Stage 6B. These additional community facilities will only serve to enhance the lifestyle on offer for our Forster Lakes homeowners. This is in addition to the new resort Workshop (Men's Shed) that started construction in recent weeks and the mini golf course which is almost complete. Exciting times ahead!

Refer a friend

We know your friends love visiting your Palm Lake Resort home and sharing our resort facilities with you. 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 phone 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.

The cruiseship lifestyle on land

We're often told that Palm Lake Resorts are like cruiseships on land for the wealth of fun activities and entertainment available all at the one place. Here at Forster Lakes, we take that definition literally. Our Sales Team invites you to join in a weekly cruise aboard our resort pontoon boat. Departing at 9.30am every Thursday (weather dependent), participants spend two hours exploring our local Wallis Lake waterways before arriving back at the resort pontoon to enjoy lunch at our award-winning Belleair Country Club. To join in a weekly cruise and lunch, phone 1800 577 542.

Raising the bar

LOOKING FOR THE OVER-50s 'HIGH' LIFE? LOOK NO FURTHER THAN A DOUBLE-STOREY HOME HERE AT PALM LAKE RESORT FORSTER LAKES. AND OUR MALABAR DESIGN IS A GREAT START!

Palm Lake Resort Forster Lakes' Malabar home design takes over-50s lifestyle up a level. Boasting 277.94m² of luxury living across two storeys, Malabar's floor plan cleverly combines three bedrooms, an open-plan kitchen/dining that's perfectly connected to the outdoor entertaining area, a two-car garage and, of course, that statement elevator (along with internal stairs).

Malabar's second storey provides the opportunity to create a sanctuary of the master suite, separate from the primary living areas on the ground floor. Contained within the master is a wet bar, a handy study nook, a vast walk-in robe/dressing room and a light-filled oversized spa-style ensuite fitted with double vanities and a full-size luxury bath. Here,

homeowners can relax away from the stresses of their day-to-day lives, enjoying a slice of calm. It's little wonder that these aspirational master suites are proving one of the most popular selling points of the double-storey Malabar design.

Another huge attraction to Malabar is the opportunity for homeowners to host multiple guests comfortably - or even the whole family at once. On the top floor, the retreat doubles as a second living area (or third bedroom), with large glass sliding doors that allow you to enjoy the full benefits of the upstairs balcony, including lovely breezes.

The dual living areas offer separate TVs to cater to different viewing requirements while also allowing occupants to relax







alone, or together – the choice is theirs. Not to mention, with three bathrooms, there is plenty of privacy for a house filled with guests.

These double-storey homes are adorned with only the best finishes and fittings, including stone benchtops, high quality floor coverings and plantation shutters throughout.

As a bonus with double-storey designs like Malabar, homeowners enjoy a home automation package as standard. Add to that included features like ducted air-con, solar power and the integrated Sonos sound system and it is clear the Malabar provides the perfect downsizer for homeowners still looking for maximum lifestyle.

To book a private inspection phone us on **1800 577 542**



-  Beds 3
-  Bath 3
-  Living 2
-  Study nook
-  Outdoor living
-  Garage 2



Mini golf on course

Mini golf course officially opens in June!

THERE WILL BE A NEW REASON FOR PALM LAKE RESORT FORSTER LAKES HOMEOWNERS TO GRAB SOME FRIENDS, ENJOY SOME SUNSHINE AND EMBRACE A LITTLE LIGHT-HEARTED COMPETITION, WITH THE UNVEILING OF OUR BRAND-NEW NINE-HOLE MINI GOLF COURSE IN THE COMING WEEKS.

Fondly also known as 'putt putt', mini golf courses across other Palm Lake Resort locations have proven popular additions to their resort's impressive lifestyle offering, bringing together homeowners, visiting family members and grandchildren for hours of fun and laughter.

While mini golf has long been loved as a fun pastime, it actually also offers a surprising range of health and wellbeing benefits, particularly for over-50s homeowners looking to stay active, social and engaged. Mini golf encourages movement, balance and coordination keeping us mobile and active, while the putting action itself promotes flexibility, concentration and hand-eye coordination. And of course, the fresh air and sunshine.

Just as importantly though, mini golf creates meaningful social opportunities – something Palm Lake Resort Forster Lakes homeowners know is essential to healthy and happy living in the modern age. A casual game of putt putt naturally sparks conversation, laughter and friendly rivalry – the kind of thing that helps strengthen friendships across a community like ours.

Constructed between our Rhodes Sports Club and the pickleball courts, the course is also expected to become a favourite destination when friends and family come to Forster Lakes to visit. Grandchildren can challenge grandparents to a round and homeowners have yet



another vibrant space to entertain their guests, right on their doorsteps.

At Palm Lake Resort Forster Lakes, our community lifestyle resort is about so much more than just beautiful homes – it's about creating opportunities for connection, wellbeing and everyday enjoyment. The new mini golf course will perfectly capture that philosophy, offering homeowners a simple yet rewarding way to stay active, social and young at heart. Whether you call it mini golf or putt putt, one thing is certain: this newest addition to the resort will surely be a hole-in-one with homeowners.



Kathy & John



Stuart, Sarah & Zoey



Graham, Debbie & Willow



Eloise



Rhonda & Kevin



Kim & Millie



Neville & Claudette



Janice & Stan



Bruce & Jenni



Liz, Steve, Rebecca & Brandi

Welcome home!

CHECK OUT ALL THESE NEW BIG BLUE DOOR BOWS! WE WELCOME YOU ALL TO OUR VIBRANT COMMUNITY.

We challenge you to try something new!

Homeowner 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, Belleair Library
1pm Cards - Hand & Foot, Reception Centre
1.15pm Mah-jong, Rhodes Sports Club
2.30pm Line dancing practise with Val, Belleair
3pm Social pickleball, Pickleball courts
7pm Darts, Belleair Billiards Room

TUESDAY

7.15-9am Bus trip to Main Beach. Meet in the foyer
9am Craft/Workshop projects, Craft room
9am Aqua Zumba with PLR instructor Lauren, indoor pool
10am Librarian in attendance, Belleair Library
10.15am Cardio with PLR instructor Terri, Dance Floor
1pm Cards (500), Belleair Dining Room
1pm Cards (Mixed), Reception Centre
1pm Chess, Rhodes Sports Club
2pm Ukulele and other instruments, Meeting Room
2pm Chess, Rhodes Sports Club
2-4pm Art Group, Belleair Craft Room
6pm Homeowners' dinner, Belleair Dining Room

WEDNESDAY

9.30am Craft: Card making, Belleair Craft Room
10am Line dancing with PLR instructor Linda, Belleair
11am-3pm Milon Gym inductions/reviews (booking req)
1pm Rummikubs, Belleair Dining Room
2pm Mah-jong, Belleair Country Club
3pm Librarian in attendance, Belleair Library
6pm Homeowners' dinner, Belleair Dining Room
7.30pm Movie night, Belleair Theatre

THURSDAY

9am Art, Belleair Craft room
9.30am Aqua Zumba with instructor Lauren, indoor pool
12pm Homeowners' lunch, Belleair Country Club
1pm Mah-jong, Reception Centre
1pm Rummikubs, Belleair Dining Room
1.30pm Bowls: 3 bowl triples, Rhodes Bowls Green
2pm Librarian in attendance, Belleair Library
2.30pm Tap dancing, Belleair Dance Floor
6.30pm Trivia Night, Belleair Dining Room

FRIDAY

8.45am Yoga with PLR instructor Bernie, Reception Centre
9am Social pickleball, Pickleball courts
3pm Librarian in attendance, Belleair Library
3.30pm Twilight Bowls, Rhodes Bowls Green
4pm Happy Hour, Belleair and Rhodes bars

SATURDAY

9am Social pickleball, Pickleball courts
1.30pm Bingo, Belleair Dining Room
2pm Librarian in attendance, Belleair Library

SUNDAY

12.45pm Canasta/Hand & Foot, Belleair Dining Room
12.45pm Lawn bowls Scroungers
1pm Rummikubs, Belleair Dining Room
2pm Librarian in attendance, Belleair Library
3pm Friendship Group/Happy Hour, Belleair
3pm Rummikubs, Belleair Dining Room
5.30-7pm Community BBQ, Belleair BBQ
7pm Movie night, Belleair Theatre

Turn up the heat

IT'S BEEN A POPULAR FINNISH PASTIME FOR CENTURIES, BUT SCIENTIFIC STUDIES HAVE REVEALED THAT SPENDING TIME IN A SAUNA DOESN'T JUST FEEL GOOD – IT COULD ALSO BE INCREDIBLY GOOD FOR YOU. HEAD TO OUR AWARD-WINNING BELLEAIR COUNTRY CLUB FOR YOUR SAUNA SESSION.

Did you know that stepping into a sauna could offer similar benefits to a moderate workout? It might sound too good to be true, but a study published in Mayo Clinic Proceedings found just that. While a sauna session can't fully replace the many benefits of physical exercise, combining the two – even just a few times a week – has been shown to boost results and support long-term health. And the good news? Palm Lake Resort Forster Lakes has you covered with our very own sauna facilities.

Here's how it works: when you're sitting in a hot sauna, your body temperature rises and your heart rate increases – often up to 120 to 150 beats per minute, much like it would during a brisk walk. This increase in heart rate and blood flow helps improve circulation, supports joint health, and may help lower blood pressure over time. Even though you're not actively moving, your body is still doing important work.

In fact, regular sauna sessions have been linked to some impressive outcomes. Research has shown that people who enjoy saunas four to seven times per week have a significantly lower risk of both stroke and sudden cardiac death compared to those who only go once a week. That's a powerful incentive to build a little extra 'me time' into your week – especially if a sauna is only a short walk from home!

It's not just your heart that benefits, either. Sauna bathing can also help ease pain and discomfort from conditions like osteoarthritis, rheumatoid arthritis, fibromyalgia and other joint or muscle issues. The heat relaxes tense muscles, reduces inflammation, and can bring soothing relief to

sore spots. It's also been shown to reduce the frequency of tension headaches and migraines for some people – welcome relief for those who suffer from them.

But saunas aren't just about physical health. Many people find them incredibly calming and grounding. Sitting quietly in the warmth can help relieve stress, encourage better sleep and provide a moment of peace in an otherwise busy day.

You've probably noticed that hot/cold therapy – also known as contrast therapy – has exploded in popularity in recent years. From professional athletes to wellness enthusiasts, more and more people are discovering the benefits of alternating between heat (like a sauna) and cold (like a quick cold shower or even a dip in a chilly plunge pool). This back-and-forth temperature shift is believed to support recovery, improve circulation, lift mood and help reduce post-exercise soreness. While ice baths might not be everyone's cup of tea, finishing your sauna session with a cool rinse could be a great way to gently dip into this trend.

Of course, as with any wellness practice, it's important to listen to your body and check in with your doctor – especially if you have any existing health conditions, or if you're unsure whether high heat is right for you. And don't mix sauna time with alcohol – it can put extra strain on your heart and leave you feeling dizzy or dehydrated.

So whether you're looking to support your heart health, ease joint pain, or simply enjoy a few moments of warmth and relaxation, our sauna could be your new best friend. Give it a try – your body (and mind) might just thank you for it.



We will remember them

PALM LAKE RESORT FORSTER LAKE'S HOMEOWNERS ORGANISED A VERY MOVING SERVICE FOR ANZAC DAY HERE AT THE RESORT. LETS WE FORGET.

Caretakers' update

Welcome to another edition of our Palm Lake Resort Forster Lakes newsletter, *The Lakes*. Well, the cooler air is finally creeping in, but this makes for beautiful autumn/winter days which are so lovely.

There has been so much happening around the resort lately. As you can see on Page 6, the new mini golf course is taking shape quickly and looking amazing. The greenery and plantings have made such a difference to the landscape over there. This will be an amazing addition to the resort when complete - and it will be a lot of fun! I am sure it will get well used in the school holidays with homeowners and their grandchildren.

On the topic of facilities, the resort workshop footings and slab are being poured so hopefully it's not too far away for the completion of this highly anticipated facility. Once the equipment is in and homeowner inductions are done, the workshop will be another wonderful facility for our community to use.

Don't forget the pontoon boat is also available for bookings. Our Thursday cruise is always very well received - there are lots of dolphins around at the moment. The last group that went out asked the skipper to call into Barclay Oysters and they enjoyed oysters, fresh from the shells, while cruising around Wallis Lake. Perfect.

Anzac Day was amazing for our resort community, as pictured on Page 10. Thank you to all those homeowners who made this day incredible. You did such an amazing job - and thank you for inviting us to attend. It was very special.

A new homeowners' morning tea/meet-and-greet has been arranged by our new committee, with the first one being held recently (see photos, right). These lovely morning teas will be held on the first Friday of each month with invitations sent out. What a fabulous initiative that will bring everyone together to make our newest neighbours feel right at home from the very start. It's so lovely to see.

Welcome also to our newest staff member, Sonya, who is our new admin assistant. Sonya is already proving to be a great asset to our busy little office and will be able to help out with your many queries and questions. Please welcome her when you see her around the grounds.



Bryce Fellows and Tracey Bekkers, Resort Caretakers

Aqua Zumba
Tuesday 9am,
Thursday 9.30am



Last homes now
released for sale,
don't miss out!



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