

The Lakes



November - December 2025



Live the 'high life'

Double-storey homes like our Malabar design really take over-50s lifestyle 'up' a notch

Welcome home

We've got more new neighbours! Have you met the new faces on Page 9?

Social butterflies

Check out just some of what our homeowners have been up to, inside...

Come cruising with us! Phone 1800 577 542 to book your seat



Welcome

Hello and welcome to *The Lakes* newsletter; our latest update from Palm Lake Resort Forster Lakes. There's been no escaping the festive energy at our resort this summer and, boy, do we love it! We are enjoying having more and more visitors stop by to spend quality time visiting their homeowner friends. These loved ones get to share in our facilities with our homeowners and the feedback we are receiving definitely proves these visitors are wowed by our resort.

Beyond those homeowner visitors, our Sales Team has also enjoyed providing an increasing number of resort tours for all those interested future homeowners. It's incredible to watch the expressions on their faces as they experience first-hand the potential joy of living here at Palm Lake Resort.

Big news from our Sales Information Centre in the past few weeks has been the release of Stage 6B. This peninsula is quite the exclusive address with 14 designer homes positioned on premium larger blocks. With single- and double-storey designs on offer in 6B, homeowners here not only enjoy larger yards, but they also enjoy a mix of relaxing water views or they are located adjacent to neighbouring native bushland on our boundary. Stage 6B also sees the return of popular home design 'Palmetto' plus the inclusion of a rare design - the 'Cleveland' (of which only five others have been built at Forster Lakes). But the cr me of the crop is our custom home on Lot 288, which has been cleverly and thoughtfully designed to take in the bushland at its rear. The privacy and quiet nature of all the Stage 6B homesites is highly sought after so we know these 14 homes won't last long. In all, if you've been looking for a reason to book a private resort inspection, Stage 6B is that reason. Phone our Sales Information Centre to make a booking.

We look forward to meeting you here in paradise!

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

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:
223 The Lakes Way,
Forster NSW 2428

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

Email:
salesforster@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

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



News briefs



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 12,000 people calling a Palm Lake address home, there's always loads going on!

Market in your diary

Do you love a good weekend market? We know we do. They give you a real insight into the talented local artisans who call our part of the world home and it's always a great feeling to support small local business people. There are lots of great markets hosted in the area from the Nabitac Farmers' Markets, to the Forster or Tuncurry Markets on either side of the bridge on alternating weekends, to the Pacific Palms Markets or Black Head Bazaar- you're guaranteed to have a few to choose from on any given weekend. Check out the Market Crawl Mid North Coast NSW Facebook group to find out exactly what local markets are on when.

Cruiseship 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, 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, simply phone 1800 577 542.

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.



This is Your Time

The Summer 2025 edition of *This is Your Time* magazine harnesses the wonderful festive energy of the holiday season. It's such a great time of the year! While you'll get the most up-to-date information on all of the construction progress across our newest Palm Lake Resort addresses (including Yamba Cove, Paynesville, Pelican Waters and here at Forster Lakes), you'll also read about how charitable the homeowners are at our established resorts. It was definitely a big year for philanthropic pursuits, proving just how selfless and wonderful our homeowners are. Among the magazine's lifestyle features, readers can enjoy a kaleidoscope of colourful summer ideas across gift giving, recipes, travel and more. You can read the Summer 2025-26 edition online at pallmlakeresort.com.au

Stay a night

Many of our enquiries come from people in distant locations right around Australia. If you're coming from out of town, phone 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 community.



The high life







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 double 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 conditioning, solar power and the integrated Sonos sound system and it is clear the Malabar provides the perfect downsizer for homeowners still looking for ample space and maximum lifestyle.

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



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





Jingle all the way

CHRISTMAS IS A WONDERFUL TIME OF THE YEAR IN ANYONE'S BOOK, BUT ESPECIALLY WHEN YOU HAVE RESORT FACILITIES LIKE OURS AND WONDERFUL FRIENDS, LIKE OUR HOMEOWNERS.

What a lovely time we had celebrating the best of the festive season at our most recent sales event!

Join us at
Aqua Zumba:
Thursday 9.45am
Tuesday 9am



The wonder of water

WITH SUMMER IN FULL SWING, THE ACTIVITIES MAKING A BIG SPLASH ARE ONES THAT CAN BE DONE IN THE WATER. WE SPOKE TO PALM LAKE RESORT PERSONAL TRAINER DI CLAPP ABOUT THE BENEFITS OF WATER-BASED FITNESS.

There's no need to get a sweat up to stay fit during summer. Thanks to the many kinds of exercise that can be done in the water, it's never been easier to cool down and tone up at the same time. Once upon a time, those looking to exercise in the water were limited to swimming laps. Now, with the advent of fitness styles like H2O Pilates and Tai Chi Hydro – not to mention classic aqua aerobics – there is a variety of water-based fitness for everyone.

"Water-based fitness is beloved for its health benefits, and not just by seniors," says Di, who has been teaching water classes for more than 30 years.

"There are so many styles of water-based fitness available nowadays, and they all serve different – though equally beneficial – purposes."

Aqua aerobics is a favourite for Palm Lake Resort homeowners, and for good reason. Ideal for those who have issues with weight-bearing exercises, aqua aerobics helps you increase muscle strength without straining and risking injury.

"Aqua aerobics – along with many other styles of water-based fitness – removes the force of gravity," explains Di. "When you combine that with the buoyancy provided by the water, you feel much lighter and nimbler."

Forms of exercise that may present complications on

land can be made more accessible when performed in the water. Di explains that H2O Pilates, for example, is less cardiovascular-based than traditional Pilates, allowing you to better focus on posture, flexibility and a deep core connection. Aqua aerobics, on the other hand, offers a cardiovascular workout while also encouraging core engagement, muscle strength and that all-important flexibility.

"One great benefit of working out in the water is that it keeps you cooler, so there is less risk of overheating," says Di. "Water also allows for more adaptability in terms of the intensity of your workout. It is very easy to maximise the force of the water resistance to suit your strength, thus tailoring your workout."

Exercising in a vertical position offers additional benefits, particularly for those with limited neck and shoulder mobility. Keeping your head above the water also allows for greater social interaction and engagement with the music being played, which Di says is one big reason people keep coming back time and time again.

"To the untrained eye, water-based training can look like it doesn't take much effort," says Di.

"But there are so many benefits to working with water, and when you do it right, you will definitely feel them."



Homeowner activities

Why don't you try something new on our Weekly Activities list?

MONDAY

- 8.30am Stretch and Relax, Reception Centre
- 9am Craft: Sewing/patchwork/crochet, Craft Room
- 9.30am Bowls: 3-bowl triples, Rhodes Bowls Green
- 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
- 5pm Choir practise, Theatre
- 7pm Darts, Belleair Billiards Room

TUESDAY

- 7.15-9am Bus trip to Main Beach. Meet in the foyer
- 9am Craft/Workshop projects, Craft room
- 9.15am Cardio/stretch with PLR instructor Terri, Dance Floor
- 10am Librarian in attendance, Belleair Library
- 10.30am Aqua Zumba with PLR instructor Lauren, indoor pool
- 1pm Cards (500), Belleair Dining Room
- 1pm Cards (Mixed), Reception Centre
- 1pm Chess, Rhodes Sports Club
- 2pm Ukulele and other instruments, Meeting Room
- 2-4pm Art Group, Belleair Craft Room
- 6pm Homeowners' dinner, Belleair Dining Room

WEDNESDAY

- 8.30am Stretch and Relax, Reception Centre
- 9.30am Craft: Card making, Belleair Craft Room
- 10am Line dancing with PLR instructor Linda, Belleair
- 1pm Ukulele and other instruments, Reception Centre
- 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
- 9.15am Seniors cardio with PLR instructor Terri, Dance Floor
- 10.30am 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
- 2pm 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
- 12pm-4pm Milton Gym inductions/reviews (booking req)
- 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
- 3pm Rummikubs, Belleair Dining Room

SUNDAY

- 12.45pm Lawn bowls Scroungers
- 1pm Rummikubs, Belleair Dining Room
- 1.15pm Canasta/Hand & Foot, Belleair Dining Room
- 2pm Librarian in attendance, Belleair Library
- 3pm Friendship Group/Happy Hour, Belleair
- 5.30-7pm Community BBQ, Belleair BBQ
- 7pm Movie night, Belleair Theatre



Tony & Sue (with gorgeous Bonnie!)



Kerry



Peter & Jan



Liane & David



Norelle & Ernie



Jann & Colin

Welcome new neighbours!

MORE SHINY NEW HOMES ARE POPPING UP RIGHT ACROSS PALM LAKE RESORT FORSTER LAKES. CHECK OUT ALL THESE BIG BLUE DOOR BOWS! WE WELCOME YOU ALL TO OUR VIBRANT COMMUNITY.



Voted our best dressed!

Cup capers

A FUN REASON TO DRESS-UP, FINE FOOD, PLENTY OF BEVERAGES AND THE RACE THAT STOPS A NATION: MELBOURNE CUP IS ALWAYS A HIGHLIGHT ON THE SOCIAL CALENDAR.



Caretakers' update

Welcome to another edition of our Palm Lake Resort Forster Lakes newsletter, *The Lakes*.

It truly has been the season of festivities here at our resort. It all kicked off in November with our very fashionable Melbourne Cup day event. You can see by the photos on Page 10, our homeowner guests really put a lot of effort into dressing the part for this annual soiree. With Fashions on the Field prizes awarded, plenty of refreshing beverages consumed and an incredible spread of food for lunch (as pictured right), you'd be forgiven for forgetting that there was also a significant horse race on that day!

We then rolled into December and all the enjoyment of the Christmas festive season. It was wonderful to see so many extra visitors at our resort over the summer holiday season, with many guests joining their homeowner friends in Belleair Country Club's resort pools, tenpin bowling and more. Our resort really shone this Christmas, with many guests impressed by the number and quality of our facilities. It's times like these that we know you are all extra proud to call Palm Lake Resort Forster Lakes home.

Pictured right, our homeowner tennis players have also been flying the flag for Forster Lakes on the court against our 'cousins' from Palm Lake Resort Fern Bay. Inter-resort sporting competitions like this are really great for reminding us that we're all part of a larger 'family' in the Palm Lake Group. Did you know there are 27 Palm Lake Resorts in the Elliott family's portfolio, with three more addresses being added in the coming years? Who won the tennis tournament doesn't really matter - what does matter is that new friendships were formed and old ones were strengthened. We look forward to hosting and visiting many more of our Palm Lake Resort cousins in 2026!

If you haven't already thought about your New Year's resolutions, we encourage you to head to our Weekly Activities list on Page 8 and see if there's something new you'd like to try in 2026. Not only will a new sport or hobby be good for your physical being (by keeping physically and mentally active), it's a great way to meet new faces and start new friendships.

That's the beauty of our Palm Lake Resort community, and we encourage you to take advantage of it.



Bryce and Tracey, Resort Caretakers



Connections for life



SALES INFORMATION CENTRE OPEN 7 DAYS | 1800 577 542
salesforster@palmlake.com.au | 223 The Lakes Way, Forster 2428

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

