

The Lakes



September - October 2025



Four new displays now open

Double-storey homes are among our most popular so we've unveiled four new displays for you

Meet our chef, Andrea

You've tasted her incredible meals, now learn a little more about the face behind the taste

Our local waterways await

Did you know, our homeowners enjoy the use of resort watercraft and a handy resort pontoon?



Welcome

Hello and welcome to *The Lakes* newsletter: our latest update from Palm Lake Resort Forster Lakes.

If you've been looking for a reason to book a private resort inspection, there are at least two good reasons to do so right now: Our stylish new Malabar and Carrabelle display homes! These two double-storey beauties were unveiled recently at a special event at the Oyster Bar, in our resort's Reception Centre. The event provided a lovely opportunity for VIP guests to wander through these shiny new abodes and also see our impressive resort facilities. And, of course, they got to meet some of our vibrant homeowners, which is also always fun.

If you're keen for a private inspection of our new displays and you time your visit right, you might also like to board our resort pontoon boat (as pictured on the cover of this newsletter) and take a cruise through our local waterways. To top off a great day, visitors enjoy a complimentary lunch in our award-winning Belleair Country Club after their cruise. Phone our Sales Information Centre and speak to our team to make your booking.

Beyond everything that's going on within our Palm Lake Resort grounds, this time of the year in the greater Forster-Tuncurry area is simply beautiful. The weather is as close to perfect as you could ask for and there's a hint of excitement and anticipation in the air as we approach the festive season. It really is a great time of the year to stop by and get to know what life could look and feel like for you here with us at Forster Lakes. We'd love to show you around!

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

PS. 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.

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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@palmlake.com.au

Find us online at:
palm.lakeresort.com.au

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



News briefs

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.

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.



Our homeowners can hit the water

Palm Lake Resort Forster Lakes homeowners have access to a wonderful world of watersports with thanks to our incredible physical waterfront location and also a very handy resort pontoon.

Palm Lake Resort Forster Lakes Sales Manager Jen Nichols says homeowners simply need to complete the required inductions to learn how to safely access the pontoon and use the resort's provided watercraft.

"Our homeowners get to enjoy using the resort's 4.5m Quintrex Fishabout aluminium tinnie as well as our resort pontoon boat – the 'party boat' we call it," Jen says.

With the festive season now firmly on the horizon, we know our homeowners' families and friends will be descending upon our resort. Make sure you've got your booking for our pontoon boat (pictured above) sorted ASAP to avoid missing the boat - literally!

It's Your Time



The latest edition of *This is Your Time* magazine harnesses the exciting energy of spring. We cover all the new 'growth' across our company, including the unveiling of Australia's (and arguably the world's) biggest and most opulent community facility at Palm Lake Resort Pelican Waters: The Springs Country Club. We also reveal our teams' "local loves" across Palm Lake Resorts Yamba Cove, Paynesville and here at Foster Lakes. Among the lifestyle features, we urge readers to take their cues from spring and book a (literally) bloomin' great holiday or add a plant-based spring recipe to their menu repertoire. Palm Lake Resort homeowners will find a copy of the magazine in their letterbox and anyone can read the edition online at palm.lakeresort.com.au

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. How easy is that?! Ask one of our Sales Team members about our 'Refer a Friend' incentive or pop into the Sales Information Centre.

New double-storey displays inspire



PALM LAKE RESORT FORSTER LAKES' DOUBLE-STOREY HOME DESIGNS OFFER MANY BENEFITS, BUT TO BETTER UNDERSTAND THE DOUBLE-STOREY DELIGHT, YOU NEED TO INSPECT OUR FOUR BRAND NEW DISPLAY HOMES.

Displays, like these, allow visitors to 'try on' our impressive double-storey floorplans for size. There are two new Carrabelle displays available (pictured) and two new Malabars. We look forward to showing you how sweet life can be here at Palm Lake Resort.

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

The importance of staying socially connected

MAKING THE DECISION TO MOVE INTO PALM LAKE RESORT FORSTER LAKES STARTS BY FINDING JUST THE RIGHT HOME. BUT LONG-TIME PALM LAKE RESORT HOMEOWNERS WILL BE QUICK TO TELL THEIR NEWBIE NEIGHBOURS THAT THEIR DECISION WILL ULTIMATELY PROVE TO BE LESS ABOUT THE PHYSICAL 'BRICKS AND MORTAR' AND MORE ABOUT OUR VIBRANT COMMUNITY AND THE LIFESTYLE THAT COMES ALONG WITH IT.

The benefits of buying into a Palm Lake Resort community extended well beyond what you can physically see. Yes, your home will be a low-maintenance safe haven in our gated community with caretakers to support you on a day-to-day basis. And, yes, you'll also have access to a raft of onsite community facilities strategically chosen for the over-50s demographic. But one of the greatest returns on your Palm Lake Resort investment will, in fact, be something a lot less tangible - and that's your immediate 'membership' into our welcoming, likeminded and flourishing community.

Scientific research proves we humans live longer, happier, healthier lives when we feel part of something bigger than just ourselves - that is, part of a social/community group. There has been much research completed and reported across the last decade about the benefits of staying socially connected as we age. Here are just some of them:

Improved cognitive function: Social engagement can help maintain and even improve cognitive functions. Studies have shown that social interaction can help protect against cognitive decline. Engaging in social activities stimulates the brain, which can enhance memory and cognitive skills.

Reduced risk of mental health issues: Social connectedness significantly reduces the risk of depression and anxiety among older adults. Having a strong social network provides emotional support, which is crucial for mental health. Interacting with others can also provide a sense of purpose and belonging.

Enhanced physical health: Older adults with strong social ties in general have lower risks of chronic illnesses such as heart disease, hypertension and diabetes. Studies show that socially engaged individuals are also more likely to be physically active, which contributes to overall health. Having a team of friends to inspire you to go for a walk together, play sport, join in a group training session or even just try activities that you would otherwise overlook is motivating.

Longevity: Socially active individuals tend to live longer. Research has indicated that loneliness and social isolation are linked to higher mortality rates. Having a robust social network can encourage healthier behaviours and provide emotional support, both of which contribute to a longer life.

Improved immune function: Funnily enough, social engagement can strengthen the immune system. Positive social interactions can reduce stress and its negative impact on immune function. Reduced stress levels are associated with better immune responses and lower inflammation.

Greater emotional wellness: Being socially connected can enhance emotional wellbeing. Regular interactions with friends and family can increase feelings of happiness and decrease feelings of loneliness. Emotional support from social networks can also help individuals cope with life's challenges more effectively.

Increased sense of purpose and belonging: Engaging in social activities can provide a sense of purpose and belonging. Volunteering, participating in community events, or simply spending time with likeminded friends and loved ones can give older adults a meaningful role and a reason to stay active and involved.

So, now that we know why it is beneficial to stay social as we age, let's look at how we can achieve and maintain those all-important social connections. As a homeowner in a Palm Lake Resort, you've made the biggest and most important first step by joining our community. Congrats, you! But don't expect the benefits to simply come flowing in through your front door - some definitely will, but you've also got to invest a little time and effort to chase down those social opportunities.

How to bolster your social connections at Palm Lake Resort

Join a club, find your tribe: Everyone has some kind of passion, hobby, interest or creative streak within them. Maybe there was something you enjoyed in your earlier years before life and work and family commitments got in the way? Maybe you just want to learn something brand new (there are additional cognitive benefits to being a lifelong learner!). Start by taking a look at our resort's Weekly Activities list to see if something there resonates. You can also stop by our Caretakers' office and ask them if they know of any other homeowners interested in the same thing you are interested in. Beyond that, simply ask around your neighbourhood, at weekly meals, in group classes etc. We

guarantee you'll find a likeminded neighbour with just a little digging and if our resort isn't already supporting your chosen hobby, we'd love to know how we can start!

Play a sport: This is the obvious one. We've got the resort facilities to support many different sporting pursuits. Not only will you benefit from being physically active, you'll find strong social connections among likeminded sporting friends. We've seen likeminded sporting neighbours join forces to play their chosen sport outside our resort grounds (inter-resort games, played across multiple local Palm Lake Resort addresses are all-too common). Some have even organised group holidays interstate and internationally to indulge a shared sporting passion. Trust us, sometimes the post-match drinks can be more fun than the match itself!

Volunteer: If you've got time on your hands, volunteering will no doubt connect you with likeminded neighbours. Maybe you are a social butterfly with a background/flair for event planning? Our resort Social Committee would love to have you onboard. Maybe you enjoy driving and could help shuttle our homeowners around on the resort bus? Maybe your calling is even bigger than that? Maybe there's a charitable organisation that would benefit from you and your neighbours' combined volunteering support? It might be knitting or sewing items in groups to support a local hospital or the underprivileged? Or maybe you could organise a resort fundraiser for a charity? If this kind of work tickles your fancy, finding others who share the same interest will definitely uncover wonderful social connections for you, beyond the feel-good bonus of selflessly helping others.

Jump online: It can be nerve-wracking for some to make new friends in real life. Maybe, also, you're not as mobile as you used to be? Either way, the internet has the power to bring social connections right into the palm of your hand so you have no excuses not to stay socially connected from wherever you are. If you're new to social media, our Palm Lake Resort community's private Facebook group might be just the (safe and secure) place to uncover a Palm Lake Resort neighbour with similar interests? Beyond our resort gates, you could try searching Facebook for community groups based in our geographic area? You could even find a Facebook group dedicated to your particular interest or hobby? The sky really is the limit here.

Get a dog: It's amazing how dog owners automatically connect with one another over their beloved pooches! If you haven't already got a four-legged best mate in your life, maybe now is a great time to get one? Palm Lake Resort Forster Lakes is dog friendly so there's no drama there. You'll also find yourself more physically active as a dog owner, given the extra walking (and playing!) that you'll do. And you'd be surprised just how many incidental social connections you'll make when you're out and about with your pooch. A dog is the gift that keeps on giving, in so many different ways.



Find our extensive **Weekly Activities list** on Page 10





Our world is your oyster

WE HOSTED A WONDERFUL SALES EVENT RECENTLY, FOR THE GRAND OPENING OF OUR FOUR NEW DOUBLE-STOREY DISPLAY HOMES.

Our Reception Centre's Oyster Bar lived right up to its name, showing VIP guests that our Palm Lake Resort world could truly be their next divine oyster!

Andrea is cooking up a storm

IF YOU THOUGHT LIFE WAS BUSY, SPARE A THOUGHT FOR OUR NEW CHEF, ANDREA CARRIGAN.

Andrea Carrigan is that new smiling face behind the pass in our Belleair Country Club kitchen. As our resort chef, she's been thrilling homeowners' eyes and tastebuds with her meals for three months now, but brings with her more than two decades' experience in kitchens.

Andrea is the mother of five (she has four daughters and a son, aged from 8-18 years) and the wife of a fellow chef, Dave. There's no doubting this family lives and breathes food and food service, having owned five restaurants in their time in South Australia and here in New South Wales. Juggling her new Palm Lake Resort role with those all-important mum duties, Andrea and Dave also run food trucks, serving up delicious plates at markets, festivals, weddings and other special events.

With a cultural background spanning Italian, Dutch, German and Aboriginal heritage, Andrea says her specialty is modern Australian cuisine.

"With the restaurants, we've always talked about wanting our customers to feel like they were coming to dine at a friend's or family member's house," she says. "We like to hit middle-Australia with our menu, and ensure people feel comfortable and welcome."

That same approach is what is helping her hit home runs here at Palm Lake Resort.

"This is honestly the best job I've ever had!" Andrea enthuses. "The people who live here are all so lovely and our Caretakers are happy to let me do my thing, which I'm very grateful for."

Andrea's menu is enjoyed two nights per week here at Forster Lakes. She rotates through four different meats every month, bringing a unique meal each and every week. So far, her lamb shoulder has brought her the most praise among our community, she says.

"I always make everything I serve from scratch and you can taste the difference – our homeowners seem to appreciate that effort," she says. "I also remember as an apprentice being told by my head chef that people eat with their eyes, so I like to make sure I plate up my meals well."

If you're yet to try Andrea's delicious handiwork, make sure you book a seat in our Belleair Country Club Dining Room on Tuesday or Wednesday weekly, from 6pm. Bon appetit!



Food, glorious food!



Clive & Lesley



Graham & Lesley (with Diesel)



Larry & Roweena



Philip



Roger & Carol



Shayne & Karen (with Maddie)



Leonie

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



Caretakers' update

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

Our new chef, Andrea, is well and truly settled in. How good is she?! She is so accommodating to our homeowners' needs. If you have any special dietary requests, just go and see her prior to booking your meal and she will do her best to meet your requirements. Andrea is also available for catering as her and her husband operate food trucks. This is so handy for all of the special interest groups within our resort who are able to utilise her for functions - and also for any homeowners having a special birthday or family get together. How lucky are we? You can read more about Andrea on Page 9.

We have had some great events happening in and around the resort lately. The Sales Team hosted an event to showcase our new double-storey homes recently. The photos on Page 8 prove what a perfect day they had.

We have also had the resort buses out and about making the most of our warmer spring weather, which is great to see. There was even a trip to the Tuncurry Races which was a fun day (as pictured top, left).

The Retro Night, held recently, also looked like fun. Thanks for the photos, Liz (aka "Olivia"). Our homeowners looked amazing all dressed up. We wonder if you had those outfits tucked away in your closets from your younger days!

Our bowlers are busy with in-house and inter-resort challenges. They intend to play matches against Palm Lake Resort Fern Bay and Palm Lake Resort Tea Gardens twice a year each. We recently hosted the Fern Bay players and while it was all about having fun, there's always a competitive attitude - and Forster Lakes won this one! The next inter-resort event will be against Fern Bay on November 23 at Fern Bay, with around 40 homeowners travelling down on our Palm Lake Resort buses.

A new roof over the alfresco area at our Rhodes Sports Club has been installed so this should now be even more user friendly all year round. And how about the fancy darts score boards in both the Rhodes and Belleair snooker rooms? These are a great addition to the facilities on offer.

Bryce Fellows and Tracey Bekkers, Resort Caretakers



Home, sweet home

WE WELCOME YOU ALL TO OUR VIBRANT RESORT COMMUNITY.

Home to your best years



SALES INFORMATION CENTRE OPEN 7 DAYS | 1800 577 542
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THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
palmakeresort.com.au

