

JANUARY - FEBRUARY 2025



Bay Breeze



Palm Lake Resort homes for sale

Do you know someone looking to make the move? We might have just the abode for them...

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to

Muscle up, for the New Year

It's important for over 50s to keep your muscles toned - and it's not as hard as you think



Pictured above: You know your lake is a welcoming home when this many pelicans come to visit. Thanks to Kay and Ken Smith (Home 51) for the great photo. **Pictured on the cover:** An incredible sunset over our resort, captured by Ann Hopwell (Home 139). What a place we call home!



Welcome.

Welcome everyone to another edition of our resort newsletter, *Bay Breeze*.

Well, the wait is over and 2025 has arrived with many people welcoming the new year with open arms. We all should embrace the promise of new beginnings that any fresh new year brings with it. It's a wonderful time for renewal and also a great time to set some intentions and make goals for the coming 12 months. Make sure you head to Page 6 of this newsletter if you need some inspiration for those 2025 resolutions.

Since commencing as Caretakers at Palm Lake Resort Hervey Bay six months ago, Fury and I have been amazed by the community spirit and impressed by all our very active homeowners. A large number of shows and events have been held both in our resort's Country Club and enjoyed at external locations. The recent Christmas Lights tour, Melbourne Cup event and visiting singers/entertainers were stand-out examples of what fun a group of likeminded people can achieve. From the Social Committee and the 4F's Group, to Margie's Kitchen and other private events, everything here is so well organised by all and at a very high standard.

Our homeowners have also been actively involved in supporting our surrounding community, with many donating to fundraisers over the festive season. Some supported cancer awareness charities with others donating many special Christmas gifts to "Miracles for Maryborough" for underprivileged local children.

Let's keep that momentum flowing and strive for even bigger and better things in 2025. As Caretakers, we too are aiming for bigger and better results, to get our resort ship-shape with even more upgrades as we work through our to-do list.

We wish everyone a New Year filled with happiness, success and unforgettable memories. Keep enjoying the good things...

Bev and Fury,
Palm Lake Resort Hervey Bay Caretakers

Contact us.

Looking for more information about Palm Lake Resort Hervey Bay?
Here's how you can reach us:

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GET SOCIAL:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@pall.lake.resort)



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News in brief.



Pictured above, have you seen the black swan with her baby signets on our lake? So precious!

Refer a friend

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, and if they purchase an established Palm Lake Resort home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.

Homeowner experts in their field

If you're looking to join one of our special interest groups, or need more information about getting involved in a resort sport or hobby, here are the homeowners who can point you in the right direction:

Anything Music Col Miller (Home 73)
Aqua Aerobics Pat Wilson (Home 201)
Art Irene van Anholt (Home 124)
Bingo Gail Davidson (Home 127)
Bowls (Indoor) Gay & Dennis Alcoe (Home 101)
Bowls (Outdoor) Liz Kelly (Home 26)
Card Making Gai Clark (Home 7), Lillian Smillie (Home 116)
Cards Shirley Brown (Home 84)
Cards (Texas Hold' Em) Bob Caldwell (Home 42)
Cards (Hand & Foot) Bev Goodall (Home 65)
Community BBQ Lindsay Forsyth (Home 93)
Golf Ron Dupuy (Home 107) and Steve Hart (Home 176)
Gym John Clough (Home 121)
Health and Strengthening Joan Staddon (Home 155)
Line Dancing Ron Henson (Home 6) and Fran Shaw (Home 32)
Library Marion Myers (Home 162)
Mahjong Prue Lovell (Home 131)
PLACES (Palm Lake Art & Cultural Events) Ken & Wendy Beikoff (Home 60)
Sewing/Craft Yvonne Loughlin (Home 149), Bronwyn Colgate (Home 200)
Table Tennis Sue Baumann (Home 40)
Tai-Chi Jacqui Mulheran (Home 125) and Shirley Brown, (Home 84)
Tennis Peter Cooper (Home 110)
Walking Aerobics Suzanne Herringson (Home 119) and Denise McGrath, (Home 143)
Walking Group David Halliday (Home 123)
Workshop Lindsay Forsyth (Home 93)

MAYBE A
NEW SPORT
OR HOBBY IS
CALLING
YOU?

Weekly activities.

MONDAY

8.15 - 8.45am Walking aerobics, Dance floor
9 - 11am Beginners' line dancing, Dance floor
9 - 9.45am Aqua aerobics with Bec
9am Lawn bowls
1 - 4pm Sewing/craft, Craft room
2.30 - 3.30pm Tai chi/Qigong, Dance floor
5.30 - 7.30pm Tennis
6pm Indoor bowls

TUESDAY

6.30 - 7.30am Gym class with Jordan, in the Gym
7.30am Tennis
8.15 - 8.45am Walking aerobics, Dance floor
9 - 10am Chair yoga with Lesley, Dance floor
9.30 - 11.30am Art class with Robyn, Long Room
12.30pm Lunch
1.30 - 3.30pm Mah-jong, Dining Room
6 - 8pm Line dancing, Dance floor
6.15pm Lawn bowls (nominated pairs)

WEDNESDAY

7.30am Walking group, near Aqua-View Cafe
8.15 - 8.45am Walking aerobics, Dance floor
9.30 - 11am Tai chi/Qigong, Dance floor
11am - 3pm Cards (Hand & Foot), Bistro
1 - 3.30pm Knitting, Craft Room
3.15 - 4.15pm Health & strengthening, Dance floor
5pm Night tennis

THURSDAY

6.30 - 7.30am Gym class with Jordan, in the Gym
7.30am Tennis
7.45am Lawn bowls (Scroungers + Kelly's)
8.15 - 8.45am Walking aerobics, Dance floor
9 - 9.45am Aqua aerobics with Bec
9am - 12noon Card making, Long Room
12noon - 2pm Art class with Robyn, Long Room
1.30 - 4pm Bingo, Dining Room
5.30pm Homeowners' dinner

FRIDAY

6.30am for 7am Golf at Hervey Bay Golf Club
8.30 - 10.30am Table tennis, Pool alfresco area
9.30 - 10.30am Golf group, Bistro lounge area
3pm Lawn bowls

SATURDAY

8.15 - 8.45am Walking aerobics, Dance floor
9.30am - 12.30pm Anything musical, Dining room
1pm Lawn bowls

SUNDAY

7 - 8am Gym class (homeowner instructor)
1 - 6pm Cards (various games), Dining room/bistro
4pm onwards Community barbecue on the last Sunday of the month, Pool barbecue area



Pictured left and below: We have had so many reasons to celebrate lately. Left, these are our January birthday babes at their monthly birthday morning tea organised by our 4Fs Club. Below left, we also celebrated January anniversaries with these four couples marking their lasting love. And it was a double celebration for our Caretakers, Bev and Fury. Not only did they mark an anniversary in January, Fury also had a birthday!



Pictured below: Our choir brought a festive touch to Christmas lunch. Well done to our performers.



Around the grounds.



Above: We were blessed to have Joe Ace and Susie Jay join us to present their "Legends" show. This talented duo brought an amazing show to our stage, with visits from Dean Martin, Dusty Springfield, Tom Jones, Tina Turner - Elvis was even in the building!



CHECK
OUR WEEKLY
ACTIVITIES LIST
ON PAGE 3

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!

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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? SOME FIND THAT TASK SIMPLE, WHILE OTHERS CAN BE OVERWHELMED BY THE THOUGHT. 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.

<< Continued from Page 5

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, raking and planting 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.

Homes for sale.

Home 35 - \$695,000


Beds
2


Bath
2


Living
1


Study
1


Outdoor
living


Garage
2



Premium lakeside location

Welcome to this Lakeview home at Palm Lake Resort Hervey Bay. This stunningly presented home is situated in a premium location, offering both comfort and elegance. The well-crafted floor plan includes two bedrooms, two bathrooms, a study and ample storage throughout. The spacious verandah and backyard are all designed for low-maintenance living, allowing you to spend more time enjoying your beautiful surroundings. From your patio, take in the beauty of the lake, providing gorgeous views. This home is the perfect blend of style, convenience and serenity, offering you the ultimate over-50s lifestyle at Palm Lake Resort.

Home 120 - \$685,000


Beds
3


Bath
2


Living
1


Activity
1


Garage
RV



Wattle provides serenity

Experience serene lakeside living in this stunning Wattle design home, featuring beautiful lake views. The open-plan layout includes a spacious kitchen and an all-weather alfresco area, perfect for overlooking to internal lakes. The home also features a double garage ideal for golf carts and bikes. A well-presented property, ready for inspection. Key features include:

- All-weather alfresco area overlooking the lake
- Double garage, ideal for golf carts, bikes, and easy home access
- Well-presented and move-in ready

TURN OVER
FOR MORE
GREAT
HOMES...

Homes for sale.

WANT TO BOOK A PRIVATE INSPECTION AND FIND OUT MORE ABOUT OUR RESORT?
FREECALL 1800 455 307 OR EMAIL HERVEYBAY@PALMLAKE.COM.AU
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU

Home 89 - \$755,000

Bed

2

Bath

2

Living

1

Study

1

Outdoor living

Garage

1



Leafy green, your peaceful oasis

Welcome to this Palm Cove home at Palm Lake Resort Hervey Bay, the epitome of comfort in a premium seaside location. The well-crafted floorplan includes two bedrooms, two bathrooms, a multipurpose room and ample storage throughout. Enjoy the three different alfresco entertaining areas, one which is enclosed with blinds and one with a Stratco awning roof. There is reverse cycle air conditioning and a pergola in the spacious rear lawned garden enabling you to use the outdoor areas all year round. Enjoy the beauty of this beautiful property, providing gorgeous views and a peaceful retreat.

Home 3 - \$729,000

Bed

2

Bath

2

Living

1

Study

1

Outdoor living

Garage

1



Room for your van and a bonus workshop

This spacious two-bedroom, two-bathroom home with a study offers relaxed, modern living. The professionally built-in outdoor area adds extra living space, and the 65m² RV garage features epoxy flooring and an insulated roller door. Enjoy abundant natural light, privacy and a short walk to community facilities. The well-appointed galley kitchen boasts quality finishes and ample storage. Designed for comfort, the home features open spaces, air-conditioning and master bedroom access to the sunroom. Key features: Large backyard, more than 200m² living space, 10x6m RV garage, bonus 3x3m outdoor workshop.

Home 91 - \$685,000

Bed

3

Bath

1

Living

1

Outdoor living

Garage

1



Lush gardens with relaxing views

Welcome to this Banksia home at Palm Lake Resort Hervey Bay. This well-presented home is situated in a peaceful location offering both comfort and privacy. The well-presented floor plan includes three bedrooms, one bathroom and one car garage with plenty of storage space. A spacious patio has been built on which flows through to the backyard. Here you'll find a gazebo providing gorgeous lake views and lush tropical gardens. This home is the perfect blend of style and serenity, offering you the ultimate lifestyle at Palm Lake Resort.

Home 6 - \$655,000

Bed

3

Bath

1

Living

1

Outdoor living

Garage

1



SOLD!

Home 147 - \$595,000

Bed

3

Bath

1

Living

1

Outdoor living

Garage

1



SOLD!

Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT ADDRESSES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL OUR PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!

Palm Lake Group 'Rizes' to the occasion.



OUR CHRISTMAS HAUL FOR THOSE IN NEED

This year, all seven Palm Lake Care communities, a number of Palm Lake Resorts and our Palm Lake Group Head Office team supported the RizeUp Christmas Appeal. PLC Chief Operating Officer Patricia Heke says the Group collected “a mountain of beautiful presents” (pictured above) that were gifted to children of families in domestic violence situations who otherwise might not have had a gift under their Christmas tree. “Our efforts were for smiles we will never see, but will know were there, on Christmas morning,” Trish says. “A massive thank you to all for your generosity.”



Twenty years young.

Recently, there was a vibrant gathering to mark the 20th anniversary of Palm Lake Resort Mt Warren Park. The day was filled with much fun and celebration. Best of all, it was great to honour Mt Warren Park's original 14 homeowners – those who have proudly called this community home since 2004 (as pictured left). Hip hip, hooray!



Waterford's Toy Boys continue their epic project.

Palm Lake Resort Waterford is home to a delightful group of fellows who adore their time together in the resort workshop. Not only do they use that quality time to chew the fat on all the topics of the world, they also like to build wooden toys for very grateful local children. And they've been doing it for longer than a decade!

The "Toy Boys" spend the whole year crafting gorgeous, high-quality toys from donated materials (and other materials that they purchase with funds raised through resort events and donations). Then, come December,

they put on their Santa hats and gift their toys to local groups. Toy Boys committee president Ray Johnstone says the Beenleigh Special School and Woodmans Mitre 10 Beenleigh's Community Christmas Tree appeal were the two grateful local organisations that received their hand-crafted gifts this past Christmas (all gifts under the Mitre 10 tree were provided to Night Light Outreach who distributed them to needy local families). Among the haul was everything from doll beds to a ride-on digger - all handmade in the Palm Lake Resort Waterford workshop. Bravo boys!



Wedding belles.

Congrats to Palm Lake Resort Beachmere Sands residents Allyson and Graham (pictured top) who tied the knot in a wedding ceremony at the resort's fabulous Beach House late last year.

We also saw Palm Lake Resort Bethania homeowners Dawn and Vern (above) tie the knot in a private function at their resort's Country Club in front of 60 guests.

Doing it for charity, again and again.

You can tell we've just enjoyed the 'season of giving' - not only did our homeowners enjoy giving Christmas gifts to their loved ones, they didn't forget about those less fortunate. We've seen so many great stories of charity fundraisers being held across our resorts in recent months - here's a little snapshot of some of them:

- Cooroy-Noosa hosted a 'pink' event for the McGrath Foundation. More than \$4000 was raised for breast cancer research and patient support.
- Carindale's inaugural jumble sale raised \$3000 for Care Kits for Kids and Beyond DV.
- Beachmere Sands and Beachmere Bay converged for morning tea to raise \$430 for Alzheimers research. The Sands crew also held a Bowls event fundraiser for prostate cancer research and raised another \$800.

Doggie dates.

At Palm Lake Resort Carindale's Home 52, an ever-changing and random assortment of resort doggos gather early each morning to greet each other. Homeowner Betty welcomes these morning gatherings on her front step where she and her dog, Lucy, provide delicious morning treats. There are often 4 or 5 puppies dropping in each morning, she tells us. It's a lovely way for our four-legged community members (and their humans!) to stay connected.



New Year, new you.



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