

JANUARY - FEBRUARY 2026



Bay Breeze



A happy and healthy 2026?

If you're chasing these kinds of New Year's resolutions, you have the power right in your own hands

Singalong, for the benefits

Beyond the beautiful sound, there are wonderful personal benefits of joining a choir

What's happening over the back fence

Check out what's going on here and a little further afield within our extended Palm Lake Resort family



Pictured: Aqua fitness classes with Leslee are held on Mondays and Fridays right here at our resort, from 9-9.45am. This style of fitness class is a great way to get moving, without the impact of land-based workouts.



Welcome.

Welcome to our first official edition of the *Bay Breeze* newsletter, as your new resort Caretakers! We're excited to be here at Palm Lake Resort Hervey Bay and are grateful for the warm welcome we've received from our homeowners so far.

For those of you who we haven't yet bumped into, here's a little bit about us:

We've been travelling Australia for the past six years managing caravan parks, small and large. We also managed a caravan park/over-55s lifestyle park in Western Australia so we come armed with experience that fits well here in your community.

We have thoroughly enjoyed our adventures around Australia, but now look forward to making Palm Lake Resort Hervey Bay our home. With family on the Sunshine Coast and in Brisbane, living in Hervey Bay means we are closer to them now than ever before, but still far enough away to not be on their doorstep! I (Lorraine) previously lived in Hervey Bay 30 years ago, and being back here feels like I've come home, which is really nice.

Glenn has hit the ground running with lots of maintenance tasks on the agenda, including stormwater drains, irrigation and the lakes. He loves gardening and takes pride in the places we've managed, treating them like it's his own backyard. Coming from a farming background, Glenn loves to fix things and get his hands dirty so I already know he'll love it here!

I come from a teaching, administration and management background. I love the idea of getting out and about around the resort grounds, and not being tied to the office. I'm also eager to meet more of our homeowners, especially at Tuesday lunches and Thursday dinners. We are both really looking forward to bringing some shine and joy to Palm Lake Resort Hervey Bay. Make sure you stop and say hi!

Lorraine and Glenn
Palm Lake Resort Hervey Bay Caretakers

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.

Contact us.

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

FREECALL: 1800 455 307

STREET ADDRESS:
25-67 Pialba-Burrum Heads Rd,
Eli Waters QLD 4655

OFFICE HOURS:
10am to 2pm, Monday to Friday
(weekends, by appointment)

EMAIL:
herveybay@pallake.com.au

ONLINE: Visit our website
pallakeresort.com.au

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



News in brief.

Don't forget to check your speed

Please remember the speed limit around our community grounds is 10km/h. It is not hard to keep your foot off the accelerator so please keep an eye on your speedo as it is very easy for someone to have a mishap. Please slow down - and make sure to remind your visitors and/or invited tradespeople to do the same.



Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@pallakeresort) and also over on Instagram (@pall.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 (@pall.lake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!



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 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 pallakeresort.com.au

Refer a friend, earn cash

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 a Palm Lake Resort home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.

Meet your homeowner experts.

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:** Maureen Munro (Home 148)
- Bingo:** Helen Jones (Home 203)
- Bowls (Indoor):** Gay & Dennis Alcoe (Home 101)
- Bowls (Outdoor):** Harold Self (Home 34)
- Card Making:** Gai Clark (Home 7), Lillian Smilie (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)
- Containers for Change:** Malcolm Colegate (Home 200), Max Emery (Home 183)
- Golf:** Ron Dupuy (Home 107), Steve Hart (Home 176)
- Gym:** John Clough (Home 121)
- Health and strengthening:** Joan Staddon (Home 155)
- Jigsaws:** Maureen Munro (Home 148)
- Line dancing:** Lydi Chesher (Home 156)
- Library:** Marion Myers (Home 162)
- Mah-jong:** Lydi Chesher (Home 156)
- 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/stretching/strengthening class (no floor work):** Joan Staddon (Home 155), Shirley Brown (Home 84)
- Tennis:** Peter Cooper (Home 110)
- Walking aerobics:** Denise McGrath (Home 143), Pat Halliday (Home 123)
- Walking group:** David Halliday (Home 123)
- Workshop:** Lindsay Forsyth (Home 93)

A happy, healthy New Year.

A HAPPY, HEALTHY NEW YEAR DOESN'T HAVE TO MEAN BIG CHANGES – IN FACT, SMALL, EVERYDAY HABITS CAN MAKE THE BIGGEST DIFFERENCE. FROM WEARABLE HEALTH TRACKERS TO MINDFULNESS AND LEARNING APPS, THESE SMART, TECHY TOOLS CAN HELP SUPPORT YOU'RE YOUR MENTAL AND PHYSICAL WELLBEING IN THE YEAR AHEAD.

DUOLINGO APP

Learning a new language is a powerful way to keep the mind active, and Duolingo makes it both accessible and enjoyable. With short, engaging lessons and a game-like approach, it encourages consistency without pressure. Even just a few minutes a day can boost memory, concentration and confidence, and open the door to new cultures and experiences. How long will your streak last?



FITBIT

Fitbit is a simple, motivating way to stay active and mindful of your health throughout the year. From tracking daily steps and heart health to monitoring sleep and offering gentle reminders to move, this small but mighty gadget helps turn good intentions into achievable habits. Progress is easy to follow, goals are personal, and every small win is captured – making it ideal for building consistency, rather than chasing perfection.



KINDLE

A Kindle makes reading easier, more comfortable and wonderfully convenient. With adjustable text size, soft lighting and thousands of books in one lightweight device, it removes the barriers to reading more often. Whether you're revisiting old favourites, discovering new authors or setting a simple daily reading goal, a Kindle supports quiet moments of focus, relaxation and lifelong learning.



HEADSPACE APP

Headspace helps create calm and clarity, with guided practices designed to reduce stress and improve wellbeing. Choose from meditation courses, single-session exercises, breathing techniques, mindful movement and sleep soundscapes to support better rest. There are themed collections for anxiety, focus, relationships and work, plus quick "SOS" meditations for moments of overwhelm. Whether you have five minutes or twenty, Headspace makes prioritising your mental health easy.



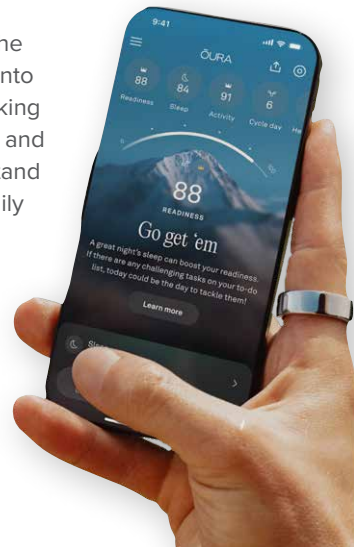
ELEVATE APP

Elevate focuses on strengthening everyday cognitive skills such as memory, focus, reading comprehension and problem-solving. Through short, targeted brain-training games, it turns mental fitness into a simple daily habit. Progress is tracked over time, helping you stay motivated while keeping sessions manageable. It's an easy way to challenge your mind, stay sharp and support long-term cognitive health.



OURA RING

Small, discreet and powerful, the Oura Ring offers deep insight into your overall wellbeing. By tracking sleep quality, recovery, activity and readiness, it helps you understand how your body responds to daily routines. Rather than pushing harder, Oura encourages balance – reminding you when to rest, recharge and move mindfully, so your health goals feel sustainable all year long.



Weekly activities.

MONDAY

8.15 - 8.45am Walking aerobics, Dance floor
9 - 9.45am Aqua aerobics with Leslee
9am Lawn bowls
1 - 4pm Sewing/craft, Craft room
2.30 - 3.30pm Tai chi/Qigong, Dance floor
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
10-12 noon Art class with Robyn, Long Room
12.30pm Lunch
1.30 - 3.30pm Mah-jong, Dining Room
6-8pm Line dancing, Dance floor
6pm Lawn bowls (nominated pairs)

WEDNESDAY

7.30am Walking group, near Aqua-Vue 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
6-7pm Line dancing (beginners), Dance floor

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
9am - 12noon Card making, Long Room
11.30am - 1.30pm 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 - 9.45am Aqua class, with Leslee
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





SINGING
TOGETHER
IS BETTER!

Preaching to the choir.

WHETHER YOU LIKE TO HUM IN THE SUPERMARKET, SING IN THE SHOWER OR FOUND YOURSELF ENJOYING CAROLLING WITH FRIENDS AND FAMILY OVER THE FESTIVE SEASON, THERE ARE PLENTY OF REASONS TO JOIN THE CHORUS THIS NEW YEAR – ESPECIALLY IF YOU HAVEN'T TRIED SINGING IN PUBLIC BEFORE.

Ask any of the dozens of choristers who call our Palm Lake Resort communities home, and they'll tell you that being part of a choir just feels good. But better yet, science says it's actually good for you. Research shows that singing together offers extraordinary physical, social, emotional and mental benefits – especially for over-50s.

At first glance, choir practice may not look like physical exercise. But singing is a whole-body activity: it engages the diaphragm, intercostal muscles and core, encourages upright posture, and requires controlled breathing. Multiple studies have found that singing on a regular basis can increase lung capacity, improve respiratory function and even enhance heart-rate variability – a key marker of cardiovascular health.

Deep, steady breathing also stimulates the parasympathetic nervous system, helping the body shift out of 'fight-or-flight' mode. The result? Reduced blood pressure, steadier oxygen flow and that lovely sense of calm that lingers long after practice ends. For older adults, especially those looking for gentle, low-impact ways to support physical wellbeing, choir rehearsals provide a surprising dose of functional fitness. And as Palm Lake Resort Waterford homeowner and Choir Director Les Elborne puts it, "Singing is something we can all do – if you can talk, you can sing."

Many people say they feel better after singing, but the science behind that emotional lift is compelling. Group singing releases endorphins (the "feel-good" hormones) as well as oxytocin, the hormone associated with trust, bonding and reduced anxiety. It's no coincidence that participants in community choirs often report improved mood, greater confidence and a sense of joy that carries through the rest of the week. And for over-50s – especially those undergoing life transitions such as retirement, downsizing or bereavement – the emotional outlet of singing can be profoundly grounding.

Australia is not immune to what experts are calling the "epidemic of loneliness", but choir singing could offer a powerful antidote. For many over-50s, especially those living independently, chronic loneliness can creep in unexpectedly, and the health impacts can be devastating – comparable to smoking 15 cigarettes a day, some reports suggest. A 2015 study out of Oxford University found that group singing not only helps forge social bonds but does so particularly quickly – and among large groups.

But that's not all. Singing is also a powerful cognitive workout, exercising memory pathways and stimulating neural activity in both hemispheres of the brain. The act of synchronising with others – matching pitch, pace and breath – is another

mental challenge that engages attention networks and enhances neuroplasticity. Research from the Monash University found that older adults who regularly engage with music had significantly lower risk of both dementia and cognitive decline.

Across our many Palm Lake Resorts, choirs have become much more than groups who sing – they are pillars of community life. At Palm Lake Resort Waterford, homeowners gather not just to rehearse, but to connect. And they do so outside of their resort gates as well. Palm Lake Care Mt Warren Park residents are among this choir's biggest fans given the regular visits the chorists make to their local aged caring community.

As Choir Director Les will tell you, he has seen countless people, many of whom were told as children they "couldn't sing", discover the joy of blending their voices with others as they've aged.

"It turns out that, if we are invited to sing and can let go of the natural shyness, we can express what is in our heart," Les explains. "When we do that together, it is incredibly powerful."

Then there is the spirited singing group at Palm Lake Resort Bargara. Formed about 10 years ago, the choir now has around 50 members, with 35 attending regularly each week. Entirely funded by members, they proudly add heart and harmony to the resort's Australia Day, ANZAC Day and Christmas celebrations. They also perform at Palm Lake Care Bargara and other local aged-care providers, bringing comfort and connection to residents who delight in their repertoire of Christmas carols.

Also at Bargara, the breakaway men's singing group known as the 'Bargara Barnacles' deserves special mention. Their heartfelt performances have become a cherished part of life at Palm Lake Care Bargara, reminding everyone that music is for all – and that enthusiasm often matters far more than technical skill.

As one of the Palm Lake Resort Bargara choir's favourite songs declares, "The music in my life will set my spirit free." For our Palm Lake Resort choristers, this is more than a lyric – it's a lived experience.

On the back of the festive season, with carols echoing through shopping centres and across community gatherings, consider that your motivation and invitation to sing along with your resort friends in 2026. It might just be the most uplifting, rewarding New Year's resolution you'll ever make.

Strength in numbers.

WHEN A NEW YEAR BEGINS, OUR ATTENTION NATURALLY TURNS TO HOW WE'D LIKE TO SPEND THE DAYS AHEAD. HAVE YOU CONSIDERED A NEW HOBBY LATELY? WHILE STARTING SOMETHING NEW CAN BE REWARDING, DOING IT IN A GROUP OFFERS EVEN GREATER BENEFITS.

Just look at our 'Weekly Activities' list. A trademark of Palm Lake Resort community lifestyle, shared activities offer an easy way to stay active, engaged and socially connected. So before you pick up a fresh set of knitting needles or crack open a new book, ask your neighbours if they'd like to join you - especially if your special interest group doesn't yet exist. As Hellen Keller once said, *"Alone we can do so little; together we can do so much."*

Walking group

Walking groups remain one of the most popular ways to combine movement with social interaction. Regular walks support mobility and general fitness, while the group setting provides motivation and routine. Conversations tend to flow naturally, and the walk can become as much about connection as exercise. Ask your immediate neighbours to join you for starters.

Swimming squad

Swimming in a group setting allows us to enjoy the physical benefits of water-based movement while sharing the experience with others. The pool provides low-impact exercise that supports strength and flexibility, and scheduled swim times are often extended by social catch-ups before and/or after a session.

Book Club

Book clubs offer mental stimulation alongside meaningful discussion. Sharing thoughts on a book encourages new perspectives and thoughtful conversation, while the regular meeting schedule helps maintain routine. For many, it's a chance to engage with ideas and connect with others through a shared interest. Get a group of neighbours together, choose a book to read at the same time, and you're away!

Art and craft club

Group creative sessions provide space for focus, creativity and relaxed conversation. Activities such as painting, knitting or card-making allow homeowners to work at their own pace while enjoying the company of others. These sessions often balance quiet concentration with easy social interaction. If you have specific art or craft expertise that isn't already covered in our Weekly Activities list, let us know and we might be able to find some likeminded neighbours to join in!

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 203 - \$669,000



Beds

2

Bath

2

Living

1

Study

1

Outdoor living

Garage

2



Immaculately presented

This beautifully presented home offers tiled living and shared spaces, creating a clean and low-maintenance environment ideal for everyday living. The spacious kitchen is well appointed with near- new appliances, an island bench with stone benchtop, and smartly designed storage that maximises both function and style.

The master bedroom features a generous ensuite and flows seamlessly to the patio and outdoor living area, providing a private retreat with an indoor/outdoor connection. A versatile study includes built-in wardrobes, making it an ideal option as a third bedroom. Ready to welcome its new owners, this home combines comfort, practicality and relaxed living.

Home 15 - \$680,000



Beds

2

Bath

2

Living

1.5

Study

1

Outdoor living

Garage

2



Desirable location

This sought-after Grande design enjoys a premium, peaceful position with only one neighbour at the very end of the street, offering direct access to the tranquil private walking track that winds around the outer lake precinct. Inside, the two bedrooms plus a study are generously sized, thoughtfully arranged and filled with natural light, while the open-plan kitchen and dining area flows effortlessly to an extended outdoor living space perfect for relaxing or entertaining. With no mowing required and low-maintenance living throughout, this home is competitively priced and ready for your immediate arrival.

Home 76 - \$649,000

UNDER CONTRACT



Beds

2

Bath

2

Living

1

Study

1

Outdoor living

Garage

2



Hidden secret...

This beautifully presented, well secluded unique designed home is sure to impress with its large kitchen, open-plan living and dining, immaculate presentation and expansive easy care gardens. Tucked away in a peaceful cul-de-sac close to resort facilities. The best way to appreciate this lovely home is to see it for yourself.

- Exclusive one-of-a-kind design, comfortable, spacious living
- Desirable location with two street frontages
- Front and rear decks
- Solar panels
- Light, bright and appealing
- Well maintained
- Special touches

Home 104 - \$725,000

SOLD!



Home 83 - \$745,000

SOLD!



Over the back fence.

THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS.



The Toy Boys make prime time TV

WE'VE COVERED THE WONDERFUL WORK OF "THE TOY BOYS" AT PALM LAKE RESORT WATERFORD IN THESE PAGES BEFORE, BUT DID YOU KNOW THAT THE BOYS MADE TV HEADLINES OVER CHRISTMAS?

This group of merry toymakers spend all year in their **Palm Lake Resort Waterford** workshop constructing wooden toys for underprivileged local children. At Christmastime annually, they gather a year's worth of handmade goodies and make a large heartfelt donation to Beenleigh Special School as well as The Mitre 10 Beenleigh Christmas tree appeal. And they've been doing this for 15 years!

7News Brisbane heard about The Toy Boys' pending 2025 donation and sent out a camera crew to capture their story. So taken with the Boys' dedication to their cause were producers of the 'Sunrise' television show that they then live-crossed to Palm Lake Resort Waterford to interview the Boys live on air. Workshop President Ray Johnstone says the group was grateful for the recognition and praise, and they look forward to many more years spent in their resort workshop, building wooden treasures for local kids.

HANDMADE
TOYS SPREAD
CHEER TO
NEEDY KIDS

Step inside Santa's Workshop

PALM LAKE RESORT CALOUNDRA CAY HOMEOWNERS PUT THEIR MANY TALENTS TO GOOD USE, COLLECTING (AND MAKING) DONATIONS FOR THE ANNUAL SALVOS CHRISTMAS APPEAL.

In the lead-up to Christmas, **Palm Lake Resort Caloundra Cay** homeowners worked together to assemble 81 Christmas hampers for families in need across the Sunshine Coast. Retired Salvation Army Major and homeowner Maree Strong helped coordinate the effort, which evolved from a simple neighbourly suggestion into a well-organised collection and distribution process.

"What began as one small idea quickly grew into something incredibly meaningful," Maree told Tony Durkin for the Caloundra Cay newsletter, recalling the steady flow of donated food items that filled collection boxes in the library and required regular sorting and storage ahead of final packing.

Adding a new element to this year's appeal, members of the Caloundra Cay Workshop also contributed 40 handmade wooden toys for children from recipient families. Suggested by workshop member Bruce Angus, the project involved hours of sanding, painting and finishing, with each toy requiring several hours of careful work. The toys were distributed alongside the hampers, complementing the food donations and no doubt promising a joyful surprise for recipients with children.



Doing good in The Long Run

Homeowners at **Palm Lake Resort Bargarra** recently came together for a meaningful fundraising event. As part of Prostate Cancer Awareness Month, homeowners formed a team for 'The Long Run', inviting neighbours to join a ride around the resort grounds to raise funds and spark conversation around prostate cancer awareness.

The ride saw 37 participants cycle a combined distance of more than 300km along the resort's streets, cheered on by fellow homeowners who generously donated along the way. The morning concluded with a well-earned morning tea and a raffle, with the event raising \$1975 for Prostate Cancer Foundation Australia.

The ride also shone a spotlight on the Bargarra Prostate Cancer Support Group, which now supports men and families across the Coral Coast. Most importantly, it reinforced a vital message: early detection saves lives, and regular conversations with your GP are key.

Think pink, for a cause

Palm Lake Resorts across Queensland turned pink late last year, coming together to raise funds and awareness for the McGrath Foundation and breast cancer.

At **Palm Lake Resort Upper Coomera**, homeowners enjoyed a lively evening event that raised \$1515, thanks to generous donations from homeowners, the Toucan Club, and local service providers. **Palm Lake Resort Bethania** hosted a beautifully curated Pink Morning Tea, led by homeowner Lorraine Sommerville, raising more than \$2000 with the help of volunteers, prizes and home-baked treats. Meanwhile, at **Palm Lake Resort Cooroy-Noosa**, around 70 homeowners filled the Pavilion Country Club with pink, raising \$1152 and enjoying music, food, costumes and plenty of community spirit as well.

Congrats on these big birthday milestones

Best wishes to Palm Lake Resort's latest nonagenarians and even a centenarian, who all celebrated a birthday milestone recently..

Jan Cuskelly from **Palm Lake Resort Bargarra** marked her 90th birthday alongside 70 of her family, friends and neighbours. Everyone in attendance enjoyed finger food and refreshments in the Ocean Breeze Country Club.

Palm Lake Resort Caloundra Cay's 'Big' John Williams celebrated his 90th birthday with the help of his regular bowling mates, who put together an afternoon of activities in his honour. Cake was eaten, rounds of drinks were shouted (even by the birthday boy himself!) and many laughs were shared.

And finally, **Palm Lake Resort Phillip Island** birthday girl Joan Menzies just turned 100! She spent the day surrounded by family, many of whom she hadn't seen for years, with friends joining in the festivities later on. What a milestone!

A very special visitor

Residents at **Palm Lake Resort Ballina** recently enjoyed a rare wildlife surprise – a Great Bowerbird, well outside its usual Queensland range. The striking visitor built an intricate bower beside the walking track, decorating it with stones, pegs, marbles and even chilli peppers! While no female arrived to admire his efforts, the bowerbird's unexpected stay sparked curiosity, conversation and delight, offering a fascinating glimpse into Australia's extraordinary birdlife.



What's over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? We'd love to include it in the next editions of our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**

Better, together.



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