

MAY - JUNE 2025



Bay Breeze



Adventures await behind the wheel

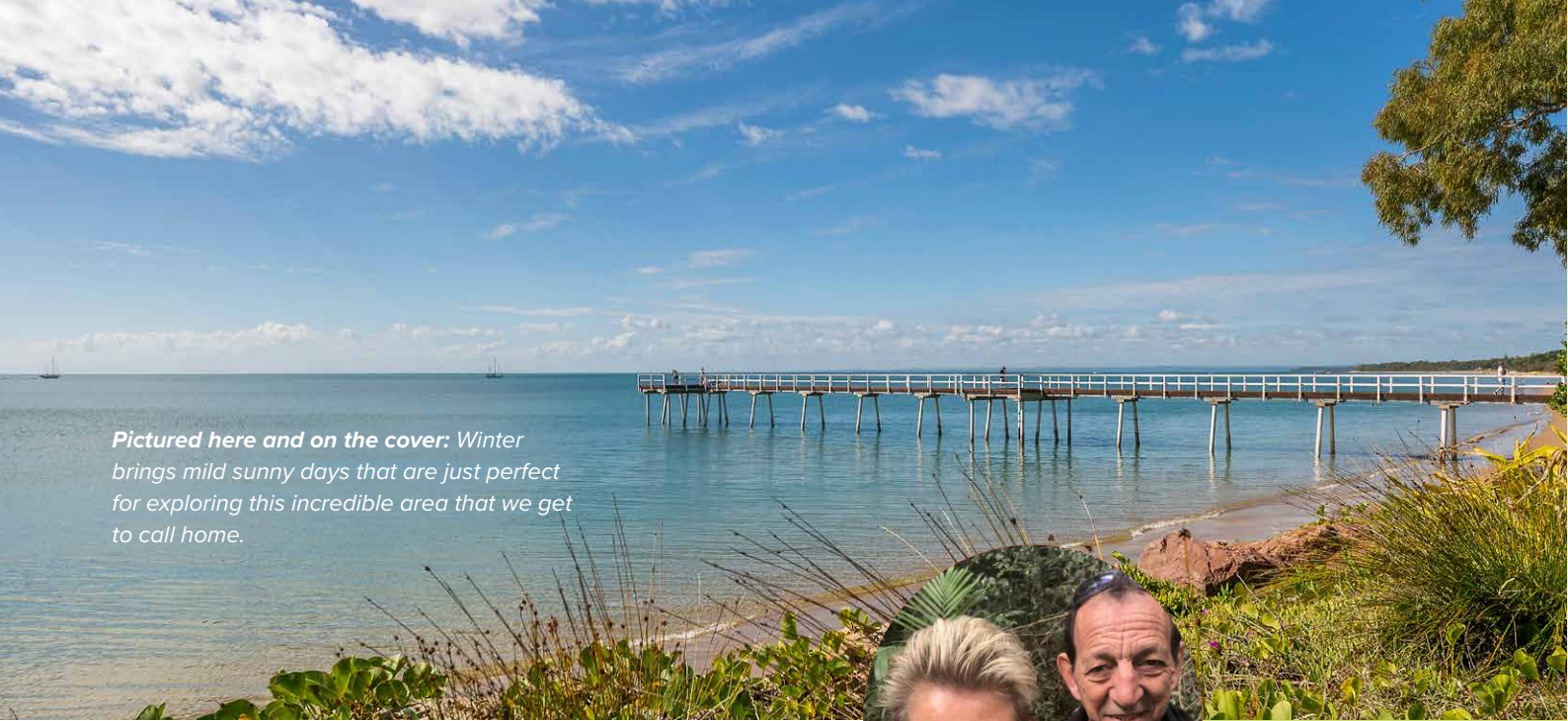
Autumn provides the perfect opportunity to lock up your Palm Lake Resort home and drive!

Over the back fence

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

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for fast cash



Pictured here and on the cover: Winter brings mild sunny days that are just perfect for exploring this incredible area that we get to call home.

Welcome.

We are delighted to bring you the latest edition of our *Bay Breeze*, our May-June edition. This season is about enjoying the cooler months, brisk walks, embracing new activities and creating wonderful memories together. It's also a lovely time of the year to be working in your gardens. Even our groundspeople say they are loving the cooler mornings to start their day! A big thank you to our new groundsperson, Annette, who has fitted in very well already. I know a lot of homeowners have commented on this.

Many of our homeowners got to spend time away or visited family over the Easter and Anzac Day long weekends. Thank you to all those staff and volunteers who made our clubhouse come alive with Easter decorations and also to those who helped bring the Anzac Day service together. It was a solemn and moving tribute with a wonderful display around our fountain.

On the topic of time off, don't forget that our mid-year Queensland school holidays are already on the radar. If you've got little people in your family, they might like to come and visit/stay during the holidays which run from June 28-July 13. Our resort is a great place to host your visiting family but on top of that, our local area is also perfect for visitors. Here are some ideas for what you and your visitors can get up to:

1. Whale Watching (July to November). Hervey Bay is renowned as the whale watching capital of the world. During the migration season, humpback whales rest and play in the calm waters, providing visitors with close-up encounters.
2. Explore K'gari (Fraser Island). Just a short ferry ride away, K'gari is the world's largest sand island and a UNESCO World Heritage site. Visitors can explore its pristine freshwater lakes, ancient rainforests and iconic landmarks like the Maheno shipwreck. Various tours (think 4WD adventures, eco-tours) depart from Hervey Bay.
3. Stroll along the Hervey Bay Esplanade. This 17km scenic coastal pathway is perfect for walking, cycling or skating. It's lined with cafes, parks and beaches.
4. Visit the Hervey Bay Botanic Gardens. These tranquil gardens showcase a diverse range. It's a peaceful retreat and a great place for a stroll or picnic.
5. Discover local art at the Hervey Bay Regional Gallery. For a cultural experience, enjoy rotating exhibitions featuring local and national artists. The gallery is easily recognizable by the impressive 14m humpback whale sculpture at its entrance.

**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:

FREECALL: 1800 455 307

STREET ADDRESS:
25-67 Pialba-Burum 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 (@pallake.resort)



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News in brief.

Get social with us!

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



Refer a friend, earn fast cash

We know your friends love coming to visit your Palm Lake Resort Hervey Bay 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 one of our established Palm Lake Resort homes, you'll receive \$250 cash. Easy! A list of our current homes for sale can be found on Pages 8-9 of this newsletter and you can ask about our 'Refer a Friend' incentive at the Caretakers' office.

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.

IS IT
TIME TO
TRY A NEW
ACTIVITY?

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)** Liz Kelly (Home 26)
- Card Making** Gai (Home 7), Lillian (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** Ron Henson (Home 6), 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), Shirley Brown (Home 84)
- Tennis** Peter Cooper (Home 110)
- Walking Aerobics** Suzanne Herrington (Home 119) and Denise McGrath (Home 143)
- Walking Group** David Halliday (Home 123)
- Workshop** Lindsay Forsyth (Home 93)



Take a seat.

EVERY TUESDAY MORNING, 20 HOMEOWNERS JOIN LESLEY, A CERTIFIED YOGA INSTRUCTOR, FOR A GENTLE YET CHALLENGING CLASS THAT ADAPTS YOGA POSES WHILST SEATED IN A CHAIR.

Lesley has been enjoying teaching chair yoga to seniors for the past six years but this chair class is a recent addition to the Palm Lake Resort Hervey Bay Weekly Activities program.

This new chair yoga class was developed on the back of a dedicated group of mat yoga students who decided that, having felt the satisfaction of regular yoga practice, they wanted to extend the wellbeing benefits to their greater resort community. After a conversation among the classmates and Lesley, and discussions with resort management, it was decided that 'Yoga in a chair' class be added to the list here at Hervey Bay so more homeowners could come along and enjoy the yoga benefits.

According to Lesley, the mat and chair classes are blending beautifully.

"Attendance number have more than tripled and what were once ambivalent faces, thinking 'Can I do this? What am I up for?' are now faces offering smiles and laughter," she says.

Lesley says class participants are also enjoying improved breathing and better flexibility with thanks to their new interest and they are also enjoying the benefits of new/further connections with their extended resort community.

If you've been considering taking a chair yoga class, here are some of the benefits you'll enjoy:

- Chair yoga encourages focused movement, breathing and attention to how your body is reacting to the exercise. This creates a kind of moving meditation that promotes relaxation and mental clarity.
- Chair-based yoga offers the same benefits as traditional mat yoga, boosting strength, flexibility and mental wellbeing.
- The practice is great for older adults who want the benefit of yoga without getting up and down off the floor.
- This is an all-abilities class. It is accessible to everyone as adaptations are always available.

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-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
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 above: Our annual Anzac Day commemorations are always solemn and well attended, and this year was no different. Our field of poppies always makes a statement.



Around the grounds.

CHEERS
TO OUR
IAN!



Pictured right: Ian Debert (Home 106) celebrated his 80th birthday at the Hervey Bay RSL with some of the homeowners of our resort, other friends and family. We're told a great lunch and day was had by all.

Pictured right: Big thanks to Margie (aka 'Cookie') in our kitchen, for the delicious plates served up each and every week for our homeowner meal sittings. Not only do we enjoy Cookie's delicious mains, she's also makes her desserts from scratch as well. One word: YUM! And this Easter, Margie even donated Easter gifts for giveaway! Thank you also to Michelle for her assistance helping Margie with the meal services. A great team!



Drive time.

THERE'S NO DOUBT THE OVER-50s ERA BRINGS WITH IT THOSE HIGHLY COVETED LUXURIES OF RELAXATION AND TIME. A GREAT EXAMPLE OF THIS IS HOW MANY OF US GO FROM PLAYING THE FAMILY TAXI DRIVER FOR BUSY CHILDREN AND GRANDCHILDREN (AND ALL THOSE EXTRA-CURRICULAR ACTIVITIES) TO SIMPLY DRIVING FOR PLEASURE...

LOCK AND LEAVE YOUR PALM LAKE RESORT HOME, WITH TOTAL PEACE OF MIND

There are so many adventures to be had behind the wheel across our great state. And the freedom of time allows your adventure driving experience to be as 'adventurous' as you choose. You might happen upon a great roadside café and decide to linger a little longer to enjoy a meal. Or there might be an unexpectedly good photo opportunity on your route that deserves a little extra exploration and documentation. Whatever interest your chosen route brings, being behind the wheel allows you the luxury to go at your own speed and potentially also divert off the track where you want to.

Autumn/winter brings with it arguably the best season for a leisurely drive. The temperature is just right to be sitting in a car, and the roads are generally less busy than the summer holiday season. So, guess what? Adventure awaits you right now! Here are our Top 7 ideas for scenic drives around our glorious state. Each route offers unique landscapes and experiences, making them ideal for over-50s seeking leisurely adventures. Some of them will be more easily accessible for you than others but there's nothing stopping you from tacking on some short domestic flights, a hire car and overnight accommodation to turn these ideas from simple driving day trips into memory-making driving holidays.

1. Great Barrier Reef (Cairns to Cape Tribulation)

Distance and time: Approx 140km. Around 3 hours drive time.

Why it's special: This coastal journey along the Captain Cook

Highway offers breathtaking views where the rainforest meets the reef. Travellers can explore the Daintree Rainforest, visit Mossman Gorge and relax on pristine beaches like Four Mile Beach. This scenic route is well-maintained and sealed the entire way, ie. you don't need a 4x4 to drive from Cairns to Cape Tribulation. You will need to take a ferry across the Daintree River over to Cape Tribulation as no land crossing bridge exists. Departures are every 15 to 30 minutes, from 5am to midnight daily, and incur a fee.

Visit: www.weseektravel.com/cairns-to-cape-tribulation-drive/

2. Atherton Tablelands loop

Distance and time: Approx 200km loop. Allow a full day.

Why it's special: Starting from Cairns, this drive takes you through the lush Atherton Tablelands. Highlights include the Curtain Fig Tree, Millaa Millaa Falls and charming towns like Yungaburra. The cooler autumn/winter climate enhances the experience of rainforest walks and local markets.

Visit: www.tropicalnorthqueensland.org.au (and click on "Things to do" and then "Itineraries and road trips" for loads of ideas to suit your interests and available time)

3. Scenic Rim circuit

Distance and time: Approximately 300km loop. Around 3 to 4 days recommended for a relaxed pace.

Why it's special: Just an hour from Brisbane, the Scenic Rim

offers a loop through Boonah, Mount Barney and Tamborine Mountain. Visitors can enjoy vineyard tours, rainforest walks and panoramic views from various lookouts.

Visit: www.visitscenicrim.com.au (and click on "Plan your stay" and then "Weekender itineraries" for some great routes).

4. Glass House Mountains drive

Distance and time: Approximately 40-50km loop. Around 2 to 3 hours, depending on stops.

Why it's special: This drive through the Sunshine Coast Hinterland showcases ancient volcanic peaks and lush landscapes. Stops include the Glass House Mountains Lookout and quaint towns like Maleny and Montville, known for their art galleries and cafes.

Visit: www.australia.com (and click on "Places to go" then "Country" then "Glasshouse Mountains")

5. Carnarvon Gorge drive

Distance and time: Approximately 720km from Brisbane. You can start at Yeppoon and the drive is 460km; four nights will give you ample time to explore.

Why it's special: Located in Central Queensland, the drive to Carnarvon Gorge offers dramatic sandstone cliffs, diverse flora and fauna, as well as Aboriginal rock art sites. Autumn/winter provides pleasant temperatures for hiking and exploring the Gorge's natural beauty.

Visit: www.visitcapricorn.com.au/road-trips-and-drive-journeys for various downloadable itineraries including "Reef, beef and Carnarvon Gorge".

6. Daintree Rainforest drive

Distance and time: Approximately 100km from Cairns to Cape Tribulation. Around 2.5 to 3 hours of driving time.

Why it's special: This route takes you through the heart of the one of the world's oldest tropical rainforests. Travellers can experience river crossings, lush vegetation and the chance to spot unique wildlife.

Visit: www.daintreeinfo.com/info/self-drive/

7. Lamington National Park drive

Distance and time: Approximately 110km from Brisbane. Around 2 hours of drive time.

Why it's special: From Canungra, this drive winds through the Gold Coast Hinterland to Lamington National Park. The journey offers stunning mountain views, rainforest walks and the opportunity to visit O'Reilly's Rainforest Retreat.

Visit: www.parks.desi.qld.gov.au/parks/lamington for full information, maps and other resources.

These drives offer a mix of coastal beauty, rainforest adventures and mountainous landscapes. They provide perfect opportunities for over-50s to explore Queensland's diverse regions at a relaxed pace. So, grab your keys and let's drive!



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 104 - \$725,000


Beds
3


Bath
2


Living
1


Study
1


Outdoor
living


Garage
2

Everything you need

Attractively painted home with a welcoming entrance and established front garden. Front and back door sensor security lights, electronic front doorbell, camera and an emergency alarm above front porch. Back barbecue area is under large shade sail. The attractive side and rear gardens feature established shrubs and artificial grass. The sides and back of the house are low maintenance. There is also a garden shed and watering system. Living area has been increased by 19.9 sqm to include craft/sewing room with a coffee area and a second TV viewing area. There are fans, LED downlights, plus extra power points. The kitchen appliances have all been replaced in the last three years as have all fans and LED downlights.



Home 3 - \$699,000


Beds
2


Bath
2


Living
1


Study
1


Outdoor
living


Garage
RV

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 136 - \$729,000


Beds
2


Bath
2


Living
1


Study
1


Outdoor
living


Garage
2

Entertainers, this is your opportunity

This beautifully presented, highly sought-after Woodlands design home offers spacious open-plan living and dining, centred around a large, well-appointed kitchen. With elegant tiles in the living areas and soft carpet in the bedrooms, comfort is assured. Air conditioning and ceiling fans provide year-round climate control. Enjoy stunning lake views from the full-width entertainer's patio, surrounded by lush tropical gardens. The home also features a generous double garage, 12 solar panels, and solar hot water for energy efficiency. Offered fully furnished, including fridge and extras, this tastefully decorated home is truly move-in ready.



Home 83 - \$745,000


Beds
3


Bath
2


Living
1


Activity
1


Garage
RV

Lilly Pilly lakeside

This beautifully renovated Lilly Pilly design home offers breathtaking lake views and a host of impressive upgrades. Recently painted inside and out, the home features a sunroom with a private spa — perfect for unwinding while enjoying the tranquil outlook. The freshly carpeted bedrooms are fitted with air-conditioning, ensuring year-round comfort. Additional features include skylights in the garage and laundry, enhancing natural light, and a secure space to store a trailer or golf cart behind the gate. With its sought-after location and thoughtful renovations, this home truly needs to be seen to be fully appreciated.



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 COMMUNITY OR JOINING FORCES FOR FUN.

Neighbours lend a hand as Alfred comes to town.

The strength of our Palm Lake Resort communities, and the Palm Lake Group as a whole - was put on show when Tropical Cyclone Alfred rolled into Queensland's south-east corner recently. In scenes reminiscent of the Covid pandemic, our Palm Lake Resort homeowners rallied to support one another and ensure their communities were not only prepared for the hit, but also quickly mopped up afterwards.

Palm Lake Resort Carindale Caretakers Wayne and Karen said that while 28 homeowners left the resort to be with their families, more than 200 stayed in the resort throughout the cyclone.

"For the first time ever, the flood waters came into our community from Wright Street (pictured above)," Karen says. "We constantly checked the levels there and in the creek. We had Stuart (Home 168) monitoring the creek and reporting in to us and trusty Ken (Home 113) reporting from the other end of the resort. What an incredible team.

"Those who stayed were in good hands, as we had many many homeowners checking on their older neighbours, boiling them water on gas stoves when they lost power. Our communal halls were left open so homeowners could gather together with other homeowners. Luckily we had arranged some extra food for sandwiches, as well as milk



and water so we could all meet at the Grand Hall and have toasties - mostly made by Bob (Home 98).

"Some homeowners were scared - mainly because of the fast flood waters - as they live on their own, but we made sure that someone kept dropping in on them regularly to keep them in the loop.

"We are actually so proud of our caring homeowner network," Karen smiles. "Our beautiful Palm Lake Resort Carindale community certainly comes together well in tough times."

The same types of stories were heard right across the Palm Lake Group - with our resort homeowners even supporting their local Palm Lake Care aged caring communities. For example, the sleepy seaside town of Beachmere does not have its own local police station, so officers were brought in to keep an eye on local residents during the storm. When the power in that neighbourhood went out, our Palm Lake Care staff returned the favour and offered the police officers hot meals and coffee, which they gratefully accepted. What's more, three volunteers (retired registered nurses) from Palm Lake Resort Beachmere Bay and Beachmere Sands - located just across the road - provided support and personal care to the elderly aged care residents. A lovely gesture of selfless care that embodies the PLR spirit!



Wedding bells ring loud and clear.

THERE HAVE BEEN NEW WEDDING BELLS RINGING ACROSS PALM LAKE RESORT AS WELL AS CELEBRATIONS FOR MARRIAGE LONGEVITY - ALL WE KNOW IS THAT WE LOVE, LOVE STORIES!

Palm Lake Resort Bethania

Pictured above left, check out the new "Mr and Mrs Remy" (also known to homeowners at Palm Lake Resort Bethania as Steve and Kate), who tied the knot on February 15. Their official ceremony was held at their resort - how wonderful! We wish the Remys the best for their future life together.

Palm Lake Resort Yamba

Shirley Foley married Denis Kelly on May 15, 1965, at Tumut, New South Wales. Little did they know, 136km away on that very same day, their future friends (and future neighbours) Carole Wilson and John Joyce were also tying the knot. In the late 1960s, the Joyces moved to Tumut and, sure enough, met the Kellys. The couples have been firm friends ever since. And they have more in common than just their wedding anniversary - nowadays, you'll find Denis and Shirley in Home 4 at Palm Lake Resort Yamba, and John and Carole in Home 63 (all four pictured above right, including a photo of the Kellys on their wedding day).

Palm Lake Resort Eagleby

It all began in Liverpool, England, in the early 1960s. The school dance was in full swing when John, who was working as a roadie for the band that night, spotted Joan across the dance floor. He winked at her and, as he fondly recalls, "that was it". The couple married on March 27, 1965, in Liverpool and in 1976, John and Joan made the bold decision to move to Australia, with their young family in tow. After more than two decades in Sydney, they moved to Queensland in 2000, making Palm Lake Resort Eagleby their home in 2009. Pictured above (middle), six decades on from their wedding day, family remains at the heart of their lives through six grandchildren and six great-grandchildren.

Palm Lake Resort Cooroy-Noosa

Long-time Sunshine Coast locals, David and Nola, just marked 60 years with their proud family, including nine grandies and 11 great-grandies (with more on the way!).

Fiona is 102 years young

One of our oldest homeowners at Palm Lake Resort Willow Lodge is Fiona Ryan. She turned 102 years young in April. The Lodge Country Club hosted a party for Fiona, with many of her family and Palm Lake Resort friends stopping by. What a milestone for this resort matriarch!



Tell us what's happening 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? Are you and/or your neighbours doing something special that you're proud of - and you know we'd be proud of too? We'd love to hear from you and include your story in these pages in the next editions of all our resort newsletters.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com

You're always
warmly
welcomed.



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