

this is your time.

PALM LAKE RESORT SUMMER EDITION 2025-26

BEST IN THE STATE!



2025

MASTER BUILDERS AWARDS

WINNER

Yamba Cove home design
named best in the state

We know our Yamba Cove home
designs are great, but now one's been
named best in New South Wales

'Tis the season
to celebrate

We look back on the
philanthropic achievements
of our homeowners in 2025



WELCOME

IT'S HARD TO believe another year has already passed us by. On any given day, we're juggling 27 Palm Lake Resort addresses, seven Palm Lake Care aged caring communities and three brand new resort development sites while soon also breaking ground on an additional new aged care location. You can understand that no day at Head Office is ever quiet and why it feels like the time always flies. But even on the craziest of busy days, there's something pretty rewarding for me in stopping to remember that we're collectively providing 12,000+ people with a coveted, quality over-50s lifestyle that offers them as much (or as little) to do, as they choose. We're offering them the security of living in a gated community with on-site Caretakers, or in an aged care location providing 24-hour access to committed industry professionals. We're offering them the kind of human connection that bolsters their emotional and physical wellbeing. And it doesn't matter if you call one of our newest and most opulent Palm Lake Resort addresses home or if you're living large in one of established resort locations or care communities, that feeling of connection, security and lifestyle is always the same.

Across our resorts, the proof of this is found in our Sales Information Centres. At Palm Lake Resort Pelican Waters, for example, residences have been selling like hotcakes as we close out 2025 – so much so that our construction program has been 'beefed up' to meet demand there on the Sunshine Coast. Around 180 people now call this most exclusive address their home, and they are gearing up for an exquisite festive season with friends and family.

Equally, some of our established resorts have waiting lists of people wanting in, but the stock is not readily available as our homeowners just don't want to leave. When the odd home does come up for sale, it's snapped up within days – sometimes in just hours! Palm Lake Resort Carindale and Palm Lake Resort Upper Coomera are good examples of this.

Taking a quick trip around the grounds, Palm Lake Resort Yamba Cove is thriving with some great single-storey designs on offer. That's a magic address – it's in a great part of the world, with so much coastal beauty, and the resort itself is a winner. In fact, read on in this magazine

to find out which of our Yamba Cove home designs was recently labelled best in the state by independent construction industry judges.

“That's a magic address – it's in a great part of the world, with so much coastal beauty, and the resort itself is a winner...”

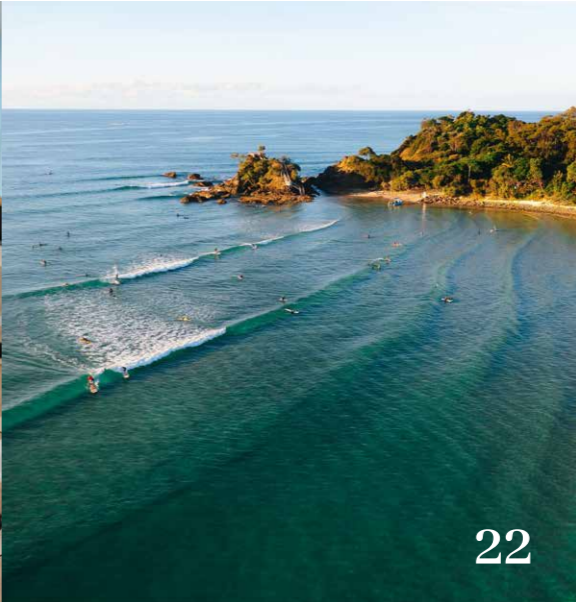
Civil works have started at Palm Lake Resort Bargara to extend the footprint there by 138 homesites. Palm Lake Resort Paynesville is also looking great, with more and more homeowners joining the community there. And, as mentioned above, we'll break ground on our eighth Palm Lake Care community in the early part of 2026. Adding to the excitement, it'll be our first care address outside of South-East Queensland, supporting the local community at Forster, in New South Wales. Although there are a lot of well documented challenges within the aged care sector, it's something that my father (Palm Lake Group founder, Wal) and I remain truly committed to.

I would like to take this opportunity to thank all our team members who have worked hard in 2025 to ensure the Palm Lake Resort, Palm Lake Care and Palm Lake Works brands continue to thrive. Ours is a well-oiled machine but we're always looking for new people to bolster the ranks and bring in fresh new ideas and energy. Whether you're a care worker, a tradesperson or a dedicated team player, if the New Year has you looking for new opportunities, I urge you to contact us.

May the festive season bring you whole-hearted happiness and the New Year be filled with reward. From my family to yours, Merry Christmas!

Scott Elliott,
Palm Lake Group Managing Director

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Yamba Cove

BEST IN THE STATE!

Palm Lake Resort Yamba Cove homeowners will tell you they've lucked on a winning combination of designer homes, world-class facilities and a warm, welcoming community in a coastal location that's one of the best in the state. Now, independent construction industry judges are also calling Yamba Cove's 'Iluka' home design the best in the state...



2025
MASTER BUILDERS AWARDS
WINNER





Yamba Cove *TOP DESIGN*

The Master Builders Association has just named our 'Iluka' home design the best in New South Wales, in its category. And we couldn't agree more.

PALM LAKE RESORT Yamba Cove's 'Iluka' home design is everything the modern over-50s homeowner needs. Architecturally striking, this double-storey 281.59m² floorplan provides space, glorious space from the outset.

Downstairs, the hero is the huge master suite, strategically positioned at the home's rear, for ultimate privacy. With one of Palm Lake Resort's largest walk-in robes, there's an equally as vast ensuite, complete with full-sized bath and separate shower. The master suite also provides direct access to a private outdoor alfresco living area that substantially extends the master's reach, creating an indoor-outdoor sanctuary for homeowners' relaxation. You'll also find a study for home administration tasks, a plentiful laundry and a double car garage with more storage space on the ground level.

If downstairs is for relaxing, upstairs is for living large. An expansive galley-style kitchen offers a long, useful island bench and the space is packed with features including SMEG appliances (some integrated), undermount sink with designer brushed nickel tapware and an instant hot and cold Billi tap.

The kitchen overlooks an open-plan living and dining area. These three workhorse spaces are equally supported by an inviting balcony running the home's full width. As per downstairs, this deep balcony seamlessly and substantially increases the living space on offer here. It also allows revitalising sunlight to stream in through large glass sliding doors, simultaneously capturing coastal breezes and glorious views. This level also features two additional bedrooms, another bathroom and more handy storage.

Homeowners are given two great options when it comes to access between Iluka's two floors. A chic internal elevator makes things convenient, while the grand oak staircase, complete with feature pendant lighting, is just as much a sculptural masterpiece as it is functional.

From a construction perspective, Iluka is built around structural steel and a timber frame with Hebel and Cemintel cladding. Feature areas of stone veneer provide contrasting textural points of interest to this home's facade. The Colorbond roof is insulated by an Anticon blanket. In combination, this home offers many aspects of energy-efficiency and sustainability.



Yamba Cove *A GREAT FIT*

Yamba Cove's homeowners are proving themselves quite an active bunch of over-50s. And there's no question they live in one of the country's most picturesque coastal locales which makes staying fit and active easy breezy.

NOT ONLY DO Palm Lake Resort Yamba Cove homeowners enjoy the great outdoors for the betterment of their health, their resort management team members do, too. Leading the physical wellness charge, Sales Manager Monique Lee says she has recently returned to completing regular weekend Parkruns – and has been encouraging homeowners to join her.

"I've long been into the Parkrun scene," Monique says. "I did regular Parkruns when I was based at Palm Lake Resort Toowoomba and also on the Sunshine Coast when I was working at Palm Lake Resort Caloundra Cay. I've also done some half-marathons in my time."

For those unaware, Parkrun is a global series of free weekly 5km community running events that are open to everyone, regardless of pace. Participants can walk, jog or run these timed events held in local community parklands typically on Saturday mornings. To get an official time emailed through at the conclusion of the Parkrun, participants must register online beforehand and bring along a scannable barcode. Many Parkruns promote a post-event coffee where people gather to socialise – which is one of the lovely things about the Parkrun community.

"My partner, John, and I have just completed our first Parkrun here at Yamba with some of our homeowners joining us. I would love to get a regular Palm Lake Resort Yamba Cove Parkrun group together – I've already organised t-shirts for us!"

There's no doubt that modern Palm Lake Resorts are built to support homeowners in their quest for better health, wellness and longevity. Staying active – physically and mentally – is the key. It's a trend we've seen, and we've supported in our resort masterplans, consistently in recent

years. At Yamba Cove, homeowners also love to ride their bikes. The Yamba area offers plentiful cycle paths and mostly flat terrain, other than a few leg-pumping hills as you get closer to the coastline. While it's a wonderful suburb for beginner cyclists, once homeowners are confident on two wheels, the greater Northern Rivers really opens up a wealth of possibility. Yamba Cove homeowners Ron and Annie will tell you that they love the freedom and adventure that their bikes bring.

"Our favourite ride is the smooth coastal path from Palm Lake Resort out to Angourie," Annie says. "The ride offers the safety of a wide two-lane cycleway with gentle grades and before you know it, you've emerged at the beautiful Blue and Green Pools, unflustered and ready for a picnic stop or coffee at a local cafe before the return run."

"Another sweet flat loop is along the riverfront at Ford Park and beside the Clarence River toward Turners and Whiting Beach," Ron says. "It's a peaceful ride with views of the water and plenty of benches for a rest and a coffee stop. For those of us 60-plus, this is pure gold! No lung-punishing hills, beautiful scenery at every bend and the perfect excuse to take things slow, enjoy a picnic, chat, soak in the salt-air and think about your next ride."

With Monique and John recently picking up two new eBikes, they're also now enjoying (and conquering!) the coastal bike paths.

"Yamba Cove really is the perfect address for over-50s who like to stay active. You can't beat our location for inspiring those walks, runs and rides but the homeowners themselves are also encouraging and inspiring each other to get out and about – and it's so wonderful to see."



Yamba Cove
**WANT LIFESTYLE?
JUST ADD VANTAGE**

Yamba Cove homeowners undoubtedly live in a pristine Northern Rivers paradise. And the NSW Master Builders Association has just told us our resort offers one of the top home designs in the state. Can it really get any better? Well, yes, of course it can!

PALM LAKE RESORT Yamba Cove homeowners have made the smart move. They've chosen an incredible geographic area and are no doubt enjoying life in their luxury architectural coastal abode. But the cherry on top really is the resort's Vantage Country Club which ensures their social, sporting, wellness and creative needs are also met. And then some.

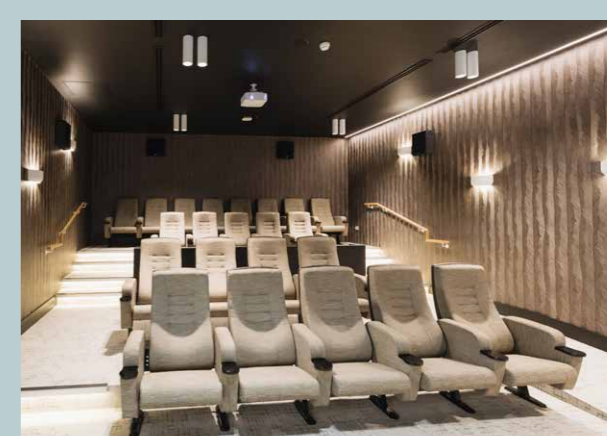
Also a 2025 Master Builders Association award winner, Vantage Country Club is, in fact, two separate double-storey buildings connected by a glass flyover walkway above the outdoor resort-style pool and spa (as pictured left). Vantage offers many world-class features including a steam room, sauna, an exclusive Milon gymnasium, reformer Pilates studio, luxury movie theatre, a whisky bar, virtual golf simulator, darts boards, billiards tables, a well-stocked library with Mah-jong and cards tables, an art and craft creative space, pottery studio, dance floor, commercial kitchen – the list goes on. Vantage Country Club's communal areas have been designed to provide large, vibrant spaces for group get-togethers as well as smaller nooks for those quieter moments among friends. The alfresco dining deck makes the most of Yamba's balmy climate with slick outdoor kitchens, communal dining and a lounge.

Palm Lake Resort Yamba Cove Caretaker Kym Igglesden says Vantage Country Club is the location for all the best social gatherings, including their weekly Friday afternoon Happy Hour, however, the growing Weekly Activities list is also drawing crowds. For example, on Tuesday mornings in the yoga studio, you'll find homeowners gathered for their complimentary weekly Pilates class (this class alternates between reformer and mat Pilates options each fortnight). They also get together on Wednesday mornings for complimentary aqua aerobics in the resort's sparkling pool. With the Milon gymnasium open seven days for inducted homeowners to utilise in their own time for workouts, this space really is another haven for health and wellness.

Come Tuesday afternoon, homeowners gather for relaxation. It's their weekly movie day and those plush movie recliners, combined with state-of-the-art vision and sound technology (and a box of popcorn, of course) make for a gold-class screening with friends. But if games are more your thing, Mah-jong has found a following at our Yamba Cove resort, with homeowners gathering weekly on Tuesday afternoon to play.

Palm Lake Resort Yamba Cove really is the total package deal when it comes to a winning over-50s lifestyle.

To find out more about what life could look like for you at Palm Lake Resort Yamba Cove, book a private inspection of the Vantage Country Club and our suite of inspirational display homes. Phone our Sales Information Centre on 1800 960 946. It's open seven days.



Paynesville

THE LATITUDE FOR LIVING



Palm Lake Resort Paynesville homeowners fill their diaries with the kind of lifestyle activities many only dream of. And it's with thanks to one main thing...

PALM LAKE RESORT Paynesville's Latitude Country Club is proving a magnet for over 50s looking for social and sporting, cultural and creative lifestyle opportunities. This \$20 million community facility is undoubtedly the resort's crowning jewel, but it's enhanced by the resort's vibrant and ever-expanding Weekly Activities list as well as the people who literally bring life to this most elegant and luxurious space.

Homeowner Jo Ronaldson says she especially loves Latitude's pool, spa and sauna, but it's the fact that she has so many facilities to choose from that is the "lovely" part.

"When my friends come over, they're gobsmacked," Jo smiles. "Here I feel certainly a sense of community and being on my own, a sense of security. What more could we ask for?"

Fellow homeowners David and Joan Feather are actually 'experts' when it comes to the Palm Lake Resort brand and knowing the epic lifestyle and social connections on offer in our lifestyle resort communities. The Feathers lived at Palm Lake Resort Forster Lakes in New South Wales before relocating south to Paynesville to be among the early wave of homeowners moving into our newest community.



"It was a 'wow' moment the first time we saw these facilities," Joan recalls. "It's very welcoming, the community is very friendly and we're very happy here."

"We love this area, and we love Palm Lake. There was just no going anywhere else, really."

Gary and Helen Price have also seen their diaries fill to the brim with thanks to Latitude Country Club's immense offering. They searched a wide geographic area, stretching from Geelong (Victoria) to Bundaberg (Queensland), for their perfect over-50s chapter. Palm Lake Resort Paynesville ticked all their boxes – and then some.

"I didn't expect my life to be as full as it is," Helen says. "I didn't expect to have so many choices of things to do."

"And we loved the quality of the build," Gary adds. "Living at Palm Lake Resort is more than I expected."

If you're looking to up your over-50s' lifestyle game, book a private inspection of Latitude Country Club and Palm Lake Resort Paynesville's display homes on 1800 960 943.

NEWS BRIEFS



Suzanne represents Palm Lake Group at landmark summit

Palm Lake Group's General Manager, Development, Suzanne Jensen had the privilege of speaking at The Urban Developer's inaugural Land Lease Summit in Brisbane in recent months (pictured above).

"This landmark event provided a fantastic platform to showcase the exceptional work being done at Palm Lake Resort, while also engaging with fellow industry leaders to explore both the challenges and opportunities within the land lease sector," Suzanne explains. "For me, the summit was confirmation of Palm Lake Resort's standing as the most luxurious operator in the sector. The calibre of quality we consistently deliver across our projects is unmatched, and it was inspiring to see our vision and standards recognised among peers."

"It was also humbling to listen to several industry powerhouses praise the work Walter and Scott Elliott have contributed to the industry and acknowledge them as the original and the best at what we do."

"To me, it is clear that the touch of a family-owned, and operated business in an industry that is quickly becoming dominated by ASX-listed companies is a priceless commodity that sets Palm Lake Resort apart from the rest."

Golf Course views meet exquisite menu: Cardón is calling

Have you stopped by our restaurant, Cardón, at Pelican Waters Golf Club yet? Located adjacent to Palm Lake Resort Pelican Waters on Queensland's Sunshine Coast, it's open for breakfast and lunch, from 8am-3pm. Our team there is continually enhancing the menu to bring delightful modern Australian cuisine to your doorstep. To experience Cardón, simply book your table via Open Table or head to the Cardón website online at cardon.com.au



Paynesville *FIND YOUR TRIBE*

PALM LAKE RESORTS, by design, attract likeminded homeowners. Collectively, those likeminded homeowners become a tight-knit community of neighbours where friendship, socialisation and security combine to provide a coveted over-50s address. Palm Lake Resort Paynesville is the Group's newest and already, the community there is enjoying maximum fun together. As homeowners gear up for their first official festive season, there's no doubting the future is looking bright!



DEVELOPMENT UPDATE

AS WE APPROACH the end of 2025, the Palm Lake Works team is making a final push to complete as many homes and facilities as possible before the festive season. At the same time, we're already turning our attention to the key goals and milestones that will shape the start of 2026.

At Forster Lakes, we've reached a major milestone with the final concrete slabs now laid for all homes in Precinct 2. Civil works are also progressing strongly for future Stage 12, which will bring an additional 58 homes to this community. While there's been a slight delay in commencing construction on Palm Lake Care Forster due to external constraints, we remain optimistic that we will begin as soon as possible. The team is enthusiastic and fully prepared to bring this important project to life.

At Pelican Waters, construction momentum is high, with many home handovers anticipated before Christmas. The installation of the linear park is well underway — this feature will serve as the resort's golf buggy 'highway' connecting homeowners to The Springs Country Club. The tennis court should be near completion as this magazine goes to print and the workshop, nestled among the trees, is on track to be ready in early 2026.

Down in Paynesville, we're wrapping up construction of the first 58 homes in Stage 1 and moving confidently into the next phases. Civil works for future stages are progressing, and homeowners can soon enjoy new amenities including pickleball courts and a dog park.

For projects in our pipeline, we're thrilled to confirm that civil works for new stages at Palm Lake Resort Bargara will commence in early 2026. This expansion will include 138 new homes and enhanced communal facilities, further enriching the lifestyle offering for our homeowners.

At Old Bar Beach, preliminary earthworks have begun, with more extensive civil works planned for later in 2026. We're also in the detailed design phase for the beachhouse — a stunning clubhouse with direct access and views of the surf beach. This will be a first-of-its-kind feature for the Palm Lake Group and we're very excited about its potential.

In the early planning and concept stages are our Zilzie and Dundowran Beach projects. Our teams are hard at work developing innovative ideas for the country clubs in these future communities.

2025 has been a busy and successful year for Palm Lake Works, including the opening of two major country clubs and many other facilities, and the completion of more than 150 homes. We already look forward to what 2026 will bring.

Suzanne Jensen
General Manager, Development



PALM LAKE PEOPLE

AS THIS MAGAZINE goes to press, many Queenslanders are dealing with yet another round of storm damage that comes part-and-parcel with Australian summers. Whilst we've had trees down and some minor damage to facilities at some locations, we are happy to say that our resorts generally continue to stand strong against the ravages of storm season. With Caretakers on site and neighbours looking after neighbours, we are often told by our homeowners that they feel safe and secure living within a Palm Lake Resort in times like these.

On that, home sales in our new projects are strong, with a significant amount of interest in Palm Lake Resort Pelican Waters. It makes sense as it's truly unlike any other over 50s community in the country. A number of our established resorts are also reporting no stock to sell — homeowners are obviously keen to join us and then also stick around!

Our homeowners really do work hard to make their respective communities welcoming and fun places to call home. Our Social Clubs are the perfect example, with volunteer homeowners playing an important role in hosting and promoting happiness at their address. For example, did you hear that the 2025 Melbourne Cup spent the day at Palm Lake Resort Truganina recently? A homeowner there made this very special event possible, to the delight of fellow neighbours.

From our homeowners to our staff — there's been a raft of special commendations handed out to our most loyal and hardworking team members who've clocked up significant employment milestones in 2025. As a snapshot, Pelican Waters Golf Club Groundskeeper John marked 25 years, while Karen in Accounts Payable at Head Office celebrated 20 years. Palm Lake Resort Willow Lodge's Site Supervisor, Matt, and Palm Lake Resort Eagleby's Cook, Anne, both recently received their 15 years' service trophies. And those who've proudly clocked up a decade of employment range from HR Manager Charmaine and Truganina's Kitchenhand Carol, to Caretakers Robyn and Bernie (Yamba) and Wayne and Dianne (Banora Point), to Sales Team members including Regional Manager Jen (Forster Lakes) and Sales Consultants Cecilia (Truganina) and Julie (Ballina). Congrats to all these milestone-makers and every team member across the Group who added another 12 months in 2025. There have been some extraordinary efforts put in this year, and we thank you all for your loyalty and dedication to our business — and ultimately to our resort homeowners and care residents. I wish everyone a happy festive season!

Amanda Clements
Executive Manager, People & Operations

Forster Lakes

ESCAPE THE RAT RACE

In the early part of life, many people are driven by the hustle and bustle of big city lights. They excitedly chase down the buzz of juggling busy careers and building suburban empires with raising a family. But at some point, that same majority always realises there's actually more to life when there's less rat race.

Meet Karen and Shayne

Karen and Shayne Derwin had this exact realisation a few years back. For 21 years, the pair owned and together operated a popular franchise tyre business in Blacktown, about 40 minutes out of the Sydney CBD. Through that same two decades, Karen and Shayne also raised two daughters in their sprawling family home at Pitt Town, on the Hawkesbury River. It was when Shayne's health took an unexpected turn late in his 40s, and they were forced to pay someone to help them maintain their 60-square house, the pool and the gardens, that Karen says they realised they needed to make a change.

"Life just became hard with running the business and everything, so we started Googling some options," Karen explains. "We looked at smaller homes everywhere from Port Stevens to Nelson Bay, and even as far north as Kirra on the Gold Coast."

With parents on both sides of their family already living in over-50s communities, Shayne started investigating that option. Karen admits she was "sceptical" about joining a lifestyle resort community because she thought, at ages 54 and 56, they were just too young.

"I was actually quite anxious about the idea of moving into an over-50s community, but Shayne's heart was set on it," Karen says. "It was in September last year that we finally decided to inspect Palm Lake Resort Forster Lakes and I remember it was such a rainy day the day we turned up for our visit."

"But before we even got to the end of the resort tour, I wanted in!"

Karen says they put a deposit on a Forster Lakes home and made a 12-month plan to offload the business and sell their family home. Eleven months after that initial rainy inspection day, the Derwins were unpacking their furniture in their brand new double-storey 'Malabar' design home. With a double-car garage and an 8m driveway, Karen says there's ample room for their Dodge Ram tow vehicle and the caravan that takes them on adventures. Positioned in a quiet location directly adjacent to bushland, the pair nowadays enjoy 'green' views and that highly prized sense of serenity.

Now officially retired, Karen will tell you that she proudly makes time to put herself first. On the day we caught up with Karen, she's just completed her weekly Aqua Zumba class. She enjoys a lay in the sun by the pool, chatting to people around the resort grounds, sharing a coffee with friends and taking their dog, Maddie, for walks.

"You can do so many activities here or none at all – and that's the best part," she says. "It's your choice."

While Karen admits that the hardest part was moving 3.5 hours away from their two adult daughters and their families, including a 19-month-old grandbaby, the three-bedroom/three-bathroom Malabar is spacious enough to accommodate the whole tribe, when required.

"I've never been so happy in all my whole entire life," Karen beams.



Pictured above left: Wayne and Judy Finkelde have escaped Sydney's hustle and bustle to enjoy sea-change bliss at Palm Lake Resort Forster Lakes. **Above right:** So too have Shayne and Karen Derwin and their fur baby, Maddie.



Meet Wayne and Judy

Wayne and Judy Finkelde are another couple who can attest to the benefits of escaping the rat race and finding sea-change serenity at Palm Lake Resort Forster Lakes.

The couple has spent the past 35 years based in and around Camden, an hour's drive south-west of Sydney. While Wayne says you'd class that area as semi-rural, the Finkeldees will tell you they watched Camden's suburban roads fill with traffic over the years and the schools become more and more crowded. With construction of the Western Sydney International Airport now in full swing just 30 minutes up the road, they decided enough was enough.

"We had no plans to move to Palm Lake Resort Forster Lakes at the time – we actually discovered it while on holidays," Wayne smiles.

Just like the Derwins, Wayne and Judy had spent a lifetime in fruitful employment. Wayne was the CEO of a printing business and Judy a medical secretary. While juggling their careers, they also proudly raised three boys who have gone on to provide them with seven gorgeous grandchildren, aged from 4-12 years. And just like the Derwins, this couple had to weigh up the pros and cons around moving four hours away from their family, to escape the hustle and bustle and finally find time for themselves. Eight months

ago, they unpacked their boxes into a double-storey Palm Lake Resort Forster Lakes 'Carrabelle' design home – and haven't looked back.

"Forster Lakes has been such a good thing for us," Judy says. "We love the community. We didn't want to live on just another suburban street – we wanted to meet people and have a social life."

Golf-mad Wayne will tell you that he loves the resort's golf simulator rooms, the indoor pool and playing snooker with his new friends. Judy joined the resort's singing group and tries not to miss line dancing and Aqua Zumba classes or catching up with her Mah-jong group weekly.

"The facilities here were such a big attraction," Wayne says. "But the social aspect has been so nice. We go to the resort barbecues and Happy Hour every week and we love trivia – we never played trivia before in our lives until we moved here!"

Aged 64 and 66, the pair says the greater Forster area provides them with even more joy. With glorious One Mile Beach just minutes down the road, Judy says they take their dog, Emmy, on a beach walk most mornings.

"We used to enjoy travelling before, but now we don't feel the need to leave – we have everything we want right here," Judy says.

“ It is rare to allow yourself an hour of time purely for relaxation, yet the sound healing experience affords just that. Me time. ”

Pelican Waters

WHAT THEY SAY

Palm Lake Resort Pelican Waters homeowners undoubtedly enjoy the most impressive lifestyle with thanks to their exquisite homes and The Springs Country Club. Now, a raft of new resort activities is putting icing on that cake, as the homeowners will tell you...

LIFE JUST SEEMS to get better and better for those homeowners who call Palm Lake Resort Pelican Waters home. Not only are they settling into Australia's most high-end, over-50s abodes, they get to pepper their social calendars with the kinds of activities you'd only expect to find at luxury day spas and wellness retreats – and those activities are hosted right on their doorsteps. While some activities are complimentary for homeowners, there are also optional additional paid classes available, to add even more depth and variety to the impressive line up.

Palm Lake Resort Pelican Waters has two Events and Lifestyle Coordinators: Ashlea Van Luenen and Whitney Green. The pair say they thoroughly enjoy bringing to life the ever-expanding weekly activities calendar – especially because they get to utilise The Springs Country Club to host many of these activities. Ashlea says social events have also proven increasingly popular in recent months as more and more homeowners move into the resort and friendships blossom.

“For example, we had homeowners come together to watch the AFL Grand Final between the Brisbane Lions and Geelong Cats,” Ashlea says. “The gold-class Cinema was decked out in the two teams’ colours, with large charcuterie boxes and snacks spread out in the foyer.

“The Piano Bar has also officially opened and every Friday afternoon we have a range of musicians in, from pianists to guitarists, so the homeowners can unwind after their week and catch up with their friends. It's a great way for them to start the weekend.”

Whitney says homeowners have also been getting together quite frequently to play a social game of lawn bowls and it's been great to see them learning to play, and to watch the sport grow in popularity across the resort.

“In fact, we recently treated homeowners to a ‘Beers, Bubbles and Bowls’ event where we had buckets of Prosecco and beers ready, along with a charcuterie board for players to snack on,” Whitney explains. “Rink allocation was randomised to help homeowners meet new people and encourage new connections. Bowls is a great social activity but equally great for fitness and mobility.”

When we asked the homeowners themselves what they're enjoying most about life at Palm Lake Resort Pelican Waters, many listed the benefits of the resort activities.

“One of the highlights, for me, of all the activities on offer at Palm Lake Resort Pelican Waters, is the sound healing class,” says homeowner Chrissy Andrews. “I very much look forward to the session each Wednesday. When I moved in, in June, I had a broken ankle, and I couldn't participate in yoga, Pilates, aqua aerobics, Zumba or dance lessons, so I tried the sound healing, as well as Mindfulness and Meditation. Can I tell you, I don't regret trying them, and now sound healing is firmly on my calendar weekly.

“It is rare to allow yourself an hour of time purely for relaxation, yet the sound healing experience affords just that. Me time. The combination of sounds from rain sticks and drums, to the incredible singing bowls, helps reduce stress and bring a deep relaxation and calm that has to be experienced to be believed. I urge all homeowners to give sound healing a go and see for yourself how relaxed and grounded you'll feel.”

If you ask Palm Lake Resort Pelican Waters homeowner Marlo Martin what's top of her lifestyle activities list, she'll take a split second to tell you it's Zumba.

“I absolutely love my Zumba classes!” Marlo smiles. “We stomp, punch, grapevine and laugh the whole time - it feels more like a dance party than a workout!

“It doesn't matter whether we are perfectly in step or totally off beat; moving together with a group is so energising and fun. I love that it's accessible for all fitness levels and that you don't need to be coordinated. The aim is just to move and enjoy yourself. If you're looking for a workout that's joyful, inclusive and absolutely gets you going, Zumba is it!”

Another homeowner who is truly making the most of her incredible resort address is Lisa Warner. Lisa will tell you that she gets to “every possible class, every week!”

“I plan my week around my classes, and schedule appointments so they don't conflict,” Lisa admits. “I even tell my visitors they have to entertain themselves when I'm at class! It's so convenient here, just turning up to classes in my golf car. No stress, no parking hassles, and the cost of classes is so reasonable compared to the outside world.

“It's just like being back at a world class health spa, except that we get to indulge in champagne at the Piano Bar on Friday nights instead of drinking carrot juice!”

“ I want to live here! ”

– News Corp real estate media personality Liz Tilley (pictured)

Palm Lake Resort

A YEAR TO BE PROUD OF

There’s no doubting that our Palm Lake Resort communities attract likeminded people. But the real magic happens when these likeminded neighbours band together for the greater good.

2025 HAS BEEN a cracker of a year when it comes to Palm Lake people doing their bit to help others. We’ve heard story upon story of fundraising drives, charitable donations and benevolent volunteer efforts. Let’s take a look back on just some of the stories that have captured our philanthropic hearts in 2025...

Groupwide cuppa for charity

There’s one charitable fundraising event that seems to pique the interest of our Palm Lake Resort homeowners more than others, and that’s Australia’s Biggest Morning Tea. This annual fundraiser is hosted by the Cancer Council to help support people affected by cancer. Held every May, the event invites individuals, workplaces, schools and communities (like ours) across the country to come together over a cuppa and a bite to eat while raising vital funds for cancer research, prevention and support services. One in two Aussies will be diagnosed with cancer by age 85, making the Cancer Council’s work more important than ever. Here’s a snapshot of some of the Palm Lake Resort fundraisers held across our group, totalling more than \$47,000 (...plus one beard! Yes, Palm Lake Resort Carindale Caretaker Wayne even auctioned off his beard to help the fundraising effort, as pictured top of Page 19!).

- Banora Point: \$3133
- Bargara: \$4215
- Beachmere Sands: \$3260
- Carindale: \$3500
- Cooroy-Noosa: \$2107
- Eagleby: \$5000
- Forster Lakes: \$10,250
- Mt Warren Park: \$2500
- Phillip Island: \$2303
- Truganina: \$1750
- Waterford: \$3000
- Willow Lodge: \$3745
- Yamba: \$2265

Forster Lakes support flood relief - and ‘adopt’ their rural fireys

Palm Lake Resort Forster Lakes homeowners rallied behind their local area’s flood relief effort this year with thanks to two key charitable neighbours, Dee and Carol. The pair wanted to help via a collection drive and with the guidance of the Pacific Palms Rural Fire Service, the social media-savvy ladies put a call out to their fellow resort neighbours and were soon inundated with donations of things like food, nappies, toilet paper and animal food.

With all hands on deck, they loaded up the resort bus as well as a car trailer (pictured bottom of Page 19) and headed to Pacific Palms RFS to sort and then deliver their haul to the Community Flood Relief Hub in Taree. Still on their charitable high some weeks later, the group heard there was additional need for clothes and bedding. They collected, sorted and labelled another trailerload that went to hubs in Taree and Wingham the following day.

Knowing their charitable efforts were really making a difference, the Forster Lakes homeowners looked for further ways to continue spreading the love locally. Through Pacific Palms RFS they met two families to sponsor. They worked directly with the family members to find out what exactly they needed to get their homes and even a farm back up and running - and happily obliged with more donated kitchen and household items as well as a monetary donation.

After all of the effort and success, the homeowners have also this year decided to ‘adopt’ the Pacific Palms RFS and have been helping to stock their fridge with meals and baked goods for when the volunteer fireys are out and about looking out for the rest of the local community.

As Dee and Carol say, “Helping these helpers makes us feel great!”. Well done to all the selfless Palm Lake Resort Forster Lakes homeowners who contributed in some way.

Quarter of a million reasons why Bargara’s so special

Palm Lake Resort Bargara again this year proved their passion for worthy charitable causes, raising another \$28,500 for Relay for Life. This effort takes the resort’s total figure raised for the annual Cancer Council Queensland event to an incredible \$250,000!

Palm Lake Resort Bargara’s team, “Young at Heart” (some members pictured on Page 20), was proud to see previous team member Ron Myler named the 2025 Relay For Life Patron. Ron was the driving force behind this resort’s involvement with the Cancer Council after himself suffering cancer. Bundaberg and Fraser Coast Relay for Life chair Harrison Titmarsh said having such dedicated team return year after year was really meaningful.

“It shows an incredible level of commitment and passion, not only for the event but also for the purpose as to why we Relay For Life,” Harrison says. “As Chair, I am incredibly grateful to have them join us year after year, they are simply amazing at what they do.

“(The Bargara team) certainly gives everyone a run for their money with how well they do - they should be incredibly proud of themselves. The ‘Young at Heart’ team fundraises 365 days of the year, they have turned fundraising into a full-time sport and trust us, they’re in ‘relay’ good shape!”

Caloundra’s key to charitable success

Following two outstanding fundraisers in 2025, Caloundra Cay homeowners have seemingly, and resoundingly, adopted The Salvation Army as their charity of choice (as pictured on Page 20). Their most recent event, tagged the ‘Give Back Dinner’, raised \$8050 for the Salvos, with the funds to stay on the Sunshine Coast in support of a project named ‘Family Pathways’. This epic result followed the donation of 81 Christmas hampers by Caloundra Cay homeowners back in December 2024, which were distributed to needy Sunshine Coast families. Chief organiser of the Give Back Dinner, homeowner Bernie, described the event as “an outstanding success”.

“We had 63 attendees, and our goal was to raise \$5000,” he says. “The end result was \$8050, an amount which was far beyond our expectations. And while the fundraiser, as such, was a huge success, the night of entertainment was also incredible.”

Deception Bay can collect

Palm Lake Resort Deception Bay homeowners Pete and Jenny report that, with three months still to go in 2025, they’ve so far collected 23,689 containers for recycling this year! That means more than \$2300 has gone to Farm Angels - their chosen charity.

Continued on Page 20 >>





<< Continued from Page 19

Farm Angels provides support to outback communities facing fire, flood, plagues, droughts and other calamities. In 2024, Pete and Jenny (pictured left) recycled a record 39,141 containers and donated close to \$4000 to Farm Angels. We know Palm Lake Resort Deception Bay will continue to support this very dedicated pair and their 2025 goal.

Cooroy-Noosa's Ian walks the talk

Cooroy-Noosa homeowner Ian Bates walked 114km and collected close to \$5000 for the 'Walk For Him' campaign, in support of prostate cancer research this year.

"Many of us in the resort have been affected by the scourge of prostate cancer and we have lost too many good friends to it in the few years the resort has been open," Ian says. "By the end of the fundraiser, the donations I had received – both in cash and online – totalled \$4734, placing me eighth out of 1215 participants on the national leader board."

The Carindale titans of teddies

Palm Lake Resort Carindale's knitting group have outdone themselves in 2025, knitting a record 1078 Trauma Teddies for the Red Cross this year. Trauma Teddies are given to children (or adults) experiencing trauma, illness or disaster. These soft toys are designed to provide comfort, a sense of security, and a distraction during distressing situations, such as in hospitals, ambulances or following emergencies like bushfires and floods. The Red Cross say they've been astounded by how many teddies our Carindale homeowners have produced. And it's a full team effort - the knitters (pictured left) fund the wool themselves, and other homeowners donate the stuffing. The group has been knitting these teddies for two years now.

Head Office leads from the top

While it's obvious that our Palm Lake Resort homeowners love nothing more than to gather their likeminded neighbours to share their charitable energy, that same energy also filters down from the top. Closing out 2024, Palm Lake Group Head Office at Southport, Queensland, was the base for a groupwide initiative that saw all seven Palm Lake Care communities, a number of Palm Lake Resorts and our Head Office team support the 2024 RizeUp Christmas Appeal. Palm Lake Care's Chief Operating Officer at the time, Patricia Heke, reported the Group collected "a mountain of beautiful presents" that were gifted to children of families in domestic violence situations who otherwise might not have had a gift under their tree last year (pictured left)

"Our efforts were for smiles we will never see, but will know were there, on Christmas morning," Trish says.

Palm Lake Group Head Office is again hosting a Christmas appeal in 2025, this time supporting "Secret Santa for Seniors". Palm Lake Group HR Administrator Helen Bongay says Head Office team members have been asked to donate a gift suitable for someone aged 65+ years. Gifts will be collected by STAR Community Services in December with the organisation also accepting online donations at www.givenow.com.au/starsecretsanta

"Secret Santa for Seniors helps bring joy to elderly people across Redlands, South Brisbane, Wynnum/Manly, Logan, Gold Coast, Ipswich and Darling Downs, with donations staying local to each area," Helen says.



Pictured: The Toy Boys and their donation to Mitre 10's Christmas appeal.

Palm Lake Resort

TOY BOYS DO IT AGAIN AND AGAIN

We'd guess that Palm Lake Resort Waterford's resort workshop lays claim to being the busiest in the Palm Lake Group - and for very good reason...

FIFTEEN YEARS DOWN the track and Palm Lake Resort Waterford's very own 'Toy Boys' are still at it, doing what they love and impressing the community with their skills. This modest team of homeowner woodwork enthusiasts utilise the resort's workshop to build children's toys by hand. They spend an entire year turning timber into toys for donation to needy local children at Christmas. As this magazine goes to print, their 2025 donation is being finalised for delivery to Beenleigh Special School students and the Mitre 10 Christmas appeal.

Workshop President Ray Johnstone says Toy Boys members love nothing more than to gather weekly in the resort workshop to keep their hands busy for a good cause - but the workshop also, importantly, allows them to stay connected with their likeminded neighbours.

"This year, for the Special School, we've made several push-and-pull-along cars, trains, white boards, wheelbarrows and a couple of outdoor 'mud kitchens' for making mud pies," Ray explains. "For Mitre 10 we've additionally made

dolls' rocking cradles, truck and trailer setups, several cars, planes, quite a few push-and-pull-along toys and more."

The Toy Boys' passion project is financially supported by workshop fundraisers, while material donations from fellow Palm Lake Resort homeowners and further support from their local Mitre 10 store are gratefully accepted. And while the kind-hearted Toy Boys are busy hustling to be able to do the work they do, the workshop also likes to host additional fundraisers in support of other charitable groups. For example, at Easter this year, they conducted a fundraising raffle to support the Logan SES following their gallant efforts during Cyclone Alfred and the ensuing flood.

"We have to send a big thank you to all of the generous homeowners for their support of the raffle - we donated \$665 to the SES," Ray says. If you'd like to support the Toy Boys' cause, Ray says Mitre 10 and Bunnings gift cards are greatly appreciated, as well as any material donations. For more, phone Palm Lake Resort Waterford's Caretakers on 1800 028 428.



endless
summer

SUMMER EDITION 2025-26

Lifestyle

LIFE'S BEACH

Summer calls for vibrant living. Think sun-kissed adventures and most definitely some time spent by the water. Lucky for most Palm Lake Resort homeowners, this type of seasonal fun is easy to find. In the coming pages, we celebrate all that glows about the season – the sights, bites and daily delights that help make over-50s life so sunny bright.

IN ITS 2024 'Best Beaches' book, global travel company Lonely Planet named the world's 100 most incredible stretches of sand. Australia, unsurprisingly, claimed nine coveted spots – we beat Greece, Italy and Indonesia, and were topped only by the USA and its territories. So, what are the Aussie beaches that Lonely Planet named among the world's best? You won't be surprised to find out that some of the best are just a hop, skip and jump from a Palm Lake Resort...

The Pass

NEW SOUTH WALES

Framed by the headland between Clarkes and Wategos, The Pass is the best of Byron Bay – rolling surf, warm shallows and postcard-perfect views of the Cape Byron Lighthouse. Surfers paddle out for the right-hand point break, while locals climb Fisherman's Lookout to watch the dolphins.

Find it in: Byron Bay, just a 30-minute drive from Palm Lake Resort Ballina

Bells Beach

VICTORIA

This legendary surf break on the Great Ocean Road is sacred ground for wave riders – particularly being home to the world's longest-running professional surf competition, the Bells Beach Surf Classic. Sheer cliffs, powerful swells and moody skies give Bells its wild, cinematic beauty. Even non-surfers can't resist stopping at the lookout to take it all in.

Find it on: Victoria's Surf Coast, one hour from Palm Lake Resort Truganina

Cable Beach/Walmanyjun

WESTERN AUSTRALIA

Few sights rival this 22-kilometre ribbon of white sand when it glows orange at sunset. Camel trains stroll the tideline, locals four-wheel along the beach, and warm Indian Ocean breezes mean you can leave your knitwear behind basically all year-round. It's pure magic, especially as the sun sinks into the sea.

Find it in: Broome

Wineglass Bay

TASMANIA

Carved into Freycinet Peninsula's pink granite peaks, Wineglass Bay is Tasmania's most photographed natural wonder. A steep but scenic hike up to the lookout rewards visitors with a gentle sweep of turquoise water and sugar-white sand below. Quiet, pristine and impossibly beautiful – this is wilderness luxury at its finest.

Find it in: Freycinet National Park

Bondi Beach

NEW SOUTH WALES

Bondi isn't just a beach – it's a lifestyle. Sydney's (and arguably, Australia's) most iconic stretch of sand blends café culture, surf lessons and ocean swims, all watched over by the famous Bondi Lifeguards. Don't miss the coastal walk to Bronte and a dip in the Icebergs pool overlooking the waves.

Find it in: Sydney

Lucky Bay/Kepa Kuri

WESTERN AUSTRALIA

Where else can you share the sand with sunbathing kangaroos? Lucky Bay, near Esperance on WA's south coast, dazzles with blindingly white quartz sand and crystal-clear water. Neighbourled only by Wharton Bay and Cape Le Grand Beach, it's a remote paradise perfect for swimming, camping and postcard-worthy photos at every turn.

Find it in: Cape Le Grand National Park

Squeaky Beach

VICTORIA

Named for the sound its fine quartz sand makes underfoot, Squeaky Beach is pure coastal fun. Giant granite boulders create hidden coves, while the turquoise shallows are ideal for a refreshing dip after exploring Wilsons Promontory's walking trails. Bring a picnic and stay for the sunset glow.

Find it in: Gippsland, about two hours from Palm Lake Resorts Phillip Island and Willow Lodge

Tangalooma Beach

QUEENSLAND

Just a ferry ride from Brisbane, Tangalooma delivers island bliss without the long-haul travel. Picture it: soft white sand, hand-feeding wild dolphins at dusk and snorkelling around shipwrecks in electric-blue water. It's an easy-reach tropical summer escape right on the doorstep of the state's capital city.

Find it on: Moreton Island, not far from Palm Lake Resorts Deception Bay, Beachmere Sands and Beachmere Bay

Whitehaven Beach

QUEENSLAND

The jewel of the Whitsundays, Whitehaven's 7km of 98 per cent pure silica sand are legendary. Arrive by boat or seaplane for an unforgettable aerial view of swirling turquoise and white. With no shops or crowds, just pristine beauty, it's little wonder Whitehaven consistently ranks among the world's best.

Find it in: The Whitsundays

endless
summer

Lifestyle SUMMER IN FULL COLOUR!

We know life at Palm Lake Resort is colourful and fun. Here's your rainbow-bright roundup of seasonal delights — from the beach essentials you'll need these holidays, to suggested summer reads, to bring-a-plate recipes as vibrant as the season itself. Summer love!

Caprese salad recipe:
Slice fresh mozzarella and ripe tomatoes, then layer with basil leaves. Drizzle with extra virgin olive oil and a splash of balsamic glaze. Season with sea salt and cracked pepper.



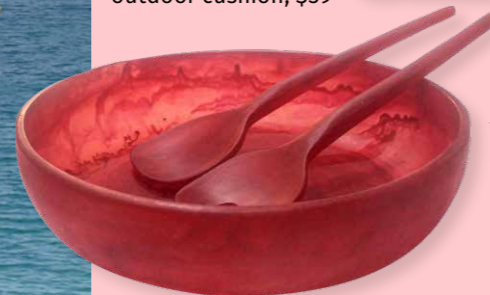
Kip & Co
strawberry vase, \$99



Early Settler Aruba
outdoor cushion, \$39



Blue Illusion
Kira woven
tote, \$129.99



Polka Luka salad bowl
and servers, \$94.50

Heirloom
Heat tea
towel,
\$44.95



**Business
and Pleasure**
market
umbrella, \$999

The Somewhere Co.
beach lounger, \$180



Papier 'La Dolce Vita' recipe
journal, \$64



Bashiri market
basket, \$40



Addison Ross
salt mill, \$140



Bill Granger's
'Australian Food', \$55



Loewe flower
sunglasses, \$590

Shatha Al Dafai's 'Coastal
Creatures', \$129.95



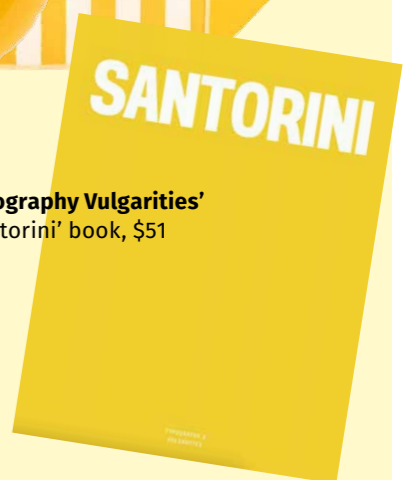
Home Studyo
Emily jug, \$178



Aperol Spritz: Fill a wine glass with ice. Pour in 3 parts Prosecco, 2 parts Aperol, and 1 part soda water. Stir gently, then garnish with an orange slice. Serve chilled.



Typography Vulgarities'
'Santorini' book, \$51



Emporium Posey
coasters, \$24.99



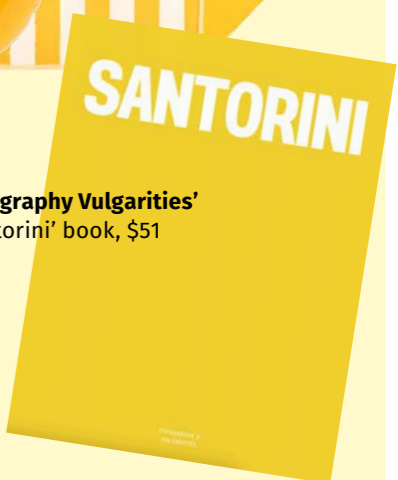
**Business and
Pleasure Co.**
Crew cart,
\$499.99



We Are Feel Good Inc.
Tropical SPF50+, \$49.95



Business and Pleasure
beach blanket, \$149



SUMMER EDITION 2025-26



Mojito: Muddle fresh mint leaves with lime wedges and a teaspoon of sugar in a glass. Add ice, 50ml white rum, top with soda water. Stir gently, garnish with mint.

Bonnie & Neil
cushion \$169

**Business and
Pleasure** beach
towel, \$99

Seed & Sprout
icy pole mould,
\$39.95

Fazeek wave glasses
(set of two), \$79

Kollab beach bag, \$35



"For summer reads, I highly recommend novels by Australian author Tricia Stringer. Many regard her as a writer for female readership, but as a male I have read most of her books and find her characters are interesting, her stories wide ranging and hard to put down." – **Les Elborne, Palm Lake Resort Waterford**

**OTTOLENGHI
TEST
KITCHEN**
SHELF

'Test Kitchen'
cookbook by
Ottolenghi, \$45

LOVE

SUMMER EDITION 2025-26



**Strawberry coconut
smoothie:** Blend 1 cup fresh strawberries with ½ cup coconut milk, ½ cup ice, and a drizzle of honey. Whiz until smooth, pour into a chilled glass, and top with shredded coconut.

**Business and
Pleasure** wine bag,
\$119

Willow Collective
Esprit platter,
\$49.95

Mr Consistent
Cosmo mix, \$32

Early Settler Bonnie
chair, \$199



Kip & Co martini
glasses (set of
two), \$60

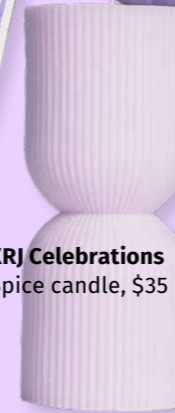


Carlotta + Gee
tea towel set, \$60

Kip & Co. Wisteria board, \$169



XRJ Celebrations
Spice candle, \$35



Dinosaur Designs
Earth bowl, \$100



Matt Blatt
eggplant dish,
\$29.95



Maison on Main folding seat, \$190



Roxel speaker, \$69



**Assouline's 'Ocean
Wanderlust', \$185**



Sunnylife beach
cabana, \$189

Hommey
towel, \$89



T2 Gorgeous Geisha
tea bags, \$20

Muse Emery
mug and saucer,
\$11.50



Heritage cabbage platter, \$44.95



Haydae Collective cooler
box, \$70



Lifestyle

MANIFEST YOUR BEST YEAR YET

There's something magical about the 'clean slate' that any new year brings. Whether your goals involve moving more, stressing less or finally booking that long-awaited trip, the key to goal-scoring success could be in manifestation...

MANIFESTATION IS MORE than just wishful thinking – it's about aligning your mindset and actions so you're poised and ready when opportunity knocks. Think of it as setting your internal compass to continually point you in the direction of your chosen path to success.

Here are a few simple ways to help those New Year's resolutions stick by making small changes to your mindset. Let the manifestation begin!

Start with clarity

Instead of a long list of vague goals, focus on how you want to feel this coming new year. Calm? Energised? Connected? Once you've nailed that, shape your resolutions around those feelings. A clear intention is much easier for your mind (and motivation) to follow.

Create visual cues

Pop a few reminders of your goals where you'll see them daily – a photo of the beach you'd love to visit, a motivational quote on the fridge, a specially-named savings account or even a password hint that nudges you toward positivity. Visuals act as gentle prompts to keep your focus strong. For those who want to go full-steam ahead, why not create a dedicated vision board for 2026? It could be as simple as a sheet of cardboard covered in cut-out pictures of your goals (importantly, stored in a place where you can see it regularly), or try an easy digital version by simply saving images representing your goals

in a dedicated folder in your smartphone's Photos app. Scroll through the folder regularly.

Make it small, make it daily

Big dreams grow from small, consistent actions. Instead of a big-picture goal to "get fit", aim for a goal along the lines of "taking a morning walk three times a week." These simple, achievable, repeatable habits reinforce your commitment and build confidence.

Feel it before you see it

One of the simplest manifestation tricks? Feel grateful now for what you're creating. Visualise your success as though it's already yours – science shows this activates the same brain pathways as actually achieving it.

Reflect and recalibrate

Keep a short weekly check-in: What went well? What felt hard? Adjust gently. Manifestation works best when it's flexible – after all, the goal is progress, not perfection.



Lifestyle

THE FIVE BEST WAYS TO START YOUR DAY

They say you should 'start how you mean to go on' – and that's true of your daily routine.

THE FIRST HOUR after waking is when your mind is most open, and your body most responsive. Creating a mindful morning routine doesn't need to involve grand rituals or expensive gadgets – just small, intentional choices that nurture your mental and physical wellbeing. Here are five nurturing ways to begin your day, backed by science and grounded in self-care.

1. Put pen to paper

If you've ever heard of 'The Artist's Way' by Julia Cameron, you'll know about "morning pages" – three handwritten pages of unfiltered thought, written before the rest of the world wakes up. The idea is simple: by writing whatever comes to mind, you clear away mental clutter and create space for clarity and creativity. Studies on expressive writing have shown it can reduce stress, improve focus and even strengthen immune function. Think of it as a mental detox that helps you start the day with a clean slate – no perfection required, just honesty on paper.

2. Move with intention

Gentle yoga, even just 10 minutes, can do wonders for your body's circulation and lymphatic flow. The lymphatic system acts as the body's natural cleansing network, carrying away toxins and supporting immune health. Because it doesn't have a pump like the heart, it relies on movement and breath to keep things flowing. Try standing twists, shoulder rolls, hip rotations (with narrow, mid and wide stance) and fast standing heel pumps to stimulate this process.

3. Hydrate and brighten

After a night's rest, your body wakes slightly dehydrated. A glass of warm water with fresh lemon juice (or a dash of apple cider vinegar) can replenish fluids, aid digestion and

provide a small but meaningful dose of vitamin C. Studies have shown that staying hydrated supports cognitive function, mood and energy levels throughout the day. The acidity of lemon may also gently stimulate digestion and liver function, helping your body process nutrients more effectively. Plus, it's a bright, sensory ritual – one that instantly signals to your mind that the day has begun.

4. Chase the sunrise

There's something inherently uplifting about watching the sun rise – and it turns out, it's good for you, too. Morning sunlight exposure helps regulate the body's circadian rhythm, the internal clock that governs your sleep-wake cycle. Research from the University of Colorado found that consistent morning light can improve mood, reduce fatigue and support deeper sleep at night. Natural light also helps the body produce serotonin – the "feel-good" hormone – while setting the stage for evening melatonin production. Even 10 minutes outdoors can make a difference, especially if you combine it with gentle movement like a walk around the resort or a few quiet stretches taken in your alfresco area or backyard.

5. Just breathe

Before you reach for your phone or think about your to-do list, take a few slow, intentional breaths. Breathwork – or conscious breathing – has been shown to activate the parasympathetic nervous system, lowering heart rate and blood pressure while calming the mind. A simple "box breathing" technique (inhale for four counts, hold for four, exhale for four, hold again for four) can reduce stress within minutes. Neuroscientists from Stanford University recently found that even brief daily breathwork sessions can lower anxiety and improve mood more effectively than meditation alone.



endless
summer

Lifestyle

FESTIVE FRUITS

Nothing signals the start of summer like a plump, juicy strawberry or that first bite of mango. This season, pay homage with a refreshingly festive fruity salad.



Mango, avocado and prawn

Ingredients

2 mangoes, sliced
1 avocado, sliced
500g cooked prawns, peeled and deveined
2 cups mixed salad leaves or rocket
¼ red onion, finely sliced
Juice of 1 lime
1 tbsp olive oil
Salt and pepper, to taste
Fresh coriander, to serve

Method

Arrange the salad leaves, mango and avocado on a platter. Top with prawns and scatter over red onion. Whisk lime juice and olive oil together, season, and drizzle over the salad. Finish with fresh coriander.

Watermelon, feta and mint

Ingredients

4 cups cubed watermelon
150g feta, crumbled
½ small red onion, finely sliced
Handful of fresh mint leaves
Juice of ½ lime
1 tbsp olive oil
Cracked black pepper

Method

Place watermelon in a large serving bowl. Add feta, onion and mint leaves. Drizzle with lime juice and olive oil, then gently toss. Sprinkle with cracked pepper and serve immediately for the ultimate refreshing side.



Mandarin, strawberry and spinach

Ingredients

3 mandarins, peeled and segmented
1 cup sliced strawberries
2 cups baby spinach leaves
¼ cup toasted almonds or pecans
50g goat's cheese or feta, crumbled
1 tbsp balsamic glaze
1 tbsp olive oil

Method

Combine spinach, mandarin and strawberry slices in a bowl. Sprinkle over nuts and cheese. Whisk balsamic glaze and olive oil together, drizzle over the salad and toss lightly before serving.



Fig, apple and blue cheese

Ingredients

4 fresh figs, quartered
1 pink apple, thinly sliced
100g blue cheese (or goat's cheese), crumbled
2 cups baby rocket or mixed leaves
¼ cup walnuts, toasted

For the dressing: 1 tbsp honey, 1 tbsp balsamic vinegar, 1 tbsp olive oil

Method

Arrange rocket on a serving platter and top with figs, apple and blue cheese. Scatter over walnuts. In a small bowl, whisk together honey, balsamic vinegar and olive oil, then drizzle over the salad just before serving.

PALM LAKE RESORT



Palm Lake Resort Yamba Cove

NEW HOMES NOW SELLING! Yamba Cove offers a boutique resort experience in this thriving coastal holiday town. While smaller in footprint compared to those Palm Lake Resorts that have come before it, this exclusive address offers Master Builders Association award-winning home designs (Maclean and Iluka) as well as the awarded Vantage Country Club. Displays open seven days.



1800 960 946
2 Orion Drive, Yamba NSW 2464



Palm Lake Resort Pelican Waters

NEW HOMES NOW SELLING! The epitome of opulence in over-50s living and our most exclusive address yet. This resort neighbours our Greg Norman-design Pelican Waters Golf Course. Some residences enjoy water frontage, some have direct golf course access and some offer both. All homes enjoy a complimentary golf car. Displays open seven days.



1800 490 626
40 Mahogany Drive, Pelican Waters QLD 4551



Palm Lake Resort Paynesville

NEW HOMES NOW SELLING! Construction is well underway on this site, with close to 200 ultra-modern homes planned (25 per cent of them are already sold). Homeowners are already enjoying their outstanding Latitude Country Club. The rich maritime history of the region has been captured in this project that offers the best in affordable luxury. Displays open seven days.



1800 960 943
78 Ashley Street, Paynesville VIC 3880



Palm Lake Resort Forster Lakes

NEW HOMES NOW SELLING! Palm Lake Resort Forster Lakes is situated right on the edge of Wallis Lake and takes its inspiration from the Florida coast. The best of the 300+ homesites enjoy coveted lakefront positions. Less than 100 homes remain! Our \$18 million Belleair Country Club was named New South Wales' Best Sporting Facility by the Master Builders Association. Displays open seven days.



1800 577 542
223 The Lakes Way, Forster NSW 2428

BALLINA
1800 335 666
120 North Creek Road,
Ballina NSW 2478

BANORA POINT
1800 641 665
67 Winders Place,
Banora Point NSW 2486

BARGARA
1800 501 119
39 Wearing Road,
Bargara QLD 4670

BEACHMERE BAY
1800 338 382
194 Bishop Road,
Beachmere QLD 4510

BEACHMERE SANDS
1800 338 333
218 Bishop Road,
Beachmere QLD 4510

BETHANIA
1800 774 866
43 Goodooga Drive,
Bethania QLD 4205

CALOUNDRA CAY
1800 556 677
96 Village Way,
Little Mountain QLD 4551

CARINDALE
1800 770 057
2 Ford Court,
Carindale QLD 4152

COOROY-NOOSA
1800 885 851
19 Trading Post Road,
Cooroy QLD 4563

DECEPTION BAY
1800 725 652
1 Webster Road,
Deception Bay QLD 4508

EAGLEBY HEIGHTS
1800 781 101
272 Fryar Road,
Eagleby QLD 4207

FERN BAY
1800 648 868
1117 Nelson Bay Road,
Fern Bay NSW 2295

HERVEY BAY
1800 455 307
25-67 Pialba-Burrum Heads Road,
Eli Waters QLD 4655

MT WARREN PARK
1800 282 314
1 Mt Warren Boulevard,
Mt Warren Park QLD 4207

PHILLIP ISLAND
1800 066 482
48-80 Settlement Road,
Cowes VIC 3922

TEA GARDENS
1800 756 740
50 Spinifex Avenue,
Tea Gardens NSW 2324

TOOWOOMBA
1800 280 129
97-161 Hogg Street,
Cranley QLD 4350

TRUGANINA
1800 686 096
7 Taronga Road,
Truganina VIC 3029

TWEED RIVER
1800 881 041
2 Barneys Point Road,
Banora Point NSW 2486

UPPER COOMERA
1800 757 457
40 Riverbrooke Drive,
Upper Coomera QLD 4209

WATERFORD
1800 028 428
29-71 High Road,
Waterford QLD 4133

WILLOW LODGE
1800 974 981
2 Willow Road,
Bangholme VIC 3175

YAMBA
1800 084 119
1 Orion Drive,
Yamba NSW 2464



PALM LAKE CARE

Our aged caring communities pride themselves on offering personalised care and fostering a vibrant, welcoming atmosphere where every individual feels valued.

OUR SINGLE PRIVATE suites each feature a private ensuite bathroom and some additionally offer courtyard or balcony access. They have been designed to provide ample space and comfort for both couples and singles.

Our Palm Lake Care Customer Experience Specialists are waiting for your call, eager to assist with a transition to residential aged care when it is needed. All enquiries can be directed to 1800 246 677 or you can learn more at our Palm Lake Care website: palllakecare.com.au

Palm Lake Care Bargara

Co-located alongside Palm Lake Resort Bargara, this community is our group's largest, assisting 160 residents to live their life to the fullest. Bargara's warm tropical climate matches the warm welcome our residents receive here.

55 Wearing Road, Bargara QLD 4670

Palm Lake Care Beachmere

Nestled at the water's edge of Moreton Bay, this 102-bed community offers a quiet location in the beautiful Beachmere area. Some rooms feature absolute water frontage, while everyone enjoys the seabreeze and bay view from the extensive deck and rear lawns. You can find Palm Lake Care Beachmere across the road from Palm Lake Resort Beachmere Bay and Palm Lake Resort Beachmere Sands.

145 Bishop Road, Beachmere QLD 4510

Palm Lake Care Bethania

Relaxing lakeside views and birdlife are a highlight of this southside community's location. Palm Lake Resort Bethania is at the end of the drive, creating a great opportunity to remain close to loved ones, when aged care is required. Couple's suites available.

1 Goodooga Drive, Bethania QLD 4207

Palm Lake Care Caloundra

Some 122 residents call this Caribbean-inspired aged caring community home. Its design celebrates the holiday-everyday Sunshine Coast lifestyle. Situated conveniently alongside Palm Lake Resort Caloundra

Cay, this luxury aged caring community was named best Aged Care Facility at the Sunshine Coast Master Builders Association's 2023 Housing and Construction Awards. Couple's suites available.

95 Village Way, Little Mountain QLD 4551

Palm Lake Care Deception Bay

This boutique-sized community is located within walking distance of Deception Bay. The on-site café is a central social hub for residents and their visitors and, being close to shops, our residents enjoy being connected to and involved in their local community.

42-46 Bay Avenue, Deception Bay QLD 4508

Palm Lake Care Mt Warren Park

Co-located with Palm Lake Resort Mt Warren Park, this 110-bed community offers a vibrant lifestyle calendar. Residents engage with their local community through regular excursions and they also enjoy visiting entertainers on a regular basis. Through clever design, there are a variety of room options with different views and aspects.

33 Mt Warren Boulevard, Mt Warren Park QLD 4207

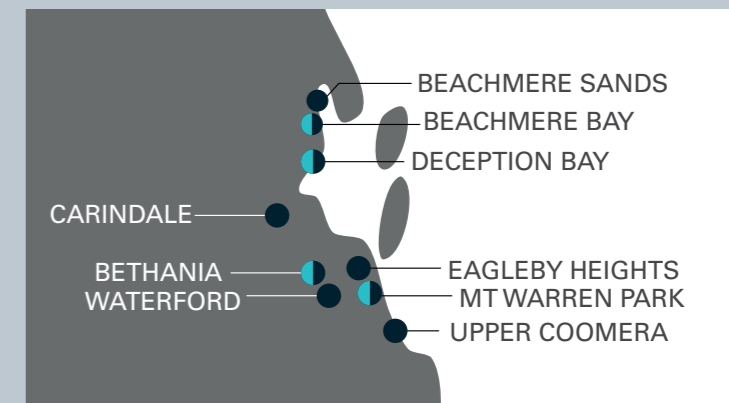
Palm Lake Care Toowoomba

This beautiful community's interior design reflects its semi-rural location within the Darling Downs, offering a lovely mix of people from the land and urban areas. Co-located alongside Palm Lake Resort Toowoomba, independent construction industry judges from the Master Builders Association were so impressed, they awarded Palm Lake Care Toowoomba 'Best Community Accommodation' in 2021. Couple's suites available.

97-161 Hogg Street, Toowoomba QLD 4305



- PALM LAKE RESORT
- PALM LAKE CARE
- NEW HOMES NOW SELLING



FIND US ALL HERE

- ZILZIE (future planning)
- BARGARA (future planning for next release)
- DUNDOWRAN (future planning)
- HERVEY BAY
- CALOUNDRA CAY
- PELICAN WATERS
- TWEED RIVER
- BANORA POINT
- BALLINA
- YAMBA
- YAMBA COVE
- OLD BAR BEACH (future planning)
- FORSTER LAKES
- TEA GARDENS
- FERN BAY
- PAYNESVILLE
- WILLOW LODGE
- PHILLIP ISLAND
- TRUGANINA



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