

# this is your time.

PALM LAKE RESORT WINTER EDITION 2025



# *LATITUDE NOW OPEN!*

## Carnival event marks Latitude's grand opening

Paynesville's \$20 million Country Club was unveiled at a vibrant street carnival attended by hundreds

## People power make Yamba Cove the pick

We build luxury homes and world-class facilities but people make our resorts special, like Yamba Cove

## Guess what? You're never too old to...

Check out the range of 'adventures' our homeowners get up to with their likeminded neighbours





# WELCOME

**THERE'S A REAL BUZZ** about Palm Lake Group's head office as we go to print with this Winter 2025 edition of *Your Time* magazine. In all honesty, there's always some level of excited buzz here – it just the volume coming through my office door that differs from day to day. The buzz this Monday morning, however, comes on the back of our two big wins at the weekend's Master Builders Association (MBA) of NSW Northern Rivers Excellence in Building Awards evening.

We had two entries in the competition including Palm Lake Resort Yamba Cove's 'Maclean' display home and the resort's impressive Vantage Country Club – and both entries won! The MBA says its awards evening is all about "celebrating building excellence in the Northern Regions and showcasing local craftsmanship, expertise and excellence whilst contributing to a vibrant regional building industry" with judges reporting that this year's finalists featured "an amazing array of superb creations in both the commercial and residential sectors by the best builders in the region". We were so proud to have our Palm Lake Works and Palm Lake Resort teams represent us at this black-tie event – the region's premier industry night of nights – and pick up two very deserved winner's plaques.

The weekend's twin wins reiterate to me, and our teams, that we are providing over-50s in this country with a truly premium product - from the places they literally call home to the resort facilities that act as an extension of those homes. And after almost five decades of doing what we do, that winning formula has never really changed. Stellar resort facilities, with Weekly Activities schedules to match, are what make our resorts uniquely Palm Lake Resort. These award-winning facilities play a big role in bringing likeminded neighbours together, thus forming those coveted 'communities' that Palm Lake Resort homeowners thrive in.

Winning the category for Yamba Cove's Vantage Country Club was especially sweet for me, personally. I take great interest and pride in our modern Palm Lake Resort country clubs – our most recent ones are nothing short of epic. We had the Mayor of East Gippsland Shire, Cr White, do the ribbon-cutting honours at the recent grand opening of Palm Lake Resort Paynesville's Latitude Country Club and he told the gathered crowd of around 500 people that "this could be your Shangri-la!" (see Pages 4-7).

By the time you're reading the next edition of *Your Time* magazine, we will have unveiled our biggest and most prestigious project of all time: The Springs Country Club at Palm Lake Resort Pelican Waters. The words "iconic" and "game-changing" don't even come close to what's in store for those savvy Pelican Waters homeowners who already call this most exclusive address home.

And don't forget that there are a host of other Palm Lake Resort Country Clubs that have also received similar MBA commendation including Caloundra Cay's Hemingway's Country Club (2020), Barga's Horizons Country Club (2022) and Forster Lakes' Belleair Country Club (2023).

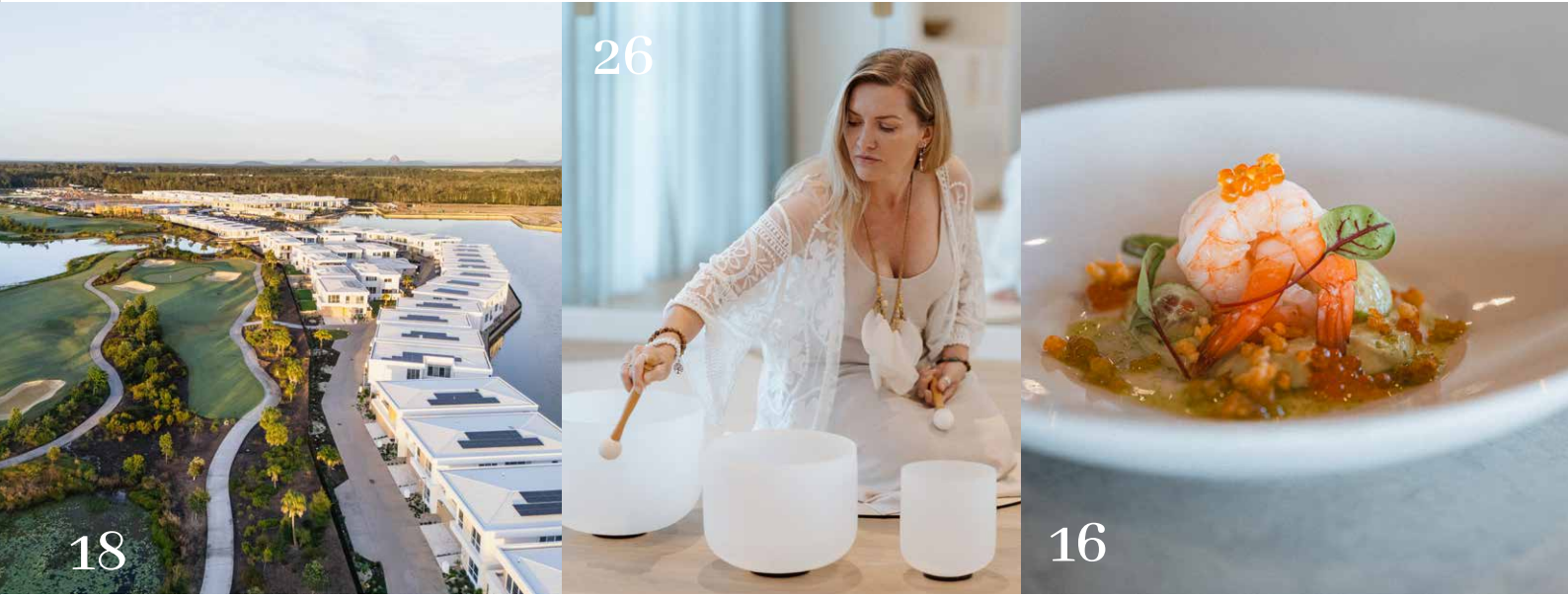
Beyond the award plaques and trophies, these impressive resort Country Clubs not only prove our company's building prowess but confirm our commitment to providing over-50s with the ultimate Aussie lifestyle. Never before has it been cooler to be aged over 50!

**Scott Elliott,**  
**Palm Lake Group Managing Director**



**Pictured above:** Palm Lake Group team members Mick Parsons, Ben Gunning, Simran Basati and Mick Munro at the Master Builders Association of NSW Northern Rivers Excellence in Building Awards evening.

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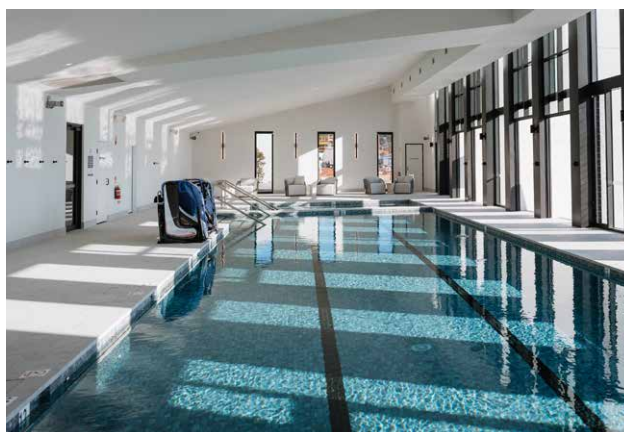


Paynesville

# *LATITUDE NOW OPEN*

Palm Lake Resort Paynesville's \$20 million Latitude Country Club was officially opened last month courtesy of a grand carnival with 500 guests that perfectly matched the energy our homeowners have for this prized community facility...





**PALM LAKE RESORT** Paynesville is quickly gaining a reputation as the premiere community lifestyle resort for savvy over-50s of the East Gippsland region, and now there's even more reason to call this impressive new address home.

The resort's exclusive \$20 million Latitude Country Club is now complete and was officially opened on May 14 via a fun-filled, carnival-themed Community Open Day.

Some 500 guests stopped by to enjoy classic carnival entertainment including the East Gippsland Brass Band, a roaming magician and a host of carnival-style food trucks, with themed movies also screening in the resort's new theatre throughout the day. There was a lawn bowls showcase on the resort's brand new championship eight-rink undercover lawn bowls green, as well as other fun resort activities for the more crafty and creative.

Latitude was officially opened by Cr John White, Mayor of East Gippsland Shire, who said he was excited to inspect this "state-of-the-art facility" for himself.

"We're just so thrilled you committed the development in the East Gippsland region," Cr White said. "It's the quality and the facilities - for anyone considering moving to the region, this could be your Shangri-la!"

Sales Manager Sandy Martin says her team facilitated many tours of this world-class facility and the resort's impressive suite of display homes during the carnival event, and they received so much great feedback on their vibrant and welcoming community.

"There will be 195 homes across our resort when it's complete - that's 195 local families who will not only enjoy living in a luxury low-maintenance abode but who will also reap the benefit of these incredible facilities that they get to call their own," Sandy says.

Given the excitement since Palm Lake Resort Paynesville's opening, Stage 1A is already almost sold out.

"Whatever's on your over-50s era wish list, ours is a resort where you can truly enjoy the next chapter of your life," Sandy says. "There's also provision in the masterplan for a Palm Lake Care aged caring community. Many homeowners are grateful for the convenience that an adjacent Palm Lake Care community brings, especially those with family members requiring different levels of care."

Another important fact for those considering a Palm Lake Resort Paynesville home is that they will not be charged a deferred management fee (DMF), also known as an exit fee, should they choose that option at the time of purchase.

"Homeowners here have the option to either pay the full purchase price on their Palm Lake Resort Paynesville home and not have to worry about a DMF upon leaving or they can choose a reduced purchase price upfront with a view to paying the DMF upon exit," Sandy explains.

For more information on your options around the DMF and to inspect our inspiring display homes as well as the Latitude Country Club, we encourage you to Freecall us on 1800 960 943 and organise a private tour. The Sales Information Centre is open seven days a week at 78 Ashley St, Paynesville.



## Paynesville CARNIVAL CAPERS

**ROLL UP! ROLL UP!** Palm Lake Resort Paynesville's Community Open Day carnival was a big hit for the 500 people who stopped by. While the event marked the official opening of the resort's \$20 million Latitude Country Club, it also gave interested over-50s visitors a bird's eye view of just how vibrant and rewarding their life could be here...







Paynesville

# *DISTINCTIVE LUXURY*

Palm Lake Resort Paynesville's range of architectural home designs are memorable and functional, for affordable luxury low-maintenance living. With interest in this resort address at an all-time high, Stage 1C has just been released along with a new design. Let us introduce you to the Talbot.

**THE TALBOT HOME** design at Palm Lake Resort Paynesville offers a distinctive layout that sets it apart from traditional home designs. With its longest side facing the street, the Talbot presents a unique and expansive facade, creating a commanding street presence. This design choice not only enhances street appeal but also allows for a more spacious-feeling, light-filled interior catering to those over-50s homeowners seeking both style and functionality.

Upon entering the Talbot, you're immediately welcomed into a thoughtfully arranged living space that prioritises openness and natural light. This expansive living area seamlessly connects the dining and kitchen zones. The galley-style kitchen is equipped with modern appliances and ample storage, and the whole living area is cleverly and conveniently extended via the adjacent outdoor living space, making this home's ideal for entertaining guests.



**Pictured above:** An artist's impression of Paynesville's 'Talbot' home design.

**Pictured left:** Talbot's 219.57m<sup>2</sup> (23.64 squares) floor plan offers three bedrooms, two bathrooms and a double-car garage.

To find out more about this new design, and to inspect Paynesville's range of onsite display homes, freecall 1800 960 943 and organise your private tour.

The master suite provides privacy and tranquillity. It features a spacious bedroom, a generous walk-through robe and a luxurious ensuite with a twin-basin vanity. This is not your standard master bedroom – in combination with the robe and ensuite, it's a retreat offering ultimate comfort and luxurious convenience. Large glass sliding doors open from the master to the tiled alfresco area, allowing for seamless indoor-outdoor living and a sanctuary for relaxation.

Bedrooms two and three each offer ample space and built-in storage. These rooms are versatile, suitable for accommodating guests, setting up a home office or pursuing those hobbies that make the over-50s years the best.

Beyond the distinctive orientation of this layout, another notable feature of the Talbot design is the expansive outdoor living area, measuring 6.95m x 3.1m. Accessible

from both the living area and the master suite, this space is perfect for alfresco dining, a revitalising brew or simply enjoying the fresh air. The integration of indoor and outdoor spaces enhances this home's liveability and supports an active, healthy lifestyle.

Designed with the over-50s demographic in mind, the 219.57m<sup>2</sup> (23.64 squares) Talbot design combines style, functionality and low-maintenance living. Features such as a double garage with internal access, a spacious laundry and thoughtful storage solutions throughout the home contribute to its practicality.

The unique layout, coupled with high-quality finishes and attention to detail, makes the Talbot an ideal choice for those seeking a comfortable and stylish home in Palm Lake Resort Paynesville's vibrant over-50s community.



Yamba Cove

# PUTTING THE 'CARE' IN CARETAKING

Modern Palm Lake Resort homes and facilities are definitely impressive but people are really what make our resorts special. And it's those people who greet you at the resort's entrance - the Caretakers - who set the tone for any resort address. So, we already know that Palm Lake Resort Yamba Cove is destined to be one of our finest communities yet...

## HOW DO YOU build a successful Palm Lake Resort?

We all know it takes more than just cladding the home frames, painting walls and filling the pool. It's about building a tight-knit community of people - a warm and welcoming crew of likeminded neighbours who support one another for the greater good. And, based on almost 50 years of experience in designing, building and managing over-50s communities here in Australia, our team can assure you that one of the other most important ingredients in any successful Palm Lake Resort is its Caretaker. Success in our resort communities really starts at the top.

Kym Bellamy is the inaugural Caretaker at Palm Lake Resort Yamba Cove. Her decades of experience in community management - not just at Palm Lake Resort, but retirement villages in Newcastle and Coffs Harbour, too - made her just the woman for this key position.

"This role was different to anything I'd done before because I had the opportunity to start from the very beginning of the resort's existence," Kym explains. "I was here to meet the very first homeowners and welcome them into a brand new community."

Across the Palm Lake Group, our Sales Team members will tell you that for the majority of enquiries they field, most interested future homeowners want to know more about the Caretakers at their chosen location. Because good Caretakers are key to any resort's success, our management team treats the selection process for new candidates very seriously. One year on, they'll tell you Kym is excelling in her Yamba Cove role.

Kym says a new homeowner's first weeks at the resort are a main focus for her. In fact, her job starts before those people have even decided to move in. She makes sure to join in the Sales Team's tours with prospective buyers, enjoying a cup of coffee and a chat with them afterwards. This is her chance to hear more about their interests, their lifestyles and their previous home - what worked, what didn't and how they picture their new life at Palm Lake Resort Yamba Cove.

Once they've moved in, it's Kym who walks them through every detail, from their Milon Gymnasium orientation to getting their smart-home gadgets up and running. As these newbies settle into the community they'll find Kym behind the wheel of the resort bus, or behind the bar pouring drinks at social get-togethers. She'll even send them a 'Who's up for Happy Hour?' text on Friday afternoons.

"I love doing what I do - I wouldn't be in this role unless I did," Kym smiles. "But it's an important balance: this is my work, but it's their home. They've chosen our resort for the lifestyle and we treat Vantage Country Club as an extension of their home. That's where I get involved - to make sure they know about everything that's on offer."

Of course, there are some homeowners who don't want to dive head-first into a busy social life, preferring to capture the quieter moments instead. And Kym is on-hand to support those people, too. For example, she's just recently set up puzzle tables in the resort library which have proven very popular - piece by piece, the homeowners have already completed four puzzles.

"I'll often see someone getting lost in a puzzle, with their coffee or a glass of wine beside them," she says. "It's always up to the individuals just how they want to be involved. They can book the bus and go on outings, join the Social Committee or the Bar Committee, or simply enjoy their own private space. When we get bingo happening, it will be a homeowner calling the numbers. But if they just want to sit on the balcony and read a book, they can do that too."

What Kym loves most about her Caretaker role at Yamba Cove is that she can be involved in every aspect of her community. Her previous position at Palm Lake Resort Tea Gardens saw her managing a community of 500-odd residents, so she had no choice but to delegate some of the jobs. From sales, to settling homeowners in, to socialising, the boutique nature of Yamba Cove means Kym can be part of it all - just the way she likes it.

"Some of our homeowners have also come from much bigger communities, and they're looking for something different," Kym says. "Boutique resorts like this one allow Caretakers to check in, make introductions and really make sure each homeowner is loving where they live. It helps everyone feel more like they're part of a big family."

Kym's open-door policy only adds to the family-like atmosphere at our Yamba Cove address. Instead of dedicated office hours, she encourages homeowners to visit her whenever they like, about whatever is concerning them. And since she works so closely with Yamba Cove's full-time cleaner and groundsman, there are few questions Kym can't answer.

"If you're too strict about when they can and can't contact you, it's hard to establish a close relationship," Kym says. "For Caretakers who want to be hands-on, it's not just a nine-to-five job."

That's why you can often spot Kym around the resort, long after she should have 'clocked off'. Whether she's facilitating a get-together for the State of Origin or helping homeowners participate in events happening in the wider community - perhaps a farmer's market, or a fundraiser at the local school - her job never really stops.

And she wouldn't have it any other way.

"Being hands on and working closely with the homeowners and our team is what I enjoy," says Kym. "My job is never-ending because it's all about making this a better place for people to live - and that's what I enjoy about it most."

"When I can do that, I know I'm doing a good job."

Palm Lake Resort Yamba Cove's Sales Information Centre is open seven days, from 9am-4.30pm, for your resort tour which includes an inspection of our Vantage Country Club and our suite of on-site display homes. And you'll most likely get the chance to say G'Day to Kym while you're here! Freecall 1800 960 946 to book a tour.

*Pictured right, from top down: Palm Lake Resort Yamba Cove Caretaker Kym Bellamy and the homeowners there enjoy the tight-knit feel of their boutique resort.*





*Pictured : An artist's impression of the new 'Yamba' home design at Palm Lake Resort Yamba Cove.*



Yamba Cove

# YOU ASKED, WE LISTENED

“Yamba” is the first of our exciting new single-storey floorplans at Palm Lake Resort Yamba Cove. It was strategically designed to answer the call for the convenience of a ground-level home that still provided space, glorious space.

**THE ‘YAMBA’ FLOOR** plan offers three full bedrooms, two bathrooms, a full-width alfresco entertaining area, two-car garage and many convenient storage opportunities across its 246.27m<sup>2</sup> (26.51 squares).

From the street, Yamba provides a bold and commanding roofline and cleverly contrasting textural finishes including stacked stone for ultimate coastal appeal. The second and third bedrooms are positioned at the front of the home, on either side of the main bathroom, while the master suite

is at the rear, providing house guests with privacy. And the master suite is just that – a ‘suite’ or a ‘sanctuary’, more so than just a standard bedroom. Homeowners pass from their master, through an expansive walk-through robe into the luxury ensuite that offers a double vanity and over-sized shower. There’s also private access from the master to the alfresco, enhancing the feeling of openness in that space.

The main open-plan kitchen/dining/living area sits under a high raked ceiling. This living area flows seamlessly out



on to that rear alfresco entertaining space, which runs the full width of the home. Wide sliding glass doors enhance the connection, building an immediate sense of relaxation and space in this home.

A separate laundry filled with useful cupboard space, ducted air conditioning, solar panels, water tanks and fully landscaped gardens complete the ‘Yamba’ picture.

Palm Lake Resort Yamba Cove Sales Manager Monique Lee says there will be just seven ‘Yamba’ designs made available and they will be “the pick” of the very limited number of single-storey homes available at this address later this year.

“These Yamba design homes will be located on nice big blocks that will really suit their seamless indoor-outdoor flow, with thanks to that extra-wide outdoor dining area,” Monique explains.

“I know we’ll sell all seven of these homes off the plan - they’ll get snapped up really quick.”

Monique says the first of the Yamba design homes will be completed by the end of 2025. She encouraged interested over-50s to stop by one of her team’s regular “Smart Financial Choice” information sessions, held on the first Wednesday of every month, at 10.30am, in the resort’s Vantage Country Club theatre. If you’re keen to come along, RSVP is essential on 1800 960 946.

## Yamba Cove *NEWS IN BRIEF*

### STOP the press!

As this magazine goes to print, Palm Lake Resort Yamba Cove has just picked up TWO Master Builders Association Awards! The ‘Maclean’ display home and our Vantage Country Club were both named best in their categories at a black-tie event at Ballina RSL - and we couldn’t be prouder! Check out Pages 20-21 for more about Palm Lake Group’s industry award-winning streak!

### The smart financial choice

If you’ve been considering a move to Palm Lake Resort Yamba Cove, but have questions about your financial position, our Sales Team is now hosting regular information sessions that will suit you. Monthly “Smart Financial Choice” information sessions are scheduled for the first Wednesday of the month, at 10.30am, in the resort’s Vantage Country Club theatre.

Among the topics covered in these sessions will be:

- Weekly site fees and unlocking the financial benefits
- How to buy without stamp duty, entry/exit fees, body corporate or land tax
- Keeping 100 per cent of your capital gain.

If you’re keen to hear more, simply Freecall 1800 960 946 and speak to a team member in our Sales Information Centre. Your RSVP to these sessions is essential.

### Stay a night, on us

There’s no better way to understand the Palm Lake Resort Yamba Cove masterplan, take in our resort grounds, inspect our display homes, indulge in our Vantage Country Club and explore the local surroundings better than by doing it in person. Did you know that if you are travelling from out of town to tour our Yamba Cove resort, we’d love to offer you a complimentary night’s accommodation in the local area. Maybe an overnight stay is the best way to take in one of our monthly “Smart Financial Choice” information sessions, tour the resort and explore our gorgeous Yamba area. Contact our Sales Team on 1800 960 946 to book your private inspection and organise your overnight stay. We look forward to hosting you here at Palm Lake Resort Yamba Cove very soon.

### Yamba Bowlo hosts \$50K event

Our company was proud to sponsor the fun of the Palm Lake Resort Yamba Cove Mixed Pairs lawn bowls competition which was part of Yamba Bowling Club’s annual \$50,000 “Yamba Festival of Bowls”. This week-long celebration of the game that we all love offered an unforgettable show of world-class lawn bowls, featuring the top players from right across Australia. Over six action-packed days, this premier event attracted more than 600 attendees and our Palm Lake Resort event was one of four major competitions played. It was undeniably a highlight on the Australian bowls calendar.





Pelican Waters

# YOUR ARMCHAIR INSPECTION

At Palm Lake Resort Pelican Waters, we know that finding the perfect home is an exciting journey – one that often starts long before you set foot inside one of our inspiring display residences.

**WHILE OUR SALES** Team members absolutely love welcoming visitors to our Sales Information Centre and providing tours of our impressive displays, the resort grounds, Mirador Wellness Centre and even Pelican Waters Golf Course and Club, we also understand that not everyone can make the trip in person – especially given the fact that we are fielding enquiries for this iconic address from such a wide geographic area. Whether you're researching Palm Lake Resort Pelican Waters from interstate or planning your move to the Sunshine Coast from overseas, we've made it easy for you to start your journey of discovery online.

The Palm Lake Resort website is your personal gateway to all our newest and most beautifully crafted over-50s lifestyle resorts. It's brimming with up-to-date information, inspiration and, most importantly, virtual access to our growing portfolio of display homes – including the incredible residences of Pelican Waters. We regularly update the site with new walk-through videos, photo galleries and detailed floor plans so you can get a true sense of our home designs without needing to leave the comfort of your current living room.

The online experience is designed to be both enjoyable and informative. Our high-quality video walk-throughs are easy to navigate and they let you explore room by room at your own pace, with professional visuals that bring our homes to life on screen. Whether you're looking for an entertainer's

kitchen, a spacious sanctuary of a master suite, a chic and stylish open-plan living area, or an outdoor dining space to meet your alfresco needs, you'll find plenty to love as you browse through each design with the ability to inspect them in high-resolution detail.

Beyond the display residences, our website also offers insights into the resort lifestyle that Palm Lake Resort is known for. Discover our world-class community facilities, stories from our homeowners and even find out about our upcoming events – it's all just a few clicks away.

At Palm Lake Resort, we're proud to offer a digital experience that mirrors the quality and warmth of our communities – and the impressive nature of our Pelican Waters address. With Stage 1B sold out and Stage 2 also almost completely sold, we encourage those interested in taking the leap, to jump online ASAP. You can also book a virtual tour with our experienced Sales Team by Freecalling 1800 490 626. You never know – your incredible future resort lifestyle might be just a few easy clicks away!

Visit [pallmlakeresort.com.au](https://pallmlakeresort.com.au) and start exploring today.



## Pelican Waters MIRADOR'S OPEN

**THE OFFICIAL OPENING** of Palm Lake Resort Pelican Waters' Mirador Wellness Centre was a vibrant showcase of all that makes this community wellness precinct the best in the Southern Hemisphere, for over 50s. From yoga, sound healings and massage, to pickleball and synchronised swimming demonstrations, our guests experienced all that modern wellness has to offer.







Pelican Waters

# TEE TIME

Palm Lake Group is thrilled to announce the opening of Cardón, a refined dining experience within Pelican Waters Golf Club that pairs perfectly with our most exclusive over-50s resort address right next door.

**THE RESTAURANT-OPENING** milestone speaks to the dedication, talent and hard work of the teams at Pelican Waters Golf Club, Palm Lake Resort and beyond. From the architects and designers who shaped this inviting space to the culinary experts who curated, and continue to hone a menu that showcases the best of modern Australian cuisine, every detail reflects passion and commitment. Our operational and hospitality teams have worked tirelessly to ensure a seamless experience, and their efforts have already made Cardón a popular destination for Palm Lake Resort homeowners, Pelican Waters locals and other visitors in the first months of service.

Set against the backdrop of the championship Greg Norman-design golf course, Cardón offers a relaxed and elegant environment that you must experience for yourself. Open for breakfast and lunch, 7.30am-3pm, why not start your morning with café-style breakfast favourites such as Smashed Avocado on sourdough, house-made Corn Fritters, a gourmet Bagel or a nourishing Bircher Muesli. For a heartier option, indulge in the Eggs Benedict or the Ricotta and Blueberry Hot Cakes. Pair your meal with a barista-crafted coffee, freshly squeezed juice, or a specialty tea as you soak in the serene surroundings.

By lunchtime, the diverse menu offers an enticing selection of dishes that highlight fresh seafood, premium cuts and vibrant vegetarian options. Begin with a Bug Roll, featuring crispy battered Moreton Bay bug meat with sriracha mayo on brioche, or savour the Grilled Mooloolaba Prawns in a luscious yuzu butter. Other favourites include the Lemon Pepper Calamari with smoky chipotle aioli and the fresh Bruschetta with Spanish onion, baby tomatoes and basil.

For mains, enjoy the rich and aromatic Coral Coast Barramundi, served in a Tom Kha Coconut Chilli Broth with prawn dumplings, or opt for the perfectly crisp Beer-Battered Snapper and chips with house-made tartare sauce. Pasta lovers will appreciate our King Prawn Rigatoni, tossed with chorizo, roasted almonds and feta, while vegetarians can delight in the House Made Gnocchi with basil pesto cream. For those craving a steakhouse experience, the grill selection features a succulent 200g Eye Fillet and 300g Sirloin, served with beer-battered chips and a herb salad, with plenty of additional optional sides to suit your taste.

True to Palm Lake Group Managing Director Scott Elliott's vision, Cardón's wine list is a standout. For those seeking something truly special, the Lacourte-Godbillon Premier Cru Terroirs d'Ecueil Champagne from France offers rich aromas of brioche and biscuits, a creamy mousse and a long, refined finish — a favourite among Champagne makers themselves.

In the reds, try a Vecchie Terre Di Montefili Chianti Classico DOCG from Tuscany, Italy, or even a Hartford Court Russian River Valley Pinot Noir from Sonoma, USA. The Hewitson Monopole Mother Vine Shiraz from the Barossa Valley is another top option on the menu.

For a memorable white, there's the McHenry Hohnen Laterite Hills Chardonnay (Margaret River, SA), Picardy Chardonnay (Pemberton, SA) or the Novum Chardonnay (Marlborough, NZ) among the options - all very highly regarded.

We invite you to experience Cardón. Book your table via Open Table or the Cardón website at [cardon.com.au](http://cardon.com.au)







## Pelican Waters Golf Course *PELICAN AMONG TOP 100*

We've always known it was special - now Pelican Waters Golf Course has just been named in the Top 100 golf courses in the country by leading golf media outlet, Australian Golf Digest.

**THE COURSE WAS** originally designed by Greg Norman's team some 25 years ago and underwent a reconfiguration in recent years to make way for the development of Palm Lake Resort Pelican Waters. The course's recent transformation was also completed under the watchful eye of Norman's expert designers to ensure it remained true to the signature brand. The former first, second, eighth and ninth holes were replaced by four newcomers that now play as the 10th, 11th, 17th and 18th holes after a reversal of the two nines. According to the magazine, "the resort-style surroundings scream Queensland, yet the bunkering style has you wondering if you're really in Melbourne".

"There's also far more variety in the Par 3s, creating five feature moments in every round," the article states. "The new-look Pelican Waters turns two years old this winter and serves as a reminder of its lofty position within Sunshine Coast golf."

For golf-loving Palm Lake Resort Pelican Waters homeowners, having this incredible asset right on their doorsteps has proven not just a convenient way to get their daily serve of 'greens' but an undeniable aesthetic beauty as well.

**The Palm Lake Resort Pelican Waters Sales Information Centre is open seven days. Visit [pallmlakeresort.com.au](http://pallmlakeresort.com.au)**

Forster Lakes

## *THE ONLY WAY IS UP*

In the world of over-50s living, the term "downsize" is commonly bandied about. But at Palm Lake Resort Forster Lakes, we know there's a better way to live. And that's up.

**MODERN OVER-50S** know that this chapter of their lives is about living life large. There's finally time to do all those things you've always wanted to do – travelling, exploring new hobbies, maybe trying your hand at certain new sporting pursuits. We're also seeing a lot more homeowners in this demographic plugged into helping raise their grandchildren, while also entertaining. These savvy homeowners seek low-maintenance abodes that are 'high' on amenity and space for guests. And that's the beauty of our award-winning two-storey home designs at Palm Lake Resort Forster Lakes: Space, glorious space.

Over the next six months, a limited number of our premium two-storey homes will become available and they're already attracting strong interest. Among the two-storey beauties is our Master Builders Association award-winning 'Carrabelle' as well as the 'Malabar' design (pictured right).

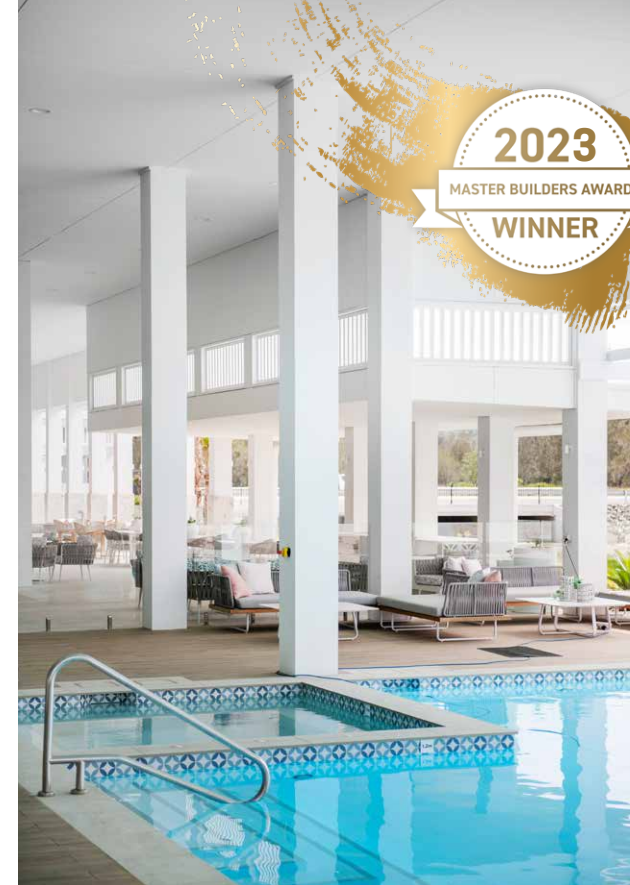
These definitely aren't your average over-50s homes. With chic internal elevators as well as stairs, they combine style with convenience, ensuring you can enjoy the benefits of multi-level living without compromise. Given the benefit of the expanded floorspace on a low-maintenance footprint, the architects of our two-storey Forster Lakes homes have strategically poured those extra square metres into the upstairs master suites – spaces that truly set these homes apart. They combine an expansive master bedroom with an oversized walk-in robe, double-vanity ensuite, kitchenette, study nook, a separate retreat, balcony and more. These are spacious layouts with luxurious finishes and elevated views that make every day feel like a relaxing holiday.

It's truly an exciting time at Palm Lake Resort Forster Lakes. With Precinct 1 sold out and our final stages (Precinct 2) selling fast, new homeowners are also relishing the benefits of buying into an almost-complete resort address. There are reduced construction impacts and plenty of that all-important community spirit to instantly take advantage of. You will easily find likeminded neighbours at our vibrant weekly homeowner meal sittings or any of the dozens of activities on the comprehensive and well established Weekly Activities list.

Now is the time to secure your two-storey dream at Forster Lakes. Phone our Sales Information Centre on 1800 577 542 to organise your private tour or head to our website to view these designs online at [pallmlakeresort.com.au](http://pallmlakeresort.com.au)







Palm Lake Group

# CELEBRATING

When it comes to visionary over-50s community lifestyle resorts and innovative care solutions, Palm Lake Group continues to be recognised as an Australian leader courtesy of a string of independent industry commendations.

**WITH A PROUD** legacy spanning almost 50 years, Palm Lake Group's commitment to quality construction and thoughtful design has been consistently recognised by our industry peers – most notably through a string of prestigious Master Builders Association (MBA) award wins.

Over the years, Palm Lake Works (the construction arm of Palm Lake Group) has earned multiple accolades that underscore our family company's dedication to excellence across a variety of categories.

In 2020, the Group's outstanding achievement was recognised with a win for Palm Lake Resort Caloundra Cay's Hemingway's Country Club, awarded in the Sporting Facility category. This award celebrated the elegant design and superior functionality of the Country Club, which quickly became – and continues to be – an integral centrepiece of community resort life for our homeowners.

The following year, in 2021, Palm Lake Care Toowoomba was honoured in the Community Accommodation for Aged Care and Nursing Homes category. This win acknowledged the thoughtful planning and compassionate approach embedded into every aspect of the design of this modern, Caribbean-inspired aged caring community.

2022 was a standout year for Palm Lake Group, with Palm Lake Resort Bargara's Horizons Country Club (the third country club facility for this growing resort) receiving dual honours. The development took out top spot in the Sporting Facility category and went on to earn the coveted overall 'Project of the Year' award, recognising its overarching excellence in the competition. These wins reflected the seamless integration of luxury, over-50s lifestyle and architectural finesse across this project.

"From the minute you arrive under the grand porte-cochère, the tropical opulence of this facility is apparent," MBA judges said. "Contrasting, yet coordinating textures abound."

Continuing our incredible momentum, 2023 saw Palm Lake Works achieve three separate MBA awards. Firstly, Palm Lake Care Caloundra was recognised in the Queensland competition category of Community Accommodation for Specialist Disability, Aged Care and Nursing Homes. Palm Lake Resort Forster Lakes display home, "Carabelle", then secured a win in its New South Wales competition category, showcasing cutting-edge design and liveability. Additionally, Palm Lake Resort Forster Lakes' Bellair Country Club won the

# EXCELLENCE

Sporting Facility (up to \$20 million) category, once again proving the Group's ability to deliver first-class lifestyle amenities for very grateful homeowners.

Palm Lake Resort Sales Manager Alysia Nechvoglod was on hand to accept Belleair's award at a black tie event at The Star Event Centre in Pyrmont, alongside our proud team.

"We knew right from the start of this project that the Belleair Country Club would be a knockout just given how packed full of facilities and luxury features it is," Ms Nechvoglod said. "This award, judged by a panel of independent construction industry experts, proves that our planning, design and construction decisions are right on the money."

In 2024, Palm Lake Works further solidified its reputation with two more accolades. The newly redeveloped Pelican Waters Golf Club received the Commercial Refurbishment/Renovation Award under the Sunshine Coast Housing & Construction Awards, while Palm Lake Resort Pelican Waters' elegant and opulent Cimarron display home also earned recognition for its design excellence.

Each of these awards is a testament to Palm Lake Group's unwavering dedication to quality, innovation and creating spaces that enrich the lives of our homeowners. As our company continues to grow, so too does our reputation for building not just homes, but thriving lifestyle resort communities and aged caring communities filled with innovation, quality design, heart and style.

## Palm Lake Group's list of Master Builders Association Award winners

- **2020:** Palm Lake Resort Caloundra Cay's Hemingway's Country Club – Sporting Facility (pictured above)
- **2021:** Palm Lake Care Toowoomba - Community Accommodation for Aged Care and Nursing Homes
- **2022:** Palm Lake Resort Bargara's Horizons Country Club - Sporting Facility
- **2022:** Palm Lake Resort Bargara's Horizons Country Club - Project of the Year
- **2023:** Palm Lake Care Caloundra - Community Accommodation for Specialist Disability, Aged Care and Nursing Homes
- **2023:** Palm Lake Resort Forster Lakes' 'Carabelle' Display Home
- **2023:** Palm Lake Resort Forster Lakes' Bellair Country Club - Sporting Facility (pictured above, left)
- **2024:** Pelican Waters Golf Club - Commercial Refurbishment/Renovation (pictured Page 20, right)
- **2024:** Palm Lake Resort Pelican Waters' 'Cimarron' Display Home (pictured Page 20, left)
- **2025: STOP THE PRESS!** As this magazine goes to print, Palm Lake Resort Yamba Cove's 'Maclean' Display Home and Vantage Country Club have just both won the top award in their respective categories!





*DEVELOPMENT  
UPDATE*

**THE FIRST HALF** of 2025 has been nothing shy of exciting for the Palm Lake Works team. We have achieved some massive milestones across construction in all three states. Starting at our most southern project, Palm Lake Resort Paynesville, we were excited to see the completion of Latitude Country Club. The feedback about this building has been incredibly positive. The construction team at Paynesville should be very proud of the effort and initiative displayed throughout the building process. Our Paynesville team now turn their focus to the near-completed Sales Information Centre (complete with homeowner workshop and yoga studio), rounding out construction of all major facilities for this address. We also see the next stage of civils taking shape, delivering a further 37 home sites, and the commencement of Stage 1c homes.

Moving up to Palm Lake Resort Forster Lakes, our construction team is busily keeping up pace with the high demand for the wonderful homes on offer in this wonderful location. We are also excited to be into the detailed design stage of Palm Lake Care Forster, our first aged care community in New South Wales. Construction is due to commence later this year.

At Yamba Cove, the construction team has just completed the last of the first-stage homes. This boutique resort has an amazing feel and beautiful streetscape. Our design team is putting final touches on a new house type, "Yamba", which will be the first single-storey product at this resort. Construction of this design is due to commence in a couple of months' time.

And then there is Pelican Waters. So much excitement surrounds the pending opening of The Springs Country Club. By the time this magazine goes to print, our construction team will have delivered the most expansive, prestigious and luxurious lifestyle facility in Australia. It has been an exceptional collective effort to make this project a reality - the team has been so cohesive and positive, and the result is truly incredible.

We have also seen good progress on our future projects. We have entered the detailed civil design stage for the expansion of Palm Lake Resort Bargara, delivering 130 more homes. At Old Bar, we have achieved a new Development Consent and Construction Certificate, allowing the team to move ahead with pricing and programming for Stage 1. To say the Old Bar project is complex would be an understatement, but it's also a very exciting project - I look forward seeing it mature from paddocks to a thriving beachside resort community in the years to come.

This really is just the tip of the iceberg when it comes to the works, planning, costings and design currently underway, with every Palm Lake Works team member playing an important role in making our projects such successful realities.

**Suzanne Jensen**  
General Manager, Development



*PALM LAKE  
PEOPLE*

**IN RECENT WEEKS**, we marked International Human Resources (HR) Day. Since 2019, HR teams and people professionals across the globe have come together to commemorate this day and shine a spotlight on the positive impact that HR has on people and organisations. The day recognises the role HR plays in shaping more inclusive, flexible and productive work environments. There's no doubt that Palm Lake Group's HR department is a fantastic team that supports the entirety of our business. They go the extra mile to assist the leaders within our business to create an outstanding culture - something that filters down to enhance every single team member's experience. HR's job is a big one and we are so grateful for the work they put in.

On the topic of people, I'd love to give a big shout out to the volunteers who help shape our communities - be they homeowner volunteers in our over-50s resorts or those volunteers from the local general public who support the residents and staff in our various aged care communities. Volunteers really add an extra layer of strength to our teams and we are blessed to have so many authentically good people willing to give up their time to help out.

I'd also like to highlight two people from our Palm Lake Resort Carindale address who are making a difference. Caretakers Karen and Wayne are making such a positive impact on their resort that their homeowners nominated the pair as "Local Heroes" through a Brisbane radio station campaign. We have also just heard that these same homeowners organised a social gathering recently and presented Karen and Wayne with a fun "commitment document" that they asked them to sign to ensure they "will never leave" - and the pair happily put their autographs on the bottom of the document. The homeowners even presented Karen and Wayne with a mobility walker to ensure they have the 'tools' required to stick it out at Palm Lake Resort Carindale well into their golden years!

As a company we have so much to be grateful for and so much to look forward to, including the grand opening of The Springs Country Club at Palm Lake Resort Pelican Waters. Our teams are super-excited and immensely proud of this iconic facility and I can tell you that while there has been a big focus on the design and construction of this world-class building and its vast amenity, there is an equally as large amount of work happening behind the scenes to create an incredible atmosphere here once we officially open the doors. It'll be a dream come true for our owners as well as every single person who has played a role in bringing this opulent lifestyle behemoth to life.

**Amanda Clements**  
Executive Manager, People & Operations

*palm lake  
lifestyle*

*YOU'RE  
NEVER TOO  
OLD TO...*

You've heard the saying that age is just a number. Palm Lake Resort homeowners up and down Australia's east coast are a vibrant bunch proving they're having way more fun than their 'digits' say they should...



Across the Palm Lake Group, weekly activities and resort special interest groups bring likeminded neighbours together through shared passions, friendships and plenty of fun. These are more than just hobbies - they're opportunities for homeowners to try something they've always wanted to. Because as our homeowners will tell you, you're never too old to...

### Play with toys

Once a week, down at Boomerang Cove, you'll find the members of the Palm Lake Resort Forster Lakes remote control sailing club racing their boats out on the water.

"I started getting questions from interested homeowners about my involvement in the Forster-Tuncurry Radio Yacht Club, so we decided to put something on here in the resort," says Forster Lakes homeowner Alan Coleman. "We're trying not to make it too competitive, but we have some very good sailors."

A lifelong sailor, Alan was worried about how he would pass the time in retirement. That was when he discovered remote control sailing.

"You have to do something, otherwise you waste away," says Alan. "There's always something going on at Palm Lake Resort, which is one of the reasons we came here. If you get the opportunity, give our club a try! It's very welcoming, and we're always happy to help."

### Dance like no one's watching

At Palm Lake Resort Fern Bay, the dancefloor has become the stomping ground for a fast-growing social group – and it's all thanks to homeowners Kerrie and Drew and their infectious love of rock'n'roll.

"We actually met at rock'n'roll dance classes 15 years ago," says Kerrie. "Neither of us could dance a step back then, but we stuck at it."

Since moving into the resort just over a year ago, the pair has single-handedly kicked off a new hobby for their fellow homeowners. After being spotted dancing at resort concerts, they were quickly encouraged to start lessons – and the response was overwhelming.

"We had a huge roll-up at the beginning, and now we have a solid group of 12 to 20 who come along every Tuesday morning," Kerrie explains. "We teach a few steps, have a laugh and enjoy a coffee and chat afterwards."

For Kerrie and Drew, dancing is more than just a hobby – it's a way to stay active, connect with others, and share something they love.

"We're not professionals," Kerrie admits. "But if you're happy to come along, we'll teach you as best as we can. It's all about having a go – what's the worst that can happen?!"

### Find the spotlight

At Palm Lake Resort Carindale, there's a group of dedicated singer/performers who aren't afraid of the spotlight – and their audiences love them for that! For the fifth time this coming spring, the resort's annual 'A Spring Affair' showcase will shine that spotlight on the vast homeowner talent pool, lead by their fellow homeowner (and the show's Director and pianist), Patricia Benson.

Trish says the resort's choir, The Local Vocals, spend around 4-5 months preparing for A Spring Affair's concert event with around 20 homeowners starring as cast members in the show and another 10 helping out in various support roles. She says the chorists assist her with everything from choosing the ever-changing annual theme and songs, to developing little cameo parts that are sprinkled throughout the vocal performances.

"The Local Vocals enjoy the whole process as well as inviting their family and friends to come along for the performance," Trish says. "They tell me that if they don't feel like coming to a choir practice for whatever reason, once they do attend, they leave feeling happier and more energised."

In 2022, A Spring Affair celebrated Broadway melodies with songs from South Pacific, West Side Story, The King and I, Carousel and many more. In 2023, "Love & Marriage" was the theme. The audience sang and clapped along to more than 30 'Top of the Pops' hit songs from the 1950s and 60s, arranged to form a story of romance; when boy meets girl and they fall in love, break up, make up and then marry. Last year, "Cities of the World" saw 30 tunes from various countries transport audiences – in song – around the globe. And this year's show is already underway.

Trish is also a firm believer that age is just a number – especially when it comes to singing in a choir and performing for your peers.

"Ours is more a concert and not theatre so from a singing point of view, research shows it enhances quality of life. Singing is good for activating the part of the brain that prevents or delays dementia.

"Singing makes you feel valued and alive!" she grins.

Trish admits, the performance nerves are lessened for her these days with thanks to her lengthy background in music and dance.

"I studied ballet and piano from age 10 until leaving school at 17 and I get great satisfaction from playing music for myself. I also participated in many local musical productions back in Tasmania and so when I retired to Palm Lake Resort Carindale, I started playing and performing for the homeowners here and I love it."

### Make new friends

The Red Hatters is one of Palm Lake Resort Deception Bay's longest-standing social groups – and one of its most unique.

"I had previously been part of a Red Hat Society in Brisbane so when I moved here in 2013, I thought I'd start one for homeowners," says Mary Jacobsen.

The official Red Hat Society started in the United States in 1997 as a way for women over 50 to have more fun. It's inspired by the poem 'Warning' by Jenny Joseph which begins, "When I am an old woman, I shall wear purple, with a red hat which doesn't go and doesn't suit me."

Though not officially part of the international organisation, Deception Bay's Red Hatters are committed to the cause. They meet monthly to play games, share stories and enjoy one another's company.

"There are plenty of groups where you have a shared interest in something in particular, whereas this is quite varied," says Mary. "It suits everyone. I totally believe in curiosity and getting out there and trying things. We'll do trivia, party games, enjoy food together – but ultimately, it's all about friendship."

### Rock and roll!

At Palm Lake Resort Eagleby, the unmistakable sounds of the 1960s still echo thanks to a group of passionate homeowners – otherwise known as the ReZident Band. What began in 2010 with a noticeboard callout has evolved into a lively five-piece group, featuring everything from vocal harmonies to genius keyboard effects.

"Many of our members were beginners when they started," says Bob Comber, who taught himself guitar at age 13 and has been part of the band since the start.

Though time and health have brought lineup changes, the spirit of the group endures – with performances drawing crowds from not just our Eagleby resort, but other nearby Palm Lake Resorts too.

"I'm fairly shy," Bob admits, "but I found early on that I could connect with people through music."

Now, with decades of experience behind him and a deep love for the golden era of rock, Bob encourages others to just start – like many of his bandmates did.

"Pick up a ukulele," he says. "It's easy to learn, and just about every resort has one. Plus, it was beloved by George Harrison and Eric Clapton for a reason."





**Pictured:** Mirador Wellness  
Centre at Palm Lake Resort  
Pelican Waters.

You're never too old to...

# TRY SOMETHING NEW (AGE)

As the hum of the crystal singing bowls fills the Mirador Wellness Centre studio, a group of Palm Lake Resort Pelican Waters homeowners lie back, eyes closed, allowing waves of sound to wash over them.

**THIS IS SOUND HEALING** – a regular class on this resort's Weekly Activities list and a therapeutic practice that's gaining popularity among over-50s, and for good reason.

Sound healing uses vibrations from instruments such as crystal bowls, Tibetan bowls, drums, gongs, rattles and chimes to promote relaxation, reduce stress and support overall wellbeing. The idea is rooted in the principle that everything in the universe – including our bodies – vibrates at specific frequencies. When those vibrations are out of balance due to stress, illness or emotional upheaval, sound can help bring the body back into harmony.

For people aged over 50, the benefits can be particularly profound. As we age, we experience a range of physical and emotional challenges, from joint pain and sleep disturbances to anxiety, loneliness and cognitive decline. Sound healing offers a gentle, non-invasive way to help manage these concerns. Studies suggest that sound therapy can lower blood pressure, improve sleep quality, reduce symptoms of depression and even enhance memory and mental clarity.

Michelle Robinson of Soulsona Sound Healing facilitates weekly sound healing classes at Palm Lake Resort Pelican Waters (she's pictured on Page 15 at our Mirador Wellness Centre opening event). Michelle says homeowner participants have so far been a mix of those experienced in sound healing with many others completely new to the practise. All, however, report a deep sense of relaxation, peace and rejuvenation after each weekly session.

"Many of us live our lives in a constant state of flight or fight," she explains. "Sound healing works to slow down the nervous system through the different vibrations, frequencies and sounds."

Unlike a traditional exercise-based wellness class, Michelle says sound healing requires no physical exertion – just a willingness to find the time to be still, breathe deeply and let the sound do the work.

Among the benefits of sound healing, Michelle says her class participants have reported that they've never felt so deeply relaxed, clearer and lighter in mind and body. Sound healing has also been shown to lower heart rate and blood pressure, resulting in reduced stress levels. The practise is also particularly appealing and beneficial to those who may struggle with muscle tension and pain, she says. Sound healing may also help you get a better night's sleep.

But there's more to sound healing than just the physical experience. Group classes, like those held weekly at Palm Lake Resort Pelican Waters, are also a valuable opportunity for participants to connect with others, Michelle says.

Social connection is essential for mental and emotional health at any age, and sound healing groups foster a sense of belonging without the pressure of small talk or performance. Michelle encouraged other Palm Lake Resort Pelican Waters homeowners to come along and experience the class for themselves.

"You don't need any previous experience or knowledge to attend – in fact we encourage new class members to come along without judgement or any preconceived ideas and see what benefits they discover."

Whether you're curious about alternative wellness practices or simply seeking a soothing escape from everyday stress, sound healing offers a beautiful blend of calm, connection and care. For over-50s looking to stay well in body, mind and spirit, it's a practice well worth exploring.

## Have you heard of breathwork?

Just like sound healing, there's another new-age wellness trend that has over-50s talking. It focuses on something we all do every day – breathing. But this isn't ordinary breathing. The word "breathwork" refers to guided intentional breathing patterns that support physical, mental and emotional wellbeing. It utilises a variety of techniques that consciously change the rhythm and depth of our breath to influence how we feel. These range from calming practices like diaphragmatic breathing to more dynamic methods such as holotropic or circular breathing. The science behind it is compelling: Controlled breathing can calm the nervous system, reduce stress hormones, improve oxygen flow and shift the body into a state of deep rest and repair.

For those aged over 50, breathwork offers a host of age-specific benefits. Many of us in this age group have experienced increased stress, sleep issues, blood pressure concerns and anxiety – often related to life transitions such as retirement, health changes or family dynamics. Regular breathwork practice has been shown to help manage these conditions by regulating the nervous system and supporting emotional balance.

Breathwork can also improve lung capacity, circulation and energy levels – areas that naturally decline with age. Practising deep, conscious breathing increases oxygen flow to the brain and muscles, boosting mental clarity and physical vitality. Some participants report a greater sense of presence, reduced chronic pain and an improved ability to cope with daily stressors. One of the most appealing aspects of breathwork for over-50s is its accessibility. There are no complex poses, no special equipment required and no need for prior experience. Whether seated in a chair or lying on a mat, anyone can participate at their own pace, making it ideal for those with limited mobility or health conditions.

At its core, breathwork is a simple reminder: our breath is always with us. And through it, we can access peace, strength and renewal – one breath at a time.



You're never too old to...

# INDULGE IN NOSTALGIA

Some flavours just take you back – back to crowded kitchen tables and after-school treats. Rediscover a timeless old favourite with these recipes.

## Golden syrup dumplings

**Ingredients: Dumplings:** 1 cup self-raising flour, 30g butter, 1/3 cup milk, 1 egg (optional). **Syrup:** 1 cup water, 1/2 cup golden syrup, 1/3 cup brown sugar, 30g butter.

**Method:** Rub the butter into the flour until it resembles breadcrumbs. Add milk (and egg, if using) and mix to form a soft dough. Roll into small balls (about 1 tbsp each). In a large saucepan (with a lid), combine all syrup ingredients. Stir over medium heat until butter melts and the mixture simmers. Gently drop dough balls into simmering syrup. Cover with lid and simmer for 15–20 minutes, turning halfway if needed. Best enjoyed warm with cream, custard or vanilla ice cream.

## Creamy rice pudding

**Ingredients:** 1/2 cup medium-grain rice, 4 cups milk, 1/4 cup sugar, 1 tsp vanilla extract. **Optional:** pinch of salt, cinnamon, nutmeg or sultanas.

**Method:** In a heavy saucepan, combine rice, milk, sugar and salt. Bring to a gentle simmer over medium heat, stirring occasionally. Reduce heat to low and cook uncovered, stirring often, for 40–50 minutes or until rice is tender and pudding is creamy. Add more milk if needed. Stir in vanilla extract. Optional: add a dusting of cinnamon or nutmeg. Eat hot or cold, plain or topped with jam, fruit compote, or a splash of cream.

## Neenish tarts

**Ingredients: Pastry:** 1 1/4 cups plain flour, 1/4 cup icing sugar, 100g cold butter, 1 egg yolk, 1 tbsp cold water. **Filling:** 1/3 cup condensed milk, 1 tbsp lemon juice, 2 tbsp soft butter, 1/4 cup icing sugar. **Icing:** 1/2 cup icing sugar, 1 tbsp cocoa powder.

**Method:** Preheat oven to 180°C. Process flour, icing sugar, and butter until crumbly. Add egg yolk and water, mix to form dough. Roll out and cut into rounds to fit mini tart/muffin tin. Prick bases. Bake 10–12 mins. Cool. Mix condensed milk, lemon juice, butter, icing sugar. Spoon into tart shells, smooth. Mix icing sugar with a little boiling water until spreadable. Divide mixture and add cocoa to one half. Ice half of each tart with white, let set, then the other half with chocolate.

## Iced vovo biscuits

**Ingredients: Biscuits:** 125g soft butter, 1/3 cup icing sugar, 1 tsp vanilla extract, 1 cup plain flour, 2 tbsp cornflour. **Topping:** Raspberry jam, pink icing (1/2 cup icing sugar, a few drops of pink food colouring, 1–2 tsp water), desiccated coconut.

**Method:** Preheat oven to 160°C. Cream butter, icing sugar and vanilla until light and fluffy. Mix in flour and cornflour until dough forms. Roll out and cut into rectangles (~5cm). Bake for 12–15 mins then cool. Pipe/spoon two thin stripes of pink icing on each side of the biscuit. Add a stripe of jam down the centre. Sprinkle with coconut and press gently.

You're never too old to...

# PLAY GAMES

Classic games never go out of style – and you're never too old to roll dice, shuffle cards and enjoy some friendly competition. These nostalgic game ideas have been specially curated to be enjoyed equally with your neighbours or those smallest visiting family members.



1. MoMA Colorplay backgammon set \$237, [www.dicksmith.com.au](http://www.dicksmith.com.au)
2. Bando dice set \$59.95, [www.ithika.com.au](http://www.ithika.com.au)
3. MoMA chess and checkers set \$110, [shop.until.au](http://shop.until.au)
4. Sunnylife mega tumbling tower \$136, [www.botanex.com.au](http://www.botanex.com.au)
5. SupereRetro dominoes tin box \$26, [www.iharttoys.com](http://www.iharttoys.com)
6. Printworks chess \$49.95, [box-ie.com.au](http://box-ie.com.au)
7. Wooden Games Snakes and Ladders \$27.99, [www.gamesworld.com.au](http://www.gamesworld.com.au)
8. Catan New Energies \$119.99, [www.brosa.com.au](http://www.brosa.com.au)
9. May Gibbs playing cards \$20, [www.journeyofsomething.com](http://www.journeyofsomething.com)



Palm Lake Care

# POSTMAN KEN

If you're lucky enough to call the waterfront beauty of Palm Lake Care Beachmere home, chances are you'll know Postie Ken.

**KEN TODD WILL** tell you he is a man who likes to keep to himself, generally preferring his own company and keeping up to date with the world's news and current affairs from his stunning Palm Lake Care Beachmere waterfront suite.

It's always our residents' personal choice as to how they want to spend their days – some prefer to be amongst the busyness of Palm Lake Care lifestyle activities and community life while others, like Ken, are equally as content to enjoy relaxing, quiet moments in the privacy of their suite.

And you can understand why he loves his premium suite so much. With gorgeous sunlight streaming in through large glass sliding doors that lead out to a private waterfront balcony, Ken is lucky to enjoy views that stretch over Palm Lake Care Beachmere's gardens and the water's edge mangroves, right out to Moreton Bay. Ken keeps tabs on what the tide is doing outside his suite – it's coming up to high tide, although not quite there yet, on the morning that we visit.

But while Ken is a man who keeps to himself, there's a different glimmer in his eye when he settles into his motorised chair and heads down the corridor to the Lifestyle Team's office to 'clock on' for his weekday job. You see, Ken is also "The PLC Postie".

It's an important job that Ken takes great pride in. Now aged "91 and a half", Ken moved into Palm Lake Care Beachmere "four years and six weeks ago" (when the community itself was only four months old) and was given the all-important Postie gig not long after he arrived.

Ken does his mail run almost every week day, but before the run can commence, the mail must first be sorted into order according to residents' suite numbers and Ken's tried-and-tested delivery route. The day's mail is then placed in a special A4 tray for Ken. It's a cardboard tray that's been lovingly covered in bright wrapping paper with the word "Postie" emblazoned on one side in large red font.

"I have to make sure the word 'Postie' is facing out so people can read it and then they know exactly what I'm doing," Ken explains.

As he flicks through this day's deliveries in the tray, he points out window-face envelopes, hand-written letters and subscription magazines that have to be carefully delivered to their owners. With close to four years' experience delivering the PLC resident post, Ken has definitely gotten to know the mail trends. There's one particular resident who Ken says "always gets a load of mail" and today's delivery for her is a bright purple envelope with lovely cursive handwriting on the front. She'll enjoy this delivery, no doubt.

The organised and ordered approach to his PLC mail delivery harks back to Ken's career working as a survey draftsman and town planner. While he also did two six-month stints of national service in the Royal Australian Air Force, and had ambitions of joining the RAAF air crew, it wasn't to be. His talent for, and enjoyment in, drafting and town planning would see Ken in a variety of roles over the course of his career. He worked for the Department of Main Roads in the late 1960s and was the Town Planner at Brisbane City Council and also Pine Rivers Shire Council in the early 1970s. Ultimately, Ken ended up self-employed, with a staff of eight, in a busy Edward St office in Brisbane's CBD.

He and his team worked alongside many local councils, state governments and private developers. Among his stand-out professional memories, Ken says he designed some of the Gold Coast's first traffic light intersection flow systems. He helped design the Hornsby F3 highway bypass in Sydney, as well as many unit buildings, quarries and concrete plants across South-East Queensland. Ken also recalls with pride the urban planning assistance he was called on to provide in Darwin after Cyclone Tracey, and also being the only Australian called to New Orleans to assist with planning after Hurricane Katrina. Ken lectured university students was even named a 'Life Fellow' of the Planning Institute of Australia in 1996 – the highest honour in his industry.

Ken says his career success could also be put down to the support his beloved late wife, Shirley, gave him at home. With three children (one son and two daughters who stretch across Perth, Tasmania and nearby Burpengary), Ken's family has gone on to provide him with six grandchildren and even two gorgeous great-grandchildren – their photos all proudly on display in his suite.

With his motorised chair in gear and the PLC Postie tray resting safely on his lap (the word "Postie" facing outwards, of course), Ken flashes a wide, warm smile as he departs for the start of his shift. His neighbours are awaiting their deliveries, and he doesn't want to keep them waiting.

**Pictured:** Palm Lake Care Beachmere resident Ken Todd has a very important job within his community - one that gives him satisfaction and, most importantly, purpose.



Palm Lake Care

# CO-LOCATED CARE HEADS SOUTH

As we head towards opening the nation's eighth Palm Lake Care community, our company's desire to provide homeowners with the convenience of a co-located care option is only strengthening.

**PALM LAKE CARE'S** eighth address will be at Forster, NSW, alongside our popular Palm Lake Resort Forster Lakes community. While this aged caring community will be our first in New South Wales, co-located care has been a

successful strategy for all seven of our Queensland aged caring communities which are each located in the vicinity of a Palm Lake Resort.

What we have found is that across the typical Palm Lake Resort demographic, homeowners start to see differing care needs within their family unit. Whether that's a parent who requires aged care in a geographically convenient location, or even a partner who requires a little more assistance, we've seen families thrive with thanks to our reputable local care offering.

Palm Lake Works' General Manager of Development, Suzanne Jensen, says her team is into the detailed design stage of Palm Lake Care Forster with construction of this exciting new community due to commence later this year.



# PALM LAKE RESORT



## Palm Lake Resort Yamba Cove

**NEW HOMES NOW SELLING!** Yamba Cove offers a boutique Palm Lake Resort experience for this thriving coastal holiday town. While smaller in footprint compared to those Palm Lake Resorts that have come before it, this exclusive address offers upmarket residences and the stellar Vantage Country Club. Displays open seven days.



1800 960 946  
2 Orion Dr,  
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-designed Pelican Waters Golf Course. Some residences will enjoy water frontage, some will have direct golf course access and some will offer both. All homes enjoy a complimentary Club Car golf car, valued at \$35,000. Displays open seven days.



1800 490 626  
40 Mahogany Dr,  
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, along with the most outstanding community facilities including the Latitude Country Club. The rich maritime history of the region will be captured in this project that offers the best in affordable luxury. Displays open seven days.



1800 960 943  
78 Ashley St,  
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 almost 300 homesites will enjoy coveted lakefront positions. 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**  
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

## Palm Lake Care Bargara

Palm Lake Care Bargara was built alongside one of our largest Palm Lake Resort locations (one that is still expanding!) therefore families in the Bargara/ Bundaberg area enjoy a convenient care structure to support every member's differing health needs. An onsite hair salon, movie theatre, sporting and leisure facilities and more provide residents here with all they need to thrive.

**1800 501 119**  
**55 Wearing Road,**  
**Bargara QLD 4670**

## Palm Lake Care Beachmere

Palm Lake Care Beachmere's exquisite Hamptons styling was the perfect option for this most impressive absolute waterfront location. With sand between their toes, sun on their skin and salt air in their lungs, residents here are lucky to call Moreton Bay their nextdoor neighbour. Our coveted luxury waterfront suites are the cherries on top.

**1800 338 382**  
**145 Bishop Road,**  
**Beachmere QLD 4510**

## Palm Lake Care Bethania

With relaxing lakeside views from many vantage points around this community and loads of birdlife, Palm Lake Care Bethania's residents also benefit from a wonderful team of lifestyle facilitators and care providers. In fact, every one of the team is committed to ensuring our residents live their best life.

**07 3086 3000**  
**1 Goodooga Drive,**  
**Bethania QLD 4207**

## Palm Lake Care Caloundra

Situated conveniently alongside Palm Lake Resort Caloundra Cay, this luxury aged caring community was recently named best Aged Care Facility at the Sunshine Coast Master Builders Association's 2023 Housing and Construction Awards. Just like its adjacent over-50s resort, this impressive community has been styled with a Caribbean feel, to ensure residents here enjoy a holiday-everyday lifestyle.

**1800 24 66 77**  
**96 Village Way,**  
**Little Mountain QLD 4551**

## Palm Lake Care Deception Bay

Palm Lake Care Deception Bay holds the coveted title of being the very first aged caring community in the Palm Lake Group. This location has recently undergone a renovation, with a vibrant new cafe added and other administrative and community facilities upgraded.

**1800 725 652**  
**42-46 Bay Avenue,**  
**Deception Bay QLD 4508**

## Palm Lake Care Mt Warren Park

Palm Lake Care Mt Warren Park is a two-storey beauty, home to one of the most active and engaged communities of them all. Residents here are making a difference by organising wonderful fundraisers and are staying connected to their local communities through excursions and other visits.

**1800 282 314**  
**33 Mt Warren Boulevard,**  
**Mt Warren Park QLD 4207**

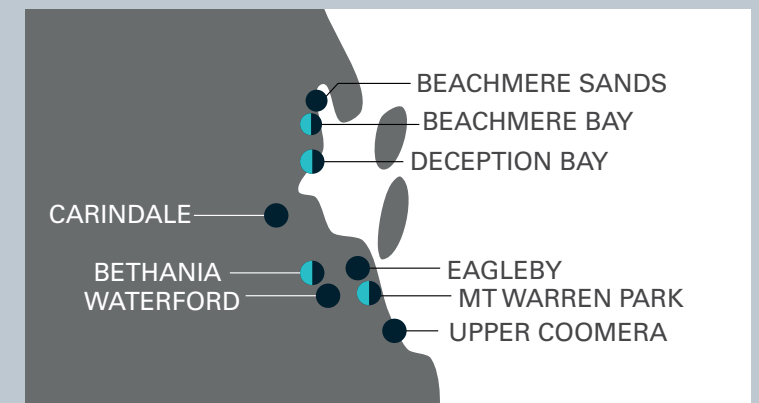
## Palm Lake Care Toowoomba

Palm Lake Care Toowoomba offers a breathtakingly stunning building with luxury design cues taken from its semi-rural location atop the Great Dividing Range. Independent construction industry judges from the Master Builders Association were so impressed, they awarded Palm Lake Care Toowoomba 'Best Community Accommodation' in 2021.

**1800 280 129**  
**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





# Holiday, everyday

THIS IS YOUR TIME.



## More than 48 years of crafting luxury resort lifestyles

At Palm Lake Resort, we bring over 48 years of expertise in crafting exceptional resort-style communities. Driven by our passion for redefining over-50s living, we continually innovate to meet the needs of today's active and socially connected homeowners. Each of our resorts sets a new standard in luxury, offering prestige luxury residences, through to modern yet affordable architecturally designed homes, delivering an elevated way of life and a refreshing take on what it means to thrive in your later years. Discover why more than 12,000 people call a Palm Lake Resort address home.



13 72 56  
palmakeresort.com.au  
**THE BEST IN OVER-50s LIVING**



PELICAN WATERS, QLD  
1800 490 626

FORSTER LAKES, NSW  
1800 577 542

PAYNESVILLE, VIC  
1800 960 943

YAMBA COVE, NSW  
1800 960 946

WILLOW LODGE, VIC  
1800 974 981