

# this is your time.

PALM LAKE RESORT WINTER 2024

## LIKEMINDED FRIENDS

Our Palm Lake Resorts are filled with the kind of people you want to call neighbours.



### Yamba Cove welcomes its first homeowners

The people have arrived - and very soon too will our impressive, facility-packed Vantage Country Club

### Fern Bay marks a decade

While we have many new projects being unveiled, our established resorts continue to kick goals: Fern Bay just turned 10!

### Palm Lake Resort makes active ageing easy

From the increasing popularity of pickleball to our ever-popular weekly activities, staying active is easy



# WELCOME

**WELCOME TO OUR** Winter 2024 edition of *Your Time* magazine. While the weather is cooling, our construction sites and sales enquiries are, gratefully, still running hot. Many new homes are being handed over to excited homeowners across our Palm Lake Resort Pelican Waters, Forster Lakes and Yamba Cove addresses with construction at Paynesville also moving forward in leaps and bounds.

These four developments are, without doubt, the best ever seen in the 47-year history of the Palm Lake Group. So much so that I'll let you in on a little secret... I've actually got a home at Palm Lake Resort Pelican Waters earmarked for myself. This is such an amazing project and I didn't want to miss out on my own personal slice of it! Having said that, I don't think my Palm Lake Resort Pelican Waters neighbours would appreciate it if we moved in right away with our boisterous teenage boys in tow (they're aged 17 and 12), so we'll hold off for the time being, while we raise the boys, to keep the neighbours happy!

While these current projects cater perfectly for those seeking the pinnacle of luxury and the utmost exclusivity, I wanted to tell you a little about our planned Palm Lake Resort project at Dundowran, near Hervey Bay in Queensland.

Our company completely understands the cost of living pressures that Australians are facing right now. We've decided to take a strategic approach to the Dundowran concept and our teams are working hard, behind the scenes right now, to come up with home designs that will cater for this economic climate. While the land, civils and development costs are relatively high, we can justify this outlay given the immense natural beauty of the area that we know is a proven magnet for over-50s. There are also benefits to us in the proposed scale of this project (we aim to construct around 500 Palm Lake Resort homes here). Our teams are right now working hard to uncover cost-effective construction methods, unique materials and savvy suppliers who can support our mission to bring high-quality, low-maintenance, sustainable homes to the more budget-conscious buyer.

While this project will help diversify our market offering, I can tell you for a fact that we won't be skimping on any resort facilities at Dundowran. We know all too well that

the modern Palm Lake Resort brand is built on our lifestyle offering. It's an interesting time in the history of our company and I watch with interest the plans emerge for this address.

“ I'll let you in on a little secret... I've actually got a home at Palm Lake Resort Pelican Waters earmarked for myself.

This edition of our magazine has an active lifestyle theme and I know, from personal experience, the importance of staying active as we age. For decades now, we've seen Palm Lake Resort homeowners thrive with thanks to the facilities we provide them with. Our swimming pools, tennis courts, pickleball courts, tenpin bowling alleys, golf facilities and eight-rink undercover lawn bowls greens are teeming, every day, with homeowners chasing active – and socially engaged – lifestyles. This reminds me of a phone call I took from one of our homeowners last week who was worried that his resort's championship undercover eight-rink lawn bowls green was getting “over-used” by all the other homeowners bringing their visitors along to join in a game. Funnily enough, many of these visitors he spoke of were, in fact, homeowners from one of our over-50s resort competitors in the same local area. Apparently, these visitors can't use their own resort's standard outdoor lawn bowls green when it rains, when it's windy or at night time – so they head across to ours, on the invitation of their Palm Lake Resort friends, instead. It just shows how highly coveted our resort facilities are – and how we are supporting those active and healthy lifestyles that we all should be chasing.

Enjoy the read!

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

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**Editorial content and design** Belle PR: Belinda Glindemann and Anastasia White.

**Palm Lake Group head office** Southport Central Tower 3, Level 4, 9 Lawson Street, Southport QLD 4215

**Postal address** PO Box 10479, Southport BC QLD 4215 **Phone** 13 72 56 **Websites** palmlakeresort.com.au and palmlakecare.com.au

**Founder/Director** Walter Elliott **Managing Director** Scott Elliott ©Palm Lake Group 2024. All rights reserved. Circulation: 11,000 copies.

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Yamba Cove

# VANTAGE, NOW IN VIEW

We are putting the exciting finishing touches on Palm Lake Resort Yamba Cove's impressive Vantage Country Club, ahead of its imminent winter opening. With our first homeowners already enjoying their luxury homes at this brand new address, their lifestyle will be complete with the opening of this world-class showstopper...



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**PALM LAKE RESORT** Yamba Cove hit a huge milestone as this magazine went to press, with its very first homeowners moving in!

All throughout the planning and design of this resort, there was going to be that something special about it. Offering just 78 exclusive residences, Yamba Cove is markedly smaller than the dozens of Palm Lake Resorts that have come before it. But this 'boutique' beauty lacks nothing in world-class facilities. The Vantage Country Club, which is almost complete, is one of the Palm Lake Group's best.

"The Vantage Country Club is actually two buildings that are connected by a flyover walkway above the outdoor pool and spa," Sales Manager Sandy Martin explains.

The list of inclusions in this key community facility are extensive. From the ever-popular movie cinema, golf simulator and Milon gymnasium found in other Palm Lake Resort country clubs before it, Vantage will have a strong focus on creative and wellness pursuits. There will be a dedicated art and craft space featuring a pottery room with pottery wheels and a kiln, as well as a Pilates studio with reformer machines, his and hers saunas and change rooms. There will be a dedicated room for darts, a large library offering Mah-jong tables and space for card games as well as two billiards tables. We're also betting the whisky bar will be a popular place for friends to meet.

"There's a spectacular upstairs balcony that will overlook the water," Sandy says. "It'll be a great place for our homeowners to gather for sunset drinks."

Delivering a community asset like the Vantage Country Club, at the same time our first homeowners were moving in, was always a priority for Palm Lake Group. It means our lucky homeowners waste no time in getting acquainted with the highly coveted Palm Lake Resort lifestyle. We welcome them home!



**Pictured left:** Yamba Cove's Peter & Leanne Hallam have the honour of being this brand new resort's very first homeowners!



## Yamba Cove **MEET KYM**

Palm Lake Resort Yamba Cove's newly appointed inaugural Caretaker is a well respected, long-time industry expert.

**KYM BELLAMY HAS** been announced as the inaugural Caretaker for Palm Lake Resort Yamba Cove. Kym's called Palm Lake Resort Tea Gardens home since 2021, but her career in community lifestyle resort management goes back much further. Before coming to the Palm Lake Group, Kym worked as a village manager in Newcastle and prior to that, spent two decades managing an over-55s community in Coffs Harbour.

When the Palm Lake Resort Yamba Cove opportunity came up, it was like the stars had aligned for Kym.

"Not only was it an opportunity to manage a brand new resort for the Palm Lake Group, who I personally know deliver such an inspired approach to living the over-50s years in style, it also meant a move closer to my family and my gorgeous grandies," Kym smiles. "Also, the idyllic Yamba area has always been a favourite holiday destination for our family when the kids were growing up, with its world-class surf breaks and picturesque coastline. You can see that this role really ticks all the boxes for me!"

Kym says she is looking forward to really getting her teeth into the Caretaker's role at Yamba Cove.

"I believe I'm fair, considerate and approachable - I have always had an open-door policy. Respect and courtesy are important to me - both in giving and receiving," she says. "I don't always get my work/life balance right, as it always seems weighted towards work given my strong background in customer service, but I know the natural beauty of this Yamba area will help me find some quality downtime with my family on the weekends."

Kym says it may sound cliché, but her favourite part of being a Palm Lake Resort Caretaker is the people.

"I do love to have a chat and drop in on activities from time to time. We have some amazing people living across our Palm Lake Resort communities and it's an enjoyable part of my day to get to know them. And with a whole new resort soon to be filled with brand new homeowners, I look forward to getting to know each and every one of them."



**Pictured:** An artist's impression of Yamba Cove's Iluka design.

Yamba Cove

# CHOICE IS YOURS

Palm Lake Resort Yamba Cove residences are unapologetically relaxed with the kind of stylish coastal energy that will have you feeling like you're on holidays everyday. The hard part is deciding which home design delivers the ultimate holiday!

**PALM LAKE RESORT** Yamba Cove's "Iluka" home design - for example - is everything the modern over-50s homeowner needs. Architecturally striking, this two-storey 281.59m<sup>2</sup> floorplan provides space, glorious space from the outset.

Downstairs is a huge master suite with one of our largest walk-in robes. There's an equally as vast ensuite (complete with separate bath and shower), as well as direct access to your own alfresco outdoor living area. Upstairs is for living. An expansive, open-plan kitchen/dining/living area is the hero here, adjacent the full-width balcony that captures all that sunshine and those coastal seabreezes. This level also features two additional bedrooms, a bathroom and more handy storage. With a study for your home administration tasks, a plentiful laundry, double car garage with more

storage space, and a chic internal lift connecting the two levels, the Iluka will be sure to impress.

Yamba Cove Sales Manager Sandy Martin says this design has proven very popular already - the hardest part is deciding which of Iluka's five various facade options you prefer. But Iluka is just one of a handful of different home designs currently on offer.

"To help you narrow down the search, while also giving you a tangible idea of the quality and workmanship that goes into these incredible residences, we have three brilliant displays now open for your inspection," Sandy explains. "The Grafton and Iluka displays have been open for several months now and have gained many fans, with our third display - a Maclean - just opened in May.

"Yamba Cove will definitely be the place to live in Yamba if you're over 50 and looking for a relaxed coastal lifestyle in a spectacular, luxury abode," Sandy says. "With world-class facilities, likeminded neighbours and low-maintenance living, we look forward to welcoming you home."

To book your private inspection, FREECALL 1800 960 946 or simply call into the Sales Information Centre, 9.30am and 4pm, seven days a week. Floorplans, digital walk-throughs and even more information on all of Yamba Cove's home designs is also available at [pallmlakeresort.com.au](http://pallmlakeresort.com.au)





Pelican Waters

# LESSONS FROM THE BEST

Living alongside a Greg Norman-designed course is always going to have its benefits - even for those who've never played golf before.

**PALM LAKE RESORT** Pelican Waters homeowners don't just get to enjoy the aesthetic benefits of living alongside the spectacularly kept swathe of green space that is Pelican Waters Golf Course – they get to enjoy easy access to the health and wellness benefits of the game as well. And for those who call our resort home, there's added bonus access to coaching by some of the game's best.

Arian Sanjar (or 'Ari' as he's better known) joined the Pelican Waters Golf Course team in recent months under the Head of Coaching, Grant Field. As many will know, Grant is well renowned in golf coaching circles, coaching the likes of Cameron Smith to victory of The Open at St Andrews in 2022 among other career highlights. When Grant approached Ari to join him on the Pelican Waters Golf Club coaching team, Ari says it was a no-brainer.

"Grant's been a great mentor to me since I first started my golf career in 2012 so I'm beyond excited to be working at his academy, under his close guidance, with all these amazing training facilities at hand," Ari smiles.

In his first few months in the role, Ari has coached around half the current homeowners in either one-hour weekly private lessons or group lessons. Lessons can be booked for both beginners and experienced golfers. He's been keenly nurturing a group of absolute beginner ladies who he says are a joy to teach.

"Part of the reason for me coming to Pelican Waters Golf Course was to allow Palm Lake Resort homeowners, who hadn't had any golf experience, learn how to play golf so they could make the most of the absolutely amazing golfing opportunity they have access to here at Pelican Waters," Ari explains. "The ladies' beginner program is a great way to get them started on their golfing journey in a fun and supportive environment. So far, we've had three completely new-to-golf ladies start the ladies' beginner program and it's been an absolute hoot!

"We've had one beginner lady make par on a Par 5 not long after she started the beginners' program," he smiles. "That news spread far and wide among homeowners really quickly!

"It's actually been heaps of fun - I'm lucky they're all such fun, positive and energetic people to deal with. I should be paying them sometimes, since it's so fun for me!"

Ari says experienced golfers, who might be experiencing some frustration with their game or are just after general improvement, make up a large portion of his client base.

"Golf can be pretty frustrating at times and sometimes experienced golfers just need some direction on how to improve. With so much information out there, it's easy to get lost with what to focus on in the pursuit of improvement and that's where I can help - offering clear and simple instruction to help them improve and enjoy the game."

Ari comes to Pelican Waters Golf Club as a career coach. His goal was always to turn pro then immediately embark on his coaching career.

"Coaching was never a back-up option after not making it as a player, for example. Coaching was always my end goal

after doing my degree and my PGA traineeship," he says. "I've been coaching since 2015. Since then, it's been super fun helping others get into the game and become obsessed with it as much as I am.

"I get really excited for all my players' milestones along the way. It's always great when you hear their excitement when they're sharing their achievements. As a coach though, you can almost see they're going to achieve their goal before they do. You see them doing the right things and following the right processes and know the results will follow.

Ari credits Pelican Waters Golf Course and the impressive on-site training facilities for helping Palm Lake Resort homeowners achieve early success with the game.

"Pelican Waters Golf Club has the most amazing facilities. It would definitely be up there with the best in Queensland. I've never seen a short game area like ours and now that the driving range is operational, it's the full package," he says.

"The range is absolutely great for structuring a fun and engaging practice session. There are nine mown green surfaces, each being a different distance away and a different diameter. This offers the opportunity to create a game-like practice session that most ranges don't offer.

"Couple that with our amazing short game area and you've got one of the best practice facilities in the state. It's like a coach's dream out here. And being able to show Palm Lake Resort Pelican Waters homeowners how to best make use of all of it and how to make practise fun is a pretty exciting opportunity for me."

## Pelican Waters homeowner benefits

Being a homeowner at Palm Lake Resort Pelican Waters provides many benefits when it comes to Pelican Waters Golf Course. While the course is not specifically a resort-owned facility, there's no denying the enviable convenience this Greg Norman-designed course provides, being immediately adjacent to the resort. Did you know that every Palm Lake Resort Pelican Waters residence purchased comes with four years of complimentary golf as a 'Welcome home' gift from the Palm Lake Resort team (whether that's four years for one homeowner or two years for each owner when a home is purchased in two names). That's on top of the complimentary Club Car golf car, valued at \$32,000, that every new residence enjoys. Golf coaching is also discounted for homeowners. If this sport is your passion, there's no doubting our iconic Palm Lake Resort Pelican Waters address will become your golfing Mecca.



**Pictured right:** Palm Lake Resort Pelican Waters homeowners have access to some of the country's best golf coaches, including Ari Sanjar.





## DEVELOPMENT UPDATE

**WHILST CIVILS, FACILITIES** and houses are in full construction mode across three states, our design and development team is busily working in the background to help deliver the plans and templates needed for our sites to keep building, whilst keeping up with continually changing construction standards. The workload and effort contributed by our design and construction operations teams should not go unnoticed. They are an integral part of our company's operations and are faced with many challenges and problems to solve on a daily basis - the latest challenge being changes to the National Construction Code (NCC).

The NCC sets out minimum standards for the design, construction and performance of new buildings in Australia. They introduced new requirements for the Livable Housing Design Standard in the October 2023 update and, most recently, new energy efficiency requirements in the latest update on May 1. These updates aim to make homes more user-friendly and adaptable to occupants' changing needs. The NCC now emphasises features like step-free access to homes, wider doorways, provisions for future adaptations (such as grab rails) and extra space in bathrooms and toilets. The latest change also requires all Class 1 buildings to meet a thermal rating of seven stars under the Nationwide House Energy Rating Scheme. Whilst a lot of homes across the Palm Lake Group already comply with these standards, our design and development team is making adjustments to future home designs around these new standards.

Around the Palm Lake Resort grounds now, our construction projects continue to move with gusto. At Forster Lakes, we have seen the completion of our Rhodes Sports Club, construction has commenced on the second floor of the new reception centre, civils works across Precinct 2 are nearing their final stages and Stage 8 and 9 homes are in full swing. There is a lot happening across this busy precinct and the site team continues to do an amazing job, running it all like clockwork.

Up at Pelican Waters, Stage 1a is complete, Stage 1b is almost complete and we are well and truly in the thick of Stage 2 homes now. The Springs Country Club construction is also progressing as quickly as possible. With tilt panels rising, you get a real feel for the grand scale of this facility - our biggest yet.

At Yamba Cove, the Vantage Country Club is due to be complete mid-year, with all ceiling treatments and flooring now complete, and the finishing touches going in. The remaining homes in Stage 1 are all now under construction. Stage 2, on the western half of the resort, is at design stage and will get going later in the year.

And, finally, at Paynesville, we are seeing our first 10 homes enter fit-out stage, (including under-tile heating installation) and the next stage of homes will soon commence construction. The Latitude Country Club has frame, roof and formwork nearing completion. With the skeleton of this amazing facility near complete, the fun can really begin.

**Suzanne Jensen**  
General Manager, Development



## PALM LAKE PEOPLE

**HAVING THE CHANCE** to travel around to our various Palm Lake Group locations is always a wonderful part of my role. While communication is made so easy with modern technology, nothing beats a face-to-face chat - whether that's a catch up with our residents and homeowners, or our loyal team members. The same rings true for our developments. Photos and videos are amazing ways for us to keep tabs on progress but literally walking through our construction sites and seeing our latest homes and facilities coming together in real life is so rewarding.

I've been lucky to have visited a raft of our locations in recent months. Visiting Palm Lake Resort communities at Eagleby, Yamba and Truganina, it has been really fantastic to engage with our various Residents' Committee members who have such a positive outlook and who represent their respective fellow homeowner cohorts so professionally.

Palm Lake Resort Fern Bay's 10-year celebration was also such a great event for me to partake in. It was really nice to see, firsthand, just how much our homeowners value the excellent staff they have in their resort, particularly Caretakers Ron and Jo as well as Wayne, their beloved long-time cook. Palm Lake Resort Fern Bay is such a lovely community and our resort is looking amazing on its 10th birthday. Turn to Pages 16-17 to see more of that event.

On the topic of resorts, it's been very exciting for our management team to see Yamba Cove welcome its first homeowners in recent weeks. We're delivering one amazing product here - with nothing like it in the greater Yamba area. It'll be even more exciting to watch the Vantage Country Club completed and handed over to those lucky first Yamba Cove homeowners in the not-too-distant future.

Over at Palm Lake Care, it's been great to see some further funding committed by the Federal Government for aged care staff. We really need that support to ensure we are attracting great people to the industry. You may have heard that May 12 was International Nurses' Day? This annual commemoration aligns with Florence Nightingale's birthday and is a celebration of all those ENs and RNs who work tirelessly for the benefit of others - whether that's in a traditional medical setting or in associated health industries, like aged care. We have many nurses across our business, leading the delivery of high-quality care to our Palm Lake Care residents. This year's theme for International Nurses Day was "Our Nurses, Our Future" - and it couldn't have been more accurate.

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



# Pelican Waters SOUNDS AMAZING

**PALM LAKE RESORT** Pelican Waters 'Cimarron' and 'Santa Rosa' display residences were officially unveiled at an exclusive VIP event, complete with live DJ. Exquisite grazing boards, canapes and free-flowing champagne had these two knock-out residences filled with the kind of luxury and ambience that will be the everyday reality of those who choose to call this stellar resort address home (and our adjacent Greg Norman-designed championship golf course a very welcome neighbour!). Both displays are open seven days a week, 9am to 4.30pm. Private inspections, along with a resort and golf course tour, can be booked on 1800 490 626.





Forster Lakes  
**RHODES**  
**NOW OPEN!**

At Palm Lake Resort Forster Lakes, all Rhodes lead to... sporting and social opportunities galore! Active and healthy lifestyles? You can find them here.

**PALM LAKE RESORT** Forster Lakes homeowners are now enjoying another brilliant community asset with the recent official unveiling of Rhodes Sports Club and their eight-rink championship undercover lawn bowls green.

A grand Community Open Day was held to mark the opening of these sporting assets. VIPs and resort visitors joined grateful homeowners and a large contingent of Palm Lake Group team members to watch the ribbon cutting ceremony, which was officiated by the Member for Myall Lakes, Tanya Thompson, who is also the Shadow Assistant Minister for Seniors.

“When you look around Palm Lake Resort Forster Lakes, it’s clear that an over-50s community of world-class standard is growing here,” Tanya said. “Rhodes Sports Club and the eight-rink championship undercover lawn bowls green will no doubt add such incredible lifestyle opportunities to the lucky homeowners who call Forster Lakes home.

“It’s wonderful to note that Palm Lake Resort has bought such a modern and luxurious spin to over-50s community living in our area, for the benefit of our Great Lakes community.

“I’m excited to continue watching the progress of this resort development and also watch the community thrive with thanks to these stellar assets.”

Among the day’s highlights were friendly lawn bowls and snooker competitions with event guests also trying their hand at the virtual golf simulators, under the watchful eye of Australian golf coaching royalty, Grant Field.

Palm Lake Resort Forster Lakes Sales Manager Jen Nichols says Rhodes Sports Club is the perfect addition to the resort’s masterplan and a brilliant companion to the resort’s Master Builders Association award-winning Belleair Country Club.

“Our growing community here at Forster Lakes is proving to be a vibrant, active bunch of likeminded homeowners,” Jen says.

“The opening of Rhodes Sports Club has been highly anticipated. For example, we have a fledgling homeowner Bowls Club that has been champing at the bit to get on the lawn bowls green and we’re so pleased that their day has arrived.”

As well as spectating the fun resort competitions, Community Open Day guests enjoyed live musical entertainment and – of course – some delicious bites throughout the day. Palm Lake Resort Forster Lakes’ display homes and the Belleair Country Club were also open so visitors could experience this resort’s enviable Great Lakes lifestyle.



**Pictured this page:** Forster Lakes’ Community Open Day was a sports-fuelled event that included an official ribbon-cutting ceremony. Rhodes Sports Club is now officially open for business - and play!





# NEWS IN BRIEF

## Our birthday Belle

Palm Lake Resort Forster Lakes' Belleair Country Club just turned one! It's been an eventful year for this jewel in the resort's crown. While also being the location for many celebrations, activities and sporting matches over the past 12 months, Belleair was also proudly named NSW's Best Sporting Facility by the Master Builders' Association.



## Connect with us online

While we love nothing more than meeting people in person at our various Sales Information Centres, we know that this is not always achievable when you might be looking for your Palm Lake Resort over-50s dream home from interstate or even overseas. So, don't forget that there's a considerable amount of detail, for your viewing pleasure, in Palm Lake Resort's digital space as well. In fact, we're always updating our website with new display home walk-throughs and other informative features. We encourage you to dive into our [pallmlakeresort.com.au](http://pallmlakeresort.com.au) website and explore our portfolio for yourself.

## We're all social here

Are you on social media? Make sure you follow our company's various social profiles to see what's happening right across our dozens of Palm Lake Resort locations. Palm Lake Resort is on Facebook (@pallmlakeresort) and also over on Instagram (@palm.lake.resort). We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both these social platforms (@palm.lake.care). With more than 10,000 people calling a Palm Lake Group address home, there's always loads going on!

## New resort addresses, same great Palm Lake reputation...

We're turning a few greenfield sites into stellar new Palm Lake Resort addresses of the future right now, including locations at Old Bar Beach (NSW) and Dundowran (QLD). According to General Manager of Development, Suzanne Jensen, at Old Bar Beach, our team is currently working closely with MidCoast Council on a regional stormwater management system that will traverse the future golf course adjacent to this project.

"This is a very exciting project," Suzanne says. "Once the technical parameters have been locked in, we will be moving ahead with further detailed civil design on the three precincts across this project."

At Dundowran, Suzanne's teams are in the planning stages, with a new subdivision plan recently approved.

"This means we can now enter more conversations with council on the ultimate outcomes for this precinct."



## Dragon boat team stops by

Palm Lake Resort Paynesville Sales Consultant Jessie Loe was pleased to give 20 Kingfisher Dragon Boat Club team members a tour of the Paynesville construction site recently. Jessie says the team was impressed by what they saw. They toured three home designs and the resort's Latitude Country Club which is well under way. Palm Lake Resort proudly sponsors this local community sporting club in their endeavours and has also been involved in supporting other local bowls and golf events. It's been a wonderful way for our team to get to know the local community and thank them for the warm welcome we've received in town.



**Pictured:** Palm Lake Resort Ballina residents put their resort workshop to amazing charitable use recently.

# RESORT WORKSHOP PUT TO IMPRESSIVE USE

It has been a busy 12 months for a dedicated group of Palm Lake Resort Ballina residents who have been helping the Rotary Club of Ballina-on-Richmond with their temporary housing project, for people displaced by the 2022 floods.

**THE WATERS MAY** have subsided long ago, but many people still remain in very poor living conditions after the severe flooding of 2022. Thankfully though, a project from the local Rotary Club is providing warm, safe, secure and compact homes for people to live in while they are either waiting to have their original homes restored or until they find alternative accommodation.

Palm Lake Resort Ballina resident Col Lee is the coordinator of the Rotary Club of Ballina-on-Richmond's Flood Recovery group. He engaged members of the Ballina Satellite Club, based at Palm Lake Resort Ballina, to assemble kitchenettes in the resort workshop and help with the fit outs of the temporary homes across the Northern Rivers region. All up, 38 homes have been erected, housing more than 100 people across seven affected local government areas.

The satellite assembly team – led by resident Michael Sherlock, a former cabinetmaker – put together the kitchen packs, adding plumbing, a sink and hardware to the cupboards. The well-equipped Palm Lake Resort workshop

made the job much more efficient and less confined than it would be in a normal suburban home's garage. Once completed, the kitchenettes are then installed into the temporary homes to make them ready for occupancy. Under State Government legislation, each temporary home can be occupied for up to five years and must have running water, some form of electricity and a working toilet. A development application is not required, being a temporary dwelling.

Palm Lake Resort Ballina's Resort Manager, Rick Stewart, says it is wonderful to see our residents engaging in such a worthwhile community project.

"The fellowship and sense of commitment among the members has given everyone so much pleasure in our workshop," says Rick. "Projects such as this give a genuine purpose to all involved in our resort where we strive to have a close connection to major community projects."

The last of the six homes were erected in the Nimbin area, which many feel has been forgotten by government authorities. This area was very badly affected by landslides – landholders' properties and homes were swept into sunken valleys and roads were covered with up to 15 metres of rock, soil and trees.

This Palm Lake Resort-based project has been a life changer for those who have suffered severely from the devastation of their properties and livelihood. Finally, thanks to this dedicated, community-focused group and their useful resort workshop, flood victims can begin to move forward. Through their work and expertise, we're told these Palm Lake Resort volunteers have lifted the morale and self-esteem of many people who had all but given up hope.



Fern Bay

# 10 YEARS YOUNG

Palm Lake Resort Fern Bay's 10th birthday celebration was always going to be special – but with a roving magician, live sketch drawings and a line-up of celebrated speakers (from politicians to resort pioneers), it became the event of the decade.

**THE TABLES WERE** immaculately decorated, the bar fully stocked, and the order of events was planned down to the minute (really, it was). Months of preparation had gone into Fern Bay's special birthday celebration – and it was evident from the moment you stepped through the door.

Over 250 homeowners gathered in the River Waters Country Club, joined by distinguished guests: Amanda Clements (Executive Manager People & Operations, Palm Lake Group), Meryl Swanson (Federal Member for Paterson) and Tim Crakanthorp (State Member for Newcastle), to name a few. Amanda spoke first, sharing her memories of Palm Lake Resort Fern Bay over the years.

"I've been with the Palm Lake Group for 16 years, so I have many memories from the early days of Fern Bay," said Amanda on the day. "Being here, thinking about how far this resort has come – from literal rubble, to now – is quite moving. What an incredible community."

Next, the 'birthday' cake was cut by Amanda and Fern Bay's true pioneer, Eileen O'Hara. Eileen was the very first homeowner to move into Palm Lake Resort Fern Bay in 2014, spending several weeks in the resort by herself before any neighbours moved in.

After kind words from both Meryl Swanson and Tim Crakanthorp – who each expressed their admiration for Palm Lake Resort Fern Bay and its place in the community – homeowner Lloyd Hynd read two poems penned by fellow homeowner Steve Carroll. Steve, meanwhile, was busy finishing off two sketch portraits of Amanda and Meryl, which he had drawn while they were speaking. It was a lovely, personal touch to the presentation and both Amanda and Meryl were delighted to receive their portraits. Another touching moment came when Palm Lake Resort Fern Bay's resident magazine editor, Ruth

Hynd, presented Amanda with a special 10th-anniversary edition of the community zine, Backflip. A true labour of love, Ruth spent countless hours profiling the pioneers of the resort, sharing special memories from the past decade, and detailing the history of both Palm Lake Resort Fern Bay and the Palm Lake Group. Well done, Ruth!

“ Palm Lake? I'm here till my dying day,  
There's no place that is better.  
Over the bridge at old Fern Bay,  
Perfection to the letter.  
Ten years ago who would have guessed,  
A paradise they were making.  
But here we are with the very best,  
In retirement partaking.

- An excerpt from Steve Carroll's poem, 'Ten Years On'

Roving magician Matt Swift finished the officialities with a bang, wowing the crowd with his impressive magic tricks. Then, as all great Palm Lake Resort Fern Bay get-togethers do, the party ended with some great dancing.

Congratulations to Palm Lake Resort Fern Bay homeowner Ann-Marie Slevinson who won our recent company social media competition and was presented with her prize at this event. Congratulations also to everyone involved with organising the 10th birthday celebration, and to Palm Lake Resort Fern Bay on an impressive milestone. The next decade looks just as bright!



Event photography credit: Palm Lake Resort Fern Bay homeowner Peter Fitzpatrick.





# ACTIVE AGEING

Maintaining an active lifestyle well into your 50s - and beyond - has proven and profound impact. From enriching your physical health to enhancing mental wellbeing, there are myriad benefits of staying active as we age. Discover how embracing physical activity not only adds years to your life but enhances the quality of those years, via these inspirational Palm Lake Resort people...



**WANT TO KNOW** the secret of staying young? Well, it's no secret at all. Simply remaining as active as possible in our latter years - both by physically keeping the body supple and mentally keeping the mind alert - can stave off the ageing process.

At Palm Lake Resort, our community facilities combine with thorough Weekly Activities lists to provide ample opportunities for our homeowners to stay active and remain connected. In fact, across our 27 resort communities in three states, there are thousands of homeowners joining forces each and every day to sweat a little - and have fun while they're doing it!

If you're looking for some inspiration this winter, look no further...

## Go kayaking

### **PALM LAKE RESORT TEA GARDENS AND FORSTER LAKES**

What started with two or three keen kayakers meeting up for a morning paddle has become one of the most popular sporting groups at Palm Lake Resort Tea Gardens. Since their first meet up in 2017, the "Paddle Pops" have grown to over 30 members and average 12 kayakers on any given week.

"I think I speak for all of us when I say that we're primarily interested in the camaraderie," says Paddle Pop, Rod Larkin. "Our average age is about 70, and there are guys with new hips and replacement knees, but we help each other and love the exercise and the outdoors. You're promised some aches and pains after your first paddle, but it's a low impact sport and the amount of effort is totally up to you."

Over at Palm Lake Resort Forster Lakes, homeowner and avid kayaker Brian Hope knows a thing or two about active ageing. He and wife Margaret were among the very first homeowners to move into the resort in 2021 but six months ago they moved house, within the resort, to be closer to the resort pontoon - for kayak-launching purposes, of course!

Such is the popularity of paddling in this community, an additional kayak-launching pontoon is being installed (as this magazine goes to print), alongside the resort's main pontoon to provide kayakers with easy access to the area's incredible waterways.

Brian says he discovered the sport "out of the blue" some 21 years ago when living in the UK, with a holiday house in rural France on a beautiful canal.

"I love the country, the water and the whole environment offered by France," Brian says. "I kayaked early mornings

and late afternoon most days and loved the serenity and everything about what kayaking gave me."

Nowadays, living a stone's throw from access into Dunn's Creek (which leads into Wallis Lake) has well and truly fuelled Brian's passion for the sport and for staying active. With the installation of the private resort pontoon, a kayak storage rack and soon also the additional kayak-launching pontoon, other homeowner kayakers are coming out of the woodwork. Brian says there are at least 30 people at Palm Lake Resort Forster Lakes who already own kayaks and he knows that with the completion of the kayak-launching pontoon, there will be even more homeowner get-togethers, in kayaks, out on the water.

"If you love water, the environment, some solitude, nature and wildlife - as I do - then kayaking is a must," Brian smiles. "For the older kayaker, Dunn's Creek and Wallis Lake are perfect. The protected and shallow waters give confidence as one can nearly always touch the bottom with a paddle.

"Around here, there are creeks to explore and several islands. Our local Pipers Bay runs almost to Forster Town and all the way along is quiet with nothing else to be seen except wildlife and nature.

"Several islands around Wallis Lake are also great to explore on kayaks, with an abundance of deer on them. I have seen many swimming between the mainland and the islands. I have kayaked from Palm Lake Resort to Coomba Park and back, also to Pacific Palms (the most southerly part of the lake) but these distances are not for everyone.

"For me, fitness is a big part of the attraction of kayaking as the paddle action is good exercise from the waist up. And, it is also great after an active paddle to return home for a beer!"

## Try line dancing

### **PALM LAKE RESORT BALLINA AND TWEED RIVER**

There are so many benefits to line dancing - just ask the homeowners at many of our Palm Lake Resort locations.

"As we grow older, we can't do what we used to do. But if we don't use it, we lose it," say Tweed River line dancers Pamela Neave and Kerry Lewis. "Line dancing is a perfect exercise for improving coordination and balance, cardiovascular health and memory. We have fun learning new skills and socialising, and if you have problems doing certain movements, the steps can be changed to suit your abilities."

**Continued on Page 20 >>**



<< Continued from Page 19

Our Ballina line dancers certainly agree. Their club has been meeting a few times a week since 2019, with great success.

“We have such a wonderful group of ladies, and even a few gents, who turn up every week to exercise their bodies and their minds while not taking themselves too seriously,” says group leader Sharyn. “And of course the coffee and laughs after each class are a big part of the fun.”

Up at Palm Lake Resort Hervey Bay, former swing dancer Ron Henson was pleased to discover line dancing on the Weekly Activities list when he and his wife Gail first moved in.

“I hadn’t done it for about 30 years,” Ron says. “What I found out was that the brain and the legs don’t go together anymore!”

With the resort’s line dancing instructor Fran Shaw to help him along, Ron soon picked up where he left off three decades ago. Before long, Ron began teaching beginners to line dance!

“Line dancing keeps you fit, it’s a great social outlet and it also keeps your brain active,” Ron explains. “We have an 80-something-year-old dancer in our class, and she is amazing.”

## Hit the Milon gymnasium

### VARIOUS PALM LAKE RESORT ADDRESSES

Personal trainer Di Clapp is a fixture across Palm Lake Resort’s Sunshine Coast communities in Queensland. She’s been engaged by Palm Lake Resort since 2019, training homeowners at Palm Lake Resorts Beachmere Bay, Caloundra Cay and now also Pelican Waters. With more than 35 years’ experience as a PT, Di says the Milon gymnasium system, which can be found in all modern Palm Lake Resorts, is a brilliant way for homeowners to remain active and train their bodies at an individually tailored level that suits them.

“As we age, regular physical activity is one of the most important things we can do for our wellbeing,” Di says.

“It can prevent or delay the many health problems that can develop with age. Good regular exercise helps our muscles grow strong which enables us to keep up with our daily activities without becoming dependant on others.

“The Milon technology is very user friendly for the senior population. This digital system offers health-orientated training that perfectly combines strength and mobility training.

“The equipment is safe and programs can even be designed for those with limitations with movements,” she says.

As Di explains, after an initial Milon gymnasium induction and some data collection, an individual training program is designed for each homeowner. Every Milon user has their own personal swipe card that stores their individual health and training information, including machine settings. As homeowners progress around the Milon circuit, they simply insert their card into each machine and the machine electronically sets itself up for their preferences. There’s no confusion or thinking involved – Milon does that for you.

“The equipment in these gymnasiums provides an effective program that can be catered to each individual, based on their ability and their goals,” Di says. “The program is tailored for aerobic benefit and muscle endurance which can be achieved with good adherence to the training method.

“The digital system offers health-orientated training that perfectly targets strength and mobility. The equipment can support every kind of user – from competitive athletes to those returning to exercise after an injury, to those just beginning.”

Di says the best part about Milon is that homeowners can select and set their own training goals – and then track their progress with Milon’s digital tracking software.

“It’s really never too late to start an exercise journey. I see many homeowners who think they can’t do it – that they are too old for the gym. Many also have post-injury fears – and I’ve had those same fears myself when coming back from my own injuries,” Di says. “But the Milon gymnasiums are really safe and really effective for everyone. It’s perfect for those in the over-50 age group.”

## Go bowling

### VARIOUS PALM LAKE RESORT ADDRESSES

While lawn bowls has been a Palm Lake Resort staple for decades now, our more modern resort addresses also enjoy championship-level tenpin bowling alleys along with their lawn bowls greens. From competition-level resort tournaments to pure family fun when our homeowners have visitors, our various Palm Lake Resort tenpin bowling alleys really draw a crowd. But the best thing about the sport of bowling, is that it’s a low-impact and fun way to stay active. While you might not be raising a sweat like you would in a Milon gymnasium, the health benefits that our resort tenpin bowling alleys and lawn bowls greens bring are worth highlighting.

From a physical activity perspective, the walking, swinging of your arm and bending all help to improve cardiovascular

health and muscle strength. Bowling can help improve joint flexibility and range of motion, promoting overall joint health.

Then there’s the hand-eye coordination. Whether aiming at pins or a kitty, coordinating the release of the ball/bowl helps maintain and improve hand-eye coordination, which is important for daily tasks and activities. Bowling also requires balance. While you’re rolling your balls or bowls, you’ll be improving your balance and stability, in turn reducing the risk of falls and injuries.

## Try yoga

### VARIOUS PALM LAKE RESORT ADDRESSES

Palm Lake Resort Cooroy-Noosa’s yoga instructor, Amanda, says mat or chair versions of this popular exercise/wellness practise are going to benefit your health – you simply choose the style that best suits your body and any limitations you might have.

“If you’re new to yoga or have limited mobility, modifications and props can also be used to make the practice more accessible,” Amanda explains. “Chair yoga is an excellent option for those who may have difficulty getting up and down from the floor or prefer a seated practice. Chair yoga is also a great way to improve flexibility, strength, mobility and range of motion, reduce stress and increase energy levels.”

Amanda encouraged all Palm Lake Resort homeowners who are looking to stay active – whatever their age or ability/flexibility level – to give yoga a try.

“Yoga is a transformative practice that has stood the test of time - it is not another fad.”



**Pictured Page 18:** If you live at Palm Lake Resort Pelican Waters you can stay active courtesy of the Greg Norman-designed Pelican Waters Golf Course that neighbours the resort.

**Pictured right, from top down:** Homeowners across the Palm Lake Group have a multitude of options at their fingertips when it comes to staying active - from world-class on-site facilities, to packed Weekly Activities lists, to all the natural wonders on their doorsteps given the incredible locations we choose for our resorts.



Lifestyle  
**HAVING  
A BALL**

Pickleball. It's a highly popular sport you likely know little about. So, what is this game with the unusual name? How did it all begin? And how can you get started in it? Move over lawn bowls - consider this your introduction to what is sure to become one of Palm Lake Resort's new favourite sports...

**PICKLEBALL STARTED IN** 1965 on Bainbridge Island, Washington, in the United States of America. Joel Pritchard - who would later go on to serve in congress and become Washington's Lieutenant Governor - was playing around with friends Barney McCallum and Bill Bell when they devised a new game.

"The name of the game became 'pickleball' after I said it reminded me of the pickle boat in crew where oarsmen were chosen from the leftovers of other boats," Joan Pritchard, Joel's wife, has been quoted as saying - meaning they had taken elements of other games to create something new.

While some believe the name was inspired by the Pritchard's family dog, Pickles, the family have said it was quite the opposite. Apparently the dog came along later, and was actually named after the game!

### The rules

Pickleball resembles tennis and table tennis, though its rules, paddles and court dimensions are quite unique. Here are the basics:

- The official court is 13m x 6m
- The paddles are larger than those used for table tennis
- The hard plastic ball produces less bounce than a tennis ball.

Pickleball is played either as doubles or singles where doubles is most common. The same size playing area and rules are used for both singles and doubles.

**Continued on Page 24 >>**

**Pictured:** Palm Lake Resort  
Beachmere Bay.



<< Continued from Page 23

For the serve, generally, the server's arm must be moving in an upward arc when the ball is struck and paddle contact with the ball must not be made above the waist level. The serve is made diagonally crosscourt and must land within the confines of the opposite diagonal court. Only one serve attempt is allowed per server.

On each side of the net is a 2.1m area which is known as the "non-volley zone" – or, in pickleball speak, "the kitchen". The ball must bounce here before it is hit. When the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning, thus two bounces. After the ball has bounced once in each team's court, both teams may either volley the ball (that is, hit the ball before it bounces) or play it off a bounce (a "ground stroke"). This two-bounce rule eliminates the serve and volley advantage and extends rallies.

You need 11 points to win but must be two ahead. The rules also specify side-out scoring, which means that only the serving team can score a point. All of these factors combine to create a dynamic pace, so it's little wonder that it often takes just one game of pickleball to become hooked.

## The court

Keen to have a crack but don't have an official pickleball court? Well, guess what? You can turn a tennis court into a pickleball court and it's actually really easy!

First, it depends on how many games you would like to play at once. A standard tennis court can actually accommodate four pickleball courts, though four games played at once could be a bit squishy, especially if you're playing doubles. If you're using a tennis court, aim for a maximum of two games played at once - one on either side of the net.

You'll need:

- A measuring tape
- Painter's tape (to mark out temporary lines)
- Temporary marker
- Portable nets (obviously, if you only need one pickleball court, use the existing tennis court net).

Set up the net (if required) first, as this will be the basis for your other measurements. Then, mark out the sidelines and baselines on both sides – the sidelines should be 6.5 metres long on either side of the net (making up the 13-metre court), while the baselines should be 6 metres long. Next, mark out the non-volley zone (or 'the kitchen') on both sides by placing lines parallel to the net, two metres from it. Finally, place a line from the middle of the non-volley zone to the baseline to create serving boxes.

Make sure the painter's tape is secure before you start playing. Pickleball can get competitive enough as it is, without your lines moving!



*Pictured: Palm Lake Resort Caloundra Cay.*

## The ball

Pickleballs are hollow, plastic balls with holes. The balls are categorised as either indoor or outdoor as you can play the game both ways. Indoor pickleballs are made from a softer plastic with larger holes and are lighter than outdoor balls. Outdoor pickleballs are made with a thicker wall using a harder plastic. They have smaller holes and are heavier for optimal wind resistance during outdoor games. Outdoor pickleballs are designed for durability on harder court surfaces.

## Pickleball and Palm Lake Resort

Palm Lake Resort Cooroy-Noosa is believed to be the first resort to introduce pickleball, starting their group in 2019 and utilising the resort's tennis courts. Palm Lake Resort Tea Gardens followed suit soon after. Now, many locations throughout the Palm Lake Group have well-established pickleball groups with our most modern resort locations also having their own dedicated pickleball courts

The secret to this sport's success is simple: it is easily enjoyed by players of all ages and fitness levels. For one, the main aim is to have as much fun as you can. It's also very easy to pick up, and there is little to no running involved – making it an ideal choice for those who find other sports too tiring.

"None of us had ever played the sport before, but it's very easy to pick up," says Palm Lake Resort Tea Gardens pickleballer, Rosslyn. "We actually discourage running so it's not as strenuous as tennis, but it's still active."

It can be played on a standard tennis court – all you need to do is mark out the correct dimensions. You can play in singles or doubles, and only need sneakers, a pickleball and a paddle to play.

"The equipment is minimal, which is the beauty of the sport," says Rosslyn. "We find that people become so taken with the game that they go out and buy their own."

Lifestyle

# HEALTH TECH



Looking after our health and wellness is always important, but increasingly so as we age. Luckily, we don't have to do it alone – there are myriad apps and trackers that can be by your side for every step, bite and sleep. Three cheers for technology!

## Oura Ring

The Oura Ring (pictured above) puts the power to track your sleep quality, activity levels and overall health in the palm of your hand – or, rather, on your finger. It may be one of the smallest wearable health trackers on the market, but it offers big insights into your health with features like sleep tracking, activity monitoring, and customizable alerts. Its data on heart rate variability and body temperature can provide early warning signs of potential health issues, while its remote monitoring can give both you and your family members offers peace of mind. If you're looking for a way to optimise your daily routines and maintain independence, the Oura Ring could be it.

## Apple Watch

The Apple Watch (also pictured above) changed the wellness game when it first hit the market in 2015. It's a particularly good companion for over-50s, offering a range of features tailored to your needs. With activity tracking and customizable fitness goals, it helps users stay active and maintain their health as they navigate middle age and beyond. Its heart rate monitoring and ECG app provide insights into heart health, while features like fall detection and emergency SOS offer reassurance for both users and their loved ones.

## Health Direct app

Backed by federal and state governments, Health Direct is a 100 per cent doctor-approved source of health information and advice. It's a helpful tool for finding local practitioners (especially after-hours) and includes an easy-to-follow Symptom Checker. Health Direct also includes factual, clinically-reviewed information on health conditions and medications. You can use the app to research and find health services near you, learn more about your current prescriptions, or determine the seriousness of symptoms when you're unwell. While it's no substitute for a professional consult, it's an empowering tool for those wanting to take control of their health.

## Sleep Cycle app

Improve your morning routine with Sleep Cycle, a smart alarm clock that syncs with your body's sleep patterns. This app analyses your sleep cycles to rouse you during your lightest sleep phase, ensuring you wake up feeling refreshed. Simply set a 30-minute wake-up window, place your phone nearby while you sleep and let the app do the rest. It tracks your sleep stages using sound and movement monitors, and also allows you to look back on nightly statistics and customise alarm melodies for a better wake up. Say goodbye to groggy mornings.

## MapMyWalk app

Walking is a simple, budget-friendly way to stay fit – and MapMyWalk makes it even easier. Whether walking is a new addition to your workout routine or you're a seasoned power walker, this free app helps track your progress, discover routes, and improve performance. It records essential stats like pace, elevation and calories burned while also connecting you with a community of walkers. Plus, it offers tracking for other activities like running, cycling and yoga, ensuring all your fitness needs are covered in one place, at your fingertips.



Lifestyle  
**TAKE IT  
SLOW**

If you're looking for an easy way to meet your health goals (without having to slave over the stove all day), the answer could already be gathering dust in your kitchen. Here are three good reasons to whip out your slow cooker this winter...



### Shakshuka

Prep 15 mins. Cook time 3.5 hours. Serves 4.

#### Ingredients

1 tbs olive oil  
1 large red onion, sliced into thin wedges  
2 cloves garlic, chopped  
1 tbs sweet paprika  
2 tsp cumin seeds  
400g can crushed tomatoes  
400g can cherry tomatoes  
1 cup sliced roasted red capsicum  
2 tbs tomato paste (concentrated purée)  
4 eggs  
large handful flat-leaf parsley leaves  
large handful mint leaves  
toast, to serve

#### Method

Heat your slow cooker to high. Heat the olive oil in a saucepan over high heat. Add the onion and garlic and fry for a couple of minutes, until the onion is soft. Stir in the paprika and cumin and cook for a minute, until aromatic.

Tip in both cans of tomatoes, along with the roasted capsicum and the tomato paste, and stir well. Season generously with salt and pepper, then scrape the whole lot into the bowl of the slow cooker. Cover and cook for 3 hours, until the sauce is thick and bubbling around the edges.

Working quickly to avoid losing too much heat, make four wells in the sauce, each large enough to hold an egg. Crack an egg into a small jug and then pour into a well. Repeat with the other eggs.

Cover and cook for 20–30 minutes, until the egg whites are set but the yolks are still soft (if you want harder yolks, just cook the eggs for a bit longer). Scatter with the herbs and serve with toast on the side.



### Indian spiced root vegetables

Prep 20 mins. Cook time 4 hours. Serves 4.

#### Ingredients

1 tbs olive oil  
1 red onion, thinly sliced  
2 cloves garlic, finely chopped  
2cm piece ginger, finely chopped  
1 tsp ground cumin  
½ tsp chilli flakes  
3 tbs chicken or vegetable stock  
4 small waxy potatoes, halved  
200g pumpkin, skin on and cut into wedges  
2 small parsnips, peeled and quartered  
4 hard-boiled eggs  
handful mint leaves  
handful flat-leaf parsley leaves  
lime wedges, to serve

#### Method

Heat your slow cooker to high. Heat the olive oil in a frying pan over high heat. Add the onion, garlic and ginger and stir-fry for 2–3 minutes, until aromatic. Stir through the cumin and chilli and season generously with salt and pepper. Stir in the stock, then remove from the heat.

Tumble the potatoes, pumpkin and parsnips into the bowl of the slow cooker.

Pour the stock mixture over the vegetables, then cover and cook for 3 hours. Give everything a gentle stir, so you don't break up the vegies too much, then cover and cook for 1 hour, until the vegetables are tender. Taste for seasoning, adding more salt if you like.

Transfer to a serving platter. Peel and roughly chop the hardboiled eggs, then scatter over the vegetables, along with the herbs. Serve with lime wedges on the side.



### Mexican three-bean & tomato burritos

Prep 20 mins. Cook time 6 hours. Serves 6.

#### Ingredients

400g can red kidney beans  
400g can butter beans  
400g can black beans  
400g can cherry tomatoes  
½ cup sliced roasted red capsicum  
1 small red onion, thinly sliced  
1 clove garlic, crushed  
2 tsp chicken stock powder  
1 tbs ground cumin  
½ tsp chilli powder  
½ iceberg lettuce, shredded  
gluten-free flatbreads or tortillas  
2 avocados, diced  
large handful coriander (cilantro) leaves  
lime wedges, to serve

#### Method

Heat your slow cooker to low. Tip all the beans into a large colander and rinse under cold water, using your hands to separate the beans. Drain well and tip the beans into the bowl of the slow cooker.

Add the tomatoes, capsicum, onion, garlic, stock powder, cumin and chilli powder to the beans and season generously with salt and pepper. Give everything a good stir to combine. Cover and cook for 6 hours, until the mixture is aromatic and the beans are thickly coated in the sauce. Transfer to a serving bowl. Scatter some lettuce over each flatbread and top with the beans, avocado and coriander leaves. Serve with lime wedges on the side.

*The Healthy Slow Cooker* by Ross Dobson. Murdoch Books, \$37





palm lake  
lifestyle

**Pictured:** Palm Lake Resort Pelican Waters' 'Santa Rosa' display residence is available for your private inspection seven days a week. Book ahead on 1800 490 626.



Lifestyle

## HEIRLOOM PIECES

As homeowners, we often seek to curate spaces that reflect our tastes, lifestyles and aspirations. But beyond mere aesthetics, do you have a desire to invest in items that hold intrinsic value and can be cherished by future generations? If so, read on...

**IF YOU'VE BOUGHT** a beautiful new Palm Lake Resort home, there's a high probability you'll want to fill it with a matching level of beautiful things, right? When it comes to luxury purchases for the home, selecting pieces that not only bring joy and comfort in the present but also possess timeless appeal and durability is a win-win. Here are six items worth considering for your new home, that you'll both enjoy today and are destined to become treasured heirlooms for your children down the track.

### Handcrafted dining table

Your dining table serves as the centerpiece of family gatherings and celebrations. Choose a timeless design that complements your home's aesthetic and accommodates both intimate dinners and larger gatherings. This investment piece not only adds elegance to your dining space but will also hold sentimental value as the backdrop for countless shared meals and memories.

### Antique Persian rug

An antique Persian rug exudes luxury and sophistication while adding warmth and character to any room. These intricately woven masterpieces are not only beautiful but also durable, with craftsmanship that stands the test of time. As they age, Persian rugs gain patina and character, making them cherished heirlooms passed down from one generation to the next.

### Statement artwork

Invest in a statement artwork that speaks to your personal style and resonates with your family's values and interests. Whether it's a painting, sculpture or photograph, choose a piece that evokes emotion and sparks conversation. Art has the power to transcend time, serving as a visual legacy that can be enjoyed and appreciated by future generations.

### Handcrafted leather furniture

Handcrafted leather furniture embodies luxury, durability and timeless style. Invest in a quality leather sofa, armchair or ottoman that will only improve with age, developing a rich patina and softening over time. These classic pieces of furniture definitely elevate the aesthetic of your home.

### Crystal glassware and china

There's an old saying that you should make sure to use the good china for everyday purposes - and there's real reason for that. You'll no doubt elevate your dining experience because these exquisite pieces add elegance and refinement to special occasions and everyday meals alike. But these pieces will also help store cherished memories for your family members. Your family will connect that teacup and saucer with many welcoming morning teas shared. And those crystal glasses or fancy dinner set will remind them of warm conversation and laughs shared around the table. These types of pieces always become cherished family heirlooms, so spend a little more on them and treat them well. It'll be worth it.

### Vintage bar cart

A vintage bar cart adds a touch of old-world glamour to any home while serving as a functional and stylish entertaining essential. Stock it with your favorite spirits, glassware and cocktail accessories to create a sophisticated centerpiece for gatherings with family and friends. Just like your special china, a bar cart will carry so many memories and nostalgic value - not to mention your bar essentials!

By investing in quality craftsmanship, timeless design and items that resonate with your family's history and traditions, you're creating a legacy that will transcend the generations.

WINTER EDITION 2024

Lifestyle

## WELLNESS MADE EASY

We've talked a lot about staying physically active but keeping that big muscle in your skull active is just as important.

**BEING PHYSICALLY ACTIVE** is one of the key ways to stay well as we age, but don't overlook the importance of staying mentally active and emotionally supported, too. The good part is that having the 'headspace' for wellness is not going to make you sweat. Winning! Here are 10 easy ways you can help look after your mental wellness this winter. Why don't you cut out this list, stick it to your fridge and make sure you've checked off each item by August 31? Maybe challenge your neighbours or family members to work through the list with you? There's Number 5 sorted already!

- 1. Walking in nature:** Taking an easy stroll in a park can help reduce stress and improve mood. Start by walking around your resort grounds.
- 2. Gardening:** Tending to plants and flowers can be therapeutic and provide a sense of accomplishment.
- 3. Meditation:** Engaging in mindfulness practices like meditation can help calm the mind and reduce anxiety.
- 4. Reading:** Getting lost in a good book can be both entertaining and mentally stimulating. Hit your well-stocked Palm Lake Resort library.
- 5. Socialising:** Spending time with friends and family, whether in person or virtually, can combat feelings of loneliness and boost mood.
- 6. Puzzle games:** Solving puzzles, crosswords or Sudoku can help keep the mind sharp and improve cognitive function.
- 7. Creative hobbies:** Engaging in activities like painting, knitting or playing an instrument can foster self-expression and relaxation.
- 8. Yoga:** Practicing gentle yoga poses and breathing exercises can promote relaxation and improve flexibility.
- 9. Volunteering:** Giving back to the community through volunteering can provide a sense of purpose and fulfillment.
- 10. Learn something new:** Whether it's picking up a new hobby or taking a class, learning stimulates the brain and keeps it active.





*Pictured this page: Between Toowoomba's intergenerational program, pet therapy activities and themed event days, this is one vibrant and fun place to call home!*



Palm Lake Care  
**AROUND  
 THE  
 GROUNDS**

There's a vibrant community of Palm Lake Care residents and staff across our seven locations who strive to make the most of every day!



*Pictured above, from top down: Mt Warren Park's classic car show had residents reminiscing. Deception Bay's intergenerational program rewards participants young and older. The one that didn't get away, during Beachmere's visit to the Bli Bli Barra Fishing Park.*

*Pictured right, from top down: Caloundra's fine dining experiences are highly coveted, as are their cooking classes and those visits from the icecream cart during Happy Hour!*





# PALM LAKE RESORT



## 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 \$33,000. First displays now open.



**1800 490 626**  
40 Mahogany Drive,  
Pelican Waters QLD 4551

## Palm Lake Resort Forster Lakes

**NEW HOMES NOW SELLING!** Currently under construction, 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 with marina berths also available. Our \$18 million Belleair Country Club was named New South Wales' Best Sporting Facility by the Master Builders Association.



**1800 577 542**  
223 The Lakes Way,  
Forster NSW 2428

## Palm Lake Resort Paynesville

**NEW HOMES NOW SELLING!** Earthworks and civils are underway on this greenfield site, with close to 200 ultra-modern homes planned, along with all the most outstanding community facilities. The rich maritime history of this region will be captured in this project. For more information, stop by our new Customer Experience Centre at 120 Nicholson Street, Bairnsdale and speak to Jessie.



**1800 960 943**  
78 Ashley Street,  
Paynesville VIC 3880

## 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 will offer upmarket residences and the stellar Vantage Country Club. With our first display home now open, Sandy welcomes you to book a private tour.



**1800 960 946**  
2 Orion Drive,  
Yamba NSW 2464

**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  
24 Rifle Range 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

**CALOONDRA 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

**NOW OPEN!** Situated conveniently alongside Palm Lake Resort Caloundra Cay, this new 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. Palm Lake Care's 'Caregiver of the Year' award recipient calls this address her workplace. She and others here have each clocked up an impressive decade (or more) of dedicated service with us.

**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. Mt Warren Park was named "Community of the Year" at the most recent Palm Lake Care annual awards evening.

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

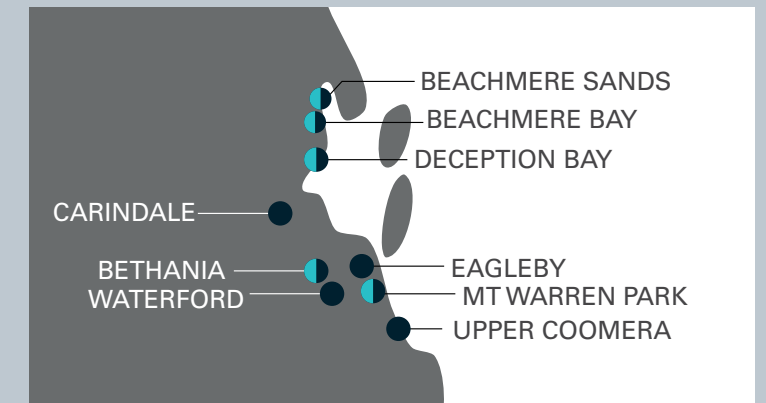
## Palm Lake Care Toowoomba

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







# Yamba Cove: Forever young

With the imminent opening of Palm Lake Resort Yamba Cove's Vantage Country Club, staying active and connected while prioritising your wellness will come easy for homeowners of this brand new boutique address.

The list of inclusions is extensive. From the ever-popular movie cinema, golf simulator and Milon gymnasium found in other Palm Lake Resort country clubs before it, Vantage will also have a strong focus on creative and wellness pursuits. There will be a dedicated art and craft space featuring a pottery room with pottery wheels and a kiln, as well as a Pilates studio with reformer machines, yoga studio, his and hers saunas and more. This is the kind of address where you'll feel forever young...



1800 960 946 | [salesyambacove@palllake.com.au](mailto:salesyambacove@palllake.com.au)  
2 Orion Drive, Yamba NSW 2464

**THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.**  
[palllakeresort.com.au](http://palllakeresort.com.au)