

this is your time.

PALM LAKE RESORT SPRING EDITION 2026



Move into your Pelican Waters dream home today

Our construction team is on a roll which means you can join our exclusive Pelican Waters community in time for Christmas

Bargara blossoms

Palm Lake Resort Bargara is growing. We've just unveiled a suite of modern home designs perfect for this tropical paradise

Around the grounds

Find out what's making the news across our 27 resort addresses and our various greenfield sites - there's no slowing us down!



WELCOME

WITH SPRING MOST definitely now in the air, this edition of our company magazine, *This is Your Time*, broadly covers the topic of 'growth'.

Spring is traditionally known as the season of growth but here at Palm Lake Group, growth is not a seasonal occurrence – it's something we witness constantly, every single day of the year. With our business's 50th anniversary coming up next year, I can tell you that growth has, in fact, been a constant for five full decades now. From my father's very first over-50s community in Bangholme, Victoria, in 1977 (that's Palm Lake Resort Willow Lodge – a community still proudly part of our portfolio today), to our 27 current operational over-50s communities and seven aged caring communities, to the numerous parcels of vacant land dotted across Australia's east coast awaiting approval to be turned into future Palm Lake Resorts, growth really has been our business's success story.

The greenfield site that currently has the full focus of our planning and development team is at Old Bar in New South Wales. There are two things that excite me about this address: it's our very first ever beachfront resort community and we'll also be building a nine-hole golf course as part of the resort.

If you're yet to hear of Old Bar, it's a delightful coastal town on NSW's Mid North Coast, about 18km east of Taree, two hours' drive from Newcastle Airport or around 3.5 hours' drive north of Sydney. Visit NSW is the state's peak tourism authority and they describe Old Bar as "a sleepy coastal town with a laid-back surfer vibe". "With a long sandy beach, surrounded by national park and peppered with coastal trails, it is the perfect destination for a classic beach holiday," they say. And we agree that it offers the perfect mix of laid-back beach-holiday relaxation, natural environmental beauty, accessibility, as well as retail and essential services – these are definitely among the key ingredients of any successful Palm Lake Resort address.

As I sit down to pen this column, I can announce that the civils contract for Old Bar has just been awarded. It will be a 12-month process to get the site ready for Stage 1 of the three-stage, 500-homesite total development. Stage 1 introduces eight new home designs, building on the success of our existing range and reflecting our commitment to continuous improvement. When complete, this will be one of our biggest Palm Lake Resorts

so we're stacking the masterplan full of incredible facilities for the use of our lucky homeowner community and their visitors. Among the proposed major facilities for this site will be a beachfront beach club, a main country club and a golf club to support the resort's 9-hole-reverse (Par 3) golf course. If you've not heard of a 9-hole-reverse course before, players will work their way through the nine holes forward and then proceed to take on the same nine holes in reverse to achieve a clever 18-hole round.

“ Spring is traditionally known as the season of growth but here at Palm Lake Group, growth is not a seasonal occurrence – it’s something we witness constantly, every single day of the year. ”

On top of these facilities, the Old Bar area itself is such a natural beauty. I can already see that its white sand beaches will be perfect for our homeowners to enjoy morning and afternoon walks, and it's a great fishing spot for those homeowners who like to cast a line. I'm excited to bring you updates on this one.

Among the other development approvals on my desk in recent weeks is one for the residential subdivision of our Hastings Point greenfield. It's an 18ha parcel of land that's been in our portfolio for 23 years and we are all excited to see that land come to life.

With work also proceeding well on Palm Lake Care Forster Lakes, as well as impressive construction progress on homes at our Forster Lakes, Yamba Cove, Paynesville and Pelican Waters resorts (with some highly coveted larger homesites about to be released at Pelican Waters), the season of growth is definitely now.

Scott Elliott,
Palm Lake Group Managing Director

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Pelican Waters

SKY'S THE LIMIT

The accolades just keep coming for Palm Lake Resort Pelican Waters. The Springs Country Club was recently named Best Tourism & Leisure Facility at the Master Builders Sunshine Coast Housing & Construction Awards. The Property Council of Australia also just bestowed a highly regarded National Retirement Living Award on our resort. And as we go to print with this magazine, we've just come home from the 9th annual PropertyGuru Awards in Sydney with another six wins! The best part is that we have move-in-ready homes available right now, meaning you can share in the opulence of this multi-award-winning resort before Christmas...



2026

MASTER BUILDERS AWARDS

WINNER



CONSTRUCTION, DESIGN AND industry heavyweights are heaping their praise on Palm Lake Resort Pelican Waters and The Springs Country Club with more and more award wins coming our way in recent weeks – but it's our homeowner community (and future homeowners) who are the real winners.

Palm Lake Resort Pelican Waters took out "Best Tourism & Leisure Facility" at the 2026 Master Builders Sunshine Coast Housing & Construction Awards in recent weeks (pictured below left), on top of the Property Council of Australia's National Retirement Living Awards naming this iconic address "Best Community Development – Land Lease".

Representing our resort at the PCA gala awards evening at The Star Brisbane was Palm Lake Works' General Manager – Development, Suzanne Jensen, who labelled the winning development her "passion project".

"Our Managing Director, Scott Elliott, had a very bold vision – a vision to deliver the most luxurious retirement community in Australia and we executed it perfectly," Suzanne said, upon accepting the award on stage. "Our \$80 million dollar capital investment before we even built the first house was a risk, but a risk worth doing. This resort has an incredible Palm Springs theme, a \$55 million country club – everything you could possibly think of is there."

But the awards don't stop there. As we go to print with this magazine, our team is returning from the Shangri-La Sydney where they represented Palm Lake Resort Pelican Waters at the 9th Annual PropertyGuru Asia Property Awards (Australia). The awards evening honoured 19 winning organisations, including the nation's finest developers and architects across residential, commercial, hospitality and mixed-use developments.

"Palm Lake Group proved its mastery across multiple segments, winning (overall) Best Lifestyle Housing Developer and Best Housing Development, Australia," PropertyGuru wrote.

On top of these two major awards, we also amassed four additional category wins for Palm Lake Resort Pelican Waters, including:

- Best Senior Living Development
- Best Lifestyle Housing Development
- Best Luxury Housing Development (Queensland)
- Highly commended: Best Wellness Residential Development.

While all these recent award wins recognise outstanding new communities that have excelled in architectural design and innovation, as well as providing 'best in show' amenities for the manufactured home and land lease sector, the proof of our exclusive resort's success has been seen in its rapidly growing homeowner community. And for future homeowners, there's an even quicker way to enjoy the spoils of this iconic award-winning address. Construction is moving along so rapidly right now that we have move-in ready residences available for your immediate consideration. You could be calling our address home before Christmas! Unlike the traditional experience of purchasing your design off the plan and waiting for construction to be completed, a select number of residences are ready to welcome their new owners right now. That means you can walk through a completed residence, see and touch the quality workmanship for yourself and start visualising your furniture in place, your favourite artwork on the walls and your vibrant new lifestyle unfolding.

This is a six-star community designed to set a bold and unforgettable new benchmark for over-50s in Australia, while also challenging the developers of other over-50s communities across the world. The resort offers an exceptional collection of residences alongside an exceptional collection of amenities – and now, there's an exceptional opportunity to call us home. We're ready when you are.

To find out which completed residences are available now, contact our Sales Information Centre on 1800 490 626.

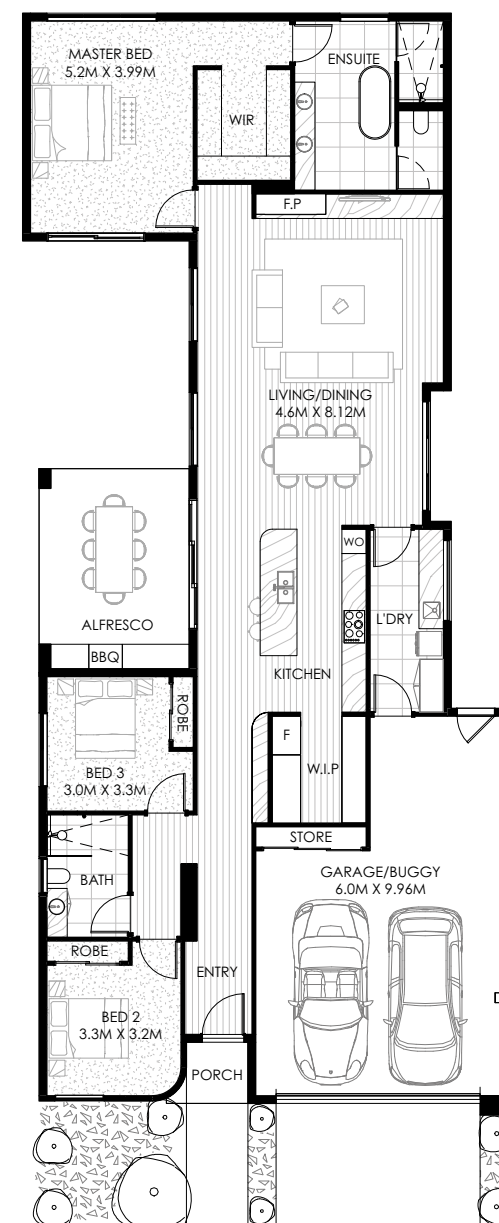


Pictured: Palm Lake Resort Pelican Waters' new design, Aria, offers our most spacious single-storey footprint yet.

Pelican Waters *ARIA* SOUNDS PERFECT

A fresh addition to Palm Lake Resort Pelican Waters, our 'Aria' home design brings together contemporary style and effortless functionality in a beautifully considered, 262.67m² layout – our largest single-storey residence yet.

RELEASED IN STAGE 3B, this three-bedroom residence has been thoughtfully configured with its spacious master suite occupying the entire rear area, creating a most private retreat for relaxation. At the heart of the home, a stylish open-plan kitchen (with walk-in pantry), dining and living area invites connection and ease. This main living area flows seamlessly to an expansive alfresco space complete with a built-in barbecue – perfect for the balmy Sunshine Coast and outdoor entertaining. A two-car garage, with additional parking space for your complimentary golf car, completes the Aria floorplan. With its smart design, quality finishes and focus on low-maintenance living, the Aria offers a refined yet practical lifestyle, tailored to modern over 50s.



PALM LAKE
RESORT
PELICAN — WATERS



Pelican Waters *FIRE & ICE*

THERE'S NO DOUBTING Palm Lake Resort Pelican Waters is a 'hot' address. Our most recent 'Fire & Ice' event saw VIP guests join our lucky homeowner community to share in all the incredible features of our award-winning The Springs Country Club. From warm conversations around our poolside fire pits to the 'cool' event novelties (including a fire-breathing entertainer and an ice sculpture that dispensed drinks), this event was peak Palm Lake Resort sophistication.

Bargara *BARGARA GETS BIGGER, BETTER*

Did you hear the news? Palm Lake Resort Bargara is growing! Construction is now underway on Stages 16-21 with a new collection of modern home designs just unveiled, perfect for this idyllic tropical locale.

IF YOU TALK to our team in the Palm Lake Resort Bargara Sales Information Centre, there's a real sense of excitement at the moment as the community witnesses this next chapter of our most popular tropical Queensland location begin to unfold.

"After years of planning, it's incredibly rewarding to see Stage 16 officially underway, and the enthusiasm from buyers has been wonderful," says Sales Manager Sandy Martin. "We already have expressions of interest on seven of the first 20 homes available, which is a fantastic start."

Sandy says the transformation onsite at the resort is really gathering pace right now.

"Civil works are progressing well and it's exciting to see the new roadways beginning to take shape. Every week brings something new, with the landscape changing right before our eyes," she says. "It won't be long before first homes begin construction, bringing this vibrant new precinct to life."

If a tropical escape to Bargara sounds like your cup of tea (remembering that the climate in Bargara is almost identical to Hawaii, given they share very similar latitudes), it would be wise to enquire now. Securing one of these modern new home designs at the earliest stage of development means future homeowners have the chance to personalise their new home with their selection of things like internal colour palettes, flooring, blinds and sheers.

"That way, homeowners can create a space that truly reflects their own style," Sandy explains.

Here are the six new home designs coming to Bargara:

Foxglove

Designed for effortless living and entertaining, the Foxglove combines practical functionality with beautifully considered spaces that feel welcoming from the moment you step inside. At the heart of the home, the spacious kitchen features a generous walk-in pantry, providing abundant storage while keeping everyday essentials neatly tucked away. Whether preparing a quiet dinner for two or

hosting family and friends, the galley-style layout makes every occasion feel effortless.

Flowing seamlessly from the open-plan living/dining area is an impressive alfresco space stretching the full width of the home. It extends your living outdoors, creating the perfect setting for morning coffees, long lunches or relaxing afternoons enjoying Bargara's beautiful climate. Large glass-door openings between indoors and out invite natural light and cooling breezes into the home.

Every room has been carefully designed to maximise comfort, space and liveability, creating a home that feels both stylish and practical. With its balance of contemporary design, smart storage solutions and exceptional indoor-outdoor living (not to mention the two-car garage), Foxglove offers a relaxed resort lifestyle that's equally suited to entertaining guests or simply enjoying the pleasures of everyday living.

Hibiscus

The Hibiscus has been thoughtfully crafted for those who love to entertain while enjoying the ease of relaxed coastal living. At the centre of the home, the beautifully appointed kitchen features a generous island bench that creates the perfect gathering place for casual meals, conversation and entertaining. Overlooking the spacious living area, it becomes the true heart of this home.

An extended living and dining area provides exceptional flexibility, offering generous space to host family celebrations, accommodate guests or simply enjoy everyday comfort. The open design allows natural light to flow freely throughout the home, enhancing its warm and welcoming atmosphere.

Adding to the home's sense of connection with the outdoors, the master suite opens directly onto the alfresco area, creating a peaceful private retreat where mornings begin with fresh coastal breezes and evenings end in complete relaxation.

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Every detail of the Hibiscus has been designed to maximise comfort, functionality and lifestyle, combining contemporary finishes with practical living spaces. It's a home that embraces effortless entertaining, everyday luxury and the relaxed resort lifestyle that makes Palm Lake Resort Bargara such a desirable place to call home.

Poppy

Poppy has been thoughtfully designed to offer comfort, flexibility and an inviting sense of space, making it perfectly suited to relaxed resort living. Every bedroom has been carefully considered. The master offers an impressive walk-in robe and full ensuite, with built-in robes in bedrooms two and three providing generous storage while maintaining clean, uncluttered spaces that are ideal for guests, hobbies or everyday living.

One of the home's standout features is its charming, centrally located, courtyard-style alfresco space, creating a private outdoor retreat that naturally becomes an extension of the home's living areas. Whether you're entertaining friends over lunch, enjoying an evening drink or simply unwinding with a good book, this intimate outdoor space offers year-round enjoyment.

The flowing open-plan layout encourages easy connection between the kitchen, dining and living areas, creating a warm and welcoming atmosphere filled with natural light. Designed to embrace both practicality and style, Poppy delivers everything needed for comfortable, low-maintenance living without compromising on elegance. It's a home that makes everyday life feel easy while providing the perfect backdrop for enjoying a vibrant Palm Lake Resort lifestyle.

Waratah

Cleverly designed to make the most of the masterplan's corner allotments, our Waratah design offers a unique layout that combines privacy, functionality and contemporary style. The home's thoughtfully planned design creates distinct living zones, with the main bedroom positioned away from the living area and the home's two other bedrooms, to provide a peaceful sanctuary where homeowners can truly relax and unwind.

Carefully integrated display storage adds both practicality and personality, offering the perfect place to showcase treasured keepsakes, artwork, books or travel memories while maintaining a clean and sophisticated aesthetic. Considered design details like this elevate the home's sense of warmth and individuality.

As per all Palm Lake Resort abodes, the spacious open-plan living area forms the heart of this home, creating an inviting environment for everyday living and entertaining alike. Large windows welcome in natural light, enhancing the home's bright and airy feel while connecting seamlessly with the outdoor living spaces. Every aspect of the Waratah has been thoughtfully crafted to deliver comfort, versatility and effortless liveability, making it an ideal choice for those seeking a stylish home that embraces modern design and the relaxed coastal lifestyle.

Dahlia

The Dahlia has been designed to create a seamless connection between indoor comfort and outdoor living whether you're enjoying that from the home's main living space or your luxurious master suite. Both areas enjoys direct access to the alfresco area, allowing homeowners to step outside and enjoy the fresh morning air or unwind

Pictured left: The new Waratah design.

Pictured right, from top down: Other new home designs include Foxglove, Hibiscus, Poppy, Dahlia and Magnolia. All designs offer three bedrooms, two bathrooms, alfresco entertaining and a two-car garage.

on a balmy Bargara evening from the privacy of their own master retreat.

Practicality is woven throughout the home's design, with additional garage storage providing valuable space for tools, sporting equipment and more. Bedrooms two and three each feature built-in robes, offering generous storage for visiting family, overnight guests or another versatile multipurpose use.

The home's open-plan layout brings together the kitchen, dining and living spaces in one welcoming hub that encourages relaxed everyday living and effortless entertaining. Filled with natural light and designed with functionality in mind, every room feels spacious, comfortable and beautifully connected.

Combining smart storage solutions with thoughtful design features and an emphasis on indoor-outdoor living, the Dahlia offers a home that balances elegance with practicality – perfectly complementing the carefree lifestyle enjoyed by all at this resort.

Magnolia

Spacious, elegant and exceptionally functional, the Magnolia has been designed to elevate everyday living through thoughtful design and generous proportions. A standout feature is its expansive alfresco area, stretching the full width of this home, creating a true outdoor living room where entertaining family and friends or simply enjoying the beautiful Bargara climate becomes part of everyday life.

Storage has been carefully prioritised throughout the home, ensuring every space remains beautifully organised without sacrificing style. From cleverly positioned cupboards to practical storage solutions, the Magnolia delivers the convenience homeowners appreciate every day.

The luxurious main bedroom is complemented by an outstanding walk-in robe, providing abundant space for clothing, accessories and personal belongings while adding a sense of indulgence to this private master suite. This carefully designed retreat offers comfort, privacy and functionality in equal measure.

Flowing open-plan living spaces, abundant natural light and seamless indoor-outdoor connections complete a home that feels welcoming from every angle. The Magnolia perfectly balances sophistication with practicality, creating a home that's equally suited to entertaining, relaxing and embracing the effortless tropical lifestyle our Bargara resort is renowned for.

To walk through these floorplans, phone the Palm Lake Resort Bargara Sales Information Centre on 1800 501 119. You can also get more information online at pallmlakeresort.com.au





Pictured above: Palm Lake Resort Bargara is undergoing an exciting period of reinvigoration and growth, with a separate (and very convenient) shopping centre now under construction next door, at the intersection of Hughes and Rifle Range Roads.

Bargara NEWS IN BRIEF

A Palm Lake Resort first: Pickleball goes undercover!

In exciting news for sports-loving homeowners, Palm Lake Resort Bargara will be the first address in the Palm Lake Group to offer undercover, all-weather pickleball courts! The sport has seen real growth in Australia and, likewise, in our homeowner community right across the Group with outdoor courts becoming a mainstay in Palm Lake Resort's newest locations. However, Palm Lake Resort Bargara will offer a first-of-its-kind undercover facility and we're excited to see how our homeowners respond.

Retail convenience on our doorstep

While construction continues in earnest on our resort extension site, there's also a hive of activity going on next door with the Bargara Shopping Village due for completion by Christmas 2027 (weather permitting).

Anchored by a Coles supermarket, developers say the retail space will be supported by 14 additional specialty tenancies. The first committed tenants include a pharmacy, medical centre, dentist, barber, bottle shop and three local

restaurants. A path and secure pedestrian gate will link our resort with the shopping centre for ultimate homeowner convenience.

Recreation at our heart

With the development of more modern over-50s homes here at our Bargara resort, so too comes even more community facility, bringing an exciting reinvigoration of this popular tropical address. Lush landscaping and more barbecue areas will be among the raft of new facilities, helping homeowners capitalise on the balmy climate while inviting social connection with their neighbours and visiting guests.

Are you on our list for news and information about upcoming events?

With excitement building across our Palm Lake Resort Bargara Sales Information Centre, Sales Manager Sandy has reminded interested future homeowners to ensure they're on her team's list to receive construction and sales news as well as event invitations, especially ahead of this year's upcoming festive season. Phone 1800 501 119.



DEVELOPMENT UPDATE

WHEN HOMEOWNERS MOVE into a completed Palm Lake Resort community, they see beautifully landscaped streets, quality homes, vibrant community facilities and neighbours enjoying an enhanced lifestyle. What is often unseen is the journey that begins many years before the first people move in. As developers, we have the privilege of transforming a vision on paper into a thriving community – a process that involves planning, design, approvals, infrastructure delivery, construction and more than a few challenges along the way.

One of the most rewarding aspects of my role is witnessing this transformation firsthand. I often stand on a site that is little more than vacant land and have the opportunity to help shape the future direction of the development. Over time, that land evolves into a place where lasting friendships are formed, active lifestyles are embraced and homeowners enjoy a genuine sense of belonging. It is a privilege to see this journey unfold and one of the reasons I enjoy my role so much.

While development can often be measured in stages, milestones and construction progress, its true success is measured by the lives enriched once a community comes to life. As we continue to invest in both our existing and future communities, I am pleased to share an update on the progress being made across several projects around the country:

Our most significant milestone this season is the commencement of home construction in our extension of Palm Lake Resort Bargara, which is set to become our largest resort to date. Construction has also commenced on the adjoining shopping centre which will provide significant convenience and amenity for our homeowners and the wider community.

At Forster, we have celebrated the completion of Precinct 2 and the commencement of Stage 12 – our final residential stage. The community continues to grow and mature beautifully, with progress tracking exceptionally well. We have also made substantial progress on our workshop, which will further support the resort's ongoing operations and maintenance. At Yamba, construction of our final homes is now underway as this development also approaches its finish line.

Further south in Paynesville, we are experiencing strong population growth and continued demand for new homes. Construction activity remains robust, and we are looking forward to commencing the next stage of civil works as we continue to expand this wonderful waterfront community.

As always, I would like to thank our teams who contribute to bringing these communities to life. It is an exciting time for Palm Lake Resort, and I look forward to sharing more updates as we continue the journey from empty land to thriving communities.

Suzanne Jensen
General Manager, Development



PALM LAKE PEOPLE

WE ALWAYS TALK about how, at Palm Lake Group, we are in the business of people. The houses and facilities we build are important, but it's the people who actually make those structures and communities feel like places to call home. Importantly, though, it's our own team of people who are at the core of it all. This is why we place such emphasis and importance on building systems and programs around supporting our staff so that they can, in turn, do their job of supporting our homeowners and residents.

We introduced a new 24/7 employee assistance and wellbeing platform this year called Sonder. This app-based service provides our employees with immediate access to confidential support across mental health, medical guidance, safety alerts and general wellbeing tools. We've also just brought a Commbank Workplace Banking Program to the mix, adding financial wellness to our Employee Value Proposition.

On top of these tangible employment benefits, we also enjoy a little fun with our team members. For RU OK? Day, we enjoyed a team wellbeing activity followed by a shared lunch here at the company's Queensland head office. Some of our local teams also took time out that day to mark this most important national initiative. Our Head Office team also partook in Australia's Biggest Morning Tea event in May, fundraising \$1772 for the Cancer Council to continue cancer research, and provide patient support services. With one in two Aussies expected to be diagnosed with cancer by age 85, the cause has never been more important. Year after year, the Biggest Morning Tea proves to be one of Palm Lake Group's most-loved events. I was impressed by our Head Office's team fundraising efforts, but I was blown away to learn about our resort communities' efforts – in total, we've raised close to \$55,000! From Forster Lakes' event raising a record \$12,313 alone, to Palm Lake Resort Carindale's Caretaker Wayne and Groundsman Justin shaving their heads in the name of fundraising, the stories about how our people raised this incredible figure were truly heartwarming. Here are some of the fundraising figures from across the Group:

- Banora Point: \$3803
- Bargara: \$6504
- Beachmere Bay: \$1182
- Carindale: \$3555
- Eagleby: \$4500
- Fern Bay: \$3411
- Forster Lakes: \$12,313
- Mt Warren Park: \$4035
- Tea Gardens: \$11,410
- Willow Lodge: \$1993
- Yamba Cove: \$500

Whether you live somewhere across the Palm Lake Group or are employed by the Group, it's at times like these that we are so very proud of all our people!

Amanda Clements
Executive Manager, People & Operations

Paynesville

BOWLERS FLOCK 'N ROLL

At Palm Lake Resort Paynesville, the appeal of over-50s living goes well beyond designer homes - it's about embracing a world-class lifestyle where social connections, health and wellness come effortlessly. And at the heart of it all lies a true standout feature: the resort's championship lawn bowls green.

FOR MANY PALM Lake Resort Paynesville homeowners, bowls isn't just a pastime – it's the cornerstone of their social life. The undercover, floodlit design of the resort's eight-rink green means games are enjoyed year-round, regardless of weather, creating a reliable location for casual morning roll-ups, practise sessions and larger inter-club competitions.

That's the beauty of bowls in a resort like this – it brings people together. New friendships are formed over social matches and laughter is as common as a well-placed shot. It's a sport that welcomes all abilities, making it an easy and enjoyable way to stay active while building a genuine sense of belonging. And the resort's growing homeowner community offers some brilliant benefits in itself – there are many avid and skilled players among the ranks, including accredited lawn bowls coaches, eager to share their knowledge.

The green connects seamlessly with the impressive lifestyle on offer at the resort's \$20 million Latitude Country Club. A casual game can turn into a relaxed drink with friends, a shared meal, or an evening of entertainment. It's this integration of sport and social living that makes bowls such a powerful drawcard for prospective homeowners.

Beyond the green, homeowners enjoy a lifestyle of ease – no more weekends spent on yard maintenance, just more time to do the things you love. From the indoor swimming pool and spa, tenpin bowling, pickleball, golf simulator rooms and the exclusive Milon gymnasium, to the luxury movie theatre, library, arts and craft room, yoga studio and more – homeowners have a wealth of ways to keep active and social, right on their doorsteps.

The secure, gated community, with onsite caretakers, also allows homeowners to lock up their property and travel with peace of mind. And when they're not away, the Paynesville area itself provides many local attractions. A short ferry ride takes visitors to Raymond Island where koalas, kangaroos and echidnas roam free. Local hiking tracks meander through lush rainforest and past waterfalls. Ninety Mile Beach offers kilometres of breathtaking coastline and exploring the extensive Gippsland Lakes system by boat is another popular way to enjoy the region's natural beauty.

Back at the resort, in a community built on connection, it's no surprise that the bowls green has become such a focal point. It represents more than just a place to play sport – it's where likeminded neighbours become friends and every day brings the opportunity to be active and part of something rewarding.

To find out more about the new homes now selling, book your private inspection on 1800 960 943 or visit pallmlakeresort.com.au

Paynesville *NEWS BRIEFS*

Wheels on the (resort) bus go...

There's no doubt our Palm Lake Resort Paynesville homeowner community is becoming more closely knit with thanks to the many highlights on their social calendar in recent months – most of which involve the resort bus. With homeowner volunteer drivers at the helm, the bus takes excited groups everywhere together. Think everything from big-ticket East Gippsland events and festivals, to lunch dates at local eateries and even just to the local shops. Laughter and happy chatter fills the bus on these days, cementing the friendship and bonds between these likeminded passengers/neighbours. Use of the resort bus is just another benefit Palm Lake Resort Paynesville homeowners enjoy.

...and meanwhile, back here at home

While the bus is a magnet for social adventure, there's plenty of it to be found at the resort as well. Caretaker Jo van Rees will tell you that the resort Theatre, for example, was the place to be as some of her most patriotic homeowners gathered in front of the big screen to cheer on the Socceroos during the World Cup.

"Freshly made popcorn added to the atmosphere, creating the perfect big-game experience without anyone having to leave home," Jo says.

Happy Hour continues to bring neighbours together every Wednesday and Friday, while Friday's meat raffle is attracting an ever-growing crowd of eager participants. A monthly Trivia Night is another popular new addition to the activities list, Jo says, and the resort's brand new off-leash dog park has also found a following of likeminded pet owners who meet there most days with their four-legged friends in tow.

"It's these shared moments, whether on a big bus adventure around the region or simply catching up with neighbours here on the resort grounds, that are making our address such a special place to call home," Jo smiles.

Visit our Paynesville resort and stay a night, on us

It's easy to tell interested future homeowners about the lifestyle on offer at Palm Lake Resort Paynesville, but there's no better way to understand the masterplan, take in the resort's exceptional facilities and explore the local surroundings better than by doing it in person.

If you are travelling from out of town to tour our Paynesville resort, a complimentary night's accommodation could be yours. Contact our Sales Team on 1800 960 943 to book your private inspection. They look forward to hosting you at Palm Lake Resort Paynesville because they know you'll quickly understand why so many people are choosing this address for their exciting next chapter.



Paynesville *CHRISTMAS COMES EARLY*

IT MIGHT HAVE been cold outside, and it might have been months before the man in red officially descends our chimneys, but Palm Lake Resort Paynesville guests celebrated all the best of the festive season at their recent 'Christmas in July' event. Live music and a three-course dinner set the scene, with plenty of liquid happiness to go around!





Forster Lakes *GOOD SPORTS*

FORSTER LAKES WELCOMED a host of VIPs to join our homeowners and Sales Team at a vibrant 'Winter Olympics' event recently. Participants got into the sporting spirit, enjoying the resort's facilities and some delicious treats.

Forster Lakes *NEWS BRIEFS*

Last stage now officially underway

As Palm Lake Resort Forster Lakes construction nears the finish line, it's becoming more and more urgent for those wanting to buy a new home here to act quickly. Our very last stage, Stage 12, has just been released, offering an incredible selection of modern homes positioned in a quiet corner of our resort masterplan, ready for delivery in mid-to-late 2027. Sales Manager Suzanne Hadley says those seeking a peaceful over-50s chapter should act the quickest, as this stage will be perfect for you.

Active homeowners, act now!

With the official commencement of Forster Lakes' last stage (Stage 12), there are very limited opportunities to secure one of the final new homes in our previous stage, located in the resort's vibrant Precinct 2. This location is closest to our main facilities, being just a hop, skip and a jump from the resort's popular undercover bowls green and more. For those homeowners seeking out our Forster Lakes address for the lifestyle opportunities, and who want to be close to the action, there are only a handful of Precinct 2 homes remaining. If you're active, you need to act now!

The convenience of Care, courtesy of a brand you know

It was an historic day in the almost 50-years existence of our family-owned-and-operated company, when the first sod was officially turned for Palm Lake Care Forster. This will be our first aged care community in New South Wales (but our eighth overall, with all other Palm Lake Care communities located in Queensland). Palm Lake Care CEO Dan Aitchison and COO Amanda Boyd were among those who witnessed Federal Member for Lyne, Alison Penfold, wield the 'golden shovel' at the recent ceremony that marked the start of construction. Palm Lake Care Forster will provide an incredibly convenient option for Palm Lake Resort Forster Lakes homeowners who have a parent or other family member requiring care. To find out more, visit palllakecare.com.au

Workshop nears completion

We're also excited to see the resort workshop nearing completion. Across the Palm Lake Group, resort workshops not only provide a convenient place for homeowners to complete those odd 'handyman' jobs or enjoy a hands-on creative hobby, they have also emerged as places where likeminded neighbours converge and enjoy social benefits as well. Our workshop will be stocked with tools and equipment for everyone to share, once inductions are complete.

"This fantastic addition will provide even more convenience for our homeowners and is another example of Palm Lake Resort's ongoing commitment to enhancing our resort facilities for the benefit of our entire community," Sales Manager Suz says.

Yamba Cove

TOP 5 ‘BIG’ REASONS TO VISIT YAMBA...

If you’re yet to discover the delights of Yamba (and our exclusive boutique Palm Lake Resort Yamba Cove address), there’s never been a better time of the year, or a ‘bigger’ reason, to visit.

BEING A VISITOR in the Yamba area is nearly as delightful as living here permanently. This area is a laid-back and welcoming coastal haven with as much environmental beauty as small-town charm – it’s why we built our most boutique and exclusive Palm Lake Resort here. And, at this time of the year, there’s another ‘big’ and quite spectacular reason to visit Yamba – the annual humpback whale migration. Migration season generally runs from May to November, with the Clarence Valley enjoying peak viewing season from June to October.

Whale watching really is one of life’s simple pleasures that requires nothing more than a coastal walk, a comfortable seat and a little patience. And a visit to Yamba and the Clarence Valley area unveils a host of amazing land-based whale watching locations. Here are our Top 5 whale-spotting locations, not far from Palm Lake Resort Yamba Cove:

1. Yamba Lighthouse/Pilot Hill

Perched high above the Clarence River mouth, the lighthouse precinct provides a sweeping outlook over the ocean and coastline (as pictured on Page 21). NSW Crown Lands specifically identifies Yamba Lighthouse as a notable whale-watching vantage point, noting that whales tend to slow, rest and surface as they travel past the Clarence River mouth.

2. Iluka Bluff Lookout

Possibly the best dedicated whale-watching platform in the immediate Yamba area. The elevated lookout gives expansive views across the Clarence River mouth, coastline and surrounding beaches, and NSW National Parks specifically describes it as an excellent whale-watching location.

3. Angourie/Dirrangan Lookout

This is a beautiful option if you want to combine whale watching with a springtime coastal walk. The Angourie walking track has several scenic vantage points, including

Dirrangan Lookout, with views across the ocean where migrating whales, dolphins and other marine life can be spotted. The full track is 10km return if you’re up for it but, if not, Angourie’s headlands and the immediate surrounds offer plenty of whale-spotting opportunities.

4. Bluff Beach Whale Watching Platform, Iluka

This spot deserves a separate mention from Iluka Bluff because it’s a particularly accessible option. The platform at the southern end of Bluff Beach offers 360-degree views along the coast and across the treetops of the Iluka rainforest. There are also handy picnic facilities, parking and toilets, making it a lovely choice for a relaxed whale-watching outing.

5. Convent Beach Headland

If you ask Yamba Cove’s Caretaker, Kym, for her hottest whale-watching vantage point in town, she’ll tell you to head straight to Convent Beach Headland. Pull up in one of the many public parking spots along Ocean Street and simply cast your eyes east.

“It’s a quieter alternative to the Lighthouse with excellent elevated views over the Pacific Ocean,” Kym says. “Early mornings often provide the calmest conditions for spotting whale blows and breaches. We spotted a couple of calves migrating south, from there, just the other day.”

And, of course, if you want to get even closer to these most spectacular seasonal visitors, there are a host of local operators who can take you out on the water for an even closer, more personal encounter. Whichever way you want to take in your whale encounter, make sure you make time to also stop by Palm Lake Resort Yamba Cove while you’re in town. Did you know we offer a ‘Stay a night’ promotion for those visitors who come from out of town to explore our resort?

Phone the Yamba Cove Sales Information Centre on 1800 960 946 to find out more, so you can plan your whale watching expedition and explore the Yamba township alongside a private Yamba Cove resort tour. Perfect.



***Pictured:** Yamba is paradise for whale watching. Tie in a private resort tour at Yamba Cove while you’re in town.*

...AND HERE’S THE ‘SMALL’ ONE

As we age, there are fewer work commitments and more freedom to choose how we spend our days. But one thing remains as important as ever: having people to share those days with. Is a boutique, tight-knit community calling you?

RESEARCH HAS CONSISTENTLY shown that staying socially connected as we age can have a profound impact on our overall wellbeing. Meaningful friendships and regular social interaction can support cognitive health, emotional wellbeing and physical health, while helping to reduce feelings of loneliness and isolation. Perhaps most importantly, being connected to others gives us something we all need at every stage of life – a sense of belonging. That’s one of the reasons why choosing where to live in your over-50s era can be about so much more than the home itself.

At Palm Lake Resort Yamba Cove, community is at the heart of the lifestyle on offer – and being a boutique-sized resort brings a particularly special dimension to that community

spirit. There’s something wonderfully personal about living in a smaller community. Rather than being one face among a large crowd, Yamba Cove homeowners quickly become familiar faces to one another. They quickly start to recognise the neighbours they pass on their morning walk, and they quickly get to know those likeminded community members who partake in the same resort activities.

Friendships formed in a community like Yamba Cove can provide companionship, laughter, encouragement and a sense of connection. They can mean having someone to celebrate with when life brings good news, someone to share an outing with, or simply someone who notices when you haven’t been around for a few days.

That feeling of being known and included is one of the great benefits of community living – and it’s something that can become even more meaningful in a boutique resort environment like Palm Lake Resort Yamba Cove.

Of course, everyone enjoys their own space and independence. And homeowners have the option to use their luxury home like a private sanctuary – it’s always their choice. But there’s definitely comfort in knowing that a friendly face is never far away and that opportunities to connect are woven naturally into everyday life.

For many people entering this next chapter, that can be one of the most rewarding parts of the move. It’s not simply about finding a beautiful new home, with modern fixtures and luxury finishes, it’s about discovering a new circle of people who can become friends, neighbours and, ultimately, an important part of your life.

Because while a home is where you live, it’s the people around you who can help make it feel like you truly belong. And perhaps that’s the real beauty of a boutique community like Palm Lake Resort Yamba Cove: there are fewer people to get to know – but potentially many more friendships to make.

Lifestyle

GROW YOU GOOD THING!

There's a sense of comfort that comes with knowing exactly how your week will unfold – the same walking route, same TV shows, same seat at the dinner table. It's easy. But growing research suggests that a life lived entirely within the familiar may have its downsides...

EVERYONE HAS THEIR creature comforts – the familiar habits, hobbies and spaces they return to when they need to recharge or reset. But like all good things, you can have too much of them. Boredom, reduced confidence and missed opportunities are just some of the costs of staying in your comfort zone. But don't worry – there's an antidote. Trying new things, visiting new places and learning new skills are some of the most powerful tools for staying sharp, capable and engaged as we get older. In short, you've got to grow!

Continued on Page 24 >>

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As we settle into the over-50s era and life becomes less structured by work and the routines of family life, the familiar can feel like a well-earned rest rather than a retreat. But researchers who study healthy ageing increasingly point to a distinction between staying engaged, and just ‘keeping busy’. The difference, it turns out, matters a great deal.

Why novelty matters

It’s a common assumption that the brain’s capacity for change belongs to childhood and early adulthood, and that by our fifties and sixties, the architecture is largely set. Neuroscience tells a different story.

The brain retains a genuine capacity for neuroplasticity (the ability to form new neural connections) throughout life, and researchers at Harvard Medical School note that engaging in diverse, mentally stimulating activities actively supports this process, no matter our age.

One of the clearest demonstrations of this comes from the “Synapse Project,” a study led by Dr Denise Park at the University of Texas at Dallas. Older adults were tasked with learning challenging new skills – digital photography or quilting on computerised machines – for around 15 hours a week over three months. Meanwhile, a comparison group spent the same amount of time on familiar, low-challenge activities or social get-togethers. Only the group learning something new and difficult showed measurable improvements in memory, with some of those gains still present a year later. The researchers concluded that it wasn’t activity in general that mattered, but sustained mental effort applied to something unfamiliar.

This idea connects to a concept called cognitive reserve – essentially, a buffer our brains build up that helps us cope with the effects of ageing. Reserve is thought to accumulate through education, varied experiences and ongoing mental challenges over a lifetime. Importantly, experts believe it’s still buildable later in life. Learning a language, picking up an instrument or mastering an unfamiliar hobby are all believed to stimulate the brain in a way that strengthens this reserve. And there’s a physical dimension too. A randomised trial comparing six months of social ballroom dancing with six months of treadmill walking in older adults found dancing – which combines physical movement, memory for steps and social interaction – offered particular benefits for brain health, likely because it challenges the body and mind simultaneously.

In other studies, researchers have linked regular physical activity to increased hippocampal volume (the part of the brain that is central to memory), while mindfulness activities like meditation have been associated with better emotional regulation.

The good news? None of these benefits require drastic reinvention. What the research points to, again and again, is that unfamiliar, moderately challenging activity – the kind that makes you feel like a beginner again – is doing hard work behind the scenes. Even better? Psychologists like Yale researcher Dr Linda Bevy have found that simply believing ageing can involve growth, rather than only decline, can offer better health outcomes over time. The biggest takeaway? Being open to new experiences will prove valuable in more ways than one.

Something new to try

If you’re wondering where to start, the good news is that ‘new’ can look like almost anything – so long as it challenges you. Our Palm Lake Resorts are geared for helping you find a new hobby or sport and a new circle of friends to do it with. Here are some of our best ideas...

ON YOUR FEET

Surfing lessons are more accessible than many people expect (especially for the many Palm Lake Resort homeowners living close to the coast). With boards and programs suited to complete beginners, you could be experiencing the joy of surfing – not to mention the balance and core strength – sooner than you think.

Line dancing also offers a lower-impact way to combine music, memory and movement in a social setting, with the sequences themselves providing exactly the kind of ‘what comes next’ mental challenge researchers have linked to impressive cognitive benefits. And this is one activity that many Palm Lake Resort homeowners flock to.

Aqua aerobics is another Palm Lake Resort favourite that’s easy on the joints while still building strength and cardiovascular fitness, making it a good entry point for those managing arthritis or other joint concerns. And weight training – often overlooked by older adults – is one of the most effective ways to maintain muscle mass, bone density and everyday strength, all of which naturally decline with age but respond well to regular resistance.

WITH YOUR HANDS

Pottery classes offer a tactile, meditative kind of focus, combining fine motor skill with a genuine learning curve. Whether you’re hand-building or ‘throwing’ on a wheel, it’s the kind of activity you can literally see yourself improving at with every new creation. Our newest Palm Lake Resort locations offer pottery wheels and even kilns.

Macramé and needlepoint are also accessible entry points into fine motor craft work, requiring patience and concentration rather than natural talent. Bonus: both produce something tangible to show for your effort.

Woodworking is another option worth considering – working from a plan, measuring accurately and learning to use new tools all demand the kind of sustained attention and problem-solving that closely mirrors the quilting and photography tasks used in the Synapse Project itself. Our resort workshops are perfect for this.

FOR YOUR SPIRIT

Contrary to its ‘woo-woo’ reputation, meditation has a substantial body of research behind its stress-reduction benefits. Many find a regular practice easier to sustain than they expect once the initial habit is formed – even 5-10 minutes a day appears to make a measurable difference over time. For those drawn to more reflective or symbolic pursuits, exploring astrology or crystals can offer an interesting entry point into new reading, new communities and new ways of thinking – even for the simply curious, engaging with unfamiliar ideas and systems of thought is itself a form of mental stretch, regardless of one’s personal views on their validity.

Not sure where to start? Follow your heart. The activity matters less than the act of choosing something you don’t already know how to do, and returning to it regularly.



Tracking your journey

Starting something new is often the easy part. The challenge tends to arrive a few weeks in, once the novelty has worn off and life gets busy again. This is where tracking your progress becomes key – not just as a record, but as a tool for staying motivated.

Research into habit formation, including a widely cited study from University College London, found that on average it takes a little over two months (66 days, to be precise) for a new behaviour to start feeling automatic rather than effortful – though that timeline varies from person to person and activity to activity.

The practical takeaway is one of patience: if pottery or meditation still feels like an effort after two weeks, that’s entirely normal, not a sign it isn’t working.

A few things consistently help:

- **Start smaller than feels necessary:** A 20-minute weightlifting session or one pottery class a fortnight is more sustainable than an ambitious plan abandoned after a few weeks.
- **Attach the new habit to an existing one:** Meditating after your morning tea, or stretching before the news, borrows the momentum of a routine you already have.
- **Expect (and plan for) interruptions:** Illness, travel and busy weeks are normal. Research on long-term habit formation suggests that people who plan in advance for these disruptions are more likely to pick back up afterwards, rather than treating a missed week as a failure.
- **Keep a simple record:** Whether it’s a notebook by the bed or an app on your phone, writing down what you did – even a single line – creates a kind of accountability that pure intention doesn’t. Many find that reflecting briefly on how an activity felt is just as valuable as logging that it happened at all.

Whether you choose a dedicated journal, a habit-tracking app (Habitify and Streaks are two popular examples), or simply a calendar with ticks on the fridge, the format matters far less than the consistency. What research on ageing and the brain seems to agree upon is refreshingly simple: real growth isn’t about becoming someone new. It’s about staying curious, and being open to opportunities to learn.

season
of growth

Lifestyle
MONEY TREE

On the topic of growth, let us consider wealth. Brisbane investment adviser Simon White shares the strategies he considers worth building a future on.

THROUGHOUT HIS 30-YEAR career, Simon has seen the same worries surface time and again for his clients: whether they have enough to retire on, fear of losing hard-earned capital, uncertainty about who to trust for advice, nervousness around stock market volatility, and concern that government policy could shift the goalposts. While none of these are unreasonable, most can be eased with the right information and a considered, long-term plan, rather than reactive decisions made in response to short-term market noise.

PROVEN WAYS TO GROW WEALTH OVER TIME
Asked what he considers to be the safest, most proven path to growing wealth, Simon’s answer is simple.

“A diversified portfolio of quality investments, bought at fair or low prices, with a focus on generating income that will increase as profits of the corporate investments increase over time,” he says. Translation: choosing the disciplined, unglamorous approach, rather than chasing quick wins, is the key to success. The philosophy draws on value investing, a strategy pioneered by “investment legend” Benjamin Graham, which centres on identifying fundamentally sound investments trading below their true worth, and holding them patiently, rather than trading on short-term sentiment.

THE ONE THING EVERYONE SHOULD UNDERSTAND
Compound interest – the way invested returns generate their own returns over time, so growth accelerates the longer money is left to work. Even modest, consistent contributions can grow substantially given enough time, which is why starting early tends to matter more than timing the market perfectly. It sounds cliché, but money should be working for you – you shouldn’t be working for your money.

ADVICE WORTH PASSING DOWN
Over-50s should not be afraid to talk to their younger family members about the importance of considering their financial future as early as possible. Simon’s guidance for children, grandchildren and great-grandchildren alike centres on a few enduring principles: save consistently, understand the value of long-term investing, and remember that a comfortable retirement means living off the income your capital generates, not the capital itself.

Simon also points to something less commonly discussed when considering finances in the latter years – the mental health benefits of staying engaged in some form of work, even in a limited capacity, well beyond retirement age.

Lifestyle

REST AND RISE

Growth doesn't just happen in our younger years. Our bodies never stop repairing and rebuilding – and most of that work happens when we're not even aware of it.

DURING DEEP SLEEP, our bodies release human growth hormone (HGH), which plays a key role in repairing muscle, maintaining bone density and supporting the immune system – all things that matter at every age, but become especially important after 50. As we mature, our natural growth hormone production begins to decline, which is why recovery from everyday wear and tear takes a little longer.

Sleep is also when the brain does its housekeeping. Overnight, the glymphatic system flushes all the waste products from our brain tissue, including proteins linked to cognitive decline. Deep, uninterrupted sleep supports memory consolidation, mood regulation and mental sharpness – which is why the effects of good night's sleep are immediately noticeable.

So why isn't good sleep simple? Our sleep patterns naturally shift as we get older. Many of us find that we wake more easily, spend less time in deep sleep, or feel ready for bed earlier in the evening. This isn't a sign that something is wrong – it's a normal part of ageing. But it does mean it's worth paying a little more attention to your sleep habits than you might have in your younger years.

SIMPLE HABITS THAT MAKE A DIFFERENCE

1. **Keep a consistent schedule:** Going to bed and waking at the same time each day, even on weekends, helps regulate your body's internal clock.
2. **Get morning light:** A walk outside soon after waking helps reset circadian rhythms and can improve sleep quality that night.
3. **Watch the afternoon coffee:** Caffeine can stay in the

system for six hours or more, so an earlier cut-off can make falling asleep easier.

4. **Wind down properly:** A short pre-bed routine – reading, gentle stretching, dimming the lights – signals to the body that it's time to slow down.
5. **Move during the day:** Regular gentle exercise, such as walking or swimming, is one of the most reliable ways to improve sleep quality at any age.
6. **Set up your surroundings:** A cool, dark and quiet bedroom remains one of the simplest and most effective changes most people can make. A temperature range of 15-19°C is recommended, with 18°C typically identified as the sweet spot.

A HELPING HAND FROM TECHNOLOGY

If you're wanting a bit more insight into your sleep patterns, consider a sleep-tracking device. There is a wide range of accessible devices – from smartwatches and rings to bedside sensors – that monitor sleep stages, heart rate and movement overnight. Note: These are best used as a general guide rather than a diagnostic tool. White noise machines and adjustable frames are also popular for those looking to fine-tune their sleep environment.

Facing persistent sleep troubles? They're worth mentioning to your GP. Conditions like sleep apnoea become more common with age and are very treatable once identified.

Ultimately, good sleep isn't about chasing eight perfect hours every night. It's about building habits that help your body do what it does best: rest, repair and grow, so you're ready for whatever the new day will bring.

HAIR DO'S AND DON'TS

It's seen as an extension of our personality and a symbol of vitality, changing as we move through life (often, whether we want it to or not). How are you caring for your hair?

Whether we're suffering through stress or sickness, our health can have a serious impact on our hair – especially as we age.

Each strand of hair grows from a follicle that cycles through phases of active growth, rest and shedding. On average, the hair on our scalp grows at a rate of 10-15mm a month. Though, as with most things, this slows gradually with age, as the follicles cycle less efficiently, causing our hair to become finer or greyer.

Genetics, hormones, circulation and overall health all play a part in how hair grows and how it looks, which is why hair care is really whole-body care in disguise. Stress, illness and certain medications can also temporarily affect the growth cycle, which is a normal and usually reversible part of the body's response to change.

A few ways to better support your strands...

EAT FOR YOUR FOLLICLES

Hair is largely made of the protein keratin, so a diet rich in protein, iron and zinc (think eggs, legumes, leafy greens and fish) will support the raw materials your follicles need.

BE GENTLE WHEN IT'S WET

Your hair is more fragile when damp, so brush it gently with a wide-tooth comb and squeeze – don't rub – when towel-drying your hair.

GIVE YOUR SCALP SOME LOVE

A scalp massage increases blood flow to the area, which may support a healthier growing environment for follicles.

PROTECT FROM HEAT AND SUN

Excessive heat styling and prolonged sun exposure can weaken hair over time. A hat on sunny days and heat-protectant spray before styling go a long way.

CONSIDER YOUR WASH ROUTINE

Over-washing can strip natural oils, while under-washing can leave product buildup on the scalp. Finding the right balance for your hair type helps keep the scalp environment healthy.

TALK TO A PROFESSIONAL ABOUT NOTICEABLE CHANGES

Sudden or patchy hair loss could be worth investigating with your doctor. In the meantime, your hairdresser can advise on cuts and treatments suited to changing hair.

HOW TO: NAIL IT

They may be small, but there's serious science going on beneath the nail bed. And knowing how it works is the key to keeping nails stronger, longer.

Our nails grow from the 'nail matrix', a small area of living tissue tucked under the base of the nail (otherwise known as the cuticle). As new cells form here, older ones are pushed forward, hardening into the visible nail plate (the part we clip, paint and in some cases, bite!).

Fingernails typically grow a few millimetres a month – faster than toenails – though this pace slows with age, thanks to a natural decline in cell turnover and circulation. Though the nail itself is not living tissue (which is why cutting or filing doesn't hurt) everything that shapes its strength and appearance happens back at the matrix. For happier, healthier nails...

FEED THE MATRIX

Like hair, nails are made of keratin, so adequate protein, along with iron, zinc and biotin from food, supports the matrix's work. Most people get enough of these nutrients through a varied diet, though a GP can check for deficiencies if nails seem unusually weak or slow to grow.

KEEP CUTICLES HYDRATED

A daily drop of cuticle oil, massaged in gently, helps prevent the dryness and cracking that can make nails more prone to splitting.

PROTECT YOUR HANDS

Gloves during cleaning or gardening shield nails from moisture and chemicals that weaken the nail plate over repeated exposure. Continuous use of gel or acrylic enhancements, without a pause in between, can also leave the natural nail thinner underneath.

FILE WITH CARE

A gentle filing motion in one direction, rather than a back-and-forth sawing action, reduces the small splits that can weaken the nail's free edge over time.

WATCH FOR CHANGES

Ridges, discolouration or unusual thickening can sometimes reflect broader health issues, so persistent changes are worth mentioning to your GP.



season
of growth

Lifestyle

GROW YOUR OWN



You don't need a sprawling backyard to keep your kitchen stocked with fresh herbs – a sunny windowsill, courtyard corner or a few pots by the back door is often all it takes.

WHETHER YOU'RE AN experienced green thumb or a total novice, everyone should have a herb garden. Not only is it satisfying to cook with ingredients you've grown yourself – it's also surprisingly easy. With Palm Lake Resort locations dotted all along the east coast, what works in one garden won't necessarily work in another. But with the right herbs, and a little know-how, your patch can thrive.

POTS AND TOOLS WORTH HAVING

Terracotta pots are hard to beat for herbs, as the porous material helps regulate moisture and reduce the risk of waterlogged roots – a common cause of death for potted herbs. Make sure every pot has generous drainage holes, and consider raising pots slightly on pot feet or bricks so water can drain away freely (rather than pooling underneath). A simple hand trowel, a small pair of snips for regular harvesting and a watering can with a narrow spout for precise watering will cover most of what you need. Good quality potting mix – rather than garden soil, which compacts in containers – gives roots the drainage and airflow they need to thrive.

A FEW HANDY HACKS

Did you know an empty eggshell or a handful of crushed eggshells mixed into the potting mix can help improve soil structure over time as it breaks down? Or that a saucer of water with pebbles placed near (not under) pots can raise humidity around moisture-loving herbs, like parsley and coriander, during dry spells? Ask your green-thumb friends and neighbours for their most unusual gardening tips and see what they say.

MATCHING HERBS TO YOUR CLIMATE

Heat-loving herbs like basil, lemongrass, mint and tarragon generally do well in warmer climates, though basil and

coriander benefit from a little afternoon shade in the height of summer to stop them “bolting” (running to seed and turning bitter). Mediterranean herbs like rosemary, thyme and oregano are naturally suited to well-drained, sometimes lean soil and cope well with drier conditions, making them a reliable, low-fuss choice.

Further south in cooler pockets, hardier herbs such as chives, thyme, sage and parsley tend to hold up well, while more tender herbs like basil are best treated as a warm-season crop and moved to a sheltered, sunny spot – or indoors – once the weather turns cold. Whatever your climate, morning sun with some protection from harsh afternoon heat is a safe starting point for most herb pots.

LITTLE AND OFTEN

Herbs in pots tend to respond better to light, frequent watering than the occasional deep soak, since containers dry out faster than garden beds, especially through summer. Checking the top few centimetres of soil with your finger before watering is a reliable way to judge whether a herb needs a drink or can be left alone. A light feed with a liquid fertiliser every few weeks through the growing season helps keep leafy herbs like basil and parsley happy, since regular harvesting draws on the plant's nutrients faster than it would if left to grow untouched. Grouping pots with similar water and sun needs together also makes day-to-day care simpler, so a thirsty mint doesn't sit beside a rosemary that would rather be left alone.

A FINAL TIP

Herbs are more forgiving than most kitchen garden plants, and mistakes are rarely fatal. If in doubt, start with two or three herbs you'll actually use in cooking – the rest tends to follow naturally from there.

season
of growth

Lifestyle

SEEING GREEN

It's the colour of wealth, health and good fortune, symbolising growth. Whether it's emerald or olive, lime or pine, there are many reasons to bring green into your home this spring.



1. Sage x Clare Vivi cushion, \$169, sageandclare.com
2. Haydae Collective tumblers, \$24.99, house.com.au
3. Adairs marble side table, \$699.99, adairs.com.au
4. Sage x Clare Belvia Beni rug, \$999, sageandclare.com
5. Heritage cabbage leaf platter, \$39.95, myer.com.au
6. Kave Home Melvia armchair, \$1499, lifeinteriors.com.au
7. Maison Balzac Olive bottle, \$139, maisonbalzac.com
8. Dinosaur Designs pebble plate, \$180, dinosaurdesigns.com.au
9. Country Road Lowe coupe set, \$49.95, countryroad.com.au
10. Victrola automatic turntable, \$469, davidjones.com



season
of growth

Lifestyle

HOME GROWN

Sometimes, growth looks like returning to your roots – a home-cooked meal with home-grown ingredients, sourced from your backyard veggie patch.



Crispy sausage, tomatoes and greens

Ingredients

1 tablespoon extra virgin olive oil, plus extra for drizzling
4 good-quality Italian pork and fennel sausages
200g cherry tomatoes
1 teaspoon fennel seeds
½ teaspoon chilli flakes
1 teaspoon rosemary leaves, finely chopped
3 garlic cloves, finely chopped
½ cup dry white wine
½ cup chicken stock
80g cavolo nero or kale, leaves stripped and roughly chopped
1 lemon
Quick polenta (1 cup full-cream milk; 450ml chicken stock or water; 100g instant polenta; 1 tablespoon butter; ½ cup grated Parmigiano Reggiano or Parmesan, plus extra to serve)

Method

Heat a deep, heavy-based frying pan with a lid over medium-high heat. Once hot, pour in the olive oil. Cut the ends off the sausages and squeeze out nuggets of meat into the pan. Fry for 5 minutes, using a wooden spoon to break the meat up into small nuggets, until they are golden and crisp.

Throw in the tomatoes and leave to cook undisturbed for 2 minutes, to get some colour on the tomatoes. Add the fennel seeds, chilli flakes, rosemary and garlic and give everything a good toss. Cook for 30 seconds, then pour in the white wine to deglaze. Using a wooden spoon, scrape all that sticky goodness off the base of the pan. Let the wine simmer for 2 minutes, then pour in the chicken stock and season with sea salt and freshly ground black pepper. Reduce the heat to low and simmer for another 5 minutes for the flavours to mingle.

Meanwhile, to prepare your polenta, bring the milk, stock and water to a simmer. Add the polenta in a steady stream, whisking as you do. Continue to whisk the polenta until thickened, about 3–5 minutes. Once it's thick and oozy, stir in the butter and cheese. Season.

Now, back to your sausage. Add the chopped greens, toss through and put the lid on the pan. Give it a minute or two to wilt, then toss, and turn off the heat. Zest the lemon over the top and add a squeeze of juice to brighten everything up. Spoon the sausage mix over the creamy polenta with extra Parmigiano Reggiano showered over the top, and a little kiss of olive oil.



Soothing seafood coconut broth

Ingredients

2 x 150g fillets firm white fish such as ling, skinless
8 raw prawns, peeled, intestinal tract removed (optional)
½ tablespoon olive oil or neutral oil
1 garlic clove, finely chopped
1cm piece ginger, finely sliced, cut into matchsticks
2 spring onions, finely chopped, white and green separated
400ml can full-fat coconut milk
1 tablespoon fish sauce
¼ teaspoon soft brown sugar
3 lime leaves (optional)
½ bunch bok choy or pak choi, or a handful of baby spinach
1 lime or lemon
To serve: cooked rice or noodles; coriander, Thai basil, or dill (optional); 1 bird's eye chilli, deseeded and chopped (optional)

Method

Pat the fish dry, then season generously with salt. Prepare the prawns. Choose a frying pan or saucepan, with a lid, that will fit your fish in one layer. Place the pan over medium heat, add the olive oil, then throw in the garlic, ginger and the white parts of the spring onion. Cook for about 1 minute, until fragrant but not coloured. Give your coconut milk a shake in the can, then pour it in. Rinse the can with ¼ cup water and pour that in too. Add the fish sauce, brown sugar and lime leaves, if using. Bring to a gentle simmer, then add the fish and reduce the heat to low. Cover and cook until the fish is just cooked through and opaque – this should take about 6–8 minutes, depending on the thickness of your fish. The fish will flake when cooked. In the final 2 minutes of cooking, throw in the prawns and cook until they change colour (they'll continue to cook in the heat of the sauce). If the prawns are cooked before the fish, pluck them out and set them aside to avoid overcooking.

Fill your serving bowls with rice or noodles, then carefully remove the fish and prawns and place them on top. Turn the heat back up and throw in your greens. Don't stir them in, just let them sit on top of the coconut broth to wilt in the steam for 1–2 minutes. Serve the greens next to the fish, then ladle over the coconut broth. Grate over some lime or lemon zest, then add a squeeze of juice. Pile on the sliced green spring onion tops, herbs and chilli, and serve with a sprinkle of salt.



Pork, butter and crispy sage pasta

Ingredients

160–200g dried pasta of your choice
1 tablespoon olive oil
2 garlic cloves, smashed and slipped out of their skins
8–16 sage leaves (depending on size)
200g minced pork
½ teaspoon salt flakes
½ cup dry white wine
50g butter
½ cup grated Parmigiano Reggiano, extra to serve
Zest of 1 lemon

Method

Place a large saucepan of water over high heat and bring to a rapid, bubbling boil. Season the water so it's as salty as the sea. Add the pasta and cook until molto (very) al dente – it will finish cooking in the sauce. Add the olive oil to a large frying pan over medium/high heat. When hot, throw in the garlic cloves and sage leaves. Fry for 1–2 minutes, or until the leaves have crisped up. Scoop out the leaves and set aside, leaving the garlic cloves in the pan.

Crumble in the pork mince, spread it out in the pan and leave it for 2 minutes to get some colour. Toss it around and leave it for another 2 minutes to get some more colour, shaking the pan to encourage a golden crust. Season with a pinch of salt, then pour in the wine and let it bubble up, using a wooden spoon to scrape the sticky bits from the bottom.

Simmer for 2–3 minutes, until the wine has all but reduced, then turn your heat to low. Use tongs (or a slotted spoon) to scoop out your pasta and fling it directly into the pan, along with about ¼ cup of the cooking water. Immediately add your butter and Parmigiano Reggiano and stir the pasta forcefully for 1 minute. Add the lemon zest and serve immediately with lots of freshly ground black pepper and the crispy sage leaves on top.

'Home Food' by Elizabeth Hewson.
Murdoch Books, \$45



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-design Pelican Waters Golf Course. Some residences enjoy water frontage, some have direct golf course access and some Master Builders Association award winners offer both. All homes enjoy a complimentary golf car. Displays open seven days.

1800 490 626 | 40 The Springs Blvd, Pelican Waters QLD 4551



Palm Lake Resort Paynesville

NEW HOMES NOW SELLING! With close to 200 ultra-modern homes planned, we have already sold 25 per cent of this resort masterplan. Homeowners are thoroughly enjoying their outstanding Latitude Country Club. The rich maritime history of the region has been captured in this project that offers the best in affordable luxury. Displays open seven days.

1800 960 943 | 78 Ashley Street, Paynesville VIC 3880



FINAL
STAGE NOW
SELLING!



FINAL
STAGE NOW
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Palm Lake Resort Yamba Cove

NEW HOMES NOW SELLING! Yamba Cove offers a boutique resort experience in this thriving coastal holiday town. Displays open seven days.

1800 960 946 | 2 Orion Drive, Yamba NSW 2464



Palm Lake Resort Forster Lakes

NEW HOMES NOW SELLING! Our \$18 million Belleair Country Club was named NSW Best Sporting Facility by the Master Builders Association. Displays open seven days.

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



Palm Lake Resort Bargara

NEW HOMES NOW SELLING! Our new extension project will bring an additional 138 luxury homes and even more community facilities to this successful established resort. New floorplans, new designs. Stage 16 now selling.

1800 501 119 | 39 Wearing Road, Bargara QLD 4670



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

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

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

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

BETHANIA
1800 774 866
43 Goodooga Drive,
Bethania QLD 4205

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

CARINDALE
1800 770 057
2 Ford Court,
Carindale QLD 4152

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

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

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

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

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

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

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

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

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

TRUGANINA
1800 686 096
7 Taronga Road,
Truganina VIC 3029

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

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

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

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

YAMBA
1800 084 119
1 Orion Drive,
Yamba NSW 2464



PALM LAKE CARE

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

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

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

Palm Lake Care Bargara

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

55 Wearing Road, Bargara QLD 4670

Palm Lake Care Beachmere

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

145 Bishop Road, Beachmere QLD 4510

Palm Lake Care Bethania

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

1 Goodooga Drive, Bethania QLD 4207

Palm Lake Care Caloundra

Some 122 residents call this Caribbean-inspired community home. Its design celebrates the holiday-everyday Sunshine Coast lifestyle. Situated conveniently alongside Palm Lake Resort Caloundra Cay, this luxury community was named best Aged Care Facility at the Sunshine Coast Master Builders Association's 2023 Housing and Construction Awards. Couple's suites available.

95 Village Way, Little Mountain QLD 4551

Palm Lake Care Deception Bay

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

42-46 Bay Avenue, Deception Bay QLD 4508

Palm Lake Care Forster

Co-located alongside Palm Lake Resort Forster Lakes this landmark community (our first outside Queensland's south-east corner) is currently under construction. When complete, Palm Lake Care Forster will offer 90 suites and all the same luxury inclusions that make our modern Palm Lake Care addresses so highly coveted.

219 The Lakes Way, Forster NSW 2428

Palm Lake Care Mt Warren Park

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

33 Mt Warren Boulevard, Mt Warren Park QLD 4207

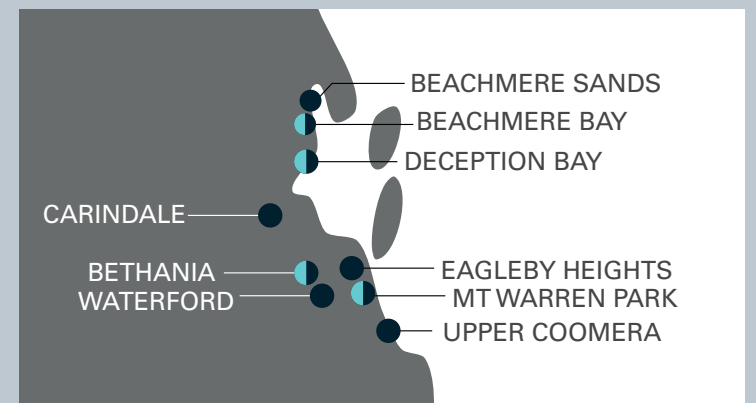
Palm Lake Care Toowoomba

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

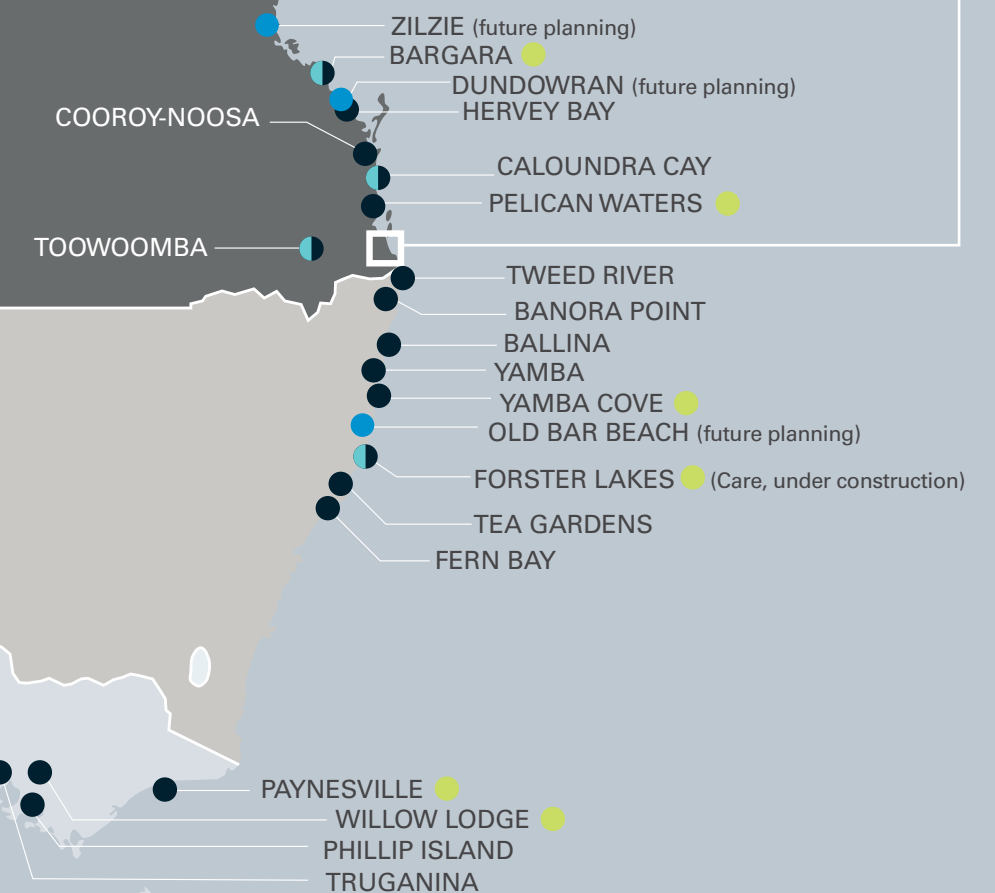
97-161 Hogg Street, Toowoomba QLD 4305



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



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