

this is your time.

PALM LAKE RESORT SPRING 2021

2021

MASTER BUILDERS AWARDS

WINNER



Winning formula for Toowoomba Care

Palm Lake Care wins a coveted
Master Builders Association
industry award

'Downsizing' is not a dirty word

Thinking about downsizing into a
Palm Lake Resort home? Be prepared
for a major upsizing of your lifestyle!

Breaking new ground

The Group's most iconic
over-50s community yet,
is officially underway





WELCOME

I HAVE TO ADMIT that I enjoy my fair share of special moments here at Palm Lake Group. As I put pen to paper for this column, I've just arrived back to our Gold Coast head office from a quick trip to the Sunshine Coast. My team and I officially broke ground today on our newest over-50s community at Pelican Waters. It will be, arguably, the most iconic over-50s community Australia has ever seen.

“The Springs by Palm Lake Resort” as it will be known, will feature more than 320 ultra-premium homes - think plunge pools, internal lifts, luxury golf cars and golf-car parking. Homeowners here will also enjoy the most luxurious resort facilities to date in an unbeatable natural wildlife-filled environment. All this, and their resort will sit immediately adjacent to our company's Greg Norman-designed Pelican Waters Golf Course, that is being reconfigured to accommodate the new homes. For our Head of Golf, Dale, and our very dedicated course greenkeeper, Troy, it was quite the bittersweet moment to watch the very official gold (spray-painted) shovel cut through the hallowed turf of the 18th green to ‘turn the first sod’ – but they know, along with all our golf club members, that it's all for a very good cause. What awaits this site is nothing short of spectacular. Our future over-50s homeowners, along with Pelican Waters Golf Club members and the rest of the local Pelican Waters community, will be able to take advantage of a host of incredible community facilities that the current golf clubhouse precinct will soon provide when it's redeveloped into “The Springs Hotel”. You can read all about our over-50s resort, the golf course reconfiguration and the rebirth of our golf clubhouse to The Springs Hotel on Pages 10-11.

While the national construction industry currently faces issues associated with a shortage of building supplies, Palm Lake Group luckily does not. Our savvy construction management team highlighted very early on, many months ago, that a supply shortage was imminent, and we were able to place bulk future orders well in advance of the current situation. Our team's foresight has insulated our business to a large degree, which means our new projects and those refurbishment projects currently underway within our existing resorts can continue relatively unaffected. This includes the major refurbishment

and extension of the community hall at our very first property, Palm Lake Resort Willow Lodge (Victoria).

While we were on the Sunshine Coast to turn the first sod at The Springs by Palm Lake Resort, I was also excited to stop by the construction site for Palm Lake Care Caloundra to see how things were progressing. It sits adjacent to Palm Lake Resort Caloundra Cay. With earthworks in full flight and the site itself buzzing with construction equipment, there's a tangible excitement in the air there. Our last Caloundra Cay homes are also under construction right now, just like at Beachmere Bay and Toowoomba, while Cooroy-Noosa is officially sold out. It seems over-50s really are understanding just how safe, secure, supportive, convenient and downright fun our Palm Lake Resort communities are in this day and age.

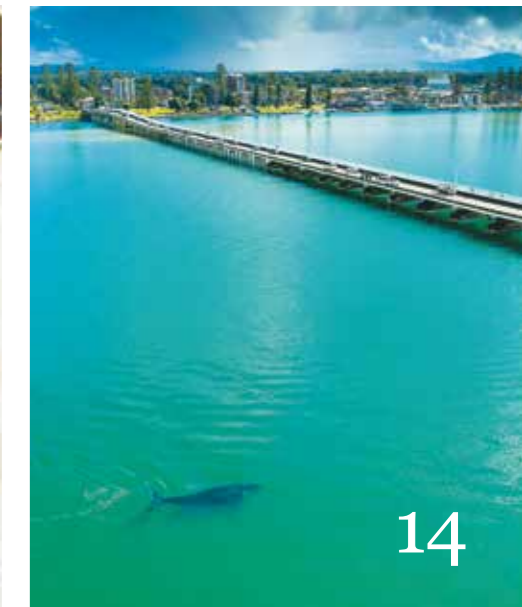
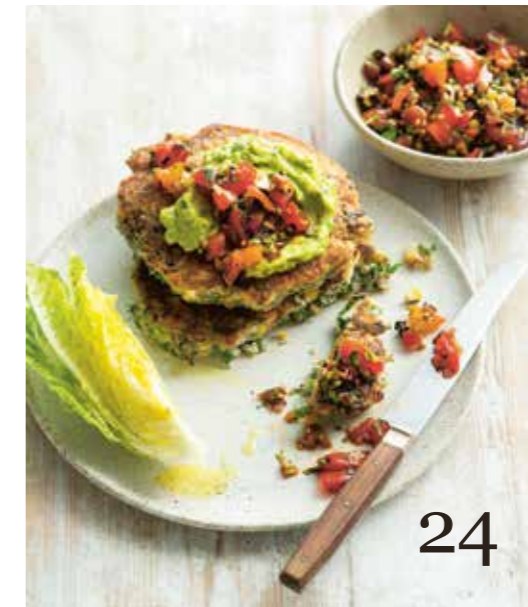
As one resort project is completed, more are just beginning. Early in 2022, we will begin construction of 78 homes at Yamba (New South Wales) on a site directly across the road from our existing Palm Lake Resort address already in town. Around the same time, construction will commence at Paynesville (Victoria) on a project offering in the vicinity of 188 homes and other world-class facilities. We are also watching with awe as earthworks commence on our Palm Lake Resort Forster Lakes marina – what a brilliant community facility that will be! And we will also be eager to celebrate with the homeowners at Palm Lake Resort Bargara as their new country club is officially unveiled in November.

In closing, a special shout out must go to our design and construction teams behind Palm Lake Care Toowoomba which has just picked up a Master Builders Association Queensland construction award. It's a truly beautiful community that deserves the industry praise. You can read more about the award win on Pages 8-9.

All in all, there's plenty on the Palm Lake Group radar as we work towards year's end while continuing to present unmatched over-50s projects and award-winning aged caring communities to a grateful audience. Enjoy the read.

Scott Elliott, Palm Lake Group Managing Director

CONTENTS



- 04** Find your right size: ‘Downsizing’ isn’t a dirty word
- 09** Winning formula: Palm Lake Care Toowoomba wins industry award
- 10** Breaking new ground: Here comes The Springs by Palm Lake Resort
- 12** Shaken, not stirred: Our Bond-esque Casino Royale event was a huge hit
- 13** Full house: The very last homes are up for grabs at Beachmere Bay, Caloundra Cay and Toowoomba right now
- 14** Forster filling fast: Our history-making first Forster Lakes residents
- 16** Bargara: New home designs unveiled

- 19** Cool Yule: Beachmere Bay put on a great Christmas in July soiree
- 30** Palm Lake Care: Resort meets Care - and they’ve scored a hole in one!
- 32** Palm Lake Care: Just the right fit at Toowoomba’s Riverton
- 34** All our Palm Lake Group locations

life+style

- 20** Season of growth: Retirement has given us the time to...
- 22** Go green with these fun homewares
- 24** Fresh and fab: New season spring-inspired recipes to try at home

Editorial and design Belle PR: Belinda Glindemann, Anastasia White, Jack Carty.

Palm Lake Group Southport Central Tower 3, Level 4, 9 Lawson St, Southport QLD 4215 **Postal address** PO Box 10479, Southport BC QLD 4215 **Email** info@palmakeresort.com.au **Phone** 13 7256 **Website** palmakeresort.com.au
Founder/Director Walter Elliott **Managing Director** Scott Elliott ©Palm Lake Group 2021. All rights reserved. Circulation: 12,000 copies.

No part of this free magazine may be reproduced without the written permission of the copyright holder. This magazine is intended to give general information only. All liability arising directly or indirectly from the use of, or for any omissions in the information given, is expressly disclaimed. Please note: Some images contained within are artist impressions only and are subject to change without notice.

FIND YOUR RIGHT SIZE

For some, the word “downsizing” has a slightly negative connotation. But when it comes to downsizing into a Palm Lake Resort home, let us tell you from 44 years of experience - life gets large and things will only look up...

ONCE THE KIDS have flown the family nest and the time comes for you to start to really enjoy the fruits of your working life, “downsizing” into a smaller home is the natural progression. With less home maintenance to deal with, less grass to mow, less gardens to tend to, there comes more time to spend with the people important to you – and more time for those passions and interests that truly excite you and ignite your soul. However, some say the word “downsizing” has a negative undertone: that by the literal parts

of the word, you might be living less of a life than you were before. As the dictionary tells us, the word “down” has us heading into “a weaker or worse position”. A smaller home. Less ‘things’. And this is after a lifetime of society telling us to ‘dream big’ and ‘live large’ and strive to obtain ‘all the things’. So, what if we looked at downsizing more so as a ‘rightsizing’ in life? Where the time has come to start an exciting new chapter that revolves more around you and your family, than just the sprawling home you once all filled?

Continued on Page 6 >>





<< Continued from Page 5

With 44 years' experience in developing and operating community lifestyle resorts across Queensland, New South Wales and Victoria, the Palm Lake Resort team is witness to thousands of over-50s thoroughly enjoy their 'rightsizing' era. In fact, many new homeowners across the Palm Lake Group will go on to tell you that they should have made the move sooner. At Palm Lake Resort, downsizing your home actually means upsizing your lifestyle. We see it every day in every one of our 25 operational resorts. Here's how downsizing has, in fact, expanded the lifestyle of our 11,000-odd residents...

BIG HOMES, BIG VIEWS

You only need to take a drive through the streets of Palm Lake Resort Caloundra Cay, for example, to see that 'downsizer' homes can be, in fact, impressively large abodes. The largest of the two-storey offerings here - the Palmira design - measures over 300sqm (32 squares). With its two bedrooms, additional multipurpose room, three bathrooms, two living areas, alfresco entertaining area and two-car garage (did we mention there's an internal lift as well!), this is one open-plan home that could quite possibly be more spacious than your previous family home. There's scope for couples to spread out and properly set themselves up to enjoy their favourite hobbies. There's also ample space to have the grandkids come and stay. The 'downsizer' element comes from the fact that these brand new designer abodes, with all their quality fittings and luxury finishes, require little maintenance and their yards are also strategically designed to be next-to-no maintenance. One word: Easy.

Over at Palm Lake Resort Toowoomba, as another example, the newest homes measure up to the 230sqm mark, but it's the views here that are impressively large. Sections of this resort enjoy sprawling rural views over the adjacent coun-

tryside, helping to bring that feeling of 'big' to homes here. And, of course, you need to remember that at our newest resort locations, there's even more space available for you to store all of those toys that make the retirement years so much fun. At Palm Lake Resort Bargara, big RV garage homes are the most popular choice - allowing full size motorhomes and more to live right under the same roof as their owners. But if you haven't secured an RV garage home for your rig, fear not. On-site dedicated caravan and RV parking assist with housing and maintaining your larger assets and is available at many of our locations. It becomes obvious that 'downsizing' into one of these resorts is no downsize at all.

BIG LIFESTYLE, BIG OPPORTUNITY

With retirement, comes the time to finally do all those things that you've wanted to throughout life but maybe had to put on the backburner while raising a family and/or climbing the career ladder. One of the best aspects of life at Palm Lake Resort, besides the incredible home you'll enjoy, is the lifestyle on offer.

Maybe you've always dreamed of learning a musical instrument or a foreign language? Maybe you've felt pulled towards a certain style of art but never had the chance to dip your toe in? Maybe you've dreamed of throwing clay pots on a wheel? Maybe you've had the desire to sing but haven't yet had the chance to find your voice? Each resort's weekly activities list is packed with a variety of organised classes - from sporting and exercise classes to more hands-on creative pursuits. There's yoga, Pilates, tai chi and aqua aerobics. Teams regularly play tennis, pickleball, golf, croquet, lawn bowls and tenpin bowling. Try painting or poetry, knitting or sewing. Race model boats. Line dance. Learn to play a new card game or Mah-jong or even the ukulele.

Many of these weekly activities will be facilitated by each resort's management team, but there will usually also be a host of additional social activities organised by the residents themselves - likeminded social butterflies who've

found engaging common interests and the time to pursue them. They love any excuse to come together and share a cuppa and a chat. Some also love charity work and will congregate to volunteer their time and skills to support the less fortunate, for example. Through the Palm Lake Resort weekly activities list, and the many likeminded neighbours you'll meet, there's finally scope to spend time doing the things that you want to do - not what you need to do. One thing is for sure. You'll need to bring a big diary when you move into a Palm Lake Resort.

BIG FRIENDSHIPS, BIG COMMUNITY

Sylvia Troy lays claim to being one of Palm Lake Resort's longest-term residents. She moved into Palm Lake Resort Carindale, in Brisbane's inner south-east, in 1996. On August 30 this year, Sylvia marked her 25th anniversary in her home. When you want to better understand the 'downsizer' lifestyle, there's no one better to consult with than Sylvia!

"'Downsizing' only refers to your house size," Sylvia states. "There's actually so much more here at the resort - we've got a wonderful clubhouse and recreational facilities. For example, there's bowls and putt putt and more."

At 88 years young, Sylvia says some of her favourite aspects of resort life over the years have been the dinners every Wednesday night, the gentle exercise classes, on-site movies and the resort bus that takes homeowners to the local shopping centres, among other trips. But the main benefit of Palm Lake Resort life for Sylvia has been the community around her. A widow for a large portion of her life, with family living internationally, Sylvia has enjoyed the friendship and community that came with her downsizer home.

"We actually have a lot of singles on their own here," she explained. "It really is a lovely lifestyle. You can mix with others if you want to - you have the choice. There really is no need for anyone to be lonely. I've made some lovely friends here over the years."

BIG SUPPORT NETWORK

Palm Lake Resorts are all about community. Houses become homes. Neighbours become friends and, as Palm Lake Resort Carindale resident Sylvia Troy explained, friends become family. On top of the neighbourly friendships you'll enjoy, each of our resorts offers an onsite caretaker and management team to ensure there's always someone around to support you.

The COVID-19 era has really proven the strength of the support network on offer in our resorts. During lockdowns, our caretakers have homeowners' welfare at the top of their priority lists. At Palm Lake Resort Truganina, for example, we saw our resort cook and the caretaking team home-deliver hearty meals with a supportive smile. Our homeowners reported never feeling isolated while in lockdown as there was always someone just a stone's throw away. Even those socially-distanced smiles over the front fence as our residents walked their dogs and exercised through their lockdowns, for example, were a welcome tonic for any creeping feelings of isolation that the rest of the country was feeling. Further extending that care network, right from the earliest stages of the global pandemic in 2020, Palm Lake Group was supporting homeowners right across the nation by providing free hand sanitiser and PPE when it was hard to come by. If there's another great thing that 'rightsizing' into a Palm Lake Resort home will bring, it's a strong and welcoming support network.

BIG FUTURE

So what does your future look like? Is it living in a spacious, architectural, low-maintenance home with world-class facilities on your doorstep and a wonderful community of support all around you? Maybe it's all about the on-site hobbies and activities that you'll finally have time for in your new 'right-sized' lifestyle (check out Pages 20-21 for some Palm Lake Resort residents living their best lives). Maybe downsizing into Palm Lake Resort will actually be the 'rightsizing' that you've always dreamed of?

WINNING FORMULA

2021
MASTER BUILDERS AWARDS
WINNER

Palm Lake Care Toowoomba was built to stand out among other aged care providers and it was proven when this community picked up the coveted Master Builders Queensland Housing and Construction Award for Community Accommodation (Downs and Western region) in recent weeks.

MASTER BUILDERS QUEENSLAND was thrilled to welcome a live crowd to the event on July 31. Despite challenges for the industry being far from over, judges said this year's field rose above the adversity brought about by ongoing trade and materials shortages and price hikes, surprising and delighting them with the calibre of workmanship, superb finishes and detail in construction.

Palm Lake Group made a \$35 million investment in the construction of Palm Lake Care Toowoomba – the sixth aged caring community of its kind in the Group's portfolio. Since opening its doors shortly before Christmas, there's been a flood of local families looking to Palm Lake Care Toowoomba for premium care for their beloved family members, all in a luxury setting.

From a design perspective, when you approach Palm Lake Care Toowoomba's porte cochere, you are instantly captured by the grandeur of this building. A vast wall of six-metre-high stone cladding contrasts distinctly against the equally as impressive wall of glass panels alongside it. This expansive glass wall allows energising sunshine to stream into the entry foyer to wrap residents and their guests in a warm and welcoming hug upon arrival.

Once inside the entrance doors, the luxury and opulence of this building is only heightened. Literally. Your eye is drawn up to the six-metre ceiling, courtesy of an impressive glass chandelier-style light fitting hanging centrally over a distinctive pattern in the large-format floor tiles in this foyer area. Stone cladding cleverly wraps from the external front wall into the foyer to sit as a backdrop to an enormous vertical garden and equally as impressive, rural-inspired commissioned art piece. Stereotypes of traditional 'nursing homes' are thrown right out the window, as this arrival experience is more akin to being in a high-end shopping precinct or luxury hotel. From the foyer, your attention is easily drawn down into the building courtesy of a curved wall. It takes your eye past the hairdressing salon, meeting rooms, Wellness Centre, Community Centre and the (well-stocked) Atrium Bar, into the first of many plush community lounges. All surfaces throughout this building have been given the luxury treatment. Think rich, textured wallpapers, more feature timber pillars, more stone cladding, plush

carpet and large format tiles. Gas fireplaces and slick built-in cabinetry provide literal and visual warmth to community areas, while high-end furniture pieces create intimate spaces for residents to wind down.

As far as the 146 resident suites go, each offers its own private ensuite bathroom, a wall of cleverly integrated cabinetry (that neatly conceals a large wardrobe, study nook, bar fridge, TV and storage galore), individually controlled air conditioning, direct dial phone line and, importantly, private access to the outside world from every suite via sliding glass doors. The layout and inclusions in each private suite enable residents to enjoy their independence and comfortable solitude, if they so desire, while the design of the greater community gives them the ability to partake in meaningful interactions with their neighbours. As for resident and guest facilities, Palm Lake Care Toowoomba offers its own Atrium Café, a dedicated indoor kids' zone, outdoor kids' playground, gymnasium, luxury movie cinema, private dining rooms and more. Precious time together with family, friends and visiting fur babies is made possible via free use of the separate guest house and alfresco areas throughout the expansive private parklands. Behind the scenes, a commercial kitchen and laundry ensure the residents' needs are not just met, but exceeded.

Master Builders Regional Manager, Linda Rosengreen, congratulated the winners across all 47 categories.

"This year's theme 'Built to rise above' was inspired by our members and the projects they've delivered during these tough times show they've done just that," Linda says. "Since the pandemic first started to bite, our members have excelled in the face of adversity and are continuing to amaze us with their tough-as-nails attitude."

While the Master Builders Queensland award reiterates Palm Lake Care Toowoomba's impressive design and construction, the real 'award winners' are those caregivers who provide a premium level of care to the residents who call this community home. It is these caregivers who have helped Palm Lake Care Toowoomba achieve the impressive reputation it has in less than 12 months of operation.



The Springs by Palm Lake Resort

BREAKING NEW GROUND



With 28 addresses across three states of Australia and 44 years' experience in developing over-50s community lifestyle resorts, Palm Lake Group's most opulent and luxurious resort project yet has officially commenced. We welcome "The Springs by Palm Lake Resort"...



Pictured far left: It was quite the auspicious day in August when Palm Lake Group MD Scott Elliott officially turned the first sod for The Springs by Palm Lake Resort. Joining Scott on the day were, from left, Sunshine Coast Council's Cr Terry Landsberg, Palm Lake Works Project Coordinator Suzanne Jensen, Palm Lake Group board member Rob McCann and Pelican Waters Golf Club's Head of Golf, Dale Williamson.

Pictured left: It was a bittersweet moment for Dale and Course Greenkeeper Troy Muir when the official 'gold' shovel was also dug into the long-standing 18th green. The Greg Norman-designed golf course is being reconfigured (by Greg's team) to make way for The Springs by Palm Lake Resort.

PALM LAKE GROUP Managing Director Scott Elliott says 'The Springs by Palm Lake Resort' will be the Group's most "iconic" and "game changing" address of all time.

"We up the ante with every new resort we develop and The Springs by Palm Lake Resort will be something that Australia's over-50s population has never before seen," Scott says.

Before the project even commences, The Springs by Palm Lake Resort is leaps and bounds ahead of the competition with thanks to its remarkable location. The resort masterplan was designed to take advantage of both the Sunshine Coast's impressive natural environment and wildlife-filled waterways, as well as the Greg Norman-designed golf course that hugs the resort's eastern boundary. The more than 320 custom-designed homes proposed for this community will enjoy water frontage and/or direct golf course access, as well as all those world-class facilities that the Palm Lake Resort brand is renowned for. This includes a lakefront community 'hub', offering social, sporting and wellness facilities. From a social perspective, this hub will feature a main lounge and dining area, luxury movie cinema and an outdoor pool cantilevered over the adjacent waterway. For those more active residents, there will be an eight-rink undercover lawn bowls green, tennis and pickleball courts as well as a golf simulator room within a separate sports clubhouse. Residents' wellness will be supported via an exclusive Milon gymnasium, yoga/Pilates studio, salt therapy room, sauna, indoor heated pool, library, craft room and more.

Home designs will have homeowners feeling like they are living a holiday every day. For example, the two-storey three-bedroom designs will come with a lift, mixing opulence with functionality. These cleverly space-saving designs give homeowners a distinct sense of spaciousness with their open-plan approach. The low maintenance nature of these abodes allows their owners the scope to travel at a moment's notice – or simply spend their days enjoying the golf course. Some homesites will offer plunge pools – a first for Palm Lake Resort – and some homes will also enjoy their own premium golf car as well as an extended garage to house their golfing wheels, as part of the purchase.

The Springs by Palm Lake Resort is one element of a greater total luxury precinct emerging at Pelican Waters. As well as the over-50s resort and Greg-Norman designed Pelican Waters Golf Course, there's a dramatic upgrade of the golf clubhouse underway right now that will see a hotel-style facility available to the wider local community. There will also be a new stand-alone pro shop, training academy, mini golf, pitch and putt, driving range and glass-clad lakeside chapel to complete The Springs Hotel precinct. It will be a destination for the whole Sunshine Coast community, not just limited to those avid golf lovers and/or Palm Lake Resort residents.

"It will be a place where local families will enjoy quality time – a place to come together, celebrate and have fun," Scott says.

Sunshine Coast Council Division 2 Councillor Terry Landsberg was on site to help Scott 'turn the first sod' and officially mark the commencement of this project. Cr Landsberg, who oversees council's Economic Development, Innovation, Tourism, Events and Sport portfolio, says The Springs precinct is an "exciting new project" for his community.

"Palm Lake Resort will bring their creativity, experience and high level of detail to present an exceptional resort for not only golf lovers, but residents who appreciate prestigious resort-style living," Cr Landsberg says. "The range of impressive community facilities proposed for this site will no doubt suit our local families – and will also help keep non-playing residents entertained while their other half is out on the greens enjoying a round or two!"

From a design perspective, The Springs will take its inspiration from Palm Springs and will be quite the holiday-everyday destination when complete. Inspiration for this design theme stems from Palm Lake Group's desire to create a residential resort that cultivates a sunny state of mind while channelling the Palm Springs brand of mid-century modernism. Think clean geometric architecture, natural material finishes and strategic pops of bright colour to brighten the every day. It is expected that The Springs by Palm Lake Resort will welcome its first residents late in 2022.



SHAKEN, NOT STIRRED

Caloundra Cay took on a very slick James Bond theme for our 'Casino Royale' event recently.

Visitors enjoyed roulette, black jack, poker and more. Bond movies screened in our luxury theatre while the DJ played cool Bond-inspired tunes. Our residents joined in and ran the very popular bar to complement the array of delicious canapés being served. Our biggest winners on the day scored a \$500 voucher to Treasury Casino among other prizes. To get your name on the list for future Caloundra Cay events, phone 1800 55 66 77.



**FREE
PREMIUM
GOLF CAR
WITH YOUR
NEW HOME**
T&Cs apply

Pictured above: Our Caloundra Cay resort is almost complete, with just one small section of ground left. Act now to secure your slice of Caribbean holiday-every day lifestyle!

FULL HOUSE

As quickly as they began, our Palm Lake Resort projects at Caloundra, Beachmere and Toowoomba are about to completely sell out!

IT FELT LIKE just yesterday that we embarked on exciting new projects at Caloundra, Beachmere and Toowoomba with the aim to bring that Palm Lake Resort luxury community resort lifestyle to even more of South-East Queensland's over-50s. Toowoomba was a major extension of an already popular location for our Group. Likewise, Palm Lake Resort Beachmere Bay was positioned next door to our existing retirement village and conveniently across the road from our Beachmere aged caring community. Caloundra Cay joined Palm Lake Resort Cooroy-Noosa on the Sunshine Coast. The three locations take their theming and design inspiration from three completely different styles: Toowoomba celebrates its elevated rural position - being a little bit country with all the bonuses of big city living. Beachmere Bay is our Hamptons-inspired resort,

taking classic coastal design cues from that internationally famous celebrity enclave east of New York and celebrating its location right on the edge of Moreton Bay. Caloundra Cay is Caribbean by design and oozes that coveted tropical holiday appeal.

Palm Lake Resort Sales Manager Alysia Nechvoglod says, as we edge closer to year's end, there are very limited numbers of homes left on each of these three sites before these resorts will be labelled "Sold out".

"It's very exciting - we are so close to the finish line on all three of these projects with the last remaining homes now available," Alysia says. "There is still a little bit of time, however, for those over-50s interested in securing one of these last new homes to add their bespoke touches to the build - but you have to act now."

And don't forget our current promotion offering a FREE luxury golf car (valued at up to \$20,000) with every new home purchased. It really is 'Your time' to join us at Palm Lake Resort!



Pictured: Homeowners at Palm Lake Resort Forster Lakes are blessed to live in such an amazing natural wonderland on any normal day but things got even more 'amazing' in recent weeks. A slightly confused southern right whale took a little detour off the 'Humpback Highway' and ended up in Wallis Lake for a scenic tour of our area. This visitor called Wallis Lake home for three days, drawing crowds of onlookers, before passing back under the Forster/Tuncurry bridge and safely heading back out to sea.

Photo courtesy of Shane Chalker Photography.

FORSTER FILLING FAST

After years of planning, then all the months of exciting construction, it's been more than wonderful to finally have people moving into Palm Lake Resort Forster Lakes in recent weeks.

AS THIS MAGAZINE goes to press, Forster Lakes Sales Manager Jen Nichols says more than two dozen homes are filled and the hum of happy chatter is finally permeating the resort courtesy of these history-making homeowners.

"Even under a little COVID cloud, sales continue to be strong," Jen says. "Stages 1 and 2 are nearly sold out and Stage 5 only has a handful of homes remaining. It's meant that Stages 3 and 4 have already been released and, just like the earlier stages, they are selling really quickly."

In an exciting update for this resort location, Jen says the premium two-storey homes facing Dunn's Creek will now

also feature an upstairs balcony to enjoy that gorgeous water view. Just like their two-storey 'cousins' at Palm Lake Resort Caloundra Cay, these homes feature three bedrooms, three bathrooms, two living spaces as well as an alfresco entertaining area, double garages and an internal lift that is equal parts convenience and chic talking point. Jen says prices on these two-storey beauties will range from \$1.5m to \$2m.

In another exciting announcement for Palm Lake Resort Forster Lakes, as of July 1, for every new home purchased, homeowners will receive a luxury Club Car 'Tempo' golf car, valued at up to \$20,000, absolutely free! These four-seat beauties feature lithium ion technology to keep you on the course for longer and are a neat little 'welcome home' gift in new Forster Lakes garages.

To find out what home designs and which stages are available now, the Sales Information Centre is your best port of call. Freecall 1800 577 542. You can also visit the forsterlakes.com.au website for more information about the resort.

THREE'S A CHARM









Palm Lake Resort Bargara's extension is well underway, with some fresh new home designs adding even more interest to this development.

WITH THREE NEW designs just added to the mix at our Bargara location, there are now more different home designs on offer here than at any other Palm Lake Resort in the Group. These two bedroom, two bathroom floor plans offer spacious coastal living with all the luxury touches you'd expect. Other floor plans available offer our popular RV garages for storage aplenty.

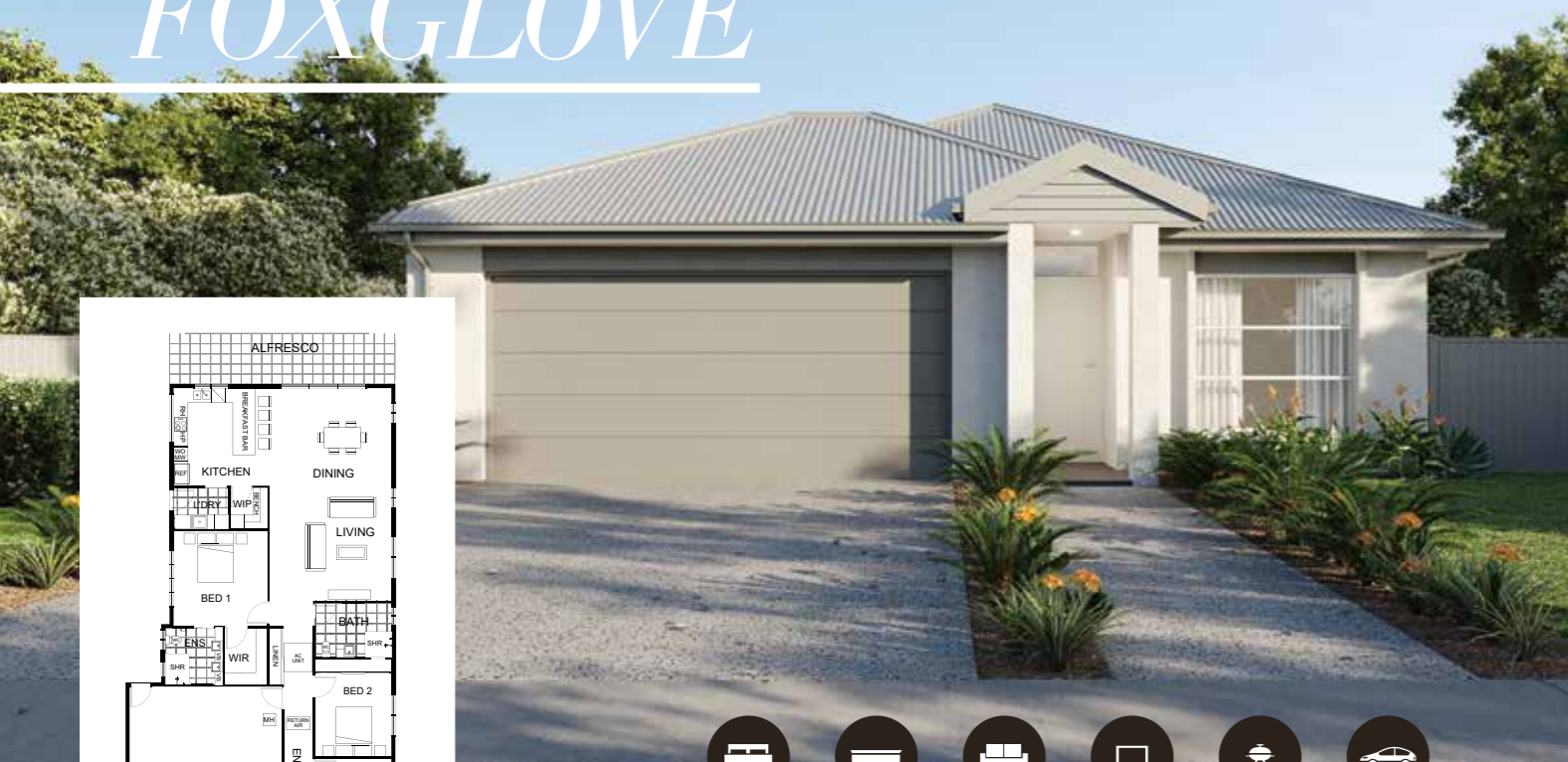
The major community hub for this new section of our resort, Horizons Country Club, will be officially opened in November. It will give new homeowners (and our existing residents) another wonderful option for socialising with its four-lane tenpin bowling alley and more. To find out more about the variety of home designs on offer, contact the Sales Information Centre on 1800 501 119.







LUPINE



- 
Beds
2
- 
Baths
2
- 
Living
1
- 
Activity
1
- 
Outdoor
Living
- 
Garage
2







FOXGLOVE



- 
Beds
2
- 
Baths
2
- 
Living
1
- 
Activity
1
- 
Outdoor
Living
- 
Garage
2

WILLOW



- 
Beds
2
- 
Baths
2
- 
Living
1
- 
Activity
1
- 
Outdoor
Living
- 
Garage
2

NEWS IN BRIEF

Biggest Morning Teas provide big charitable support

Our residents are such a great bunch of charity-minded humans. We see so many examples of them giving their time and energy - and donating cash - to worthwhile community causes. Over at Beachmere in recent months, a colourful Biggest Morning Tea event saw the majority of the Beachmere Bay and Beachmere Sands homes and residents' golf cars decorated to the nines for the resort-wide event, with more than \$7000 raised, **pictured below**. At Palm Lake Resort Bargara, another Biggest Morning Tea fundraiser saw 180 residents step out and raise more than \$4000. And at our Caloundra Cay resort, just under \$6000 was raised for the same cancer research and support charity via their Biggest Morning Tea event. Well done, all!



Your 'free feed' awaits

Did you know that across the majority of our Palm Lake Resorts, each home is automatically entitled to one free meal voucher, per week? That's a delicious two-course meal, to be enjoyed among friends in that resort's own Country Club, at one of the resident meal sittings on a weekly basis. Free food is always well received and this ongoing offer provides a great opportunity for our residents to catch up with likeminded neighbours. And, guess what? When you eat out at a Palm Lake Resort Country Club, that means there's no washing up. Winning! It's just another way that Palm Lake Resort is different from other community lifestyle resorts and continues to offer the best in over-50s living. Check with your local resort for more info.

BLOOMIN' BEAUTY!

Palm Lake Resort Toowoomba is gearing up for the annual spectacle that is The Carnival of Flowers. It's a great time to stop by and check out the bloomin' beautiful grounds!



Free wheels start rolling in

Pictured above, these new homeowners at Palm Lake Resort Toowoomba - Bruce and Lynnette Edwards - were among the first to receive a FREE luxury Club Car golf car (valued at \$20,000) as part of our current sales promotion. When you buy a brand new home at any of our Queensland locations, or at Palm Lake Resort Forster Lakes, the Club Car 'Tempo' model comes FREE. It's a four-seater with lithium-ion technology to keep you on the course (and out and about around the resort) for longer. What a nice little 'welcome home' gift from our family to yours.

Stay a night – on us!

Many of the sales enquiries we receive about homes at our newest resorts come from people in distant locations right around Australia. Did you know that if you are coming to tour one of our new locations from out of its local area, you can freecall the Sales Information Centre to arrange your resort inspection and a complimentary night's accommodation - on us! This offer is subject to availability and conditions apply, but there's never been a better excuse to indulge in a stopover to properly inspect our world-class facilities and welcoming homes, as well as our resorts' fantastic local areas.



A COOL YULE

Palm Lake Resort Beachmere Bay's latest event, Jingle by the Bay, brought that wonderfully festive feeling of Christmas direct to our guests at this amazing Moreton Bay location.

THIS IS YOUR TIME. LITERALLY.

It might be the name of our company magazine, but “your time” is also exactly what you can expect – by the truck load – from your delightful new Palm Lake Resort lifestyle. So, what will retirement give you the time to do?

AFTER A LIFETIME of work and/or raising babies into children, and then children into independent adults, the over-50s era of your life is when there’s actually time again to do those things in life that you *want* to do – as opposed to what you *need* to do. And that’s where living in a community lifestyle resort like Palm Lake Resort proves beneficial. With access to a raft of on-site weekly activities, as well as likeminded neighbours all around, there’s bound to be a new hobby within reach. The hardest part will be deciding whether to learn a new language, or go pro with your artistic talents, or star in a musical theatre production. Guess what? You can do it all here at Palm Lake Resort! Here are just some of our homeowners, living their dream...

MEET STEVE

Walk past the Palm Lake Resort Beachmere Bay music room on any given day and you’ll likely hear Steve Morris strumming out songs on his guitar, rehearsing for his next performance with the BeachmereKatz. A lifelong lover of music, Steve first picked up the electric guitar when he was around 14 – after that, he says, life got in the way. Through stints in the army, work as a police officer and his time spent as a solicitor in the Atherton Tablelands, Steve was always sure of one thing: one day, he would find time for his music.

“I retired to learn, once and for all, how to play the electric guitar, and now I get to do it every single day,” says Steve. “I’ve got all my gear set up (in the resort Music Room) and I come here every day, it’s just fantastic – we’ve got the most incredible facility. We perform at both Beachmere Bay and Beachmere Sands, and sometimes do shows at local RSLs or up at Palm Lake Resort Caloundra Cay. I take every opportunity I can get.

“Music was always there in the background, but I knew it wouldn’t be something I could really focus on until I retired,” he admits. “Now, this is my time. I would be crazy not to dedicate everything I have to it. I’m living the dream.”

MEET ALAN

Alan Boyes has seen life come full circle as a resident of Palm Lake Resort Fern Bay. Many would know Alan as that helpful smiling face behind the resort bus steering wheel on fortnightly Mondays, or as the guy who has been diligently raising and lowering the resort flag every single day for the past six years (he’s only missed three days in all that time!). A niche group of creative residents also know Alan as the resort’s art group facilitator and a dab hand at painting – but did you know these artistic talents are only seeing the light of day again since Alan’s move to Palm Lake Resort?

“A couple of the ladies here said they wanted to start an art class and I had all this paint sitting in my cupboards,” he recalls.

While the class was initially facilitated by a paid external teacher, the tight-knit group soon realised there was enough talent within their own walls to run their own classes. While Alan takes the group’s organisational helm, the members themselves each provide support, training, encouragement and critiques of each other’s pieces to help them each grow and blossom. Alan says the resort art group offers a wealth of talent – from the 94-year-old with the university art degree, to an ex-art teacher, to those resident members who are also members of other outside art groups. He encouraged any other Palm Lake Resort Fern Bay residents who were keen to try their hand at producing art to drop by their regular group meetings which are held weekly on Wednesdays from 1-3pm in the craft room.

As an extension of their hobby, these residents are now also enjoying the fruits of their labour, with a brand new gallery just set up in the resort Country Club. Their artworks are expertly hung, professionally lit and available for the viewing pleasure of their fellow neighbours and also for sale. In fact, on the gallery’s first day, an artwork was quickly snapped up.



“The gallery wall allows us to display and promote our work and maybe even sell a few pieces,” Alan says. “We aren’t here to make millions but if we can fund the purchase of more canvases and more art supplies, that would be great.”

MEET ALLAN

Palm Lake Resort Tea Gardens’ Allan Wilson has always been captivated by theatre. A former cop, he joined the Q Theatre group in Penrith to pursue his love for performance – a creative muscle he says he didn’t get to flex much in his day job.

“There aren’t many ways you can be funny in the police, and my biggest goal with theatre is to make people laugh,” says Allan. “I’ve been part of a few amateur plays in my time, but it’s writing original plays that I am most passionate about.”

Since moving to Palm Lake Resort in recent years, Allan has not only found a place to pursue his love of playwriting, but a passionate group of performers to bring his stories to life. The resort theatre group has grown from two members to around 20, putting on original performances every quarter.

“We only do about three or four rehearsals before each show, which isn’t many considering they are around 45 minutes each,” says Allan. “I write the scripts so that people can have their lines on stage with them as part of the scene, usually while sitting down, so we don’t need to spend much time memorising. I like to say it’s professionally amateurish!”

The group’s performances receive stellar reviews, both from the captivated audience – Allan likes to include plenty of opportunities for audience participation – and from the castmates themselves. The group has even had to put on additional shows to answer the high demand, and Allan is always being asked when the next opening night will be.

“People love it, and everyone always has a good laugh,” says Allan. “It’s all very light-hearted, which is more important now than ever before, I think. There is nothing more reward-



ing than watching someone laugh. Movies are great, but we need to save a special place for live theatre. It’s a dying art – you can see it out in the country towns that once had thriving theatre groups. I would love to do my bit to keep it alive, even if it’s just here at Palm Lake Resort.”

MEET BETTY (AND FRIENDS!)

It all started over a game of cards and a few glasses of bubbly. On a mission to find their next activity, a group of Palm Lake Resort Caloundra Cay residents (who also form a card group known as ‘The Prosecco Girls’) decided to dip their toes into the world of synchronised swimming. It was then that the ‘Rainbow Lorikeets’ were born.

“It was a very random suggestion from Heather that just grew wings,” says Betty, one of the group’s members. “It was only supposed to be a one-time thing – a performance for the summer pool party – but the other residents loved the show so much we were asked to perform again.”

There are eight swimmers in the Rainbow Lorikeets, plus Betty, who conducts the dance from the side of the pool using hand gestures and a whistle. Without a scratch of synchronised swimming experience between them, the Lorikeets called on another Caloundra Cay resident, Gail, to help them choreograph their debut performance.

“We discovered that Gail had some knowledge about synchronised swimming and she became a huge help to us,” Betty smiles. “The Prosecco Girls asked me to join because they know I am involved in the dance classes here. Even though I can’t swim, they were happy for me to play a role from the side of the pool. We have been asked when our next performance will be, but I think we will keep people guessing until summer.

“There is a lot to keep us busy in the meantime. The social committee here is incredible. We all really enjoy our lives here, and appreciate what is available to us,” Betty smiles.

GO GREEN

Be it jade, olive or sage, the colour green is beloved for its ability to bring calmness, balance and harmony to any home. According to colour theory, green symbolises new beginnings and abundance, with darker greens promising stability and affluence – so, when in doubt, always go green.



- 1. Marks and Spencer cushion, \$32.50, www.marksandspencer.com • 2. The Plant Society Memphis vase, \$50, www.theplantsociety.com.au • 3. Maggie Stephenson x Bed Threads 'Growth' print, \$80, www.bedthreads.com.au
- 4. Maison Balzac carafe and glass, \$89, www.stemonline.com.au • 5. Rosseta flatware, \$40, www.rossetahome.com
- 6. Fyto dimple planter, \$16.95, www.fytoboutique.com.au • 7. Assouline 'Tulum Gypset', \$122.50, www.coggles.com
- 8. Lounge Lovers Draper armchair, \$1149, www.loungelovers.com.au • 9. Temple & Webster Hamilton lamp, \$99, www.templeandwebster.com.au • 10. Maine & Crawford throw, \$74.95, www.templeandwebster.com.au
- 11. House of Isabella Imola bar cart, \$946, www.houseofisabella.com.au • 12. Rug Vista Leia rug, \$297, www.rugvista.com
- 13. Haws watering can, \$34.95, www.saison.com.au • 14. Ferm Living Bau steel pot, \$70, www.smallable.com



SMALL GARDEN, BIG GROWTH

When it comes to your garden, size truly doesn't matter. All you need is a spot of sunlight, a sprinkle of quality soil and a bit of creativity, and you'll be reaping the rewards in no time.

Vertical gardens

Have you heard of soilless gardens? They're how some of Australia's best restaurants – including Wild Canary, the Manly Boathouse and Paper Daisy at Halcyon House – are cultivating their own fresh produce on-site using less than one square metre of space. One Brisbane-made vertical soilless garden, Airgarden (pictured above right), allows anyone from green thumbs to novices to sprout five times more home-grown produce than a regular garden, and three times faster, with 95 percent less water. Airgarden has repurposed aeroponics technology originally developed by NASA to grow plants in space, allowing Australians to cultivate a fresh garden of 150 different fruits and vegetables without digging, weeding or watering.

Plenty of pots

If you don't have the space for a built-in garden bed, or would simply prefer a more flexible approach, consider investing in an array of different-sized pots. This way, you can position (and reposition) your plants, vegetables, fruits and herbs wherever you like, changing things up as your literal and metaphorical tastes change. You could even have fun with it and group your plants by theme or cuisine – your Mediterranean herbs (think oregano, basil and rosemary) could live in pots of one colour, while your Asian herbs (chives, curry plants, coriander) could be in another colour. Go wild.



Five fast tips

Want to maximise the space (or the appearance of space) in your small garden? Here are five important tips to keep in mind:

- 1. Make way for mirrors:** Just as you would indoors, utilise mirrors to make your garden appear larger than it is. Hanging or leaning a mirror on your garden fence and surrounding it with tall plants to hide the edges can visually double the size of a small garden.
- 2. Hide the boundaries:** Fences make you feel boxed in. Lush, leafy walls of greenery do the exact opposite. Consider planting a hedge or cultivating a vine-covered trellis to fill your garden with life.
- 3. Create zones:** Designating space for you to enjoy a morning cuppa or an afternoon drink, that is separate from your veggie patch or lawn, is key to making your space feel bigger – no matter the size.
- 4. Use the view:** Some of our Palm Lake Resort homes are treated to beautiful vistas so if you're one of those lucky homeowners, celebrate it! Wherever possible, ensure you don't impede your view with taller plants – take particular care to keep things visually appealing from your outdoor seating area.
- 5. Add texture:** Of course, a garden full of plants naturally has texture. What we mean is, opt for a variety of different-sized plants to create depth and space; think large, leafy bushes next to tall flowers, on a background of crawling vines.



FRESH & FAB

Well, hello there spring - our dear old friend. Oh, how we've missed you! Shake off winter once and for all with these fresh, colourful and visually delightful spring-inspired recipes that will have your plate as grateful as your palette. For more, check out Bryony and Harry Lancaster's brand new cook book, *Egg of the Universe*.

Corn and kale fritters

Serves 4

Ingredients:

- 130g (4 ½ oz) kale, finely shredded
- 2 small-medium corn cobs, kernels sliced off
- 6 organic eggs, 2 separated
- 100g (3 ½ oz) buckwheat flour
- 2 tablespoons ghee, coconut oil or olive oil, plus extra olive oil for drizzling
- Smashed avocado, sliced jalapeños (optional) and a green salad, to serve

Tomato salsa:

- 2 ½ cups (350g) cherry tomatoes
- ½ red onion, diced
- 4 coriander (cilantro) sprigs, finely chopped
- 1 dried smoked chilli (such as ancho), soaked for 10 minutes in hot water, then chopped

Method:

For salsa, toss ingredients together and season to taste with salt.

Preheat oven to 100°C (200°F). Stir kale, corn, 4 eggs, 2 egg yolks (reserve the egg whites), flour, 100ml (3 ½ fl oz) water and 1 teaspoon salt together well. Whisk egg whites to stiff peaks, then gently fold them through kale and corn batter. They'll deflate a bit, but the whites will help the fritters become nice and fluffy.

Heat a cast-iron frying pan over medium-high heat. Add half the ghee or oil, swirling to coat, then spoon in large dollops of batter. Fry for 2-3 minutes each side until nicely browned, then transfer to oven to keep warm while you cook remaining fritters.

Serve with smashed avocado, tomato salsa and a green salad drizzled with olive oil.

Heirloom spring carrots with almond-tahini purée and coconut dukkah

Serves 4-6

Ingredients:

- 2 bunches organic or baby heirloom carrots, scrubbed (skins left on if young)
- 2 tablespoons olive oil
- 2 handfuls wild rocket
- 2 handfuls radicchio leaves, larger leaves torn
- 2 handfuls snow peas
- 1 tablespoon Coconut dukkah (see page 247)

Almond-tahini purée:

- ¾ cup (200g) tahini
- 3 ½ cups (350g) almond meal
- 1 ½ teaspoons lemon juice
- 1 garlic clove

Garlic-maple dressing:

- ½ cup (125ml) extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- ½ garlic clove, crushed

Method:

For almond-tahini puree, combine all ingredients in a blender with 400ml (14 fl oz) cold water and 1 teaspoon salt and blitz until smooth. Season to taste. Keep refrigerated for up to five days.

Preheat oven to 220°C (425°F). Spread carrots on a roasting tray, drizzle with olive oil, season with ½ teaspoon salt and roast for 5-10 minutes until carrots take on a lit-

tle colour but still have some firmness. Meanwhile, wash and trim salad and snow peas. If snow peas are lovely, tender and young, simply slice them into thin batons that can easily be mixed through the salad (otherwise steam them briefly). Dry salad leaves thoroughly and mix with the snow peas.

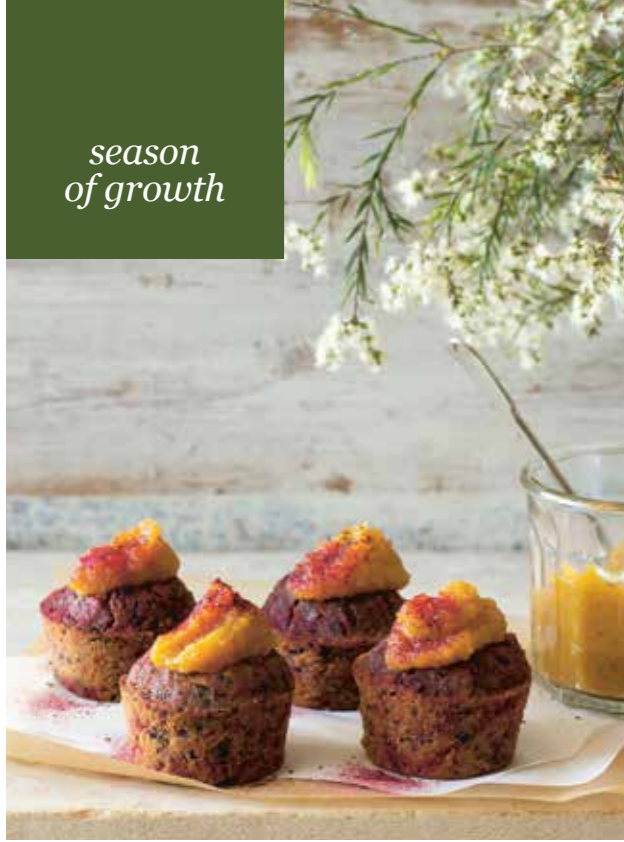
For the garlic-maple dressing, whisk all ingredients together until well combined. Season with ½ teaspoon salt.

Remove carrots from oven and allow to cool a touch. Spread almond-tahini puree on one side of a serving platter to form a bed for carrots, then arrange them on top. Dress salad with garlic-maple dressing, toss well, then transfer onto the platter beside the carrots. Sprinkle dukkah over the top to serve.

>> Turn over for more great recipes...



season
of growth



Beetroot and carrot muffins

Makes 16-18

Ingredients:

- 1 cup (200g) rapadura sugar
- 1 cup (160g) brown rice flour
- 1 heaped tablespoon baking powder
- 1 teaspoon ground cinnamon
- 4 cups (600g) grated purple carrot
- 2 cups (280g) grated beetroot (scrubbed, skin on)
- ¾ cup (180ml) olive oil
- 3 organic eggs

Golden beetroot icing:

- 200g golden beetroot (beets), peeled
- 1 tablespoon lemon juice
- 50g (1 ¾ oz) raw sugar
- ½ teaspoon pectin
- ½ teaspoon ground ginger
- 1 teaspoon ground cinnamon

Method: For golden beetroot icing, cover beetroot with water in a small saucepan, bring to the boil, then reduce heat and simmer until soft. Cool, then puree with lemon juice in a blender. Transfer to a saucepan. Whisk together sugar, pectin and spices, then add to beetroot. Bring to a gentle simmer to activate the pectin, stirring occasionally. Cool to room temperature, then chill.

Preheat oven to 170°C (325°F). Whisk together sugar, rice flour, baking powder and cinnamon in a large bowl, then add carrot and beetroot. The sugar in the mix will begin to macerate the vegetables and draw out their juice. Pour the oil over this mix and gently fold it through. Whisk eggs in a separate bowl, then add them to the batter and fold through until thoroughly incorporated. Transfer batter into lined muffin moulds and bake for 15-20 minutes or until a skewer inserted comes out clean. Top each muffin with a spoonful of golden beetroot icing, dust with sumac or beetroot powder and serve with whipped yoghurt or coconut cream.



WANT MORE?

Check out "Egg of the Universe" - a cookbook by Bryony and Harry Lancaster (photography: Alan Benson). Murdoch Books RRP \$49.99

Pea and goat's curd tart

Serves 6-8

Ingredients:

- 2 ⅓ cups (400g) fresh or frozen peas
- 4 organic eggs
- 200ml (7 fl oz) single (pure) cream
- 2 tablespoons mint leaves, plus extra to serve
- 1 ¼ cups (150g) soft goat's curd, crumbled

Pastry:

- 3 cups (300g) almond meal
- 100ml (3 ½ fl oz) olive oil
- 1 teaspoon thyme leaves

Method: Preheat oven to 180°C (350°F). Grease a 26 cm (10½ inch) loose-bottomed tart tin. For pastry, place ingredients in a bowl, add 2 tablespoons water and 1 teaspoon salt and mix together by hand until a smooth dough forms. Roll out dough, then use it to line tart tin, spreading it over the base and up the sides with your hands. Chill for 30 minutes, then fill tart shell with baking paper and baking weights and blind-bake for 10 minutes. Cool shell to room temperature.

To make filling, blanch peas in a large saucepan of boiling salted water for about 30 seconds (up to 1 minute if they're frozen). Drain and rinse under cold water. Place eggs, cream and mint in a bowl with a quarter of the peas and half the goat's curd. Blend with a stick blender, adding ½ teaspoon salt. Scatter all but a handful of the remaining peas into the tart base, then pour over egg and cream mixture. Crumble remaining goat's curd over the top and scatter with remaining peas. Carefully transfer tart to oven and bake for 30 minutes or until centre is only just set (it will continue to cook out of the oven so don't overdo it). Allow to cool for at least 15 minutes before teasing tart from tin. Serve topped with extra mint.

SPRING EDITION 2021



YOGA, FIVE WAYS

Countless Palm Lake Resort residents have fallen in love with the benefits of yoga – so much so, that they're looking for other ways to get their yoga fix. Have you heard of these variations?

Face yoga

Yes, you read that right! Much like you can bend your body into a bhadrasana (butterfly pose), there are 'poses' you can do with your face to soften and relax your face muscles. Combined with special massage techniques, face yoga is believed to not only stimulate your facial muscles, skin and lymphatic system, but also alleviate stress. It's a preferred method for those who are on a mission to age gracefully in a natural, affordable way, and some research has shown that face yoga exercises can improve appearance.

Laughter yoga

It may sound silly, but laughter yoga is no joke (pun intended). This modern form of exercise was founded by Indian physician Madan Kataria as a way to stimulate the physiological and psychological benefits of spontaneous laughter. Typically done in groups, eye contact and playfulness are key to a great laughter yoga session – more often than not, the forced laughter becomes real (and very contagious), which is where the benefits come in. There are a whopping 5000 laughter yoga clubs worldwide, across 53 countries. Need to let your anger out? Try tantrum yoga instead – a practice that sees you scream, stomp and pound your chest with frustration before, eventually, laughing!

SUP yoga

If you're eager to level up your yoga practice, consider switching your mat for a stand-up paddleboard (SUP). According to experts, it's a sure-fire way to promote more mindfulness, boost your balance and burn more calories, all while soaking up vitamin D. It's more like traditional yoga than you may think, but there are a few considerations to keep in mind to ensure your success on the water – in particular, move slowly to account for the changes brought by wind, waves and the constraints of the SUP.

Aerial yoga

Have you ever been in the middle of your yoga practice and thought, "I wish I could do this in zero-gravity"? You're in luck. Aerial yoga offers all the benefits of traditional mat yoga, only your body is supported by a hammock – this means less pressure on your joints, and more chances to try daring tricks (depending on what you're into). Aerial yoga is a favourite for those with back pain, offering a full-body workout without any discomfort, and by burning more calories, you may decrease your risk of cardiovascular disease.

Animal yoga

This isn't when you act like an animal during your yoga practice – rather, when you're joined by them! It started with goat yoga, which took the internet by storm after originating on a farm in Oregon in 2016. It's just like a normal yoga class, only you're surrounded (and sometimes climbed on) by goats. Not wanting to miss out on the fun, the world's dog people adapted the concept and now dog yoga can be found all over the world, too!



SMALL YARD, BIG FURRY LOVE

Downsizers don't typically move to Palm Lake Resort with children in tow, but fur kids are a whole other story! It's why so many of our resorts are designed with pets in mind. If you're considering growing your family, consider these small-yard breeds.

IF THERE'S ONE type of resident we love here at Palm Lake Resort it's the furry four-legged variety. When the actual kids grow large enough to fly the coup, pets can fill in a big void left by the children's departure. The joy of owning a pet isn't new to most Australians - we have one of the highest rates of pet ownership in the world.

Here at Palm Lake Group, we've built our resorts to be pet friendly because we know just how important pets are for the majority of our over-50s residents too. Most Palm Lake Resorts offer safe, fully fenced off-leash dog runs complete with seating for owners and water for dogs. Palm Lake Resort pooches can roam free in these dog runs, enjoying a spot of exercise while also getting that important social interaction with their four-legged neighbours. What we've

found though, is that our off-leash dog runs are magnets for likeminded residents. Neighbours congregate to let their furry friends enjoy time together but for the humans themselves, it's a great social outlet. And the regular walks to and from the off-leash areas are providing our residents with that all-important incidental exercise (with fresh air and vitamin D the cherries on top). As a relatively new addition, our latest resorts also feature doggie day spas that bring convenient dog-wash/hydrobathing services to our resort grounds, with 24-7 access for doggo owners. Check the respective Sales Information Centre to see if your local Palm Lake Resort offers a doggie day spa.

On the whole, our resorts are proudly pet friendly, because we know just how important pets are to you!

Dachshund

Dachshunds or 'Daccys' (did you know that it's pronounced 'Darks-hund,' not 'Dash-hound'?) are energetic, loveable and loyal, promising to be the perfect companion for any retiree. Their medium-level exercise needs mean they prefer homes with a small backyard, but also enjoy daily walks and space to run outside the confines of your home. They are highly playful and likely to bark but are certainly trainable, showing intelligence and energy. You just need to consider that though their coats are short, they can still shed.

Cavalier King Charles Spaniel

Small and sophisticated, don't let the Cavalier King Charles Spaniel's petit size fool you - this regal breed is tough to beat. With an even temper and gentle disposition, the Cavalier will often adapt easily to its owner's lifestyle; they can be active and inactive in equal measure. Bred to be a beloved lap dog, they are also descendants of sporting breeds and will enjoy moderate exercise and outdoor activities. You'll find a Cavalier enjoys an afternoon walk just as much as an evening on the couch.

Yorkshire terrier

The Yorkshire Terrier, affectionately known as a 'Yorkie,' is small and quiet, making them the perfect housemate. Their friendly nature means they don't mind company and are typically relaxed around other pets and people, making them perfect for social owners who would enjoy spending time at the dog park. While they have a lot of energy, it can be well spent in a small backyard - though they will never say no to an afternoon stroll. Bonus: they look like puppies for most of their life, making them perfect for owners who never want their fur babies to grow up.

Boston terrier

Commonly confused with a French Bulldog, the Boston Terrier boasts tall, upright ears and a flat face, with black and white markings sometimes referred to as a 'tuxedo jacket'. Originating from, you guessed it, Boston, the Boston Terrier requires active exercise (throwing a ball or a toy, or agility training) and can become frustrated when left alone for long periods of time. Considering adopting your very own? Be warned: their big, round eyes will surely win you over, promising love at first sight.

Maltese

Small but mighty, don't be fooled by the Maltese's prim and proper appearance - behind the white, fluffy exterior is a dog you're sure to love. Their small stature makes them ideal for small backyards, while their soft coat is unlikely to shed, making them a great choice for indoor living. Their coat is even considered hypoallergenic, meaning they will fit seamlessly into almost any family. Your Maltese will love running around in your backyard but will also never say no to a trip to the dog park or a walk.

NATURE CALLS

Situated on the edge of Moreton Bay, our Beachmere residents enjoy a wide variety of amazing birdlife as these photos, shot by Palm Lake Resort Beachmere Bay resident Barry Barfield show in incredible detail.



THEY'VE SCORED A HOLE IN ONE

Vim and Regina Balachandran had three requirements when looking for their dream downsizer: they wanted a golf course and aged care close by, and it had to feel like their forever home. They say finding Palm Lake Resort Beachmere Bay was like winning the lottery.

VIM AND REGINA Balachandran had been looking at over-50s lifestyle communities for a while. They were living in a golfing community on the other side of Brisbane and were growing tired of the upkeep their four-bedroom, multi-storey home was demanding of them.

"The other motivating factor was that my mother – who had been living with us for the past 10 years – had a few falls, so we knew we needed to find care for her, and soon," says Vim.

They spent time looking at different aged care providers and over-50s lifestyle communities, but none of them were the right fit. Either Vim's mum, Sashi, wasn't happy, or Vim and Regina weren't. "When we found Palm Lake Resort Beachmere Bay, everything just fell into place," says Vim. "We first looked at Palm Lake Care Beachmere for mum and

when she said she liked it, we had Nicole show us a house at Palm Lake Resort and we put down a deposit immediately. I think it was the fastest sale she's ever made!"

Sashi moved into her suite at Palm Lake Care Beachmere about a week later, and Vim and Regina moved into Palm Lake Resort the following day. It was like fate, Vim says, and they couldn't be happier.

While Sashi was initially reluctant to move into an aged caring community, Vim says that being so close by has helped them all settle in. Both he and Regina can visit Sashi every single day without having to get in the car, and Vim is happy to be able to do small things for his mother that he knows make her feel more at home – like washing her saris, which she wears every day.

"She figured that if she has to be in care, there is nowhere she would rather be," says Vim. "She looked at six other places but didn't love any of them. It's only been about a month, but she loves where she is now – the staff, the ambience, her beautiful suite. She has made friends fast too, which has helped a lot."

Vim and Regina have settled into life at Palm Lake Resort Beachmere Bay even faster. Avid golfers, they relish having a nine-hole course right on their doorstep and access to the 18-hole golf course at Pelican Waters Golf Club just up the highway. They also love that there is no need to keep their own golf buggy – there are plenty on-site for residents to use – and make good use of the state-of-the-art golf simulator at the resort's Shorehaven Golf Club.

"I have used similar technology before, but I've always had to book in and pay," says Vim. "Having one that I can use whenever I want to get a benchmark on my distances or play a virtual course if it's raining is fantastic."

It goes without saying that golf is a big part of Vim and Regina's life. They've been playing the game for 40 years and, for the past 15 years, most of their travel has revolved around golf. Old Head in Ireland and Troon North in Scottsdale, Arizona are among their favourite courses they've played.

"We spent 12-and-a-half months travelling the world, and played 56 games on 55 courses," says Vim. "There was one we just had to play twice!"

And while there are still plenty on their bucket list, the pair are finding the many activities on offer at Palm Lake Resort Beachmere Bay to be taking up more of their time than they'd thought.

"Whether it's lawn bowls or snooker, we love that there are so many things to do and so many people to do them with," says Vim. "Where we used to live, golf was the only thing available. Here, you can't be bored. We can't wait for our son and his family to visit us over the school holidays so that we can show them all of the amazing facilities – our grandkids will love it."

Settling in, Vim says, has been "easy as". Though they had strict criteria, even Vim, Regina and Sashi are surprised by how well things have worked out for them. Proximity to aged care? Tick. Golf course close by? Double tick. And as for finding their forever home?

"We are so happy here; we wouldn't trade it for anything. That is, until Palm Lake Resort Forster Lakes is completed – we may be tempted by the 18-hole golf course!" Vim jokes.

Your care solution is here

Palm Lake Care's 'Care Solutions' team offers a FREE service to help families and health professionals find the right care. The team provides clarity with fees and charges information, tailored to individual circumstances. They help secure a suitable vacancy, ensuring Palm Lake Resort residents are prioritised. Book a private tour by calling the community of your choice:

PALM LAKE CARE BARGARA: 07 4331 0000
55 Wearing Road, Bargara QLD 4670

PALM LAKE CARE BEACHMERE: 07 3517 7000
Bishop Road, Beachmere QLD 4510

PALM LAKE CARE BETHANIA: 07 3086 3000
1 Goodooga Drive, Bethania QLD 4205

PALM LAKE CARE DECEPTION BAY: 07 3293 5800
Cnr Bay Avenue and Marine Terrace,
Deception Bay QLD 4508

PALM LAKE CARE MT WARREN PARK: 07 3444 6000
33 Mt Warren Boulevard, Mt Warren Park QLD 4207

PALM LAKE CARE TOOWOOMBA: 07 4580 3000
Gate 2, 149 Hogg Street, Cranley QLD 4350

CARE SOLUTIONS HEAD OFFICE: 1800 246 677
caresolutions@pallmlake.com.au

pallmlakecare.com.au



JUST THE RIGHT FIT

There's an exciting new community model gathering attention at Palm Lake Care Toowoomba, for all the best reasons. Let us walk you through Riverton...

PALM LAKE CARE knows there's never a one-size-fits-all approach to caring. Every resident care plan is as individual and unique as the resident it's developed for. Being different is what makes humankind so special, right? At Palm Lake Care's newest location, Toowoomba, a brand new approach to caring is being fashioned with great success. Riverton is best described as Toowoomba's 'specialist care neighbourhood'. It's not your traditional dementia wing but neither is it a traditional Palm Lake Care community. Importantly, Riverton is not about segregating residents either. More so, as Palm Lake Care Toowoomba Service Manager Tony McKenzie describes, Riverton is a flexible hybrid community offering specialist care for a wider range of resident needs, supporting people to live lives filled with function and purpose.

"It's a flexible space whereby people with more specialised needs can feel safe, comfortable and supported," Tony says.

From a physical perspective, Riverton offers purpose-designed smaller and more intimate communal spaces. Each suite offers a different coloured entry door which is colour-coordinated with a feature wall inside the suite, to help residents more easily identify their own space. There are identifiers on their fridge door and wardrobe cupboard

doors and Riverton suites do not offer individual external access, like the greater Palm Lake Care community. This has been done to reduce confusion and stimulation, removing the fear that, in low evening light, that beautiful tree might look like a person to some. Outside, in the Riverton courtyards, there are intimate sensory garden spaces complete with raised garden beds. Soft-fall pathways take residents on walks in the fresh air and sunshine but, cleverly, always lead them right back into the heart of the Riverton community.

From an emotional support perspective, Riverton offers specially trained caregivers who understand the more unique needs of these residents. It might be that a resident here lives with dementia, or they are bed bound, or they like to wander and may be exit-seekers. It might be that the resident has a specialist health concern that requires more intensive nursing. Maybe they simply cope better in a smaller group? Or, as one resident described, maybe they just want to be 'off the grid' for a while and retreat back to the sanctuary of Riverton after joining the hustle and bustle of the larger community.

"There's one-on-one guided support - both physically and emotionally - and it's all done without judgment. We are putting the residents back in control of their lives," Tony says.

Another resident was chosen as a candidate for Riverton based on the fact that she had spent a lifetime as a busy carer and couldn't stop naturally 'caring' for her Palm Lake Care Toowoomba neighbours - to the point of interference and disruption to those other residents. A keen knitter and craftsperson, she was supported and guided to exert her energies into completing wonderful craft projects and helping caregivers with various daily tasks. She felt useful and was able to live an even more purposeful existence at Riverton.

It's important to note that residents are never 'locked in' at Riverton - even those requiring dementia support. Residents are free to safely roam around the neighbourhood - they are free to use the café and bar, to take in a movie at the on-site theatre or challenge a fellow resident to a game at the pool table. Those residents who wander and require a little more management simply wear a small bracelet that, on approach to certain doors, will close that door to prohibit them from walking into unfamiliar territory. These bracelets also help caregivers monitor residents' whereabouts and give them a chance to safely redirect the resident back to their local area, if required. Wearers of these bracelets are only those residents who have been fully assessed in consultation with their family and allied health professionals. Palm Lake Care Toowoomba Clinical Manager Jodi Harms says one of the most vital requirements when producing a successful care plan for any resident, but especially those moving into Riverton, is that families provide as much information about their loved one as possible.

"We like to know all about their interests and hobbies and what they did right throughout their careers because, for many residents, this gives us an indicative guide as to why they might be displaying a certain behaviour," Jodi says.

For example, a resident who might have spent a career managing people in a factory, might feel more comfortable holding a clipboard and ticking off 'jobs' on a daily task list.

"We are finding that many of our residents who have come to us from a lifetime spent in the country or working on the land have been very busy people and so they like routine and 'jobs'. They find purpose and function in being given tasks like setting tables, dishing up the meals, cleaning windows, sweeping floors or simply checking things off a list, for example," Jodi explains.

While Riverton is a first for the Palm Lake Care group, a similar neighbourhood is planned for Palm Lake Care Caloundra - the next aged caring community for the Group, now under construction. Deception Bay's 'Harmony' neighbourhood is also being remodelled and upgraded to become a specialist care area.

"We are changing the way we provide our service, and are forever grateful for all feedback, to ensure we are continually striving for improvement," Tony says.

A LOVE STORY FOR THE AGES

It's a love story that stretches 75 years and is still being lived out, right now, at Palm Lake Care Toowoomba...

It was a hot day summer's day in England and Stan Mayhew was working with his horses. A young lass, Jeanne, was doing her milk run on her horse and buggy. Stan had worked up a thirst this particular day and when he saw Jeanne he approached her to ask if he could have some milk to drink. She obliged and when he went to pay her for the milk, she wouldn't take his money - she wanted him to have the drink. As Stan walked away, back to his horses, he kept thinking about the kind gesture. Somehow, although completely full of nerves, he mustered the courage to turn around. He returned to Jeanne, on her horse and cart, and recalls hardly being able to get the words out. "Would you go to the picture theatre with me tonight?" he asked her.

Fast forward almost eight decades and the pair (pictured left) is still happily married - in fact they celebrated their 75th wedding anniversary earlier in 2021. With two daughters, Linda (nearly in Toowoomba) and Christine (still in the United Kingdom), Jeanne and Stan will tell you they lived a life filled with passion for horses, for their family and for each other.


"It's so heart-warming to see the smiles they have, not only their faces but through their eyes, every time we talk about how they met," Palm Lake Care Toowoomba Lifestyle Team Leader Jeannie Healy says.

Although the pair originally moved into Palm Lake Care Toowoomba in a shared suite, Jeanne now lives in the Riverton neighbourhood and Stan is in Diamantina. This makes it easy for each of them to get adequate rest and support. Stan visits Jeanne twice daily so they can share some tea. They get to enjoy time with their friends and, most importantly, be together as much as they like. It's a love story for the ages and one that inspires all who meet them.


Palm Lake Group

PROPERTY PORTFOLIO


PALM LAKE RESORT BARGARA

Bargara is the most tropical destination in the Palm Lake Group, with its superb climate, range of activities, sporting and social events and a great choice of home designs. This popular resort is being extended with brand new RV home designs and a raft of additional facilities now under construction.  **1800 501 119 / 39 Wearing Road, Bargara QLD 4670**


PALM LAKE RESORT BEACHMERE BAY

Beautiful home designs set the mood for refined yet relaxed living, with timeless Hamptons styling. The world-class Hamptons Country Club is the centrepiece of the community where social spaces are full of laughter and homes are retreats. A nine-hole golf course with its own clubhouse, Westhampton Sports Club and adjacent luxury aged caring community enhance the precinct.  **1800 338 382 / 194 Bishop Road, Beachmere QLD 4510**

PALM LAKE RESORT CALOUNDRA CAY

Palm Lake Resort Caloundra Cay (pronounced "Caloundra Key") spirits you away to the pristine beaches and lushness of the Caribbean with its architecturally designed coastal homes and spectacular interiors that make you feel a world away from the Sunshine Coast. Two-storey luxury homes delight. A 2020 Master Builders Association construction award winner.  **1800 556 677 / 96 Village Way, Little Mountain QLD 4551**


PALM LAKE RESORT COOROY-NOOSA

Palm Lake Resort Cooroy-Noosa homes are stylishly refined and inspired by the classic elegance known as 'Noosa style.' Among the eco-friendly, architectural designs are large two bedroom-plus-activity-room homes featuring extra long and wide RV garages, perfect for adventure-seeking residents. This resort is near completion - the very last final-stage homes are now available.  **1800 885 851 / 19 Trading Post Road, Cooroy QLD 4563**










PALM LAKE RESORT FORSTER LAKES

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. An Oyster Bar will also feature.  **1800 577 542 / 223 The Lakes Way, Forster NSW 2428**



PALM LAKE RESORT TOOWOOMBA

Palm Lake Resort Toowoomba's architectural and energy-efficient home designs offer exquisite open-plan living with raked ceilings to maximise natural light, space and comfort. The Pinnacle Country Club is an opulent and inviting community space featuring lush green views across the infinity-edge pool. A 2018 Master Builders Association award winner. Palm Lake Care now open.  **1800 280 129 / 97-161 Hogg Street, Cranley QLD 4350**



And there are more Palm Lake Resorts here...

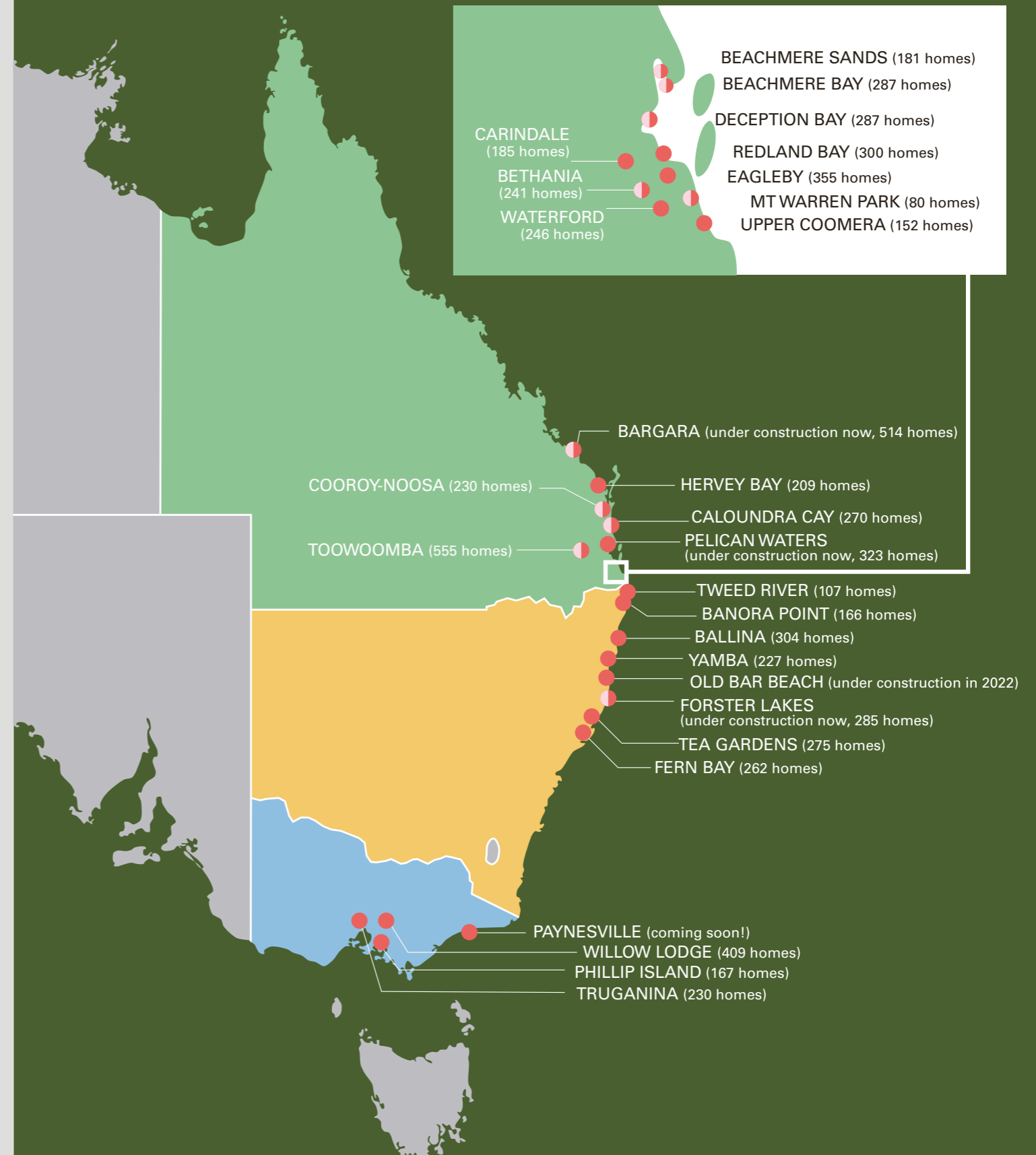
- BALLINA** 
1800 335 666
120 North Creek Road, Ballina NSW 2478
- BANORA POINT** 
1800 641 665
67 Winders Pl, Banora Point NSW 2486
- BEACHMERE SANDS** 
1800 338 382
218 Bishop Rd, Beachmere QLD 4510
- BETHANIA** 
1800 774 866
43 Goodooga Dr, Bethania QLD 4205
- CARINDALE** 
1800 770 057
2 Ford Ct, Carindale QLD 4152
- DECEPTION BAY** 
1800 725 652
1 Webster Rd, Deception Bay QLD 4508
- EAGLEBY** 
1800 781 101 / 272 Fryar Rd, Eagleby QLD 4207
- FERN BAY** 
1800 648 868
1117 Nelson Bay Rd, Fern Bay NSW 2295
- HERVEY BAY** 
1800 455 307 / 25-67 Pialba-Burrum Heads Rd, Eli Waters QLD 4655
- MT WARREN PARK** 
1800 282 314
1 Mt Warren Blvd, Mt Warren Park QLD 4207
- PHILLIP ISLAND** 
1800 066 482
48-80 Settlement Rd, Cowes VIC 3922
- REDLAND BAY** 
07 3829 4500
57 Hamilton Street, Redland Bay QLD 4165
- TRUGANINA** 
1800 686 096 / 7 Taronga Rd, Truganina VIC 3029
- TEA GARDENS** 
1800 756 740
50 Spinifex Avenue, Tea Gardens NSW 2324
- TWEED RIVER** 
1800 881 041
2 Barneys Point Rd, Banora Point NSW 2486
- UPPER COOMERA** 
1800 757 457
Riverbrooke Dr, Upper Coomera QLD 4209
- WATERFORD** 
1800 028 428 / 29-71 High Rd, Waterford QLD 4133
- WILLOW LODGE** 
1800 974 981
2 Willows Rd, Bangholme VIC 3175
- YAMBA** 
1800 084 119 / 1 Orion Dr, Yamba NSW 2464

palmakeresort.com.au

-  Over 55s designer living
-  Over 50s lifestyle resort

OUR LOCATIONS

-  PALM LAKE RESORT
-  PALM LAKE CARE





**FREE
PREMIUM
GOLF CAR
WITH YOUR
NEW HOME**

T&Cs apply

Nice drive!

Experience Palm Lake Resort from behind the wheel of your very own premium golf car. Purchase a new Palm Lake Resort home in Queensland or Forster Lakes and receive a four-seat Club Car 'Tempo' (with lithium ion technology) absolutely FREE*



**THE BEST IN OVER-50s LIVING.
THIS IS YOUR TIME.**

pallmlakeresort.com.au

Beachmere Bay | Caloundra Cay | Cooroy-Noosa | Toowoomba | Bargara | Forster Lakes