

# this is your time.

PALM LAKE RESORT WINTER 2023

10,000 people  
call Palm Lake  
home - get \$10,000  
off + \$10,000 in  
extras!

## FORSTER FANTASTIC

Not only is Palm Lake Resort Forster Lakes proving a knockout, its location is hard to beat too...

### Take a tour, with our pro

Our Pelican Waters Golf Course is reopening this winter. Let us walk you through the full 18 holes and provide you with expert tips on how to nail your scorecard.

### Next cabs off the rank

There's action aplenty across our Palm Lake Resort Paynesville and Yamba Cove construction sites right now. Will you secure an exciting new lifestyle here?

### 10,000 reasons

10,000 people call Palm Lake Group home and now we've got a sales promotion to match that milestone - a milestone that was more than 46 years in the making.



# WELCOME

**WHILE MANY KNOW** the old adage about ‘working smarter, not harder’, we here at Palm Lake Group are, in fact, doing both. Not only is our company hard at work right now, bringing some truly exciting projects to life, we are also heading further and further down the path of ‘smart’ technology and ‘smarter’ approaches to design and construction - and I’m personally thrilled about this.

Our three key construction projects right now are Palm Lake Resorts at Pelican Waters, Paynesville and Yamba Cove and each of these communities is getting the ‘smart’ tech treatment. For the first time in our history, with a view to helping our homeowners future-proof their investment, we are looking at a range of options to equip homeowners with clean energy including electrical vehicle chargers as an optional upgrade in homes at all three of these resorts. On top of that, we will be installing destination chargers at our Paynesville resort and also at Pelican Waters Golf Club. I, myself, drive a hybrid vehicle and am keen to see our company’s resorts and facilities evolve to embrace this technology.

As well as the option for domestic smart chargers, our latest Palm Lake Resort homes feature solar panels as standard and we are also working hard to ensure the thermal comfort of our homeowners with even more smart tech (for example, in another first for the Palm Lake Group, our Paynesville homes will offer in-floor heating).

We know that electricity prices are on the rise and it’s important to note here that where we have embedded networks (which covers most of our company’s resort locations), we only ever pass on the cost price of electricity to our homeowners – there’s no mark up or any additional invoicing charges applied at our end at all in these network areas.

From electricity to water, our newest homes (where possible) will also offer water tanks that collect rainwater to feed toilets and laundries. We are also investing significant time and energy into researching upgrades to water-flow requirements. In this way, we can lay the types of pipework that will help our homeowners save on their water usage and therefore save money on their water bills.

This brings me to ‘smarter’ construction. We’ve just engaged some specialised technical analysts to oversee/project-manage our newest community facilities. While these clever minds are experts at designing effective shopping centres, they are looking at ways in which we can modify Country Club floorplans, for example, to work smarter. They’re crunching the numbers on everything from reducing the distance people need to walk when moving

in and around these buildings, to creating floorplans that maximise efficiencies around running plumbing pipework and electrical connections. They’re also looking into major changes to our construction methods which will enable us to complete these key facilities faster. It’s so interesting to hear their fresh perspectives on our projects and approach, and it’s also reassuring to know that we are on a path to designing and building facilities as efficiently as possible.

In some exciting news for our company, I can announce here that we’ve recently acquired two new sites for future Palm Lake Resorts! Firstly, there’s a new parcel of land with Palm Lake Resort’s name on it at Dundowran, just a few kilometres west of our current Palm Lake Resort Hervey Bay community in Queensland. The greater Hervey Bay area is a magnet for over-50s and Dundowran is a high-growth residential area with a variety of additional retail spaces and services in the development pipeline, which excites us. It’s highly likely this site will house a co-located Palm Lake Resort and Palm Lake Care aged caring community for our company. The second new acquisition will take Palm Lake Resort the furthest north we have ever been with a wonderful site at Zilzie, on the coast, east of Rockhampton. For me, Zilzie has an energy similar to Bargara. It’ll be a seaside resort with the benefit of being right alongside Emu Park, in close proximity to the major regional centre of Rockhampton (like Bundaberg is to our Bargara resort). I look forward to bringing you updates on both these sites.

In closing, I wanted to share with you all the sad news of the passing of one of our longest-serving Palm Lake Resort ‘employees’ – my mother, Virginia Margaret. She was not just the matriarch of my family growing up, she was also a fixture at Palm Lake Resort Willow Lodge from the time her then-husband (my father), Walter, started Palm Lake Resort there in 1977, right up to her sudden death early in June. She has always had a very good eye for interior design and decorating and even at 85 years young, in the days before her death, Mum was still in charge of making our Willow Lodge display homes look ship-shape before inspections. Her passing will leave a significant hole in our family, but also the Palm Lake Resort Willow Lodge community that so warmly embraced her for such a long period of time. Rest in peace, Mum.

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

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Forster Lakes

# WATER PLAYGROUND

Halfway between Port Macquarie and Newcastle on the New South Wales mid-north coast, Forster is a haven for lovers of seafood, water sports and the great outdoors. And yet, it remains one of the region's best kept secrets. Until now. Here are our Top 10 reasons why you should make Palm Lake Resort Forster Lakes home...





Our Palm Lake Resort Forster Lakes homeowners are relishing the lifestyle they've secured for themselves. Low maintenance luxury homes, in a safe and friendly community and all those geographic bonuses too. Here are just 10 reasons why we love Forster.

1. Forster is a natural playground for boaties. Perched on the oceanic inlet of the Coolongolook River, Forster is surrounded by lakes and rivers just waiting to be discovered. Take your boat inland and cruise the waterways, which are peppered with islands to explore.
2. Wallis Lake is hard to beat. The sparkling jewel in the crown of the Great Lakes region, Wallis Lake is your portal to Forster's surrounding towns and islands – including Green Point (which is right on the doorstep of beautiful Booti Booti National Park), Coomba Bay and Whoota.
3. And the beaches are beautiful, too. To Forster's south, McBrides Beach offers rock pools, grassy campgrounds and access to Booti Booti National Park. Further north, popular One Mile Beach offers white sand, great surf and even a giant sandhill for running or sliding down. While you're there, keep an eye out for dolphins – they can regularly be seen catching waves. Oh, and don't miss the Forster Ocean Baths in the centre of town.
4. Natural beauty abounds at Forster, and Bennetts Head Lookout one of the best places to take it all in. Perfectly positioned on a rocky outcrop, this spot offers sweeping views of the surrounding cliffs, beaches and the Tasman Sea. Looking for more? Head up the road to Second Head lookout for prime viewing of the Forster Ocean Baths and, across the river, Forster's twin town of Tuncurry.
5. There's plenty to see below the surface, too. The Tanks (a popular snorkelling spot that's situated on Forster's main coastline) isn't just beloved by locals on land. There are plenty of fish to say hello to, if you take the plunge.
6. Did you know Forster was voted NSW's best regional destination in Wotif's 2019 Aussie Town of the Year Awards? But it wasn't just the stunning water and natural surrounds that earned Forster its tourism gong. It's also home to one of the world's premium seafood delicacies - the oyster. Grown in the crystal-clear waters of Wallis Lake, Sydney Rock Oysters have to be tasted to be believed.
7. Forster flavour is unbeatable. And we don't just mean the oysters. Forster fare is home-grown and hearty, and there are plenty of places to grab a mouth-watering bite around town. Il Saloné offers modern European-inspired dining, while Wharf St. Distillery is better for a more casual bite (with a side of gin, of course).
8. There are plenty of ways to keep active here, too. From the beautiful Forster Tuncurry Golf Club (which is situated along the Pacific coastline and offers two courses in one club) to surfing, stand-up paddle boarding and kayaking out on the water, Forster is the place to go for fitness mixed with fun.
9. There's even more to explore out of town. Being located in the heart of the Barrington Coast means Forster has some pretty special neighbours. The historic town of Taree offers cruising, boating and fishing, while more natural wonders await you in Crowdy Bay National Park, Manning Valley and Ellenborough Falls.
10. And now, you can call Forster home, too. Palm Lake Resort Forster Lakes has a selection of elegant one- and two-storey waterfront homes available right now. As a homeowner, you'll have access to our exclusive and newly opened Belleair Country Club and its world-class facilities including tenpin bowling, swimming pools, a luxury movie theatre, wellness centre with salt therapy room, and much, much more.

To speak to our Forster Lakes Sales Team, FREECALL 1800 577 542.



Pelican Waters  
**YOUR WELCOME HOME GIFT HAS ARRIVED**

Forget the standard flowers, chocolates and bubbles. When you join us at Palm Lake Resort Pelican Waters, our welcome home gift to you is way more befitting the prestige and luxury of the community you are joining.

**DID YOU KNOW** that every Palm Lake Resort Pelican Waters homeowner enjoys a complimentary Club Car golf car, valued at \$33,000, with their new home purchase?

Sales Manager Alysia Nechvoglod says Palm Lake Resort has partnered with Golf Cars Australia with the mutual goal of enhancing the overall experience for our Pelican Waters homeowners by providing them with a convenient and enjoyable mode of transportation within the resort grounds.

"The partnership aligns perfectly with our commitment to providing our homeowners with the best possible lifestyle experience," Alysia says.

"We are confident that the Palm Lake Resort-branded Club Cars will be a valuable addition to our community."

Golf Cars Australia CEO Colin Sergis says his organisation is thrilled to be part of such an exciting time in Palm Lake Group history.

"Club Car golf cars are renowned for their quality and performance, and we are confident that they will greatly enhance the lifestyle of all homeowners," Colin says.

"We look forward to providing first class service and support to the resort and its homeowners."

Palm Lake Resort Pelican Waters homeowners will receive their complimentary Club Car golf car upon moving in, allowing them to start enjoying the benefits of this exciting promotion right away.

It doesn't matter whether homeowners plan to use their golf car more so on the golf course or just for getting around the resort grounds. With dedicated golf car paths earmarked in the masterplan and dedicated parking/storage space for the golf car within each home's floorplan, there's definitely no better mode of transport when you call Palm Lake Resort Pelican Waters home.

To find out more, FREECALL 1800 490 626





## Pelican Waters

# INSPIRATION AWAITS

Palm Lake Resort Pelican Waters' chic and stylish Sales Information Centre is the perfect place to find a hint of what's to come for this impressive site.

**IF YOU'RE LOOKING** for more information about a Palm Lake Resort Pelican Waters abode and the over-50s lifestyle community that you could be calling home one day, there's a wonderful new Sales Information Centre on site that will have all your questions answered - and then some.

Our experienced Sales Executives and Associates are proud to call this impressive new space their home as it's kitted out with many of the same luxury fittings, fixtures and finishes that you will enjoy in your new Palm Lake Resort Pelican Waters abode. The centre offers a display kitchen as well as a welcoming lounge area complete with fireplace. The feature stone cladding, timber and tile details, as well as the chic furnishings are all hints of what's to come across our greater resort facilities. Two words: Inspiration aplenty.

Visitors to our Sales Information Centre will also get to touch and feel samples of our ranges of stone benchtops, carpet and flooring, to help them make decisions on designing the home of their dreams.

## Meet Sandra and John

Sandra and John Pool have lived, and loved, the Palm Lake Resort lifestyle at our Caloundra Cay resort for 3.5 years but they say the time has come for a change of scenery. Just don't be thinking that this pair are going anywhere but another Palm Lake Resort! They've got Palm Lake Resort Pelican Waters in the crosshairs and are proud to be among our first homeowners moving into this resort later this year.

Coming to Australia from Scotland (Sandra) and The Seychelles (John) some 50-odd years ago, this vibrant Scot and her beloved Frenchman originally met in Melbourne, where they were both tram drivers for almost three decades. They eventually got "sick of the cold" and did what all Melbournites do at some stage in their lives - headed to Queensland to chase the sun. And they loved it there. The pair became long-time residents of Pelican Waters - owning two homes there across a 15-year period. They started in a big family abode when their children were home, then downsized into a smaller home thinking it'd be their final move. But then, the pair discovered Palm Lake Resort Caloundra Cay and realised that a whole other level of lifestyle and fun was waiting for them.

"We were initially nervous about moving into a lifestyle community, but we settled in straight away," Sandra says.

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"I think it was all to do with the activities on offer - and the people. There's always company if you need it - but if you want your privacy as well, you just close your door and you've got it."

To say the Pools are making the most of their over-50s resort lifestyle would be an understatement. Being "fairly young" and active, Sandra's weekly schedule includes two Pilates classes, two aqua aerobics classes, Zumba, yoga and tai chi sessions as well as the daily swims she takes in one of the two resort pools - outdoors in the summer months and inside, in the warmth of the heated pool, when the temperature dips. And this is all when she's not volunteering her time to help out at the resort bar. John likes to walk the resort lake daily, plays lawn bowls three days a week and he also enjoys a game of tennis.

"We have it ALL here!" Sandra enthuses. "Why would you want to live in a suburban house with all that yard and pool maintenance? We get the benefit of having all those things here and don't have to do any of the work!"

While the Pools admit they've grown to love their Caloundra Cay community, when the opportunity came up to 'have it all' but also be based in their beloved Pelican Waters area, it was a package deal that seemed too good to be true.

"When (Pelican Waters Sales Executive) Monique rang, and John and I took a drive around the Palm Lake Resort Pelican Waters site, we simply looked at each other and said, 'We're home'," Sandra recalls.

## Meet Steven and Cathy

Cathy Bailey says she and husband Steven looked around for years, trying to find an over-50s resort that ticked all their boxes. They wanted to stay close to the beach, they wanted a well-built designer home with a luxury fit-out, they wanted facilities and activities to match, and the neighbours with whom they'd share this dream lifestyle with had to be the right type of people, too. Given the likeminded homeowners they know they'll meet here, Cathy says Palm Lake Resort Pelican Waters matched all those criteria - and more.

"Pelican Waters Golf Course was a big plus for us," Cathy smiles. "We feel blessed to have found a place like this at this stage of our lives. It's as close to perfect, for my husband and I, as we could hope for!"

The Baileys admit they are really active and fit - they love to walk, swim and cycle regularly. Being golfers as well, Cathy says having a complimentary Club Car golf car thrown into the deal was "absolutely fabulous".

"Having the Pilates room with the reformer machines here at our resort was such a plus as well," Cathy says.

While she expects that they will be quite the social pair, Cathy says she knows she's got the sanctuary of her 'Santa Rosa' design home to return to when she does want her personal space. Positioned relatively close to the golf course and also offering some water views, Cathy knows this two bedroom, two-bathroom home, with a study, will fit them like a glove.

"It's going to be outstanding," she smiles. "And the sales staff have been absolutely fabulous - especially Dawn. These kinds of life-changing decisions can sometimes be traumatic, but we have felt so comfortable with the support we've received from everyone. It has been a very easy purchase process and we know it's going to be a very easy transition for us - we can't wait!"



**Pictured:** Our newly opened Sales Information Centre.

**\$33,000  
golf car is  
complimentary  
with your new  
home!**





Pelican Waters Golf Club

# YOUR GUIDED TOUR

August. That's when golf will officially be back at our reconfigured Pelican Waters Golf Course. Get your game on with these expert tips.

**AFTER YEARS OF** work, August will be the month that golf officially comes back to Pelican Waters Golf Course. The reconfiguration was a requirement so that Palm Lake Resort Pelican Waters could take shape around this hallowed sporting pitch. The course was originally designed by Greg Norman and it was also reconfigured under the watchful eye of Norman and his design team. On the eve of its official opening to the public, we asked Pelican Waters Golf Club's Head of Golf, Dale Williamson, for his tips on successfully getting around the new and improved course.

"Back in 2021, we switched the original front nine holes with the back nine, aiming for a new 18-hole course that finished in clear view of the clubhouse," Dale explains. "The reconfigured layout is a Par 71, 6000m championship course with completely reconstructed greens on 10, 11 and 16 and a new hole on 17.

"On the whole, this course offers generous fairways, but it's tougher around the greens. Being a Greg Norman design, my overall advice to players is to stay clear of the bunkers. With generous fairways, there are always different angles to approach the flag from and because of this, the game never gets boring.

"You need to get off to a good start on this course. Three out of the first four holes are set-up for scoring. The par 3, second hole is your only real danger. The par 3, fifth is an absolute gem, with bunkers guarding the left side and so

much room to the right, it's hard to focus and just go for it. Be careful not to short side yourself.

"Holes six through nine are real brutes. Set amongst the native Australian bush, they are very pleasing to the eye but have been known to ruin plenty of rounds before you even get to the back nine. Don't stray too much from the fairway and you should be fine.

"Making your way to the 10th, you are greeted by the first of the newly designed holes. This is a 365m par 4, with a slight dogleg left and out-of-bounds also to the left. There is plenty of room on the right, so make sure you aim at the bunkers to set yourself up to have an open shot at the green. The new green is large and can be tricky to get up and down if you hit it in the wrong spot.

"The 11th hole is also a new design and has become one of our signature holes. With a double water carry, the 11th is a beautiful looking hole and at only 325m is a possible birdie hole, but look out if you stray or are short - you could easily rack up a number. Holes 12, 13, 14 and 15 are still the same but, with five opportunities to hit the ball into the water through these holes, you had better be on point.

"Sixteen has been extended and is now a short par 5 at 460m. Mainly playing down breeze, if you get a good drive

away you could have the opportunity to hit the green in two. But look out if you miss. This is the only green at Pelican Waters without a bunker and, with water to the right and long, if you are not confident with your woods or long iron, maybe just play to the bail out area 100m short.

"Hole 17 is a short new par 3 with no protection in front. It is a big green and we can trick up the flag position a little. It is a good hole for the older players but beware - don't hit it over the back.

"Finally, the 18th is a 405m par 4 with water left and bunkering to the right. The key to this hole is to set yourself up with a booming drive so you are ready for the approach shot into the long skinny green. There's so much trouble left and it's not an easy chip if you miss right.

"I honestly can't wait to watch the big finishes on this green - I think the atmosphere here (given its location right outside the clubhouse) is going to be something that many players will remember for a long time.

"Overall, the course is challenging, but fun. There's something for everyone," Dale says. "Our team is also striving to maintain the course and its surroundings to the highest standard possible. We encourage golfers of all skill levels to treat yourself to a game here."



**GREGNORMAN™**  
GOLF COURSE DESIGN

For bookings, opening hours and details, visit Pelican Waters Golf Club online at [pelicanwatersgolfclub.com.au](http://pelicanwatersgolfclub.com.au)



Pelican Waters

# NEW STAGE RELEASED

We launched Stage 1B homes with a VIP event at our shiny new Sales Information Centre recently.



## NEWS BRIEFS

### 10,000 reasons to join us

Did you know that 10,000 people call a Palm Lake Group address home? It's an impressive statistic, for sure. To celebrate our rich history and the strength of our company and its 10,000-strong community, we are offering new home buyers in 2023 a sales promotion that mirrors the milestone.

This year, new home buyers will receive a \$10,000 discount off the price of their new home as well as an additional \$10,000 worth of home upgrades! It's a deal that will have our newest homeowners glad they joined our family. To find out more about our 2023 sales promotion, contact the Sales Information Centre at your local selling resort. You can find all our resorts' contact details on Pages 32-33.

### Big hearts host Biggest Morning Teas for BIG charitable success

Our homeowners love any excuse for a social gathering and, in May, the Cancer Council's Biggest Morning Tea fundraiser was the perfect excuse to 'down tools' and share a cuppa and some delicious baked goods all in the name of this stellar cancer-support charity. Here are just some of our incredible fundraising results:

- Palm Lake Resort Caloundra Cay raised \$10,135
- Palm Lake Resort Forster Lakes raised \$6400
- Palm Lake Resort Beachmere Sands raised \$4400
- Palm Lake Resort Bargara raised \$2600
- Palm Lake Resort Upper Coomera raised \$2280

### Welcome Jemima!

Our Palm Lake Group family grows every time a new homeowner joins one of our dozens of over-50s resorts, or a new resident joins one of our seven aged caring communities. But it's equally as exciting when our team members' own families grow, too. Suzanne Jensen (our General Manager, Development) grew her family recently with the addition of a gorgeous little bundle, Jemima, weighing in at 6lb 6oz (2.9kg). Both mum and bub are doing well and we were so happy they stopped by our Southport Head Office for a visit recently, as pictured right.





*Home facade  
artist impression*



*Colour  
palette*



*Stone feature*



Paynesville

# SNEEK PEAK

As we finalise the smaller details, take a sneak peek inside a proposed Palm Lake Resort Paynesville home. Our interior designers describe the look as “rugged coastal lodge” style.

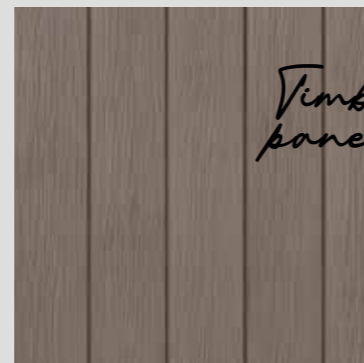
*Bottega oak*



*Wall moulding*



*Timber feature  
panelling*



Paynesville

# BLESSED

Palm Lake Resort Paynesville was proud to support Kingfisher Dragon Boat Club with the purchase of a new dragon boat. The blessing ceremony saw our Sales Manager, Alysia, paint the dragon's eye red and douse the boat with water using a spring onion!







Palm Lake Care  
**AROUND THE  
GROUNDS**

Aged care has never looked as vibrant as our seven Palm Lake Care locations. Here's some of what our residents have been up to recently...



**Pictured left, from top down:** Paint and sip art class allowed our Toowoomba residents' creativity to shine while Elvis brought them the rock 'n roll on Mother's Day. Burpengary Scout Group loved hearing stories from our Beachmere residents about when they were young Scouts themselves.

**Pictured below:** It's never a dull day when the alpacas come to Mt Warren Park for pet therapy! Our Bethania residents delighted in a bus trip to Hinze Dam.



**DEVELOPMENT  
UPDATE**

**WE'VE SEEN CONSTRUCTION** motoring along nicely across the Palm Lake Group over these past few months with major inroads made on our key projects. Here's a snapshot of what's been happening across the Group...

Construction is almost complete on our Stage 1 homes at Palm Lake Resort Pelican Waters, so Stage 1B has been released (check out the photos of the launch event on Pages 12-13 ). It's going to be exciting to see our first Pelican Waters homeowners moving in before year's end. Over on the golfing side of things, we are looking forward to welcoming back players at Pelican Waters Golf Course in August which is very exciting for the local golfing community. On top of this, construction of the driving range precinct will begin imminently with completion scheduled for the end of this year. Golfers and our Pelican Waters homeowners will no doubt enjoy the undercover and uncovered hitting bays as well as the proposed state-of-the-art coaching facility, to really perfect their golfing skills.

Palm Lake Resort Paynesville's civils in Stage 1 are about 40 per cent complete as this magazine goes to print. We've levelled home sites and also the pad for the Country Club. It's really starting to visually take shape. Building permits are underway with homes to commence here in the coming months. There will be 195 homes built here in total. It'll be great to see construction commence on our dedicated Sales Information Centre, here on site, also before the end of this year. This building will also eventually house a yoga room and workshop/men's shed for our homeowners.

Palm Lake Resort Yamba Cove is another exciting site for our team, currently. We've started pouring slabs with house construction underway. We'll begin the Country Club here in the second half of 2023. This will be a boutique resort comprising 78 homes.

And, in closing, there's some exciting news for the Bundaberg region and the town of Bargara with a further extension of our Palm Lake Resort Bargara site recently approved through Bundaberg Regional Council. We will build an additional 117 homes on an adjoining parcel of land there. At this stage, there's no firm timeframe on the commencement of that development.

**Suzanne Jensen**  
General Manager, Development



**PALM LAKE  
PEOPLE**

**DID YOU KNOW** that it was annual International Nurses' Day on May 12? This date is significant as it's the birthday of Florence Nightingale, who was the founder of modern nursing. Across our growing network of Palm Lake Care communities, nurses play a major role in the reputation we have built for high quality care.

The theme for International Nurses Day this year was "Our Nurses. Our Future." According to the International Council of Nurses, this theme reminds us that we need to address global health challenges and improve global health for all. "We need to learn from the lessons of the pandemic and translate these into actions of the future," the ICN states.

Our Palm Lake Care nurses work right at the grassroots level and being on the frontline 24 hours a day, seven days a week, they deal with everything from physical health matters to the emotional health and wellbeing of our residents. And, yes, the pandemic was an unusually difficult time for them - the lingering effects of Covid continue to be at the forefront of their minds even today. With seven of these stellar Palm Lake Care aged caring communities across South-East Queensland, we employ many, many nurses and they are all such wonderful additions to their respective teams. So it was fitting that we took some time in May to celebrate these special people.

From Palm Lake Care to Palm Lake Resort, our current "10,000 reasons" sales promotion for new homes across resort locations including Pelican Waters, Forster Lakes, Bargara, Yamba Cove and Paynesville is more than just a sales promotion. For us, it's a celebration of the success of our business. A celebration of the 46+ years of history the Elliott family has invested in building this impressive portfolio as a privately owned and operated company. A celebration of people - 10,000 of them, in fact! That's how many people call a Palm Lake Group address home. And we are grateful to every single one of them.

Yes, we build award-winning homes, impressive resort facilities and reputable aged caring communities - but it's 'people' that is our superpower.

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



Across our Palm Lake Resorts, the most successful formulas combine well-built, low-maintenance homes with a myriad of on-site facilities offering activities aplenty for likeminded neighbours. But there's another key element to this recipe for success: Our caretakers and resort managers. These people, and their respective local teams, really make our resorts warm, welcoming and friendly places to call home. Let us introduce you to some of them...



Palm Lake Resort

# FRIENDLY FACES AND PLACES

## Mark Kelly and Karen Hopkins, Palm Lake Resort Toowoomba

Mark and Karen's Palm Lake Resort story started with a leap of faith. The couple had returned to Australia after four years back home in their native New Zealand (to be closer to three of their kids) when a job at our Toowoomba resort caught their eye.

"We'd never even been to Toowoomba when we got the job," says Karen. "We arrived on a Friday, furnished our house over the weekend and started on the Monday. Three weeks later, Covid hit and we went into lockdown for months. Safe to say, things have only got easier – we feel like we can handle anything now!"

While Palm Lake Resort is their first role in an over-50s community, Mark and Karen are no strangers to management. Mark (pictured left) worked as a purchasing manager, Karen worked as a property manager for Ray White, and they both spent four years running a tourist resort together in Alice Springs.

"We're both into management – we know how to do that," says Karen. "I love interacting with homeowners and helping to solve their problems, while Mark is better at problem solving behind the scenes."

"We've got a good culture here, especially for such a large resort; there's a real sense of community. People are happy here. It's an impressive outfit, and not just in terms of the facilities."

"We're also so lucky with our staff. We've got the absolute best staff, from the gardeners to our kitchen staff to our cleaners. We could not do this without them. It's beautiful."

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### Patricia and Riki Phillips, Palm Lake Resort Mt Warren Park

Husband-wife duo Trish and Rik knows the Palm Lake Group inside and out. They started out at Palm Lake Resort Upper Coomera 11 years ago, spending seven years there before moving to Palm Lake Resort Waterford. Fifteen months later, they were on the move again – this time, to Palm Lake Resort Mt Warren Park, where they’ve been since October 2021.

“We just love working here,” says Trish. “The people are absolutely beautiful and, on the whole, are so grateful to live where they live.”

As with any job, Trish says their role comes with its challenges.

“We’ve learnt a lot over the years, but it’s certainly a great job overall. Patience, respect and positivity go such a long way – and listening! Listening is so important.”

This isn’t just true of working with homeowners, but also together as spouses. Trish and Rik have been married for 40-odd years and they credit Palm Lake Resort’s positive and friendly environment for the success of their relationship - and as colleagues.

“Enjoyment is really important to us, and the fact that we can work together amicably makes our job enjoyable,” says Trish.

“The homeowners make our job enjoyable, too. There are so many lovely people here, and we can really get to know them since it’s a smaller resort. We wouldn’t change a thing.”

### Kym Bellamy, Palm Lake Resort Tea Gardens

Kym has called Palm Lake Resort Tea Gardens home since 2021, but her career in retirement village management goes back much farther. Before coming to the Palm Lake Group, Kym worked as a village manager in Newcastle – and prior to that, she had spent two decades managing a retirement community in Coffs Harbour.

“I was more than part of the furniture there – I was part of the family,” says Kym. “I was looking for a change but was still passionate about the aged care sector. When Palm Lake Resort came up, it was like the stars had aligned.”

Kym’s move to Palm Lake Resort Tea Gardens proved both exciting and sentimental. It brought her closer to her daughter in Newcastle and back to the Hawks Nest area where she had spent much of her childhood visiting her own grandparents. A full-circle moment, indeed.

“I’m passionate about helping our residents and love working really closely with the Residents’ Committee,” says Kym.

“I’m the middle person between Head Office and our community, while also living and working here. The variety of duties can be challenging, but that’s why I love it.”

Her favourite part of the job? The residents, of course – though Kym can’t help but mention the facilities, too.

“I’ve never seen this anywhere else. People who visit our resort just gush over the facilities, the gardens, everything,” she says. “I love being able to work so closely with Lisa (our Sales Manager) to welcome new residents. It’s just a great place to work.”

### Jan Tandy and Brendan Lloyd Palm Lake Resort Willow Lodge

Jan and Brendan may lay claim to working the widest geographic stretch of the Palm Lake Group portfolio in their time as Palm Lake Resort caretakers. This pair will soon celebrate nine years with the Group and have worked across Palm Lake Resorts from Toowoomba and Mt Warren Park in Queensland, down to Truganina and Willow Lodge, in Victoria.

Jan says a good caretaker needs to be, first and foremost, a people-person. Juggling so many responsibilities and personalities, it’s people skills that get you through. Considering Jan and Brendan currently oversee more than 500 homeowners at Willow Lodge, and have successfully done so for the past four years, we know she’s on to something.

Jan says she and Brendan love to ensure their newest homeowners get the warmest welcome and properly find their feet. The buddy system they developed for new sole-occupant homeowners further assists in this respect. It’s all these things that help Willow Lodge achieve its status as a friendly place to live.

“It can be such a big place - we love encouraging the newer ones to join in,” Jan says. “I talk to a lot of people in my role and so I also like to put likeminded homeowners in touch with one another.”

This pair definitely leads from the top. Between Jan’s booming laugh and ever-friendly disposition and Brendan’s impressive work ethic, you can see why the Willow Lodge resort community has embraced them. But, just as you’d expect to hear from Jan, she says the success of this resort is not about them at all - it’s about the bigger team around them. She credits her fellow resort management staff and a host of willing homeowner volunteers for contributing the oil to this well-oiled machine.

“One of the best experiences I’ve had here was on a recent open day, watching our homeowner volunteers wearing their Palm Lake Resort badges and polo shirts and being so proud to call Willow Lodge their home,” she smiles. “They were so proud to represent Palm Lake Resort and it was so rewarding to see.

“At the end of the day, we want to encourage happy people to live here to create the best community possible for everyone.”



**10,000 people call Palm Lake home - get \$10,000 off + \$10,000 in extras!**

**Pictured above: Maclean (Type A). Pictured here: Ulmarra.**

## Yamba Cove COASTAL COOL

With the slabs going down for homes at Palm Lake Resort Yamba Cove as we speak, let us take you through the chic designs on offer.

Pictured above, in our main image, is Yamba Cove’s “Maclean” design. There will be two facade types with this design. Pictured is Type A, where Type B will instead offer vertical feature timber panelling with a matching timber-look garage door. Pictured right, from top down, you will find our Ulmarra, Grafton and Iluka home designs. At this stage, Iluka will also offer two facade types. Pictured is our Type B facade, where Type A replaces all the vertical blonde timber detail with horizontal painted cladding upstairs and a more textural horizontal cladding on the lower half of the home’s facade.

To find out more about the 78 homes on offer in our second Palm Lake Resort in this sensational coastal holiday town, FRECALL 1800 960 946.



**Pictured: Grafton.**



**Pictured: Iluka (Type B).**





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Lifestyle

# FEEL GOOD FASHION

Winter makes it hard to find motivation to look and feel put together. But Brisbane-based designer Nikki Parkinson is making a case for making the effort, no matter how old (or cold) you are.

**PERSONAL STYLE IS** about so much more than simply getting dressed in the morning. For decades, researchers have studied the connection between fashion and self-esteem, and they've found the two are inextricably linked.

A 1993 study found that self-esteem and clothing behaviour are closely related in older people, while another study found that attitudes toward clothing enhanced self-confidence in elderly men. Research conducted in 2006 revealed that appearance management and fashion involvement directly affected social participation, which in turn impacted self-esteem.

When you consider, then, that self-esteem is fundamental to how we experience life, 'simply' getting dressed in the morning might not be so simple after all.

Nikki Parkinson discovered the power of styling during her 10 years as a fashion and magazine editor. Part of her job involved coordinating fashion photoshoots and, when she left journalism, she wanted to apply her on-the-job experience to help everyday women feel confident.

"What we wear when we leave the house can be a window to who we are as a person," says Nikki. "You will feel more comfortable and confident if you dress to who you really are, rather than dressing to follow a trend or copy something someone else might be wearing."

This ethos inspired Nikki to start her blog Styling You, and later Styling You the Label. Now, Nikki spends her time sharing simple tips and timeless pieces to help women of all ages feel more confident.

"The fashion industry has for too long been focused on just one age, one body type, one ability, background or colour," says Nikki. "But you can't be what you can't see. Women aged 50 and over have a lot to dismantle in the quest to be confident in who they are and what they want to wear."

In particular, Nikki wants to challenge the so-called 'fashion rules' that many women aged 50 and over carry with them. In holding onto these rules – which may have been passed onto them by their mothers and grandmothers – women are missing out on dressing for themselves and finding that confidence.

"This is also a generation that has grown up with diet culture, being told from a young age that there is only one beauty standard to be upheld, and that's being thin," says Nikki. "One way to overcome this is by following a diverse



"Dress for you. Dress to feel confident. It would be a boring old world if we all dressed the same."

- Nikki Parkinson

range of women on social media. It's possible to break down those beliefs and start taking baby steps to dressing to your own style personality."

Another way to find your personal style? Focus on what feels good. Nikki doesn't subscribe to the idea that we need to wear (or not wear) things because we're a certain age.

"Dress for your attitude," she says. "Trends do help your fashion to feel fresh, but it's not essential that you follow any. Dress for you. Dress to feel confident. It would be a boring old world if we all dressed the same."

When it comes to winter dressing specifically, Nikki says your outfits can be easily elevated by quality fabrics – without sacrificing on comfort.

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"There is absolutely nothing wrong with cosy dressing," says Nikki. "Life's too short to not feel comfortable in what you're wearing. You will still feel put together if you're choosing comfortable pieces that are well made using quality fabrics."

"Your choice of shoes and outer layers are key to pulling a winter look together. Again, these can be comfortable, but they should also suit the occasion or situation."

One simple way to feel more put-together is to add at least one accessory or outer layer before leaving the house. This, Nikki says, is your outfit 'completer' – the piece that pulls your look together.

"Conversely, if you have competing outfit completers, maybe take one off just before you leave the house," says Nikki. "Less is more."

But above all, Nikki is a firm believer in dressing for you - and you only. While she has plenty of tips to share (working for 10 years as a fashion editor will teach you a thing or two) Nikki's biggest and best piece of advice is to dress exactly how you want to.

Forget the fashion rules - Nikki assures us, they were made to be broken.

## Nikki's top tips to help you get dressed successfully

1. Make sure your wardrobe is well edited and organised. This is especially so as you go into a change of seasons. You cannot know if you've got anything to wear if you don't know what is in your wardrobe.
2. Make sure you have key wardrobe basics pieces for the season. Your key basics may differ from someone else's because of a different lifestyle or climate but identifying the basics you need and having them front and centre in your wardrobe will mean you'll always have something to wear.
3. Plan out your outfits for the week. This is particularly helpful if you have a busy week. A little time spent each Sunday, putting together outfits will help you use more of your wardrobe and take the stress out of the daily "what to wear" question when you might be in a rush.

**Nikki Parkinson is a Brisbane-based award-winning blogger and author. She is also the designer behind @stylingyouthelabel. You can follow Nikki on social media via @stylingyou**



**Pictured:** Palm Lake Resort Bargara's newly renovated on-site hair salon.

## Bargara STYLE GUIDE

At many of our Palm Lake Resorts, homeowners don't have to go far to find a new-season hair do - we build salons conveniently onsite.

**TRACY GABLE IS** the hairdresser tasked with managing the recently extended and renovated on-site hair salon at Palm Lake Resort Bargara. It's a modern and welcoming space (pictured above), befitting the resort it calls home. And it's one of many hair salons constructed within our resorts for the convenience of our homeowners. With a fully professional fit out now featuring even more styling chairs and more basins, Tracy's clients are forgiven for thinking they're in a big-city hairdressing salon when, in fact, they are just a short stroll from their own front door.

Tracy has been working at our Palm Lake Resort Bargara salon since January and brings with her more than 40 years of hairdressing experience. She's owned and operated eight salons over the course of her career across Brisbane, Bundaberg and Bargara. Tracy tells us that even after four decades, she doesn't have a favourite style or a speciality service - she simply enjoys helping our homeowners look and (most importantly) feel special.

"It's such a lovely salon," Tracy smiles.

We do like to live

# BESIDE THE SEASIDE

You may have noticed how many of our resorts are situated near the ocean? Given the beauty of Australia's east coast, this is no accident. Embrace the sun, surf and sand in your own home - whatever the weather.



1. Rugs N More Atrium rug, \$299, [rugsnmore.com.au](https://www.rugsnmore.com.au)
2. KAS Banna cushion, \$69.95, [kasaaustralia.com.au](https://www.kasaaustralia.com.au)
3. Lounge Lovers Fortuna armchair, \$499, [loungelovers.com.au](https://www.loungelovers.com.au)
4. 'Beaches' by Gray Malin, \$65, [theiconic.com.au](https://www.theiconic.com.au)
5. 'Linen' by Modern Design Era, \$30.79, [amazon.com.au](https://www.amazon.com.au)
6. Freedom Salsie sofa, \$2599, [freedom.com.au](https://www.freedom.com.au)
7. Williams Sonoma woven tray, \$140, [williams-sonoma.com.au](https://www.williams-sonoma.com.au)
8. Weave Home Pambula cushion, \$99.95, [weavehome.com.au](https://www.weavehome.com.au)
9. House & Garden Freya throw, \$49.95, [housegarden.com.au](https://www.housegarden.com.au)
10. Keiko rattan table lamp, \$189, [sundaysociety.com.au](https://www.sundaysociety.com.au)
11. Habitalia Homewares large sea shell, \$16.95, [habitalia.com.au](https://www.habitalia.com.au)
12. Home Trading Company ottoman, \$90, [bigw.com.au](https://www.bigw.com.au)



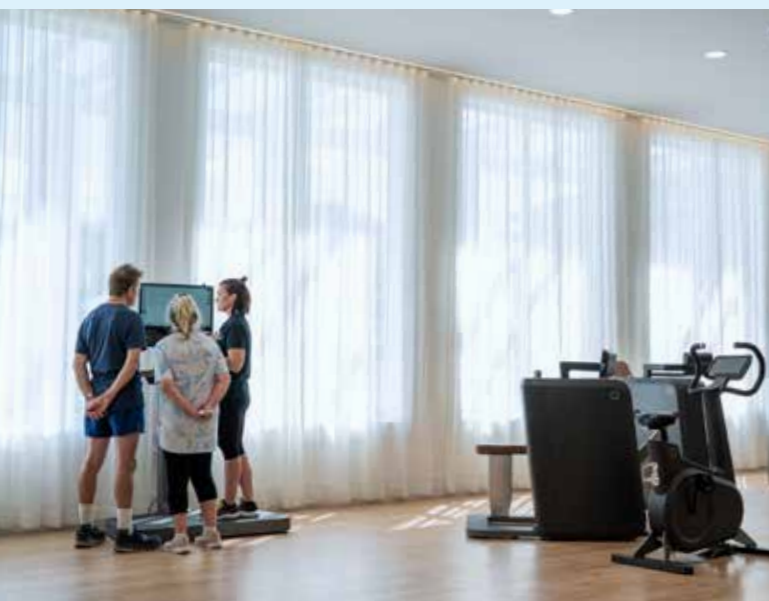
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# HOW TO STAY FIT THIS WINTER

The days are cold and your bed is so, so warm – how are you supposed to find the motivation to exercise? Palm Lake Resort personal trainer Wendy Munday shares the tips she has learned over 30 years in the fitness industry.



**Pictured:** Palm Lake Resort Forster Lakes' new Milon gymnasium.



**EXERCISE IS IMPORTANT** all year round, but when it comes to things like staving off sickness and battling the winter blues, it is particularly important during the cooler months.

“Exercise improves your whole lifestyle, helping you maintain muscle balance, boost your bone density and encouraging your brain to produce endorphins, or happy hormones,” says PT Wendy Munday. “From your immune system to your cardiovascular system, you become healthier when you regularly exercise.”

Before you (literally) hit the ground running, Wendy says there are certain precautions you should always take before exercising. A good warm up will prepare your muscles and reduce your chances of straining, tearing or cramping, so take time to do some dynamic stretches or go for a light walk before you exercise. When you’ve finished working out, be sure to cool down and stretch.

“Covid has taught us that we can do just about anything indoors, so if you aren’t feeling motivated to go outside and exercise, try a workout like Zumba, yoga, Pilates or even weight training,” says Wendy. “If you do decide to exercise outside, make sure you do a longer warm up.”

While everyone’s exercise routines look different, Wendy says you should aim for 30 minutes of consistent movement – be it a walk, a round of golf or a workout class – each day.

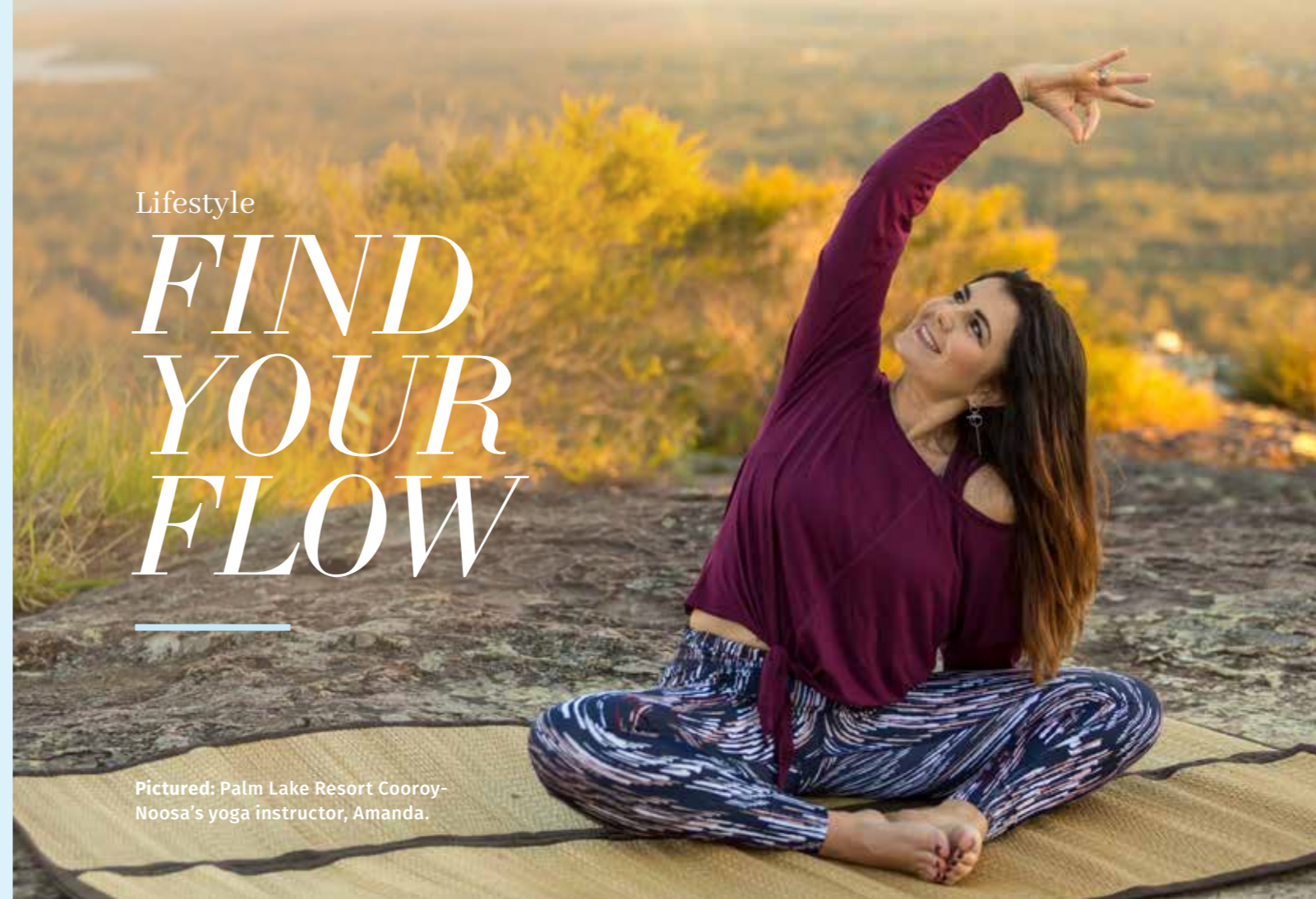
“It’s all about consistency and just doing a little bit every day,” says Wendy. “You’ll soon notice the benefits – you may find you’re less tired when performing day-to-day tasks, or that you recover faster from illness.”

For some, persistent injuries may discourage exercise – particularly during winter. But Wendy says that, with the support of heat packs, braces, anti-inflammatories and proper diet, you can still improve your fitness, even in the cooler months.

“One of the biggest things I tell my clients during winter is to ensure you stay hydrated – drink more water than you think you need,” says Wendy. “You may not feel your sweat as much as you do in summer, but you are still working hard. Look after your body, and you’ll soon feel the benefits.”

Lifestyle

# FIND YOUR FLOW



**Pictured:** Palm Lake Resort Cooroy-Noosa's yoga instructor, Amanda.

Looking for a way to stay functionally active, healthier for longer, energised and also at peace? Well, pull up a chair. Or a mat.

**WHETHER YOU PREFER** a traditional mat-based practice or the support of a chair, there are options allowing everyone to experience and enjoy the benefits of yoga, according to Palm Lake Resort Cooroy-Noosa instructor, Amanda.

The differences between mat yoga and chair yoga are quite literally that. While mat yoga is performed on a mat on the floor and involves standing and seated poses, chair yoga is practised in a chair and focuses on seated and supported standing poses. Both practices offer numerous benefits and participants are encouraged to modify the practice to meet their individual needs and abilities on the day.

Amanda says mat yoga is a great way to improve balance, flexibility and strength, all while reducing stress and tension. This practice involves a series of poses that are performed on a yoga mat, with the support of your own body weight and props like bolsters, blocks and straps.

“Chair yoga is an excellent option for those who may have difficulty getting up and down from the floor or prefer a seated practice,” Amanda explains. “This modified form of yoga uses a chair as a prop to support the body and provide stability during poses. Chair yoga is also a great way to improve flexibility, strength, mobility and range of motion, reduce stress and increase energy levels.”

Amanda has eight years of teaching experience behind her. She says she has studied well over 700 hours of training in a wide variety of styles as well as other modalities like Pilates.

“I study every year to keep abreast of best practices and the science of movement whilst maintaining the integrity of yoga’s ancient origins. I have a special interest in practices that help us all live well and healthily for longer,” she says. “I also like to create opportunities for fun and joy in your week!”

“I pride myself on making yoga accessible for a wider demographic by offering modifications and variations because I believe yoga is a transformative practice that has stood the test of time – it is not another fad.”

Amanda’s story is quite impressive. She became a yoga teacher after having a stroke.

“I had a yoga and meditation practice prior to having my stroke, and these practices helped me to self-regulate my emotions and supported my recovery,” she smiles.

“For a brief time I was completely blind and for a number of weeks I was unable to see well – even today I can still have issues. I had to relearn to walk and balance again. I noted the rehabilitation chair exercises I was doing were very similar to my chair yoga training. My love for these practices spurred my desire to teach.

“I share this with you as I understand how difficult it can be both physically and emotionally to build yourself back up after illness or injury.

“I’m living proof of the benefits of yoga and meditation and that consistency will transform you physically, mentally and emotionally.”



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WINTER EDITION 2023



Lifestyle

# LIQUID GOLD

Winter means one thing: delicious soup, and lots of it. Whether it's an intimate dinner party or a cosy night in, try these ideas from 'The Ultimate Soup Cookbook: Sensational Soups for Healthy Living'.



## Savoury cream of asparagus

Serves 4 | Prep time: 15 minutes | Cook time: 30 minutes

### Ingredients

4 tablespoons butter  
2 shallots, diced  
3 tablespoons flour  
1 clove garlic, minced  
½ teaspoon salt  
¼ teaspoon black pepper  
16 oz vegetable or chicken stock  
16 oz milk  
1 lb asparagus, washed and cut into 1 inch pieces  
1 cup heavy cream

### Method

Melt the butter in a large stockpot over medium heat. Sauté the shallots in the butter until fragrant, about 5 minutes. Add the flour and cook for 3 minutes, stirring constantly. Add the garlic, salt and pepper to the pot and cook for 2 minutes more, stirring constantly. Add the stock and the milk, and bring to a slow simmer, stirring regularly. The soup will finish thickening shortly after a simmer is reached, about 10 minutes. Add the asparagus pieces and cook until tender, about 10 minutes longer.

Once the asparagus is tender, you can remove some of the pieces to use as garnish.

Pulse the soup with an immersion blender (or food processor in batches) until smooth. Return the purée to the pot, remove from heat and stir in the heavy cream.

Taste the soup and adjust seasonings as necessary with salt and pepper. Garnish with reserved asparagus pieces and serve.



## Big occasion bouillabaisse

Serves 8 | Prep time: 30 minutes | Cook time: 45 minutes

### Ingredients

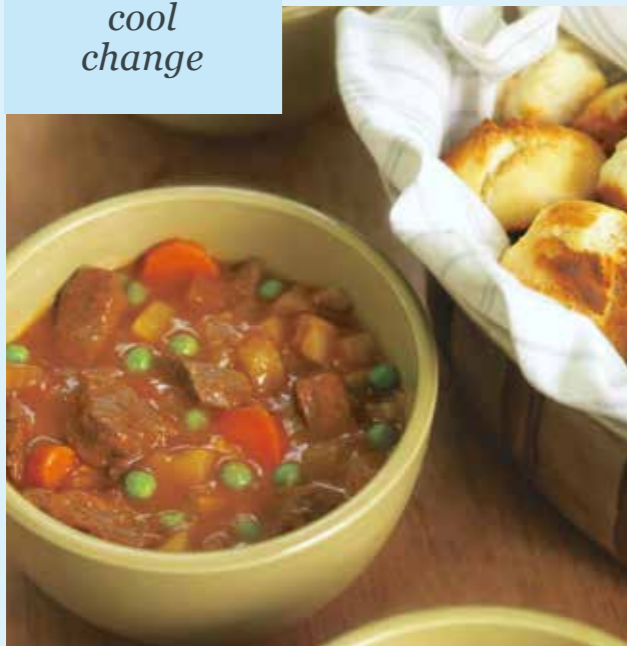
2 shallots, diced  
2 leeks, root and top greens removed, sliced  
1 head fennel, thinly sliced (fronds reserved for garnish)  
2 stalks celery, diced  
2 tablespoons olive oil  
2 cloves garlic, minced  
½ teaspoon salt  
¼ teaspoon white pepper  
¼ teaspoon paprika  
¼ teaspoon thyme  
2 bay leaves  
¼ teaspoon red chili flakes  
2 cups dry white wine  
¼ teaspoon saffron  
64 oz fish stock  
3 tomatoes, chopped  
1 lb firm white fleshed fish such as swordfish, monkfish and/or cod, cut into 1 inch chunks  
½ lb clams, scrubbed and soaked for 20 minutes in fresh cold water to get the grit out  
½ lb mussels, scrubbed, debearded and soaked for 20 minutes in fresh cold water to get the grit out  
½ lb shrimp, shelled and cleaned

### Method

Sauté shallots, leeks, fennel and celery in the oil in a large stockpot over medium heat until fragrant (about 5 minutes). Add the garlic, salt, pepper, paprika, thyme, bay leaves and chili flakes to the pot. Cook for 2 minutes, stirring constantly. Deglaze the pan with the white wine and reduce by half. Add the saffron, stock and tomatoes, and bring to a simmer. Add the fish filets and cook until just done (about 5 minutes). Add the clams and mussels, and cook until they open (about 5-7 minutes longer). Finally add the shrimp and cook until pink and curled, (about 5 minutes). Taste the bouillabaisse and adjust as necessary with salt and pepper. Garnish with fennel fronds.



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### Hearty beef stew

Serves 8 | Prep time: 20 minutes | Cook time: about 2 hours

#### Ingredients

2 lbs beef stew meat - trim of fat and cut into 1 inch cubes  
1 teaspoon each, salt and freshly ground black pepper  
2 tablespoons olive oil  
1 medium onion, diced  
2 stalks celery, diced  
2 carrots, sliced  
4 cloves garlic, minced  
2 tablespoons tomato paste  
½ teaspoon granulated sugar  
2 bay leaves  
1 teaspoon thyme  
1 cup apple juice  
24 oz beef stock  
1 tablespoon Worcestershire sauce  
3 potatoes, cut into ½ inch chunks  
1 cup peas, fresh or frozen  
2 tablespoons cornstarch mixed with 2 tablespoons cold milk

#### Method

Warm the oil in a large stockpot over medium heat. Toss the beef with the salt and pepper and brown the beef in 1 tablespoon of hot oil in two batches (about 5 minutes a batch). Remove the browned beef to a large bowl and set aside. Sauté the onion, celery and carrot in the same pot with the other tablespoon of oil set over medium heat until fragrant (about 5 minutes). Add the garlic, tomato paste, sugar and dried spices. Cook for two minutes, stirring constantly. Deglaze the pan with the apple juice and reduce by half. Add the beef stew meat, stock and Worcestershire sauce to the pot and bring the stew to a simmer. Cover the pot, turn heat to low and cook until the beef is tender (about 1 hour). Add the potatoes and peas, then cook for another 30 minutes. Thicken the stew using the cornstarch slurry, adding it slowly and cooking for another 5 minutes to make sure the starchy taste is cooked out. Add less of the slurry for a thinner stew. Taste and adjust as necessary with salt and pepper.



### Persian lamb and spinach stew

Serves 6-8 | Prep time: 15 minutes | Cook time: 1 hour

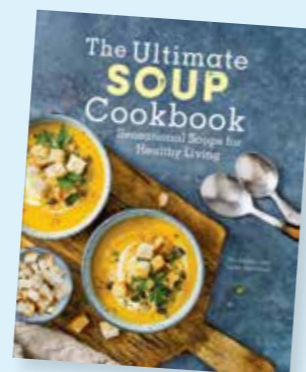
#### Ingredients

1 carrot, sliced  
2 leeks, root and green tops removed, sliced  
3 tablespoon butter  
1 tablespoon olive oil  
4 cloves garlic  
½ teaspoon salt  
½ teaspoon red curry powder  
½ teaspoon turmeric  
¼ teaspoon Ceylon cinnamon  
¼ teaspoon cayenne pepper  
32 oz chicken stock  
2 lbs lamb stew meat, cut into 1 inch pieces  
2 bunches fresh spinach, washed and chopped (or 2 boxes frozen chopped spinach)  
1 bunch flat-leaf parsley, washed and chopped  
1 tablespoon brown sugar  
1 tablespoon lime juice

#### Method

Melt the butter in the oil in a large stockpot over medium-low heat. Add the carrot and leeks and cook for 5 minutes. Add the garlic, salt, curry powder, turmeric, cinnamon and cayenne pepper. Continue cooking for 2 minutes, stirring constantly. Add the chicken stock and lamb, and bring to a simmer. Cover the stew, reduce the heat to low and cook until the lamb is tender (about 35 to 45 minutes). Add the spinach, parsley and brown sugar. Continue cooking for 10 minutes. Taste the stew and adjust the seasonings as necessary. with salt and pepper. Remove from the heat and stir in the lime juice. Serve immediately.

*The Ultimate Soup Cookbook is by Dru Melton and Jamie Taerbaum, photography by Bill Bettencourt. Chartwell Books. RRP \$29.99.*



WINTER EDITION 2023

# BIG SCREEN FUN



While the weather is pretty balmy during winter at most of our Palm Lake Resort locations, now is the time to really embrace 'the great indoors' and see just how 'cool' (see what we did there!) it is living in one of our facility-laden lifestyle resorts. First stop, the resort movie theatre.

**THERE'S NOTHING MORE** convenient than a winter's night-in at a Palm Lake Resort movie theatre. Located just steps from our homeowners' front doors, our newest cinemas are akin to any gold-class viewing experience. Our cinemas offer rows of plush movie recliners, the highest quality sound systems and big, high-definition screens for maximum movie enjoyment.

What's even better is that many of our resort movie theatres have been so embraced by their respective likeminded homeowners, that we've seen the formation of volunteer committees who come together to plan and facilitate regular movie screenings and other special events.

Palm Lake Resort Ballina is one such place. It's home to a group of six volunteer film aficionados who have taken on the responsibility of running the resort's on-site theatre, the Sundance Cinema. At 7pm, on Wednesdays and Saturdays every week, you'll likely find the Sundance Cinema bustling with residents all eager to watch the latest and/or greatest film. And while this group of volunteers is small, their screenings have been known to draw crowds large enough to fill all 66 seats. Their movies can range from recent releases to award-winning favourites. And they don't stop at movies

– the Sundance Cinema volunteers also help with special sessions, operating the big screen for training courses and other televised events.

"The cinema is a wonderful place for us residents to relax and enjoy some time out," says group member Beryl Boness. "If you are in need of some relaxation, escapism or just want to see some of your favourite stars, come along and join us."

The same big-screen enjoyment is shared at Palm Lake Resort Waterford. There, homeowner Les Elborne is among those keen local movie buffs who help bring movies to their big screen for the enjoyment of their fellow neighbours.

"Movies in our cinema are on every Tuesday and Wednesday evening and on the second, third and last Sunday of each month," Les explains. "Films are carefully chosen by the cinema group to cover all tastes, and a classic movie is always included in the mix each month."

Les agrees that the resort cinemas are the perfect addition to the range of complimentary activities on offer in our Palm Lake Resorts. As Les states, the cinemas provide them with a "wonderful opportunity to relax in front of the big screen and also socialise with other homeowners".



# PALM LAKE RESORT



## Palm Lake Resort Pelican Waters

**NOW SELLING!** Palm Lake Group's most luxe resort ever is under construction right now on Queensland's Sunshine Coast. Among the 321 homes to be built here, some will enjoy water frontage, some will have direct golf course access and some will feature both. This resort hugs the boundary of our Greg Norman-designed golf course and will neighbour our Pelican Waters Hotel.

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



## Palm Lake Resort Forster Lakes

**NOW SELLING!** Currently under construction, Palm Lake Resort Forster Lakes is situated right on the edge of Wallis Lake and takes its inspiration from the Florida coast. The best of the almost 300 homesites will enjoy coveted lakefront positions with marina berths also available.

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



## Palm Lake Resort Bargara

**NOW SELLING!** 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 new facilities including the 2022 Master Builders Association 'Project of the Year' award winner, Horizons Country Club.

**1800 501 119**  
24 Rifle Range Road,  
Bargara QLD 4670



## Palm Lake Resort Paynesville

**NOW SELLING!** Earthworks and civils are underway on this greenfield site, with close to 200 ultra-modern homes planned, along with all the most outstanding community facilities. The rich maritime history of this region will be captured in this project.

**1800 960 943**  
**COMING SOON TO:**  
76 Ashley Street,  
Paynesville VIC 3875



## Palm Lake Resort Yamba Cove

**NOW SELLING!** Situated across the road from our existing resort, Palm Lake Resort Yamba Cove will offer a second, more boutique Palm Lake Resort experience for this thriving coastal holiday town. While smaller in footprint, this resort will offer upmarket homes and a stellar Country Club.

**1800 960 946**  
**COMING SOON TO:**  
2 Orion Drive,  
Yamba NSW 2464

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

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

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

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

**BETHANIA**  
1800 774 866  
43 Goodooga Drive,  
Bethania QLD 4205

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

**CARINDALE**  
1800 770 057  
2 Ford Court,  
Carindale QLD 4152

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

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

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

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

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

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

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

**TRUGANINA**  
1800 686 096  
7 Taronga Road,  
Truganina VIC 3029

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

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

**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





# PALM LAKE CARE

## Palm Lake Care Bargara

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

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

## Palm Lake Care Beachmere

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

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

## Palm Lake Care Bethania

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

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

## Palm Lake Care Caloundra

**NOW OPEN!** Situated conveniently right alongside Palm Lake Resort Caloundra Cay, this brand new luxury aged caring community is now complete and accepting new residents. Just like the adjacent over-50s resort, this impressive community has been styled with a Caribbean feel, to ensure residents here enjoy a holiday-everyday lifestyle.

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

## Palm Lake Care Deception Bay

Palm Lake Care Deception Bay holds the coveted title of being the very first aged caring community in the Palm Lake Group. This location has recently undergone a renovation, with a vibrant new cafe added and other administrative and community facilities upgraded. Palm Lake Care's 'Caregiver of the Year' award recipient calls this address her workplace. She and others here have each clocked up an impressive decade (or more) of dedicated service with us.

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

## Palm Lake Care Mt Warren Park

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

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

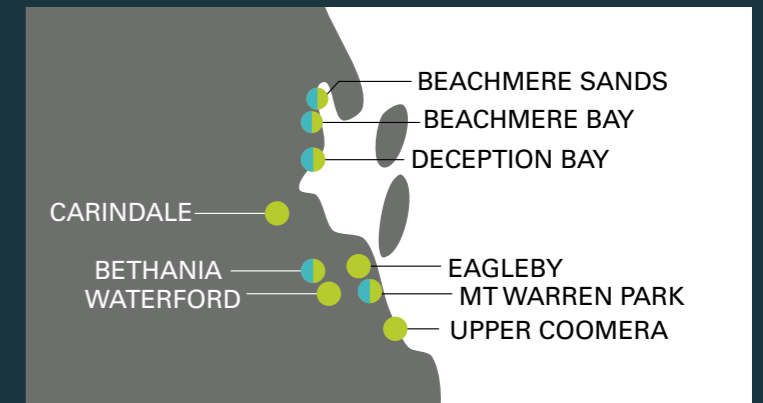
## Palm Lake Care Toowoomba

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

**1800 280 129**  
**97-161 Hogg Street,**  
**Toowoomba QLD 4305**



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



# FIND US ALL HERE





# LIFE IS CRUISEY

at Palm Lake Resort.

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Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our homeowners have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship here at Palm Lake Resort, because... This is your time.



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