

OASIS

July - August 2024



PALM LAKE
RESORT

PELICAN — WATERS



STAYING SOCIALLY CONNECTED

Being social is not just about keeping up appearances - it's important for your wellbeing, too

WELCOME HOME FRIENDS

More and more new homeowners are joining our Pelican Waters community - meet some of them inside...

IVEY DISPLAY NOW OPEN

We have another impressive display residence now open for your private inspection: The Ivey

Pictured: Our lvey display residence is open for your private inspection. Phone ahead to book a time on 1800 490 626.



Welcome

Welcome to another edition of Palm Lake Resort Pelican Waters' "Oasis" newsletter. Winter brings such beautiful blue clear skies here in South-East Queensland. While we are experiencing relatively cooler days and nights, there's a welcome and revitalising warmth in the winter sun on our backs, so it's actually a wonderful time of the year to be out and about in our area. This is proven, time and time again, by all the southerners who descend on our (literal) Sunshine Coast seeking out refuge from their bitterly cold winters. This annual pilgrimage to the sun has been encouraging lots of enquiries to our Sales Information Centre as you can imagine!

We have 29 residences settled so far in Stage 1. Our community is filling with happy homeowners, living their best lives. We also have a few lucky pooches who now call Palm Lake Resort Pelican Waters home and their arrival is making our growing community feel more and more like home. It's lovely seeing homeowners out and about, with their dogs on leads, exploring the local area.

The resort is going ahead in leaps and bounds with the construction of residences in our premier location, Stage 2. The majority of these luxury abodes enjoy full water frontage and golf frontage. There are 23 residences in Stage 2 already under construction with more to follow shortly.

The Springs Country Club is also rising from the ground. As you may be aware, this incredible community facility offers five distinct precincts including Sonora (social, dining), El Dorado (sporting), Mirador (wellness), Mirage (outdoor pool precinct) and Cerante (arts/leisure). It is the Mirador Wellness Centre that is the first precinct being constructed right now. This spectacular building will offer 6000m² of pure luxury, with enough activities to keep all our homeowners active and physically fit as well as socially and creatively connected. It'll be nothing like any other over-50s community lifestyle facility before it and we can't wait to unveil it for our homeowners in the future.

If all this has whet your appetite for a visit, we'd love to take you on a private inspection of our four display residences and the resort grounds. Our Sales Information Centre is open for viewing seven days a week, by appointment. If you act quickly, we have a number of lvey and Avondale residences available in Stage 1 now - ready for you to move straight in to. Contact our Sales Team for more.

Dawn, Monique and Anna
Palm Lake Resort Pelican Waters Sales Team

Contact us

Looking for more information about Palm Lake Resort Pelican Waters? Inspections are by appointment only. To book a private inspection, contact us on 1800 490 626.

Street address:
40 Mahogany Drive,
Pelican Waters QLD 4551

Sales Information Centre opening hours:
9am to 4.30pm, seven days a week

Email:
salespelicanwaters@palllake.com.au

Online: palmakeresort.com.au

Get social:
Follow us on Facebook
and on Instagram (@palm.lake.resort)

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.



PALM LAKE
RESORT
PELICAN — WATERS

News

Club goes cashless

In an effort to streamline and optimise operations, Pelican Waters Golf Club has moved to a cashless payment system. Eliminating cash handling will allow the Club to serve players and guests quicker, more securely and more hygienically. Of course, you'll still enjoy the same great customer service and the same great game at your favourite Greg Norman-designed golf course. The Club thanks you for your understanding as they implement this change.

Why not come, stay and play?

There's no better way to understand the Palm Lake Resort Pelican Waters masterplan, take in our site and explore our local Sunshine Coast surroundings better than by doing it in person. If you are traveling from out of town to tour our resort, we'd love to offer you a complimentary night's accommodation as well as a complimentary game of golf on our very own Greg Norman-designed golf course. Contact our Sales Team on 1800 490 626 to book your private inspection.

Corporate Charity Golf Challenge is back

Aitken Legal has reignited the popular Sunshine Coast charity golf day which will take place at Pelican Waters Golf Club on August 23. The 4-ball ambrose event played over 18 holes, will be held as part of 92.7 MIX FM's GIVE ME 5 appeal with all funds raised going to WISHLIST - Sunshine Coast Health Foundation. Head of Golf Dale Williamson says he's excited to see the Sunshine Coast Corporate Charity Golf Challenge back on the calendar.

Players will have a chance to win fantastic prizes with a hole-in-one on three designated par-3 holes. Prizes include a new BMW courtesy of Coastline BMW, \$20,000 cash sponsored by Aitken Legal, or a Club Car Golf Cart from Club Car. In addition, the lucky winner of the raffle will walk away with a \$5000 travel voucher, also sponsored by Aitken Legal.

Your Time is out now



Grab your copy of the Winter 2024 edition of our company magazine, Your Time, now. In it, we celebrate the progress of our newest resort locations, including Yamba Cove, Forster Lakes and here at Pelican Waters. You can also read about Fern Bay's 10th birthday and our features on active ageing, pickleball and more. If you haven't received a copy in your mailbox, you can always catch up online at palmakeresort.com.au

Sharing a cuppa, for charity

Right across our 27 Palm Lake Resort addresses, we bet there's a jug boiling right now! Coming together over a piping hot cup of tea or a reinvigorating mug of coffee is what we all love best. It's not so much the drink itself as it is the enjoyment when the moment is shared with friends, family and likeminded neighbours. So, it's little wonder why the Cancer Council's annual 'Biggest Morning Tea' fundraiser seems to strike a chord across all our resorts, year after year. Not only do we all know someone who has been affected by cancer, we know that supporting a worthy cause like this will support the future of cancer research and patient care. And to do it by sharing a cuppa? Too easy!

At the time of printing this newsletter, more than \$14 million has been raised across Australia at Biggest Morning Tea events in 2024 alone. Here are just some of the fundraising results we've seen across our own Palm Lake Resort addresses that helped to raise that \$14 million figure:

- Banora Point: \$1700
- Bargara \$5138
- Beachmere Sands: \$5977
- Carindale: \$2906
- Cooroy-Noosa: \$1000
- Eagleby: \$6000
- Forster Lakes: \$8000
- Mt Warren Park: \$2000
- Phillip Island: \$2272
- Truganina: \$2320
- Upper Coomera: \$1790
- Waterford: \$1700
- Willow Lodge: \$3500

\$44,300+
RAISED FOR
CANCER
RESEARCH WITH
THANKS TO PALM
LAKE PEOPLE!

TO BOOK
YOUR PRIVATE
INSPECTION,
PHONE US ON
1800 490 626








Step into our Ivey

WALKING THROUGH A PALM LAKE RESORT PELICAN WATERS DISPLAY RESIDENCE WILL REALLY HELP YOU PUT YOURSELF IN THE PICTURE OF LIFE HERE IN OUR EXCLUSIVE OVER-50s COMMUNITY. LIGHT AND BRIGHT, OUR IVEY IS A TRUE DELIGHT...

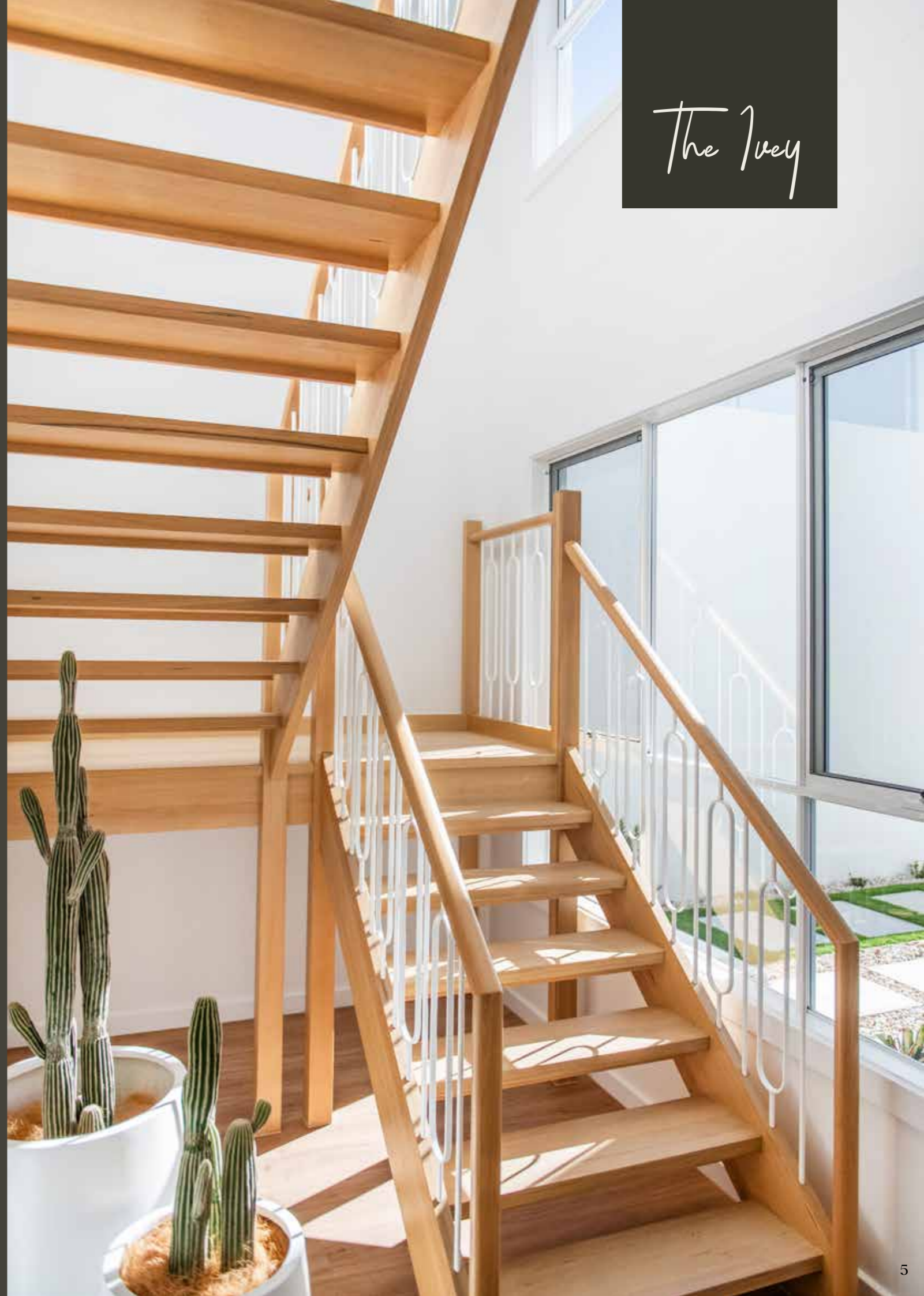
Ivey's charm starts with its street appeal. Curved lines, a mixture of contrasting yet coordinating textures, that impressive and attention-grabbing feature porthole window and a separate garage door for your golf car - this is luxury Palm Springs-style living at its finest.

The Ivey offers plenty of living space. At 370.75m², Ivey allows homeowners to really spread their wings. If you're planning to host visiting friends and family members (and want to provide those guests with the same level of luxury and comfort that you'll be accustomed to), Ivey is for you. With its three bedrooms, butler's pantry, two-car garage and that chic internal elevator, we know the Ivey will really grow on you.

Want more detail? Our Ivey display residence, and others, are available for your private inspection seven days a week. Phone our Sales Information Centre on 1800 490 626 to book a time. If you'd like to check out Ivey online, we have a variety of handy digital walk-throughs and more information at palmakeresort.com.au

					
Beds 3	Bath 2.5	Living 1	Activity 1	Outdoor living	Garage 2.5

The Ivey





Our VIP long lunch

A HAND-SELECTED GROUP OF DEPOSIT HOLDERS AND RESORT VIPs JOINED US FOR AN ELEGANT AND DECADENT LONG LUNCH RECENTLY. THE EVENT ALLOWED US TO UPDATE GUESTS ON THE RESORT'S CONSTRUCTION PROGRESS AND SHOWCASE TO OUR FUTURE HOMEOWNERS WHAT LIFE WILL BE JUST LIKE, WHEN THEY ARE PART OF OUR EXCLUSIVE COMMUNITY.

The importance of staying socially connected

MAKING THE DECISION TO MOVE INTO A PALM LAKE RESORT STARTS BY FINDING JUST THE RIGHT ABODE. BUT LONG-TIME PALM LAKE RESORT HOMEOWNERS WILL BE QUICK TO TELL THEIR NEWBIE NEIGHBOURS THAT THEIR DECISION WILL ULTIMATELY PROVE TO BE LESS ABOUT THE PHYSICAL 'BRICKS AND MORTAR' AND MORE ABOUT THE LIFESTYLE COMMUNITY THAT COMES ALONG WITH IT.

The benefits of buying into a Palm Lake Resort community extended well beyond what you can physically see. Yes, your home will be a low-maintenance, luxurious safe haven in a gated community with caretakers to support you on a day-to-day basis. And, yes, you'll also have access to a raft of onsite community facilities strategically chosen for the over-50s demographic. But one of the greatest returns on your Palm Lake Resort investment will, in fact, be something a lot less tangible - and that's your 'membership' into this welcoming, likeminded community.

Scientific research proves we humans live longer, happier, healthier lives when we feel part of something bigger than just ourselves - that is, part of a social/community group. There has been much research completed and reported across the last decade about the benefits of staying socially connected as we age. Here are just some of them:

Improved cognitive function: Social engagement can help maintain and even improve cognitive functions. Studies have shown that social interaction can help protect against cognitive decline. Engaging in social activities stimulates the brain, which can enhance memory and cognitive skills.

Reduced risk of mental health issues: Social connectedness significantly reduces the risk of depression and anxiety among older adults. Having a strong social network provides emotional support, which is crucial for mental health. Interacting with others can also provide a sense of purpose and belonging.

Enhanced physical health: Older adults with strong social ties in general have lower risks of chronic illnesses such as heart disease, hypertension and diabetes. Studies show that socially engaged individuals are also more likely to be physically active, which contributes to overall health. Having a team of friends to inspire you to go for a walk together, play sport, join in a group training session or even just try activities that you would otherwise overlook is motivating.

Longevity: Socially active individuals tend to live longer.

Research has indicated that loneliness and social isolation are linked to higher mortality rates. Having a robust social network can encourage healthier behaviours and provide emotional support, both of which contribute to a longer life.

Improved immune function: Funnily enough, social engagement can strengthen the immune system. Positive social interactions can reduce stress and its negative impact on immune function. Reduced stress levels are associated with better immune responses and lower inflammation.

Greater emotional wellness: Being socially connected can enhance emotional wellbeing. Regular interactions with friends and family can increase feelings of happiness and decrease feelings of loneliness. Emotional support from social networks can also help individuals cope with life's challenges more effectively.

Increased sense of purpose and belonging: Engaging in social activities can provide a sense of purpose and belonging. Volunteering, participating in community events, or simply spending time with likeminded friends and loved ones can give older adults a meaningful role and a reason to stay active and involved.

So, now that we know why it is beneficial to stay social as we age, let's look at how we can achieve and maintain those all-important social connections. As a homeowner in a Palm Lake Resort, you've made the biggest and most important first step by joining our community. Congrats, you! But don't expect the benefits to simply come flowing in through your front door - some definitely will, but you've also got to invest a little time and effort to chase down those social opportunities.

How to bolster your social connections

Join a club, find your tribe: Everyone has some kind of passion, hobby, interest or creative streak within them. Maybe there was something you enjoyed in your earlier years before life and work and family commitments got in the way? Maybe you just want to learn something brand new (there are additional cognitive benefits to being a lifelong learner!). Start by taking a look at our resort's Weekly Activities list to see if something there resonates. You can also stop by our Caretakers' office and ask them if they know of any other homeowners interested in the same thing you are interested in. Beyond that, simply ask around your neighbourhood, at weekly meals, in the resort's private Facebook group etc. We guarantee you'll find a likeminded neighbour with just a little



digging and if our resort isn't already supporting your chosen hobby, we'd love to know how we can start!

Play a sport: This is the obvious one. We've got the resort facilities to support many different sporting pursuits. Not only will you benefit from being physically active, you'll find strong social connections among likeminded sporting friends. We've seen likeminded sporting neighbours join forces to play their chosen sport outside the resort grounds (inter-resort games, played across multiple local Palm Lake Resort addresses are all-too common). Some have even organised group holidays interstate and internationally to indulge a shared sporting passion. Trust us, sometimes the post-match drinks can be more fun than the match itself!

Volunteer: If you've got time on your hands, volunteering will no doubt connect you with likeminded neighbours. Maybe you are a social butterfly with a background/flair for event planning? Our resort Social Committee would love to have you onboard. Maybe you enjoy driving and could help shuttle our homeowners around on the resort bus? Maybe your calling is even bigger than that? Maybe there's a charitable organisation that would benefit from you and your neighbours' combined volunteering support? It might be knitting or sewing items in groups to support a local hospital or the underprivileged? Or maybe you could organise a resort fundraiser for a charity? If this kind of work tickles your fancy, finding others who share the same interest will definitely

uncover wonderful social connections for you, beyond the feel-good bonus of selflessly helping others.

Jump online: It can be nerve-wracking for some to make new friends in real life. Maybe, also, you're not as mobile as you used to be? Either way, the internet has the power to bring social connections right into the palm of your hand so you have no excuses not to stay socially connected from wherever you are. If you're new to social media, our Palm Lake Resort community's private Facebook group might be just the (safe and secure) place to uncover a Palm Lake Resort neighbour with similar interests? Beyond our resort gates, you could try searching Facebook for community groups based in our geographic area? You could even find a Facebook group dedicated to your particular interest or hobby? The sky really is the limit here.

Get a dog: It's amazing how dog owners automatically connect with one another over their beloved pooches! If you haven't already got a four-legged best mate in your life, maybe now is a great time to get one? Palm Lake Resort Pelican Waters is dog friendly so there's no drama there. You'll also find yourself more physically active as a dog owner, given the extra walking (and playing!) that you'll do. And you'd be surprised just how many incidental social connections you'll make when you're out and about with your pooch. A dog really is the gift that keeps on giving, in so many different and unexpected ways.



Pictured left: Meet some of the newest members of our exclusive Palm Lake Resort Pelican Waters community including Ann and David McDowell (far left, who have joined us from Palm Lake Resort Caloundra Cay) as well as John Whelan and Paula Gabriele. Welcome home, all!

Around the grounds

Pictured right: We are pleased to let you know that Stage 1 of our resort's Thornbill Walking Track is now open for your bushwalking pleasure. The track is currently an easy 1.4km return walk through the incredible natural local environment that hugs Pelican Waters Golf Club's driving range. The track begins in the driving range carpark and, currently, walkers will need to turnaround at the back of the driving range and return to the carpark starting point. Once Stage 2 of the project is complete, the track will link the driving range carpark to resort homes at the end of Twin Palms Drive. We are very lucky to have such pristine bushland and an abundance of wildlife right on our doorstep and this new track takes you right into the heart of it.



Pictured left: Pelican Waters Golf Club recently hosted a Mercedes-Benz corporate golf day and luncheon which proved a resounding success. Winners included Dennis Allen (A Grade), Randolph Burningham (B Grade) and Peter Collins (C Grade). Dennis, pictured left, represented the Palm Lake Resort Pelican Waters homeowner community with pride, taking out the event with a score of 43.



Pictured right: Our very first resort yoga class was hosted as this newsletter went to print. Our instructor, Amanda, was joined by Rita, Lynn, Lynda and Sandra. Namaste, ladies.

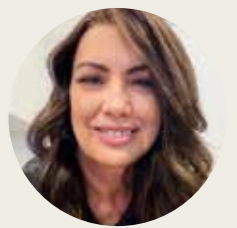


Resort news

Beautiful sunny days - albeit a little chilly (by Queensland standards, of course!) are upon us. It gives our Palm Lake Resort Pelican Waters homeowners the perfect reason to join their friends in one of our amazing community spaces for a hot drink. Our homeowners and their guests continue to comment on our beautiful environment and facilities. One minute, our homeowners are playing golf right on their own doorsteps, then they're joining in one of our other organised activities. As you can see by the photos on Page 10, we're now offering our homeowners a regular yoga practise and we've also just opened Stage 1 of the Thornbill Walking Track. Our team enjoyed a little time away from their daily routines to enjoy the fresh air and 'test drive' the track. They happily report that it is a delight and well worth exploring. Stage 2 will continue the track right up to Twin Palms Drive. We would love your feedback on the first stage as we make plans to commence construction on the second stage.

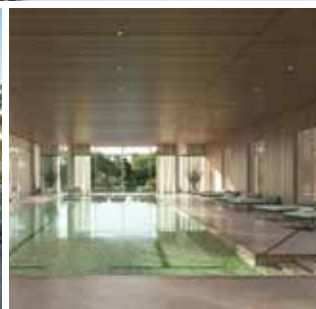
Our community of homeowners is growing larger each month and so too is the footprint of our resort. When you look out across from Pelican Waters Golf Club's amazing clubhouse, you can clearly see the resort progress each week. It's so exciting to see the changes happening all around us and I'm still being blown away with the beauty and opulence that each stage brings.

Of course, seeing our homeowners coming together and forming friendships is one of the best parts of this job. We've just hosted three State of Origin functions (pictured left) that saw both our maroons and blues supporters come together for some friendly footy warfare. While we have to admit that we were not so happy with the final outcome of the series, we were happy to see all the smiles and fun this group of likeminded neighbours was having together! We look forward to more and more of this, as our community continues to grow - and thrive.



**LOUISE LAWRENCE,
HEAD OF RESORT**

Where friends become family



PALM LAKE
RESORT

PELICAN — WATERS

1800 490 626 | salespelicanwaters@palmlake.com.au
40 Mahogany Drive, Pelican Waters QLD 4551

THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
palmakeresort.com.au