

JANUARY - FEBRUARY 2026



Tea Time



Meet your neighbours

You may not know Roger, but you've certainly seen his sidekick Winston around...

Singalong, for the benefits

Beyond the beautiful sound, there are wonderful personal benefits of joining a choir

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Welcome.

Happy New Year, and welcome to our first newsletter of the year.

The start of the year has already been a busy one here at Palm Lake Resort Tea Gardens, with lots of new enquiries coming through over the past month. It's been wonderful to see so much interest in our community and to meet people who are considering making Tea Gardens their next move.

We're also looking forward to welcoming four new couples who will be joining us over the coming months. As always, it's exciting to see our community continue to grow, and we can't wait for them to settle in and get to know their neighbours.

The Tea Gardens and Hawks Nest area was buzzing over the Christmas holidays. The busiest time was between Christmas and New Year, when we welcomed the most visitors we've had here in a long time.

The activities on or near the water are the most popular in summer: fishing, boating, surfing, swimming, or a relaxing ferry ride to Nelson Bay where you are almost guaranteed to spot the local dolphins.

It's lovely to welcome so many visitors to the area – though most of the locals do love it when school returns. That's when we get back to the peaceful paradise that we all love.

Here's to a great year ahead at Palm Lake Resort Tea Gardens.

Lisa Weir
Palm Lake Resort Tea Gardens Sales Team

Contact us.

Looking for more information about Palm Lake Resort Tea Gardens? Here's how you can reach us:

PHONE: 1800 756 740

STREET ADDRESS:
50 Spinifex Ave
Tea Gardens NSW 2324

OFFICE HOURS:
9am to 4.30pm, Monday to Friday
(weekends, by appointment)

EMAIL:
salesteagardens@palllake.com.au

FIND US ONLINE AT:
palllakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@palllake.resort)

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News in brief.

Refer a friend

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase a new or established Palm Lake Resort home, you'll receive \$250 cash. Easy! Ask about our 'Refer a friend' incentive at the Sales Information Centre.

Go slow

Sometimes when we are in a hurry, we forget the limits and our speed creeps. But please, for the safety of all - including the wildlife in and around our resort - stick to the 10km/h speed limit. Also, to those owners of bikes, buggies and motorised scooters, remember you also need to respect the road rules whilst moving around our resort grounds.



After hours maintenance

Administration Hours: Monday to Friday, 9am to 4pm (closed for lunch 12.30pm to 1.30pm).

Maintenance Staff Hours: Monday to Friday, 8am to 4pm. For urgent maintenance outside these hours please contact the trade direct - your job will be triaged and scheduled as necessary. The contractor will notify resort management if they are required to attend site. Note: All other maintenance is to be logged as normal.

Country to Coast Plumbing (Tim Mason)
Mobile 0474 659 574

Howell electrical (James)
Mobile 0422 694 535

Medical emergency

Safetylink Emergency System:
Activate your pendant, the response centre will coordinate on your behalf.

Comms Co: 07 5607 4030

Weekly activities

MONDAY

8.30am Golf Day at Hawks Nest Golf Club (last Mon. of month)
11am Line Dancing for beginners
1pm Sewing & Craft
1.30pm Musical Afternoons – Theatre (every 2nd & 4th Mon.), R.C Model Yacht Racing
2pm Table Tennis
7pm Meditation – Theatre (1st Mon. of month), Cards 500 & Snooker

TUESDAY

7.15am Kayaking (Anzac Park)
8am Fishing/Social Club (2nd Tues. of month)
9am Ladies Day @ Workshop, (Craft) Paint by numbers, Zumba
1pm Advanced Canasta
2pm Ladies Coffee Afternoon (1st Tues. per month)
3pm Pickleball*
7pm Movie night

WEDNESDAY

9am Exercise Class, Workshop open
10am Forget Me Nots dementia support group (2nd Wed. of month)
10.30am Aqua Aerobics, Line Dancing
11am Darts
12pm French Class
1pm Art
1.30pm Ladies Bowls
2pm Musical Afternoons – Theatre (1st & 3rd Wed. of month)

4.00pm Tennis (2.30pm start May–October)
6.30pm Trivia (1st Wed. of month)

THURSDAY

9am Pickleball*
9.30am Yoga (cost for participating residents)
10am U3A French, French Movie – Theatre (last Thurs. of month)
1.15pm Ten Pin Bowling
1.30pm Social Bowls, Card Making
2pm Table Tennis

FRIDAY

8am Bus outings
9am Exercise Class
10.30am Line Dancing
1.30pm R.C Model Yacht Racing
5pm Happy Hour

SATURDAY

9am Workshop open, Pickleball
1pm Advanced Canasta
1.30pm Social Bowls
2pm Table Tennis

SUNDAY

1.30pm Mah Jong, Knit & Natter
2pm Movies
4pm Tennis
7pm Crazy Whist (last Sun. of month)

**This time is now locked in for the remainder of the financial year, regardless of daylight savings time*

We want to hear from you!

Whether you've snapped photos at a recent event or there's a new activity you'd like to announce, this newsletter is the place to share the latest and greatest resort happenings. Chat to your caretaker about how to submit content and to find out deadlines for upcoming editions.

Golfers see red and green.

Christmas arrived early at Palm Lake Resort Tea Gardens! On December 8, 95 of our finest golfers – along with four very special guests, Peter Davies (General Manager of Hawks Nest Golf Club), Glen and Helen Haynes (Aussie Golf Pros), and Krystal Fenton (Krystal’s Massage Therapy) – gathered at The Promenade for a night filled with good food, great company, and a healthy dose of friendly bragging rights.

Before the festivities even kicked off, the room was already sparkling with Christmas spirit. The beautifully decorated tables looked so good that several people were heard whispering, “Do we actually have to put food on these?”. Spoiler alert: They did!

Everyone settled in, and it didn’t take long before the place felt like one large family gathering – the kind where nobody argues about politics, but everyone is happy to argue about golf scores. Guests enjoyed a delicious three-course meal, made even better by the fact that the bar was open – a detail many took full advantage of.

Bill and Brigitte Morris were on a mission, circulating the room with raffle tickets faster than Santa’s elves on Christmas Eve. Their hard work paid off, raising an impressive \$715. The raffle prizes were nothing short of spectacular:

- A beautiful painting by our incredibly talented Wendy Hayward
- A \$150 Hawks Nest Golf voucher
- A 45-minute lesson with golf pro Glen Haynes
- A 1-hour massage from Krystal’s Massage Therapy

One lucky winner walked away looking as though they’d just won Lotto – which tells you how much they needed that massage.

But the winnings weren’t over yet. One of the highlights of the evening was the contagious joy of our award recipients, whose smiles could have powered the fairy lights. The biggest surprise came with the Alan Watkinson Trophy for Most Improved Player, awarded to Mim Murdoch. Mim was so stunned she was briefly... speechless. A rare occurrence indeed, as Mim is usually capable of talking under water. She later confessed she had been fully expecting the dreaded “last in the field” prize – proving once again that golf, like life, enjoys keeping us on our toes.

The smiles said it all as winners proudly collected their



awards, with plenty of cheers, laughter, and a few playful comments from the floor. Santa looked on approvingly – although he made no comment on handicaps. A huge congratulations to all our winners (listed below).

By the end of the evening, bellies were full, trophies were gripped tightly, raffle prizes were claimed, and the Christmas spirit was well and truly alive. Here’s to another fabulous year!

THE WINNERS...

- Alan Watkinson Trophy – Most Improved Player: Mim Murdoch
- Winner of Winners – Men: Noel Quince
- Winner of Winners – Ladies: Ann Gallagher
- Best Scratch Score – Men (Joint): Keith Harrap & Lloyd Smith
- Best Scratch Score – Ladies: Ann Morris
- PLR Championship – Men: Noel Stokes
- PLR Championship – Ladies: Marlene Stokes
- Club Person of the Year: Wendy Hayward



Resort Manager’s report.



As we head into another year at Palm Lake Resort Tea Gardens, I’d like to take a moment to wish everyone a very happy New Year and a prosperous 2026. A new year always brings a sense of fresh possibility, but it also gives us the chance to pause and reflect on what we’ve shared and achieved together.

Looking back on 2025, I want to sincerely thank all our residents for your unwavering support throughout the year. Your involvement, kindness and willingness to look out for one another are what make this resort such a welcoming and vibrant place to live. Whether you’ve joined in on activities, attended events or simply offered a friendly smile or helping hand, each small contribution has helped shape this community we’re so proud of.

I would also like to acknowledge and thank our hard-working volunteers. From committee members to special interest group organisers and everyone who lends their time behind the scenes, your efforts play a crucial role in bringing our events and activities to life. The energy, creativity and care you give so generously help ensure there’s always something happening around the resort, and that everyone feels included and connected.

As we move into 2026, I’m looking forward to building on this spirit of collaboration and community. Together, we’ll continue to create opportunities to come together, try new things and enjoy everything that life at Palm Lake Resort Tea Gardens has to offer.

Thank you all for making this such a special place to call home. I’m excited for the year ahead and all that we’ll share together.

Until next time,

Martina Cross
Palm Lake Resort Tea Gardens Resort Manager

SINGING
TOGETHER
IS BETTER!



Preaching to the choir.

WHETHER YOU LIKE TO HUM IN THE SUPERMARKET, SING IN THE SHOWER OR FOUND YOURSELF ENJOYING CAROLLING WITH FRIENDS AND FAMILY OVER THE FESTIVE SEASON, THERE ARE PLENTY OF REASONS TO JOIN THE CHORUS THIS NEW YEAR – ESPECIALLY IF YOU HAVEN'T TRIED SINGING IN PUBLIC BEFORE.

Ask any of the dozens of choristers who call our Palm Lake Resort communities home, and they'll tell you that being part of a choir just feels good. But better yet, science says it's actually good for you. Research shows that singing together offers extraordinary physical, social, emotional and mental benefits – especially for over-50s.

At first glance, choir practice may not look like physical exercise. But singing is a whole-body activity: it engages the diaphragm, intercostal muscles and core, encourages upright posture, and requires controlled breathing. Multiple studies have found that singing on a regular basis can increase lung capacity, improve respiratory function and even enhance heart-rate variability – a key marker of cardiovascular health.

Deep, steady breathing also stimulates the parasympathetic nervous system, helping the body shift out of 'fight-or-flight' mode. The result? Reduced blood pressure, steadier oxygen flow and that lovely sense of calm that lingers long after practice ends. For older adults, especially those looking for gentle, low-impact ways to support physical wellbeing, choir rehearsals provide a surprising dose of functional fitness. And as Palm Lake Resort Waterford homeowner and Choir Director Les Elborne puts it, "Singing is something we can all do – if you can talk, you can sing."

Many people say they feel better after singing, but the science behind that emotional lift is compelling. Group singing releases endorphins (the "feel-good" hormones) as well as oxytocin, the hormone associated with trust, bonding and reduced anxiety. It's no coincidence that participants in community choirs often report improved mood, greater confidence and a sense of joy that carries through the rest of the week. And for over-50s – especially those undergoing life transitions such as retirement, downsizing or bereavement – the emotional outlet of singing can be profoundly grounding.

Australia is not immune to what experts are calling the "epidemic of loneliness", but choir singing could offer a powerful antidote. For many over-50s, especially those living independently, chronic loneliness can creep in unexpectedly, and the health impacts can be devastating – comparable to smoking 15 cigarettes a day, some reports suggest. A 2015 study out of Oxford University found that group singing not only helps forge social bonds but does so particularly quickly – and among large groups.

But that's not all. Singing is also a powerful cognitive workout, exercising memory pathways and stimulating neural activity in both hemispheres of the brain. The act of synchronising with others – matching pitch, pace and breath – is another

mental challenge that engages attention networks and enhances neuroplasticity. Research from the Monash University found that older adults who regularly engage with music had significantly lower risk of both dementia and cognitive decline.

Across our many Palm Lake Resorts, choirs have become much more than groups who sing – they are pillars of community life. At Palm Lake Resort Waterford, homeowners gather not just to rehearse, but to connect. And they do so outside of their resort gates as well. Palm Lake Care Mt Warren Park residents are among this choir's biggest fans given the regular visits the chorists make to their local aged caring community.

As Choir Director Les will tell you, he has seen countless people, many of whom were told as children they "couldn't sing", discover the joy of blending their voices with others as they've aged.

"It turns out that, if we are invited to sing and can let go of the natural shyness, we can express what is in our heart," Les explains. "When we do that together, it is incredibly powerful."

Then there is the spirited singing group at Palm Lake Resort Bargara. Formed about 10 years ago, the choir now has around 50 members, with 35 attending regularly each week. Entirely funded by members, they proudly add heart and harmony to the resort's Australia Day, ANZAC Day and Christmas celebrations. They also perform at Palm Lake Care Bargara and other local aged-care providers, bringing comfort and connection to residents who delight in their repertoire of Christmas carols.

Also at Bargara, the breakaway men's singing group known as the 'Bargara Barnacles' deserves special mention. Their heartfelt performances have become a cherished part of life at Palm Lake Care Bargara, reminding everyone that music is for all – and that enthusiasm often matters far more than technical skill.

As one of the Palm Lake Resort Bargara choir's favourite songs declares, "The music in my life will set my spirit free." For our Palm Lake Resort choristers, this is more than a lyric – it's a lived experience.

On the back of the festive season, with carols echoing through shopping centres and across community gatherings, consider that your motivation and invitation to sing along with your resort friends in 2026. It might just be the most uplifting, rewarding New Year's resolution you'll ever make.

Join our resort choir in 2026!

If you're interested in making a New Year's resolution to try something new and want to join our Palm Lake Resort Tea Gardens choir 'Villa Voce' in 2026, simply phone Jill Davies (ph. #2209). The choir meets weekly on Sundays from 5pm to 7pm and are more than happy to answer any questions you might have.

It's a dog's life.

WHEN ROGER TREAGER MOVED INTO PALM LAKE RESORT TEA GARDENS IN AUGUST 2024, IT FOLLOWED A PERIOD OF MAJOR CHANGE.

After finishing a 27-year career as a bus driver and spending most of his life in Hornsby, Sydney, – including 35 years living with his mum – Roger sold the home following her passing in 2022 and began looking for a new place to enjoy his retirement.

A trip north proved decisive. After time in Shoal Bay, Roger caught the ferry across to Tea Gardens and began exploring the area more closely. He had been attending expos in Sydney and when the northern expo came around again, Palm Lake Resort Tea Gardens stood out for many reasons – there was no entrance fee, and the terms made sense. He decided to go for it, and made an appointment with Sales Manager Lisa Weir.

"From day one, everyone has been lovely," he says. "It's very open. Everywhere feels friendly."

Much of Roger's day-to-day life now revolves around Winston, his three-year-old Border Collie, who is something of a local identity. "People usually say hello to Winston, not me," Roger laughs.

Winston, like Roger, is living the dream – daily waterfront walks, swims, ball throws and the occasional puppaccino – as well as plenty of admirers around the resort. A quick loop can easily turn into an hour once neighbours stop to chat.

Roger enjoys having activities on offer without feeling pressure to join everything. He's returned to tennis for the first time in 30 years, plays lawn bowls, swims in the heated indoor pool and attends weekly dinners.

"It's all here," he says. "You don't have to do it all at once."

Before retiring, Roger spent 27 years driving buses in Sydney – a childhood dream made real. After 20-year career with the Commonwealth Bank, he loved his early morning shifts driving long routes across the city and suburbs. He liked the structure of the work and the familiarity of seeing the same passengers each day (including then-Minister for Transport, Gladys Berejiklian), often greeting them with a well-worn joke on their morning commute.

These days, Roger still takes every opportunity to talk to people in his community. He carries Lisa's business card with him whenever he goes for a walk, knowing it's likely to come in handy.

"Someone always asks me about the resort," he says. "They want to know what it's like living here, and I'm more than happy to tell them."

Pictured right: Winston living the dream at Palm Lake Resort Tea Gardens with his dad.



Homes for sale.

WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT?
PHONE 1800 756 740 OR EMAIL SALESTEAGARDENS@PALMLAKE.COM.AU.
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU

Home 37: \$975,000

- 
Beds
3
- 
Bath
2
- 
Living
2
- 
Garage
2
- 
Alfresco
1

Degas

The well-designed floor plan offers open-plan kitchen and living areas, complemented by a separate lounge room, making it ideal for relaxed living or entertaining. The kitchen features European appliances and stone benchtops, while solar power and solar hot water enhance everyday efficiency. Sliding doors from all living areas open to a large north-facing alfresco space, creating a private outdoor retreat.



Home 133: \$1,100,000

- 
Beds
3
- 
Bath
2
- 
Study
1
- 
Living
2
- 
Garage
2
- 
Alfresco
1

Renoir III

This beautifully positioned home offers privacy and peace, backing onto open green space while remaining just a short stroll from resort facilities. Designed with comfort and space in mind, it features three bedrooms - two at the front creating a guest wing, and a rear master suite with walk-in robe and ensuite including a bath. The spacious kitchen, with stone benchtops and European appliances, overlooks a north-facing alfresco area.



UNDER
OFFER

Home 202: \$1,300,000

- 
Beds
3
- 
Bath
2
- 
Study
1
- 
Living
2
- 
Garage
2
- 
Alfresco
1

Renoir III

This private Renoir III home sits beside tranquil lake and bushland, with a greenbelt opposite offering easy access to the Promenade Clubhouse. Enjoy three bedrooms, a large study, light-filled formal living, and an open kitchen/family zone flowing to a spacious, north-facing alfresco oasis overlooking the lake. With a luxurious master suite, quality finishes, ducted air, solar, and double garage, it's an exceptional retreat.



Home 26: \$1,075,000

- 
Beds
3
- 
Bath
2
- 
Study
1
- 
Living
2
- 
Garage
2
- 
Alfresco
1

Monet

Freshly painted with new carpet throughout, this beautifully presented Monet design home offers 3 bedrooms, including a main with ensuite and walk-in robe, plus built-in robes in the other two. The separate study overlooks a private courtyard. A formal lounge with gas fireplace complements the modern kitchen and spacious family room, which flows onto a tiled, landscaped courtyard ideal for outdoor living.



UNDER
OFFER

Home 43: \$995,000

- 
Beds
3
- 
Bath
2
- 
Living
2
- 
Garage
2
- 
Outdoor
Living

Degas.

This highly sought-after home is perfectly positioned within the resort, just a short walk to the Waterlilies Country Club, tennis court and library. Surrounded by beautiful gardens, the home offers a peaceful and private setting. Recently painted inside and out, with new carpets laid, it feels fresh and inviting. The kitchen features European appliances and stone benchtops, while solar power and solar hot water add energy efficiency.



SOLD

Home 27: \$750,000

- 
Beds
2
- 
Bath
1.5
- 
Living
1
- 
Garage
2
- 
Outdoor
Living

Rembrandt.

If you are looking to truly relax and enjoy an easy, retired lifestyle, then look no further! A unique duplex and the best value in the entire resort, this well maintained two-bedroom home also has a large sunroom that could easily be used for additional guest accommodation. The open plan living/dining/kitchen looks out onto a north facing courtyard surrounded by beautifully manicured gardens.



SOLD

Refer a friend and earn yourself a reward



A \$250
CASH BONUS
FOR YOU

Do your friends love it here, too?

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase one of our established homes you'll receive \$250 cash. Easy! Terms and conditions apply.

For more information or to refer your friend, phone 1800 756 740.



Over the back fence.

THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS.



The Toy Boys make prime time TV

WE'VE COVERED THE WONDERFUL WORK OF "THE TOY BOYS" AT PALM LAKE RESORT WATERFORD IN THESE PAGES BEFORE, BUT DID YOU KNOW THAT THE BOYS MADE TV HEADLINES OVER CHRISTMAS?

This group of merry toymakers spend all year in their **Palm Lake Resort Waterford** workshop constructing wooden toys for underprivileged local children. At Christmastime annually, they gather a year's worth of handmade goodies and make a large heartfelt donation to Beenleigh Special School as well as The Mitre 10 Beenleigh Christmas tree appeal. And they've been doing this for 15 years!

7News Brisbane heard about The Toy Boys' pending 2025 donation and sent out a camera crew to capture their story. So taken with the Boys' dedication to their cause were producers of the 'Sunrise' television show that they then live-crossed to Palm Lake Resort Waterford to interview the Boys live on air. Workshop President Ray Johnstone says the group was grateful for the recognition and praise, and they look forward to many more years spent in their resort workshop, building wooden treasures for local kids.

HANDMADE
TOYS SPREAD
CHEER TO
NEEDY KIDS

Step inside Santa's Workshop

PALM LAKE RESORT CALOUNDRA CAY HOMEOWNERS PUT THEIR MANY TALENTS TO GOOD USE, COLLECTING (AND MAKING) DONATIONS FOR THE ANNUAL SALVOS CHRISTMAS APPEAL.

In the lead-up to Christmas, **Palm Lake Resort Caloundra Cay** homeowners worked together to assemble 81 Christmas hampers for families in need across the Sunshine Coast. Retired Salvation Army Major and homeowner Maree Strong helped coordinate the effort, which evolved from a simple neighbourly suggestion into a well-organised collection and distribution process.

"What began as one small idea quickly grew into something incredibly meaningful," Maree told Tony Durkin for the Caloundra Cay newsletter, recalling the steady flow of donated food items that filled collection boxes in the library and required regular sorting and storage ahead of final packing.

Adding a new element to this year's appeal, members of the Caloundra Cay Workshop also contributed 40 handmade wooden toys for children from recipient families. Suggested by workshop member Bruce Angus, the project involved hours of sanding, painting and finishing, with each toy requiring several hours of careful work. The toys were distributed alongside the hampers, complementing the food donations and no doubt promising a joyful surprise for recipients with children.



Doing good in The Long Run

Homeowners at **Palm Lake Resort Bargarra** recently came together for a meaningful fundraising event. As part of Prostate Cancer Awareness Month, homeowners formed a team for 'The Long Run', inviting neighbours to join a ride around the resort grounds to raise funds and spark conversation around prostate cancer awareness.

The ride saw 37 participants cycle a combined distance of more than 300km along the resort's streets, cheered on by fellow homeowners who generously donated along the way. The morning concluded with a well-earned morning tea and a raffle, with the event raising \$1975 for Prostate Cancer Foundation Australia.

The ride also shone a spotlight on the Bargarra Prostate Cancer Support Group, which now supports men and families across the Coral Coast. Most importantly, it reinforced a vital message: early detection saves lives, and regular conversations with your GP are key.

Think pink, for a cause

Palm Lake Resorts across Queensland turned pink late last year, coming together to raise funds and awareness for the McGrath Foundation and breast cancer.

At **Palm Lake Resort Upper Coomera**, homeowners enjoyed a lively evening event that raised \$1515, thanks to generous donations from homeowners, the Toucan Club, and local service providers. **Palm Lake Resort Bethania** hosted a beautifully curated Pink Morning Tea, led by homeowner Lorraine Sommerville, raising more than \$2000 with the help of volunteers, prizes and home-baked treats. Meanwhile, at **Palm Lake Resort Cooroy-Noosa**, around 70 homeowners filled the Pavilion Country Club with pink, raising \$1152 and enjoying music, food, costumes and plenty of community spirit as well.

Congrats on these big birthday milestones

Best wishes to Palm Lake Resort's latest nonagenarians and even a centenarian, who all celebrated a birthday milestone recently..

Jan Cuskelly from **Palm Lake Resort Bargarra** marked her 90th birthday alongside 70 of her family, friends and neighbours. Everyone in attendance enjoyed finger food and refreshments in the Ocean Breeze Country Club.

Palm Lake Resort Caloundra Cay's 'Big' John Williams celebrated his 90th birthday with the help of his regular bowling mates, who put together an afternoon of activities in his honour. Cake was eaten, rounds of drinks were shouted (even by the birthday boy himself!) and many laughs were shared.

And finally, **Palm Lake Resort Phillip Island** birthday girl Joan Menzies just turned 100! She spent the day surrounded by family, many of whom she hadn't seen for years, with friends joining in the festivities later on. What a milestone!

A very special visitor

Residents at **Palm Lake Resort Ballina** recently enjoyed a rare wildlife surprise – a Great Bowerbird, well outside its usual Queensland range. The striking visitor built an intricate bower beside the walking track, decorating it with stones, pegs, marbles and even chilli peppers! While no female arrived to admire his efforts, the bowerbird's unexpected stay sparked curiosity, conversation and delight, offering a fascinating glimpse into Australia's extraordinary birdlife.



What's over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? We'd love to include it in the next editions of our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**

Better,
together.



1800 756 740 | salesteagardens@palllake.com.au
50 Spinifex Ave, Tea Gardens NSW 2324

THE BEST IN OVER-55s LIVING. THIS IS YOUR TIME.
palllakeresort.com.au