

JULY - AUGUST 2025



The Edge



Heel-toeing the line

Line dancing has become a fast favourite among our homeowners. Find out why...

Around the grounds

Catch up on all the fun we've been having at Palm Lake Resort Toowoomba, inside...

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for fast cash



Welcome.

Welcome to the latest edition of the Palm Lake Resort Toowoomba newsletter, The Edge.

As your caretakers, we're thrilled to share this new issue filled with stories, updates, and inspiration that reflect the vibrant community spirit we see every day here at the resort. Each edition is a little snapshot of the life we're so lucky to witness - whether it's the laughter over morning coffees, the peace of an evening walk, or the joy of watching friendships blossom under the sunshine.

In this issue, you'll find highlights from recent events (check out our 'Around the Grounds' spread on Pages 4 and 5) and some fun wellness news - which will be of particular interest to our resident line dancers!

As always, if you would like to contribute to this newsletter, we are always open to submissions from our homeowners. Please email through your news and updates prior to Monday August 18 (the content deadline for our September-October edition).

Our mission is to make your lifestyle experience here as relaxing, enriching, and effortless as possible. We're here not just to maintain the resort, but to be part of the rhythm of this community - helping create a safe, welcoming, and enjoyable place to call home.

We hope you enjoy this issue, and look forward to receiving your stories, feedback, and ideas for future editions. See you around the grounds!

Mark Kelly & Karen Hopkins,
Palm Lake Resort Toowoomba Caretakers

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.

Contact us.

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

FREECALL: 1800 280 129

STREET ADDRESS:
Gate 1, 97-161 Hogg Street
Cranley QLD 4350

OFFICE HOURS:
9am - 4pm, five days a week

EMAIL:
toowoomba@palllake.com.au

ONLINE: Visit our website
palllakeresort.com.au

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



News in brief.

Want to get your RSA?

The bar is always looking for more homeowners to get their Responsible Service of Alcohol (RSA) Certificate to maintain the great service that is provided by our volunteers. If you would like to get behind the bar, please contact Darryl on 0419 767 778 or Tony on 0427 316 947 and they will be happy to fill you in on what is required to achieve your RSA.



Get social with us

Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@palllakeresort) and also over on Instagram (@pall.lake.resort) to see what's happening right across our dozens of Palm Lake Resort locations. We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both social platforms (@pall.lake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!

JPs on hand

Did you know we have a number of homeowners here at the resort who are qualified JPs?

- John Robinson (2228)
- Shirley Holm (1204)
- Kelly Logan (1295)
- Wendy Taylor (1222)

Also, Margaret Murphy (2343) is a Commissioner of Declarations.

Don't forget to check your speed

Please remember the speed limit around our community grounds is 10km/h. It is not hard to keep your foot off the accelerator so please keep an eye on your speedo as it is very easy for someone to have a mishap. Please slow down - and make sure to remind your visitors and/or invited tradespeople to do the same.



It's Your Time

With winter's arrival so too comes a new edition of *Your Time* magazine. Among the features, we take a look at those Palm Lake Resorts under construction, including Yamba Cove, Pelican Waters, Paynesville and Forster Lakes. We also celebrate our Master Builders Association award recipients including our latest resort recipient: Yamba Cove. It's brand new Vantage Country Club and a display home were both named best in the competition. You can also explore the magazine's regular Lifestyle section where we look at all the ways "You're never too old to..."

Find a copy online by visiting palllakeresort.com.au



Refer your friends!

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 an established Palm Lake Resort Toowoomba home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.

Around the grounds.

THESE PAST FEW MONTHS AT PALM LAKE RESORT TOOWOOMBA HAS BEEN VERY BUSY WITH LAUGHTER, CREATIVITY, ADVENTURE, SPORT AND FUN – PROVING ONCE AGAIN THAT LIFE HERE IS ANYTHING BUT ORDINARY!

Big money raised for Blaze Aid

Palm Lake Resort Toowoomba is home to many country people, who know the hardships of living on the land all too well. Jocelyn is one of them. She knows first-hand how difficult farm life can be and has – on many occasions – given her time to the voluntary organisation Blaze Aid.

After the catastrophic floods earlier this year, our Palm Lake Resort Toowoomba community rallied behind Jocelyn to raise much needed funds for our friends out west. We raised over \$11,000, which will go directly to reconstructing the fences in and around Thargomindah.

The spirit of volunteering is strong in our community, which is what makes it such a wonderful place to live. Thank you to all involved in raising such a large amount of money, and to Jocelyn for leading the charge!



Pictured above, clockwise from top: The Blaze Aid committee; guest speaker Spencer Morgan; Jocelyn Doran

We're bowled over!

If there's one thing all Palm Lake Resort residents have in common, it's a love of bowls – and not just lawn bowls! Whether you're rolling strikes at tenpin bowling or aiming to land your bowl beside the jack on the carpet, there is fun to be had for all who play. Walk into our clubhouse and you'll be greeted by laughter as our residents indulge in some friendly competition. It really is a sport that draws you in! It's also very much a game of skill, and the teams are quite competitive.



Meet the homeowners who are investing in their futures...

Our investment group had their monthly meeting in the library, where robust discussions took place about all things to do with investments. Most of the members have a background knowledge in the area, either from running their own business or experience in banking or finance.



They're on the ball

Here at Palm Lake Resort Toowoomba, our Pinnacle and Misty Country Clubs are the place to be if you're looking to hone your eight ball skills. A word of warning: the games can become rather competitive, for the men and women alike. Nevertheless, a lot of fun is always had by those in attendance!





FOR CLASS
TIMES, TURN
THE PAGE!

Boot-scootin’ benefits.

DANCING. IT’S THE SIMPLE, JOYFUL, AND COST-FREE FITNESS ACTIVITY THAT SCIENCE SAYS IS GOOD FOR THE BODY, MIND AND SOUL. WHETHER IT’S TO COUNTRY CLASSICS OR POP FAVOURITES, GETTING INTO THE GROOVE HAS BEEN SHOWN TO IMPROVE BALANCE, BOOST MOOD AND HELP PEOPLE FEEL MORE CONNECTED TO THOSE AROUND THEM.

It’s no wonder, then, that line dancing has become a favourite pastime for residents at many Palm Lake Resort locations.

According to multiple studies, dancing can help combat depression and anxiety, improve strength and mobility, and even reduce the need for pain medication. One standout example comes from a 2013 study by the University of New England and the Australian National University, where participants aged up to 73 took part in just eight tango sessions across two weeks. The results? Reduced stress, anxiety and insomnia, and a notable lift in self-confidence and overall wellbeing. Even a month later, those positive effects had stuck around.

While you don’t need to don a ballgown or dance cheek-to-cheek to get the benefits, you do need to move – and that’s where line dancing really shines. Easy to learn and accessible to all levels, line dancing gets the body moving and the mind focused, without the pressure of having to find a partner or remember complicated choreography. It’s also incredibly social, bringing neighbours together in a shared rhythm.

Line dancing is a popular activity across many Palm Lake Resorts, featuring on several resort’s weekly activities lists. Our residents love the upbeat atmosphere, the sense of inclusion, and the feeling of accomplishment that comes from learning something new together. The routines are often simple enough for beginners but still provide a great mental

and physical workout. Not to mention, they’re a lot of fun! If you’re new to line dancing, don’t worry – you don’t need a cowboy hat or any prior experience. Most line dances use a series of simple, repeated steps like grapevines (step side, cross behind, step side, tap), toe touches, heel digs, and quarter turns. It’s all about building muscle memory and having a laugh while you do it.

Want to get a head start before joining your resort’s next session? Try dancing along to beginner-friendly classics like:

- 1. “Boot Scootin’ Boogie” by Brooks & Dunn
- 2. “Achy Breaky Heart” by Billy Ray Cyrus
- 3. “Copperhead Road” by Steve Earle
- 4. “5, 6, 7, 8” by Steps
- 5. "Electric Boogie" by Marcia Griffiths

Of course, your line dancing class might throw in a few ABBA hits or even a Dolly Parton number – anything with a good beat and a bit of personality.

So whether you’re looking to improve your balance, lift your spirits, or just have a good time with your neighbours, consider giving line dancing a go. It’s good for the body, great for the brain, and a whole lot of fun. Check our latest Weekly Activities list to see when and where you can join in – and don’t forget your dancing shoes!

Homes for sale.

Home 544 - Majella

Beds 2	Bath 2	Living 1	Activity room	Alfresco 1	Garage 2



This exclusive home design is one of a kind within the resort, elegantly appointed and superbly presented. Luxury designer fittings and upgrades create opulence from the moment you enter. The modern flowing design offeris an expansive kitchen with plenty of storage, stainless steel Smeg appliances, 2 PAC kitchen cupboards and stone bench tops. High ceilings with crisp paintwork give this home a light open feel.

Home 19 - Watervale

Beds 2	Bath 2	Living 1	Activity room	Alfresco 1	Garage 2



Located close to our Misty Ridge Country Club, you have access to our world-class facilities just outside your front door. Enjoy afternoons out on your spacious and private patio and the beautiful yard. Inside, you can enjoy the fresh touches the owners have added to make this home feel inviting. In this peaceful neighbourhood you will truly be able to relax, unwind and take in the very best that's on offer here.

Home 108 - Rivergum

Beds 2	Bath 1.5	Living 1	Activity room	Alfresco 2	Garage 1.5

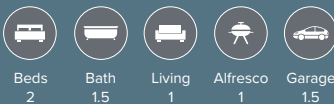


SOLD!

This design is a rarity in the resort with only several ever built. It boasts two generous bedrooms with built-ins, a utility/office, bathroom with toilet and an extra toilet for guests, as well as a 1.5 car garage to accommodate your workshop. The two alfresco areas have been built-in for use all year round. Large open-plan kitchen. Rainwater tank which services the garden, laundry and toilets. Currently vacant and priced to sell!

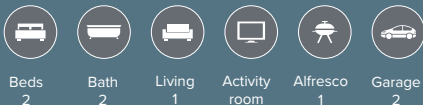
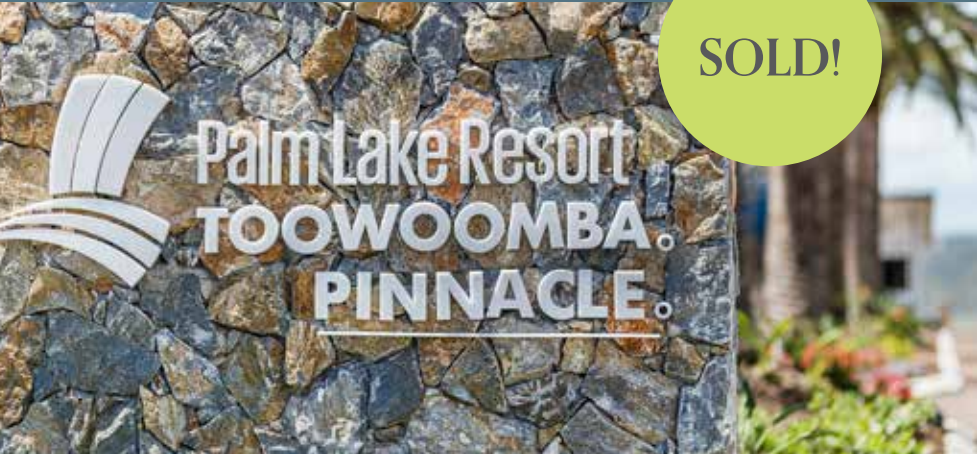
Homes for sale.

Home 61 - Miranda



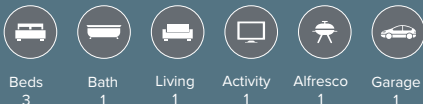
This ideally located home gives you access to all that this resort has to offer, nestled on a quiet street in the Misty Ridge district - a short walk to both Country Clubs. The living area boasts high raked ceilings which fill the space with natural light. Separate dining and kitchen areas are an entertainer's delight. In addition to all that is on offer indoors, the outdoor area has an ample yard for your pet.

Home 516 - Custom



Elegantly appointed, superbly presented. Positioned on a street on its own. This luxury home hosts designer fittings and opulent upgrades. Expansive kitchen with plenty of storage, stainless steel SMEG appliances, 2-pac kitchen cupboards, stone benchtops, butler's pantry. Fully enclosed alfresco. Low maintenance ample gardens. Zoned ducted air-con, water tank, solar.

Home 27 - Montana



Tucked away in a quiet, tranquil corner, this home offers a great sense of space and openness from the moment you enter. The front alfresco is enclosed in glass, providing a warm alcove to enjoy the winter sun. The large kitchen has ample storage, stone bench tops, 2 Pac cabinetry and a large window looking out to the garden, while the office has a built-in desk and extra storage.

FOR HOME APPRAISALS, PRIVATE RESORT TOURS
AND ANY OTHER GENERAL SALES ENQUIRIES,
FREECALL PALM LAKE RESORT TOOWOOMBA'S SALES
INFORMATION CENTRE ON 1800 280 129.

Your sales update.

As winter has arrived and the cool weather is upon us, now is the time to ensure your home heating is safe. Please check that your smoke alarms are up to date, heating has been serviced, vents have been cleaned, and heaters are tagged to ensure your safety.

I have some wonderful homes that are currently for sale. If you know someone who has recently sold or is thinking of selling their home, who would like to become part of the wonderful culture that Palm Lake Resort Toowoomba has to offer, let me know! Please feel free to pass on my details or stop into the Sales Office.



Finally, I would like to welcome our new homeowners into our resort! If you do not yet have your name badge, please call me on 0417 189 927 or stop into my office as some have now arrived.

Read on for an update on the latest home sales.

HOMES RECENTLY SOLD

June

- Home 108 - Rivergum

July

- Home 481 - Barossa

August

- Home 17 - Watervale 2
- Home 155 - Watervale 3
- Home 29 - Coonawarra
- Home 450 - Beechworth
- Home 303 - Paringa
- Home 330 - Derwent

September:

- Home 53 - Watervale 3
- Home 516 - Custom

Until next time,

Amanda McGilvray
Sales Consultant
Palm Lake Resort Toowoomba

Weekly activities.

MONDAY

8.30am Aerobics, Misty Ridge (PLR). 500 cards, Pinnacle (RC)
9.15am Beginners line dancing, Pinnacle (PLR)
10.15am Transitional line dancing, Pinnacle (PLR)
10.45am Improvers line dancing, Pinnacle (PLR)
12noon 500 cards, Misty Ridge (RC)
1pm Mahjong, Misty Ridge (RC). Hand & Foot, Pinnacle (RC)
3pm Indoor bowls, Misty Ridge (RC)

TUESDAY

8.30am Beginners line dancing, Pinnacle (PLR)
8.45am Bus to Grand Central (PLR)
9.30am Beginners line dancing, Pinnacle (PLR)
10am Aqua aerobics, Pinnacle (PLR)
10am Beginner Tai chi and Qi Gong, Pinnacle (PLR)
12noon Bistro lunch, Misty Ridge (PLR)
1pm Craft work and Canasta, Misty Ridge (RC)
1pm Pool/billiards, Pinnacle (RC)
2pm Advanced Tai chi & Qi Gong, Pinnacle Bowls (PLR)
6pm Dinner, Pinnacle (PLR)

WEDNESDAY

8.30am 500 cards, Pinnacle (RC). Table tennis, Misty Ridge (RC)
9am Tai chi and Qi Gong, Misty Ridge (PLR)
9am Pilates mat class, Pinnacle (PLR)
10am Steady steps, Pinnacle (PLR)
10.15am Yoga, Misty Ridge (PLR)
12noon Bistro lunch, Pinnacle (PLR)
1pm Hand and Foot cards, Pinnacle (RC)
5.30pm Dinner, Misty Ridge (PLR)

THURSDAY

8.30am Intermediate line dancing, Misty Ridge (PLR)
8.45am Bus to Clifford Gardens, departs both Country Clubs (PLR)
9am Sewers and Knitters, all day, Pinnacle (RC)
12noon Bistro lunch, Misty Ridge (PLR). Lunch, Pinnacle (PLR)
12noon 500 cards, Misty Ridge (RC)
1pm Craft work, Misty Ridge (RC). Trivia, Pinnacle (RC). Pool/billiards, Pinnacle (RC)
1.15pm Bingo, Misty Ridge (RC)
2pm Ukulele lessons, Pinnacle (RC)
3pm Indoor bowls, Misty Ridge (RC)
6pm Dinner, Pinnacle (PLR)

FRIDAY

8.30am 500 cards, Pinnacle (RC)
9am Steady Steps, Misty Ridge (PLR). Craft, Misty Ridge (RC)
9am Bus to Bunnings, last Friday of the month (PLR)
9.15am Zumba Gold, Pinnacle (PLR)
10am Pilates mat class, Misty Ridge (PLR)
11am-1pm Milon Gym inductions, Pinnacle (PLR), by appointment via the Caretakers
12.30-4.30pm Watercolour painting, Pinnacle (RC)
1pm Mahjong, Misty Ridge (RC)

SATURDAY

9am Colouring-in, Misty Ridge (RC)
12noon Cards, Misty Ridge (RC)
1pm Backgammon, Misty Ridge (RC). Billiards, Pinnacle (RC)

SUNDAY

12noon Cards, Misty Ridge (RC)

*PLR = Palm Lake Resort-sponsored activities.
RC = Activities organised by our homeowners.*

Over the back fence.

THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW 'FAMILY MEMBERS' HAVE BEEN UP TO - WHETHER JOINING FORCES TO DO GOOD IN THE COMMUNITY OR JOINING FORCES FOR FUN!

Cheers to the success of caffeinated charity event

There's one charitable fundraising event that seems to pique the interest of our Palm Lake Resort homeowners more than others, and that's Australia's Biggest Morning Tea. This annual fundraiser is hosted by the Cancer Council to help support people affected by cancer. Held each May, the event invites individuals, workplaces, schools and communities (like ours) across the country to come together over a cuppa and a bite to eat while raising vital funds for cancer research, prevention and support services. Every dollar raised goes towards funding world-class research, running life-saving prevention programs and offering essential support for Australians impacted by cancer. One in two Aussies will be diagnosed with cancer by age 85, making the Cancer Council's work more important than ever.

Pictured right, from top down, our Carindale Caretaker, Wayne raised \$200 by 'raffling' his beard! Yamba resort hosted a vibrant Madhatters' Tea Party with some great costumes. Waterford's event saw a fashion parade combined with a lovely spread of delicious goodies. And down at Willow Lodge, The Lodge Country Club hosted a great event with many donated prizes raffled to add to the final tally. Here's a little snapshot of some of the results of Palm Lake Resort fundraisers across our group, totalling more than \$47,000 so far!

- Banora Point: \$3133
- Bargara: \$4215
- Beachmere Sands: \$3260
- Carindale: \$3500
- Cooroy-Noosa: \$2107
- Eagleby: \$5000
- Forster Lakes: \$10,250 (an incredible result for an event organised by homeowner, Lyn Wootten!)
- Mt Warren Park: \$2500
- Phillip Island: \$2303
- Truganina: \$1750
- Waterford: \$3000
- Willow Lodge: \$3745
- Yamba: \$2265



Caloundra: \$8K for The Salvos

Following two outstanding fundraisers in recent months, Caloundra Cay homeowners have seemingly, and resoundingly, adopted The Salvation Army as their charity of choice. Their most recent event, tagged the 'Give Back Dinner', raised \$8050 for the Salvos, with the funds to stay on the Sunshine Coast in support of a project named 'Family Pathways'. This epic result followed the donation of 81 Christmas hampers by Caloundra Cay residents back in December, which were distributed to needy Sunshine Coast families. Chief organiser of the Give Back Dinner, homeowner Bernie, described the event as "an outstanding success". "We had 63 attendees, and our goal was to raise \$5000," he said. "The end result was \$8050, an amount which was far beyond our expectations. And while the fundraiser, as such, was a huge success, the night of entertainment was also incredible."



THANK YOU
TO ALL OUR
VOLUNTEERS

We heart resort helpers

Palm Lake Resort Ballina recently celebrated three remarkable people whose dedication and community spirit have changed this resort for the better. Beryl Boness, Stan Peck and Keith Johnson have each contributed more than 10 years of volunteer service, as part of the resort's beloved Cinema Group. Beryl and Stan were among the founding members of the group, which has spread the joy of the silver screen through its regular 'Movie Wednesdays' and 'Saturday Night at the Movies' events. Their vision and commitment helped shape a much-loved tradition at the resort. Beyond their cinematic contributions, all three have supported fellow community members in creating and sustaining a variety of other special interest groups. Their efforts have helped create connection, creativity and countless memorable evenings for all who call this resort home. The resort wouldn't be the same without you three!

Carindale marks 25 years

Palm Lake Resort Carindale is hosting a lovely celebration in July - the 25th anniversary of its ownership under the Palm Lake Resort banner. Many nostalgic photos have been dug up out of the archives for the planned event, by a very engaged group of homeowner history buffs. Among them are the two photos pictured right featuring a young Palm Lake Group MD Scott Elliott from the early 2000s! We wish the homeowners and resort management team the best for a lovely event.



Yamba homeowner quilter named best in show

The recent Maclean Show saw the crowning of our very own Palm Lake Resort Yamba homeowner, Wendy Flitcroft, as Champion Overall. It's a prestigious title for Wendy who received the commendation based on her creative handicraft. Wendy's work is known for its intricacy and striking detail. Congratulations Wendy. Given the high number of creative crafters and fellow artisans across our Palm Lake Resort network, we are all very proud of you!

Tell us what's happening 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? Are you and/or your neighbours doing something special that you're proud of - and you know we'd be proud of too? We'd love to hear from you and include your story in these pages in the next editions of all our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**



This is your time
to embrace more.



FREECALL 1800 280 129 | salestoowoomba@palllake.com.au
97-161 Hogg Street, Cranley QLD 4350

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