

APRIL - MAY 2025



The Chat



Green thumbs up for indoor plants

Bring the outdoors in with easy-care indoor plants for every different room

Celebrations and clean up

Catch up on the latest resort happenings, from wild parties to even wilder weather

Over the back fence

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



Welcome.

It was quite an eventful March, with many of us keeping a close eye on the weather reports and preparing for the possible arrival of Cyclone Alfred. In typical cyclone fashion, Alfred kept us guessing - hovering off the coast for several days before finally deciding to make landfall. While the build-up brought some nerves and uncertainty, we're very thankful that the storm wasn't as severe as it could have been. Our resort fared fairly well, all things considered. There was some minor damage here and there, including a few trees that were brought down by strong winds and a couple of broken fences that will soon be repaired (read more on Page 5). Given our resort's location right on the banks of the Tweed River, there was understandable concern about potential flooding. Thankfully, that risk didn't come to pass, which brought a huge sense of relief to all our residents.

Many of us have been through wild weather events like this before, and one thing is for sure - our community is nothing if not resilient. Everyone pulled together, showing their usual spirit and support for one another. A big thank you goes out to all the residents who rolled up their sleeves and helped with the post-storm clean-up. Whether it was clearing branches, checking in on neighbours or helping restore the grounds, your efforts didn't go unnoticed. Thanks to you, the resort was able to return to 'normal' quite quickly.

We also said a heartfelt goodbye recently to Eric and Marlene from Home 69, who have decided to make the move up north to be closer to their grandchildren. While we're sad to see them go, we're thrilled for them as they enter this exciting new chapter surrounded by family. Eric and Marlene have both been incredibly active members of our community over the years. From helping to organise Residents' Committee functions to stepping in whenever a hand was needed, their contributions have left a lasting impression. We wish them all the very best for the journey ahead, and we hope they know they'll always be welcome back to visit anytime.

Until next time,

Suzanne Lacey
Palm Lake Resort Tweed River



Contact us.

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

FREECALL: 1800 881 041

Street address:
2 Barneys Point Road,
Banora Point NSW 2486

Office hours:
9am to 11am, Monday to Friday
(weekends, by appointment)

Email:
tweedriver@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.

We want to hear from you!

Whether it's photos from 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 of this newsletter.

Pet owners

A friendly reminder to please ensure your pet is always on a leash and under your control when out of the house. Droppings must be picked up and disposed of and are not permitted in or close to the communal facilities (all buildings, pools, etc.). Please ensure your pet does not interfere with the peace, comfort or privacy of other homeowners. For more, please refer to the Residential Park Rules (July, 2017).

Don't forget to check your speed

Please remember the speed limit around our community 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.

Weekly activities list

MONDAY

7am – 1pm Personal gym instructor
7.25am – 8.25am Pool exercises
10.30am – 12.30pm Card making (Hall/Craft Room)
1.30pm – 3pm Line dancing (DVD class)

TUESDAY

7.25am – 8.25am Pool exercises
9am – 12pm Craft morning (Craft Room)
1.30pm – 3pm Bingo (Craft Room)
6pm Meal night (arriving around 5-5.30pm)

WEDNESDAY

7am Golf at Chinderah
7.25am – 8.25am Pool exercises
9am – 9.30am Balance class
9.30am – 10.15am Tai chi (DVD class)
1pm Cards (Library or Lounge)
1.30pm Rummikub
7pm Movie night

THURSDAY

7.25am – 8.25am Pool exercises
9am Yoga (in Sportsman Bar area)
9am – 12pm Bus trip to Tweed City
10.30am – 1pm Art Space
1pm – 4pm 500
1.30pm Mah jong
2pm – 4pm Kelly pool
3.30pm Aqua aerobics

FRIDAY

7.25am – 8.25am Pool exercises
10am – 11.30am Line dancing (DVD class)
5.30pm Occasional Happy Hours

SATURDAY

9am – 9.45am Tai chi (DVD class)



Autumn's here, and it's Your Time

It's the start of a new season and that means there's a new edition of *This is Your Time*, our company magazine, hitting mailboxes around the nation. In this edition, let us introduce you to Mirador Wellness Centre which is part of Palm Lake Resort Pelican Waters. Mirador is the largest and most opulent over-50s wellness centre in the Southern Hemisphere. We couldn't be prouder of this one - it's a showstopper. We've actually taken that wellness theme and sprinkled it right throughout this magazine edition. Learn more about all those wellness therapies that are 'trending' right now (spoiler alert: they aren't 'trending' as much as they are here to stay!) and why you should incorporate a little more wellness into your daily life. We also catch you up on the progress we're making on our construction sites. If you haven't received a hard copy in your mailbox, you can always read it online at 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 Tweed River home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.

Aussie, Aussie, Aussie!

EARLIER THIS YEAR, OUR RESIDENTS CELEBRATED AUSTRALIA DAY IN PALM LAKE RESORT STYLE: DELICIOUS FOOD, FUN COSTUMES AND GREAT COMPANY.



Pictured: Fallen branches at the dog park.



Pictured: The cyclonic winds blew down three fence panels. Luckily, our homeowners are resourceful! The panels are zip-tied in place until the repair can be carried out.



When Alfred came to visit...

IT'S BEEN A DRAMATIC FEW WEEKS HERE AT PALM LAKE RESORT TWEED RIVER, BUT IT WILL TAKE MORE THAN A TROPICAL CYCLONE ('EX' OR OTHERWISE!) TO BRING OUR COMMUNITY DOWN.



Pictured above: Despite the fallen tree, the glass remarkably remained intact. Pictured left: The debris that washed into one of the wharf bays.

From wild winds to wild fires

Though our resort fared fairly well during Cyclone Alfred, there was more excitement to come when the Solo recycling truck paid us a visit.

Unfortunately, it didn't get far. The contents of the truck caught fire, and the contractors had to dump the refuse onto the road and move the truck away from the flaming pile.

To make matters worse, the pile wasn't just burning - was also exploding! A real safety hazard indeed.

The police soon arrived and directed traffic away from the scene, followed by the fire brigade who put the fire out. Then, it was up to the Solo team to clear the rubbish. What a great response from the emergency services.

Whoever said retirement would be boring?!

THE COLOUR
GREEN PROMOTES
CALM, BALANCE,
RELAXATION,
RENEWAL

Green thumbs up.

IT DOESN'T MATTER WHERE IN YOUR HOME YOU PLACE THEM, POTTED PLANTS ADD A SPECIAL SOMETHING TO ANY AND EVERY INTERIOR. THEY INJECT LITERAL LIFE INTO INANIMATE SPACES AND BEYOND THAT, THEY BENEFIT HOMES – AND THE HUMANS THAT INHABIT THEM – BY FILTERING AIR AND ABSORBING AIRBORNE TOXINS.

The biggest problem homeowners have with incorporating potted plants into their interior scheme is keeping them alive. Yes, unfortunately, many of us either set and forget our plants or at the other end of the scale, we shower them with too much love (read: water) and the end result is the same. Having said that, the biggest mistake homeowners make around indoor plants is in the very first step: Choosing the wrong plant for the space. You simply can't enter a nursery, fall in love with any lush pot of greenery and expect it to live anywhere in your home. Just like humans, plants can be fussy when it comes to their living arrangements. To help get you off on the right foot with adding plants to your home interior, follow these guidelines and suggestions to find a plant for some of the most obvious places...

In the kitchen

A lovely little potted plant on a bright kitchen windowsill or a bright benchtop, can do wonders for the heart of your home. Try these options that are cute in size but add mighty impact:

- **Geranium:** Compact. Flowers beautifully in full sun.
- **African Violet:** Prefers bright light but not extreme heat, making it great for sunny but cooler windowsills.
- **Kalanchoe:** A flowering succulent that enjoys direct sun.
- **Echeveria:** A beautiful rosette-shaped succulent that does well in sunny spots. Enmasse, these guys add even more

impact. For example, put four different Echeveria in four individual but matching/coordinating pots and group them together on a bright bench.

- **Basil:** Grows well in a sunny spot with regular watering.
- **Thyme:** A hardy herb that loves warmth and sunlight.

In the bathroom

Bathrooms are typically high humidity, low light spaces with temperature fluctuations, so the best plants for these conditions are ones that thrive in moisture-rich environments.

- **Peace Lily (Spathiphyllum):** Handles low light and high humidity, plus it purifies the air.
- **ZZ Plant (Zamioculcas zamiifolia):** Extremely hardy, tolerates low light and moisture.
- **Cast Iron Plant (Aspidistra elatior):** Almost indestructible and thrives in low light.
- **Boston Fern (Nephrolepis exaltata):** Loves humidity but needs regular watering. The good thing here is that you're probably more likely to remember to water your boston fern given it's a room where water is easily accessible.
- **Maidenhair Fern (Adiantum spp.):** Thrives in high humidity, though it needs consistent moisture. Again, a great location to remember to water your fern.
- **Bird's Nest Fern (Asplenium nidus):** Tolerates low light and loves moisture.

In the living area

These spaces call for larger plants that make more of a statement. Living spaces can be bright, or offer lower/ indirect light, depending on the orientation of your home and the available windows so you'll want something that can handle filtered light while also able to grow to a good indoor size.

- **Fiddle Leaf Fig (Ficus lyrata):** A popular indoor tree with large, glossy leaves. Prefers bright, indirect light and occasional watering.
- **Rubber Plant (Ficus elastica):** Low maintenance with dark green or variegated leaves; thrives in bright, indirect light.
- **Bird of Paradise (Strelitzia reginae or Strelitzia nicolai):** Large tropical plant with broad leaves. Loves bright spaces but not direct sun.
- **Kentia Palm (Howea forsteriana):** A graceful, slow-growing palm that adapts well to indoor conditions.
- **Parlor Palm (Chamaedorea elegans):** Classic indoor palm with a soft, tropical look; thrives in bright, indirect light.
- **Dragon Tree (Dracaena marginata):** Tall and slim with striking foliage, easy to care for, great for indoor air quality.
- **Umbrella Tree (Schefflera actinophylla):** Lush and bushy with an elegant shape, perfect for bright rooms.

From the ceiling

Hanging pots can provide unexpected drama in the right interior spaces. They can fill a space well and bring height to that space. Low-maintenance, lush indoor hanging plants are quite inexpensive and many require minimal care, including:

- **Heartleaf Philodendron (Philodendron hederaceum):** A fast-growing, trailing plant that thrives in indirect light and only needs occasional watering.
- **Spider Plant (Chlorophytum comosum):** Hardy and adaptable, this strappy-leaved specimen gets better and better as it matures as it produces baby 'spiderettes' that drape beautifully down from the pot.
- **Devil's Ivy (Epipremnum aureum):** One of the easiest plants to grow. It tolerates low light, occasional neglect and still looks full and lush. If you like this one, you'll also love the striking green and yellow variegated leaves of **Philodendron Brasil** and the bright lime-green version called **Neon Pothos** and finally, **Marble Queen Pothos** for its variegated white/green marbled leaves.
- **Silver Satin Pothos (Scindapsus pictus):** Another close relative of Devil's Ivy with velvety, silvery-speckled leaves.

...and a few other hot tips

- If you want to make a statement in your living space but your preferred indoor plant is smaller and doesn't have a tall, upright shape, simply choose a tall statement pot that lifts your plant off the ground.
- If the spot you want to fill is simply too dark for any plant to thrive, a vase filled with greenery is a great substitute. Monstera (Monstera deliciosa) offers iconic split leaves that last weeks in water. Lucky Bamboo (Dracaena sanderiana) thrives in water, adding height and structure to a vase. Eucalyptus branches are another great option.
- It's always a good idea to have a few indoor plants on an indoors/outdoors rotation so they are always getting a period of time outside to recharge and revitalise. They'll also love a little incidental nitrate-filled rainwater while they're outside having a holiday.

Green helpers.

IS YOUR GREEN THUMB NOT AS BRIGHT GREEN AS YOU'D LIKE? CHECK OUT THESE GREEN ASSISTANTS THAT WILL HELP MAKE BEING A PLANT MUM OR DAD EASY!

The Plant Society Design Handbook by Jason Chongue, \$45, from Murdoch Books

Love plants? Appreciate design? Want to combine the best of the two in your home? The Plant Society Design Handbook brings together essential know-how for incorporating the ethereal magic of plants into your living spaces, where a striking arrangement of succulents is just as important as an investment lounge or a standout piece of art.

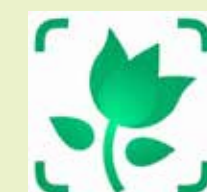
Plant Society founder Jason Chongue offers a comprehensive guide to 80+ of his go-to plants, the conditions they thrive in and how to nurture them for a long life. He reveals the secrets to successful garden layouts, sharing design-led templates that are adaptable to different spaces, and explains how to navigate plant grouping and placement, as well as style fundamentals including colour, texture, shape and scale.

With these foundations, you can explore a vast array of garden design projects – from verdant plant shelves to bold balcony arrangements to fuss-free front yards. Jason's easy-to-follow garden blueprints take a design-first approach, focusing on how plants relate to the surrounding architecture, materials and environment. Whatever the scale of your living spaces and ambition, Jason brings the rewards of a personal plant stylist into your home.

Apps for smartphones



Planta: Individual care schedule and reminders for your plants, recommendations, step by step guides, identification, light meter and more. Keep your plants alive with Planta! Visit getplanta.com



PictureThis - Plant Identifier: This app identifies millions of plants with over 98 per cent accuracy, making plant care simple and accessible. It also offers a plant disease diagnosis tool, identifies toxic plants for pets and kids, and has a great water tracker and reminder function. For iPhone and iPad in the App Store.



CASH BUYERS AWAIT.

Listings wanted

Word has spread about our secure resort grounds, low-maintenance/high-quality homes, world-class facilities, myriad weekly activities and welcoming coastal community - so much so, we have a record number of buyers looking to purchase at Palm Lake Resort Tweed River.

If you're a homeowner here and your situation has changed, call our Sales Team for a free market appraisal. We have qualified buyers waiting to hear about any new homes as they hit the market. To find out more, FREECALL 1800 881 041 or stop by the Sales and Information Centre anytime from 9am-3pm, Monday-Friday.

Commission-free transition

Did you know that if you are a resident of any Palm Lake Resort and relocate to a new home in a different Palm Lake Resort location, you won't pay any agent's commission on the sale of your original Palm Lake Resort home?



Marketing and advertising services include:

- Professional photography of your home
- Listing on realestate.com.au
- Listing on Palm Lake Resort website
- Presented in our sales newsletter
- Printed professional flyers included in our information packs
- Homes for sale emailed to potential buyers on our database

ONLY
\$550



Helping friends become neighbours.

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 Palm Lake Resort homes, you'll receive \$250 cash. Easy!

\$250

cash incentive when you refer a friend to buy an **established home** at Palm Lake Resort

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 881 041. *T&Cs apply



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

Over the back fence.

THE PALM LAKE GROUP SPANS 30 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 PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL OUR PALM LAKE RESORTS, 'PEOPLE' REALLY ARE OUR SUPERPOWER!

Palm Lake Care needs you.

As you know, the Palm Lake Group portfolio includes more than two dozen over-50s resort communities as well as seven aged caring communities across Queensland's south-east corner.

While our Palm Lake Care teams provide highly reputable 24-7 nursing support and engaging Lifestyle programs, they are currently on the hunt for community volunteers. In each community, these volunteers can choose to spend one-on-one time with the residents or support our teams in running group activities and excursions etc.

Palm Lake Resort Beachmere Bay's Robyn Crosbie says she loves nothing more than volunteering her time at Palm Lake Care Beachmere's aged caring community which is conveniently across the road from her resort.

"I've been volunteering there every week for the past six years, helping the Lifestyle Team facilitate their activities program," she smiles.

For example, you can find Robyn going on bus trips with the residents - taking them out to lunch and on scenic drives, sometimes also to church.

"Volunteering is not for everyone but I love it. My Dad was in aged care for seven years so I'm very used to the setting," Robyn explains. "I love a chat and find it very easy to talk to the residents. I love listening to their stories and they love listening to mine."

If you're based nearby one of our seven Palm Lake Care communities and would like to assist as a volunteer, we encourage you to make an inquiry. Simply visit www.palmlakecare.com.au and you'll find all the contact details you'll need there.



100
YEARS
YOUNG!

Lucky Phil.

Palm Lake Resort Eagleby homeowner Phil McDonald has just celebrated his 100th birthday! The Eagleby community knows Phil as an avid (lead) bowler. He's a favourite teammate among the skips, always close to the jack. Even if his bowl lands just a few feet out, he curses himself, though most of us would be thrilled to bowl as well as he does! His dedication to the game has undoubtedly kept him active and young at heart. At this rate, we wouldn't be surprised if he's still bowling at 110! Congrats to Phil, from all across the Palm Lake Group!

D-Bay delight.

It's been a record-breaking year for the charitable bunch at Palm Lake Resort Deception Bay. In 2024, they recycled a record 39,141 containers and donated more than \$3900 to Farm Angels (Farm Angels provides support to rural communities in time of flood, fire, drought and plagues). They also collected and donated items for hampers for the needy over the festive season, supporting organisations such as Community Care Network and The Lighthouse. Go team!



Homeowner golfers unite on the green.

GOLF IS DEFINITELY ONE WAY THAT OUR HOMEOWNERS BOND ACROSS RESORT ADDRESSES - AND THE MOST RECENT PALM LAKE INTER-RESORT GOLF CLASSIC IS PROOF OF THIS.

For the third successive year, Caloundra Cay golfers won the Palm Lake Resort Cup, but this time it was by the skinniest of margins. The winning resort team score was 60.32 (Caloundra Cay) over Pelican Waters (60.857) and Beachmere Bay (61.0). Golfers from Palm Lake Resorts at Pelican Waters, Toowoomba, Cooroy-Noosa, Beachmere Sands, Beachmere Bay, Hervey Bay and Caloundra Cay took part in the annual event, teaming up at the superb Pelican Waters Golf Course which is owned and operated by the Palm Lake Group.

And despite an absolute drenching in the days leading up to the event – which had been abandoned five days earlier – the course was presented in unbelievably good condition for the 31 teams and 120 individuals representing Palm Lake Resort homeowners.

Competing in a four-person Ambrose, the Beachmere Bay team of Graeme Clark, Michael Gregory, Stephen Walton and Ronald Rosenberger won the day, returning a nett score of 58.625. The Pelican Waters group of Steve Whitehead, Brendan Francome, Glenn Stamp and Ronald Wilkins (59) finished second, and Caloundra Cay's Ian Chew, Heather Busch, Trish McConnell and Terry Jones (59.625) came in third. But it was the overall scoring of the nine Caloundra Cay teams that resulted in the win, and the trophy returning to its 'home' at Hemingways Country Club.

– By TONY DURKIN

Our congrats to Greg.

Palm Lake Group was pleased to hear that Australian sporting identity Greg Norman was handpicked by Prime Minister Anthony Albanese to join the board organising the 2032 Brisbane Olympic and Paralympic Games. Greg Norman Golf Course Design was the team behind the original Pelican Waters Golf Course layout and they also helped our local team reconfigure the course to make way for Palm Lake Resort Pelican Waters. Greg is a supporter of the Palm Lake Group and we couldn't think of anyone more perfectly suited to this Olympic role. We send our congratulations to Greg and look forward to hosting him at Pelican Waters for a round, when he's in town.



Bravo Barnacles!

Palm Lake Resort Barga's "Palm Lake Singers" is a choir formed by the resort's homeowners. This choir's male members have formed an additional separate choir group called "The Barnacles". Pictured above, the group stopped by Palm Lake Care Barga recently and made a huge impression on the very grateful audience. We love seeing our homeowners involved in inter-resort events but it's just as great to see our resort homeowners and aged care communities coming together for mutual benefit. Bravo Barnacles!

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

Making memories.



FREECALL 1800 881 041 | tweedriver@palllake.com.au
2 Barneys Point Road, Banora Point NSW 2486

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