

DECEMBER 2025 - JANUARY 2026



The Chat



Plan a trip using animal instincts

Capitalise on our country's incredible array of fauna when planning your next adventure

So much to celebrate

From Cup Day fun to Munich-style festivities, catch up on the last few months, inside...

Over the back fence

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



Welcome.

Summer has well and truly arrived here in our beautiful corner of northern NSW. The days are longer, the breezes warmer, the gardens and birds are lively, and there's a relaxed, festive feeling settling over the community. It's a delight to see the Christmas lights beginning to pop up throughout the resort, so keep up the good work!

We'd like to extend a heartfelt thank you to our former groundsman, Corbin Davis, for his hard work, care and dedication to keeping our gardens looking their best. We're grateful for everything he contributed to our community. At the same time, we're delighted to welcome Gary King as our new groundsman. Gary has already hit the ground running, and we're excited to see his fresh ideas and enthusiasm shaping the gardens in the months ahead.

Over the past few weeks, we've experienced a run of wet weather and sudden summer storms — a reminder of how quickly conditions can change this time of year. Please take extra care when walking around the resort, as paths and garden edges may be slippery after heavy rain. If a storm is approaching, it's best to stay indoors, avoid using electrical appliances, and keep mobile phones charged in case of power outages. We also appreciate everyone securing outdoor furniture and loose items to prevent damage during strong winds.

We've continued our summer maintenance program, including thinning out overgrown areas, trimming back larger plants and shrubs, and giving garden beds an extra nutrient boost. The various palms are also scheduled to be pruned at the start of December. As always, any herbicide treatments will be clearly marked with blue dye to ensure everyone's safety — especially for those with pets.

A warm welcome to our two newest homeowners, Tony (Home 75) and Pamela (Home 51). We hope you'll be very happy here at Palm Lake Resort Tweed River.

Thank you all for your continued warmth and community spirit. We're excited for a bright, lively season ahead and hope to see you out and about, enjoying everything that summer has to offer.

Thank you,

Jordan Paix and 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:

Phone: 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 briefs.

Weekly activities list

MONDAY

7am – 1pm Personal gym instructor

7.25am – 8.25am Pool exercises

10.30am – 12.30pm Card making (Hall/Craft Room)

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

1pm Cards (Library or Lounge)

1.30pm Rummikub

7pm Movie night

THURSDAY

7.25am – 8.25am Pool exercises

9.30am – 1pm Art Space (moved from Friday)

9am Yoga (in Sportsman Bar area)

9am – 12pm Bus trip to Tweed City

1pm – 4pm 500

1.30pm Mah jong

2pm – 4pm Kelly pool

3.30pm Aqua aerobics

FRIDAY

7.25am – 8.25am Pool exercises

5.30pm Occasional Happy Hours

Upcoming events

December 7 Residents' Breakfast

December 16 PLR Xmas Dinner

December 31 NYE Rock 'n' Roll band and supper – tickets on sale now.

January 26 Australia Day

January 30 Lifebridge Presentation: Understanding Support at Home (read more below)

March 2026 Free Makeup workshop: Banora Point and Tweed River are excited to have Rageism Beauty present a Free Makeup Session in March next year. The sessions will include one-on-one consultations and how to use makeup. More detailed information to follow in the next edition but an expression of interest form is available on the activity table in the Clubhouse.



Plover watch

It looks like the plovers might be back! They've been spotted nesting on the grass just down from the clubhouse, opposite to Home 38. Witches hats have been placed as a reminder to everyone to take care in this area, please.

Lifebridge Presentation: Empowering Your Next Chapter

Are you feeling confused about the reform changes from Home Care Packages (HCP) to Support at Home (SaH)? If so, you're not alone. Many seniors – even those already receiving services – are trying to understand what the new system means for their independence, choice, and future planning.

Lifebridge is proud to be the number one provider in the Tweed Shire, supporting older adults to stay independent, purposeful and connected. We're passionate about lifting the lid on the "old" way of doing things and creating meaningful experiences that bring joy, confidence, and a sense of belonging.

On January 30 at 11am, I'll be visiting you to present "Support at Home – What You Need to Know". We'll explore topics such as:

- What the new SaH reform actually is, and why it's happening
- How it differs from the current Home Care Package system

- What seniors can expect in 2025 and beyond
- How the new model will impact choice, flexibility, and service design
- How to prepare now so you have more control later
- Opportunities to stay active, social and connected

There will also be plenty of time for open Q&A, so you can ask anything about SaH, CHSP, or your personal situation. Whether you're ready to dive into the world of a Support at Home package, or you simply want clearer information to support your Commonwealth Home Support Program (CHSP) decisions, this session will give you the clarity and confidence to make empowered choices about your future. I look forward to meeting you, answering your questions, and helping you navigate the changes ahead with certainty, independence, and peace of mind.

Nicola
Community Services



'Prost' to our Oktoberfest celebrations!

WHAT BEGAN 200 YEARS AGO AS A ROYAL WEDDING CELEBRATION IN MUNICH HAS SPREAD ACROSS THE GLOBE — INCLUDING TO US HERE AT PALM LAKE RESORT TWEED RIVER.

Oktoberfest started in 1810 as a festival honouring the marriage of Bavarian Crown Prince Ludwig and Princess Therese von Sachsen-Hildburghausen. Since then, it's become the world's largest folk festival, famous for its lively beer tents, traditional music, colourful parades and cheerful Bavarian attire.

This year, our residents embraced the heritage wholeheartedly. With steins raised, pretzels enjoyed and plenty of hearty laughter shared, they certainly did Crown Prince Ludwig and Princess Therese proud. The clubhouse came alive with the sounds and flavours of Bavaria, as residents dressed in their finest dirndls, lederhosen and festive accessories to mark the occasion.

Whether you came for the music, the food or simply the camaraderie, it was a day that captured the fun of Oktoberfest right here in our own community.

'Prost' (German for 'cheers') to the organisers for putting on such a great event!



Off to the races.

ON TUESDAY NOVEMBER 4, ALL EYES WERE ON THE RACE THAT STOPPED THE NATION – THE \$10 MILLION MELBOURNE CUP.

As Half Yours stormed home to claim victory under jockey Jamie Melham – the second woman jockey to win the event – our residents rivalled the Melbourne Cup carnival right here in our resort.

The event effortlessly brought together the best of horse racing, fashion, food, and celebration. Our heartfelt thanks to the organisers for all their hard work!



Animal instincts.

PERHAPS MORE THAN OUR BEACHES, OUR SLANG WORDS OR OUR ACCENT, HERE IN AUSTRALIA, WE'RE BEST KNOWN FOR OUR ANIMALS. BUT THERE'S MORE TO OUR FAUNA THAN JUST KANGAROOS AND KOALAS. WE KNOW PALM LAKE RESORT HOMEOWNERS LOVE TO TRAVEL, SO GO WILD WITH THESE AUSSIE ANIMAL ENCOUNTER IDEAS.

Quokkas of Rottnest Island

Unofficially dubbed the 'world's most photogenic animal', the quokka is the small macropod with a big Instagram presence (there are 380,000 posts under the '#quokka' hashtag and counting!). A vulnerable species, they can only be found in a small area of southwestern Australia – most notably, Rottnest Island. This small island off Perth annually draws over 750,000 visitors, all vying for the ultimate souvenir: a quokka selfie.

Whale sharks of Ningaloo Reef

Is it a whale, is it a shark? Technically, it's a fish – the largest living fish species, to be precise. Though whale sharks can be found in other corners of the world, like the Philippines, Galapagos and even Mexico, Western Australia's Ningaloo Reef boasts the highest rate of whale shark numbers and the best accessibility, meaning it's the best place to find these gentle giants close to home.

Crocodiles of Kakadu

Did you know that the Northern Territory is home to the world's largest wild crocodile population? Experts estimate there are around 100,000, which means there are plenty of places to spot them in the wild – Kakadu National Park included. For a heart-racing, blood-pumping croc spotting experience, look no further than a crocodile cruise on the Adelaide River. The cooler months of June, July and August are the best time to see them, when they make their way to the shore to bask in the sun. Our tip: Scared of encountering these prehistoric beasts in the wild? A trip to Australia Zoo's Crocoseum is the next best thing.

Penguins and seals of Phillip Island

Just over two hours from Melbourne by car, Phillip Island is home to the world's largest colony of 'little penguins' (as well as a Palm Lake Resort!). The smallest penguin species, these flightless seabirds are also known as fairy penguins and are best spotted during a 'Penguin Parade'. The best part? They're not the only animals you can spot on the island. At the appropriately named Seal Rocks, you'll also find Australia's largest colony of fur seals – and a boat cruise is one of the best ways to see them.

Wombats of Tasmania

Did you know that a group of wombats is called a 'wisdom'? Or that Tasmania is one of the best places to spot them? From Maria Island to Cradle Mountain, wombats abound on the

island state. While they are a slightly different sub-species to those found on the mainland, don't worry – they're just as round and adorable as you'd imagine. On Flinders Island, for example, they're blonder than most. Perhaps it's all the time they're spending at the beach?

Sealife of the Great Barrier Reef

African safaris have 'the big five' – on the Great Barrier Reef, they have the 'great eight'. Next time you're snorkelling around Lady Elliot Island, Heron Island or the Ribbon Reefs, keep an eye out for the following marine animals: clownfish, giant clams, manta rays, Maori wrasse (behold their 'puppy-like behaviour'), the friendly potato cod, turtles, whales, and over 50 species of sharks (don't worry – some are less dangerous than others).

Dingoes of K'gari (Fraser Island)

Unlike much of the country, dingoes in Queensland's national parks are protected as a native species – especially on K'gari, where they have had few chances to crossbreed with domestic and feral dogs. As a result, K'gari is home to around 200 dingoes – all protected, all 'pure strain' (or purer than anywhere else in the country). While it's beautiful to behold their distinctive golden coat and cute white 'socks', it's important you keep your distance. You're visiting their home, after all.

Cassowaries of the Daintree

Named for the Papuan phrase 'kasu weri' (meaning horned head), the southern cassowary is the third tallest, second heaviest living bird – and, some say, the most dangerous. They're most often spotted in North Queensland – in fact, the Daintree Rainforest is in the heart of a 'cassowary corridor', and you'll likely see them from the moment you arrive at the visitors centre. Just be sure to keep your distance – their vivid colouring belies their aggression if provoked.

Camels of Uluru

Sure, they're not technically an Australian animal, but navigating the Red Centre atop a camel is one of the most memorable outback experiences you can have. After being introduced in the 18th century as working animals, they were released into the wild in the early 20th century – only to become pests. Now, responsible camel tour providers are putting them to work once again, leading 'camel trains' around the desert.



Meet Mary.

IF YOU'VE EVER ENJOYED A SMOOTH-RUNNING RESIDENTS' MEAL AT OUR RESORT, CHANCES ARE YOU'VE WITNESSED MARY WHENUARO IN ACTION.



Warm, organised and ever the helper, Mary oversees our resort's volunteer kitchen roster – a role she's more than happy to undertake, even in so-called 'retirement'. For Mary, volunteering is her way of giving back to the community she and her husband John have called home for almost a decade.

"It's the best place to live," Mary says of Palm Lake Resort Tweed River. "We'll have been here for 10 years in March, and we've never regretted a day of it. It's a great community – everyone helps everyone else."

Mary is one of the first to lend a hand, whether it's supporting management, running karaoke sessions with John and neighbour Renato, or rallying her volunteer team of seven (plus the "extras" she can always rope in) at our weekly dinners.

Thinking of others is in Mary's nature – maybe it's being part of such a large family. High-school sweethearts, she and John have been together for 60 years, their family now spanning four generations – 11 great-grandchildren included.

"We had a hand in bringing them up," Mary says. "They respect us, and while they help us when needed, I like helping them too."

Before she and John moved to Palm Lake Resort Tweed River, they lived just over the border in Burleigh. And despite spending her career working in finance, Mary still found time to volunteer – in one way or another. After retiring, she devoted years to supporting people with disabilities – including children and adults with autism – a role she describes as difficult but satisfying. John, meanwhile, gave his time to Voluntary Gold Coast, driving cancer patients to and from their appointments.

When the couple decided to downsize, Tweed River captured Mary instantly.

"I took one look at this resort and said, 'This is where we're going to be'. I haven't regretted it."

Soon after moving in, Mary faced a bowel-cancer diagnosis. Now fully recovered, she channels her time into causes she loves – including feeding the homeless and helping at the weekly residents' meals. Her kitchen volunteering involves everything from creating rosters to serving meals and desserts and calling tables up one by one.

"People wonder why we do it," she laughs. "The truth is: we like it. There's always something you can do to help the place run."

And Mary's talents extend beyond the kitchen – she's known for her profiteroles and savoury dishes, her flair for costumes at dress-up events and her enthusiasm for the resort's full activity calendar. From yoga to swimming, tai chi to card games, Mary says there's always something happening.

"It keeps us going," she says.

Made with love.

CHRISTMAS IS ABOUT THREE THINGS: FESTIVITY, FAMILY AND FOOD. AND IN THE NEW PALM LAKE CARE COOKBOOK, 'FROM OUR HEARTS TO YOUR TABLE', YOU'LL FIND TWO OF THE THREE. HERE, WE SHARE SOME RECIPES DIRECT FROM THE COOKBOOK THAT WILL SEE YOU THROUGH THIS FESTIVE SEASON.

Frangipani pie

COURTESY OF PALM LAKE CARE RESIDENT,
JOAN LITTLEJOHN

Ingredients: 1 can crushed pineapple, 2 eggs (separated), 1½ cups milk, ¾ cup sugar, pinch of salt, ½ cup cornflour (mixed with ½ cup water, divided into two portions), 1 cup shredded coconut, 1 tbsp butter, 1 tsp vanilla extract, 1 pre-cooked 20cm pastry shell or crumb crust, grated lemon rind (for garnish), 4 tbsp sugar (for meringue).

Method:

1. To make the pineapple layer, bring crushed pineapple to a boil. Beat the egg yolks and mix with half the cornflour mixture. Stir into pineapple and cook on low until thick. Set aside.
2. To make the coconut cream layer, heat milk, sugar and salt in saucepan until sugar dissolves. 5. Add remaining cornflour mixture and stir until thickened. Remove from heat and stir in coconut, butter, and vanilla.
3. To begin assembling the pie, spread half the coconut cream into the base. Top with pineapple mixture and remaining cream.
4. Make the meringue: Beat egg whites until stiff and glossy, gradually add sugar. Spread over pie and sprinkle with grated lemon rind. Bake at 180°C for 15 minutes or until golden.

Yorkshire pudding and gravy

COURTESY OF PALM LAKE CARE SUPPORT SERVICES
MANAGER, STEVE WHEELER

Ingredients: *For the Yorkshire pudding:* 140g plain flour, 4 large eggs, 200ml milk, pinch of salt, 2 tbsp vegetable oil. *Onion gravy:* 2 large onions (thinly sliced), 2 tbsp butter or oil, 1 tbsp plain flour, 500ml beef stock, 1 tsp Worcestershire sauce, salt, pepper, pinch of sugar

Method:

1. Preheat oven to 220°C (200°C fan). Heat an 8" tin inside.
2. Whisk flour, salt, eggs, and milk until smooth. Rest 30 mins (or use right away).
3. Add ½ tbsp oil to tin, heat briefly, then pour in batter halfway. Bake 20–25 mins until golden and puffed. No peeking!
4. Sauté onions in butter/oil over medium heat until golden.
5. Sprinkle over flour and cook for 1–2 mins. Gradually add stock, stirring to avoid lumps. Simmer until thick for 10-15 mins, add Worcestershire sauce, season to taste.
6. For the creamy mashed potato: 1kg potatoes, peeled and chopped add 100g butter, 150ml milk (or to taste), then add salt and pepper. Boil until soft, drain, mash with butter and milk. Season to taste.
7. Serve with finest Cumberland pork sausages and peas.



Purchase a copy of this great cookbook for \$20 at the Reception desk of your closest Palm Lake Care community (visit pallmlakecare.com.au for locations).



Jansson's Temptation

COURTESY OF PALM LAKE CARE BETHANIA'S
CHEF MANAGER, VEIJO LEHTO

Ingredients: 900g potatoes, peeled and thinly sliced, 1 large onion, finely chopped, ½ cup butter, divided, ½ cup breadcrumbs, 1 can anchovy fillets (or use anchovy paste), 2 cups heavy cream, ½ cup milk, salt and pepper to taste, fresh dill for garnish (optional)

Method:

1. Preheat oven to 190°C (375°F).
2. Sauté onion in ¼ cup butter until soft and slightly caramelised.
3. Layer the casserole: Grease a baking dish. Layer half the potatoes, half the onion, and half the anchovies. Repeat with remaining ingredients.
4. Make the cream sauce: Mix cream, milk, salt, and pepper. Pour evenly over the dish. Top with breadcrumbs and drizzle with the remaining melted butter.
5. Bake for 45–50 minutes, or until golden and bubbling. Rest for 5–10 minutes. Garnish with dill, if using.

Homes for sale.

Home 50 - \$995,000

Beds 2	Bath 2.5	Alfresco 1	Living 2	Garage 1.5



Low maintenance living.

Step into refined, resort-style living in this impeccably crafted, low-maintenance home that offers both luxury and comfort. The ground level welcomes you with a sleek, contemporary kitchen featuring a central island, flowing into a light-filled open-plan living and dining area. The spacious main bedroom offers a peaceful retreat with its stylish walk-in robe and sophisticated ensuite. A separate powder room ensures added privacy and convenience for your guests. Upstairs, the second bedroom boasts a large ensuite and breathtaking water views.



WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT?
YOU CAN PHONE 1800 881 041, EMAIL TWEEDRIVER@PALMLAKE.COM.AU
OR VISIT US ONLINE AT PALMLAKERESORT.COM.AU

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. 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!

Our Bargara homeowners prove themselves charity champions

BARGARA
RAISES
\$250,000 FOR
CHARITY!

Palm Lake Resort Bargara again this year proved their passion for worthy charitable causes, raising another \$28,500 for Relay for Life. This effort takes the resort's total figure raised for the annual Cancer Council Queensland event to an incredible \$250,000!

Palm Lake Resort Bargara's team, "Young at Heart", was proud to see previous team member Ron Myler named the 2025 Relay For Life Patron. Ron was the driving force behind this resort's involvement with the Cancer Council after himself suffering cancer. Bundaberg and Fraser Coast Relay for Life chair Harrison Titmarsh said having such dedicated team return year after year was really meaningful.

"It shows an incredible level of commitment and passion, not only for the event but also for the purpose as to why we Relay For Life," Harrison said.

"As Chair, I am incredibly grateful to have them join us year after year, they are simply amazing at what they do."

Harrison said our resort's passion, commitment, dedication and determination for raising funds for Cancer Council was simply incredible.

"This team inspires myself to do even more fundraisers to raise vital funds for Cancer Council Queensland," he said. "As someone who has been touched by cancer twice in their life. I've seen firsthand the strength it takes to keep fighting. It's so important to raise much needed funds

for Cancer Council Queensland so they can continue research, early prevention and cancer support services.

As Harrison pointed out, and Palm Lake Resort Bargara homeowners agree, Relay For Life injects fun into what we all know as "an evil disease".

"(Our team) certainly give everyone a run for their money with how well they do and they should be incredibly proud of themselves. The Young at Heart team fundraises 365 days of the year, they have turned fundraising into a full-time sport and trust us, they're in 'relay' good shape!"



Pictured above: Ron Myler, Relay for Life team member Bernice Davis and Relay for Life chair Harrison Titmarsh, as they appeared in the Bundaberg Today newspaper.



Bowlers converge on Roma

A long-standing tradition among a group of dedicated Palm Lake Resort bowlers sees teams converge on a regional town for a few days of greens action. This year, the inter-resort bowling competition hit Roma, which is about 5.5 hours west of Brisbane along the Warrego Highway. Players travelled from Palm Lake Resorts Upper Coomera, Hervey Bay, Bargara and Beachmere Bay for the event. While the point of the event is a bowls tournament, we can tell you that the main attraction is the social connection, with bowlers (and many tag-along non-bowling friends) meeting up with homeowners from fellow Palm Lake Resorts.



The Cup stops by

Check out the special visitor that stopped by Palm Lake Resort Truganina recently - the 2025 Lexus Melbourne Cup! It's an iconic piece of Aussie sporting history and our team was thrilled to have it in their (gloved) hands while it was on its annual Melbourne Cup tour. Giddyup!

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**

Tasty Tea Gardens tradition

Each year, as the resort cumquats ripen, a group of dedicated Palm Lake Resort Tea Gardens residents roll up their sleeves, gather in the resort kitchen and turn baskets of fruit into jars of golden jam. Jam making has become more than just a seasonal event; it's a highlight on the Palm Lake Resort calendar! There's always laughter, plenty of taste-testing and, of course, a delicious reward at the end. Best of all, the jars are shared far and wide, bringing a little homemade joy to residents and visitors alike. Such a special resort tradition that we all think is fab!



Collection makes cents

Palm Lake Resort Deception Bay homeowners Pete and Jenny report that they've collected 23,689 containers for recycling so far this year! That means \$2328.90 has gone to Farm Angels, their chosen charity. Farm Angels provides support to outback communities facing fire, flood, plagues, droughts and other calamities. Pete and Jenny say it's surprising how much their collections vary month to month. "In the warmer months, December to March, we get \$75 to \$80 a week - sometimes over \$100," they say. "It's a good job we have a large SUV to squeeze all the bags in!" Last year the pair raised \$4000 for the year by collecting and recycling cans. Let's hope the Deception Bay community helps to get this very dedicated pair to their same target again this year.



65 years of love!

Palm Lake Resort Hervey Bay homeowners Les and Anita enjoyed a lovely resort celebration to mark their 65th Wedding Anniversary recently. What a wonderful milestone!

Connections, for life.



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