

# The Chat



## Celebrating the festive season

From delicious food to fun parties, find out how we celebrated the silly season...

## 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.

Welcome to the latest edition of The Chat!

We hope everyone enjoyed a joyful Christmas and a happy New Year. It was lovely to see the festive decorations and Christmas spirit throughout the resort, and we trust the holiday period brought moments of rest, celebration and reflection as we welcomed 2026 together.

As we move through January and February here in our beautiful corner of Northern New South Wales, summer is in full swing. Long sunny days, warm coastal breezes and the occasional summer storm remind us that this is one of the most vibrant times of the year. The gardens are lush and green, bird and lizard life is abundant, and there's a relaxed holiday atmosphere throughout the community as we settle into the New Year.

With the height of summer upon us, we've already experienced periods of heavy rain, humidity and fast-moving storms – all very typical for this time of year. Please take extra care when moving around the resort, as paths and garden edges can become slippery after rainfall. During stormy weather, we encourage everyone to remain indoors where possible and avoid using electrical appliances during lightning activity. Thank you also for helping by securing outdoor furniture and loose items ahead of strong winds.

Our summer maintenance program is continuing throughout January and February. This includes trimming and thinning overgrown areas, maintaining garden beds with additional nutrients, and managing plant growth to ensure clear and safe pathways. Palm pruning and general garden tidy-ups will continue as scheduled. As always, any herbicide treatments will be clearly marked with blue dye to ensure the safety of residents, visitors and pets.

Finally, we would like to welcome Paul and Lyn (Home 50) and Ian and Ruth (Home 5). We trust you are settling in well, and look forward to seeing you around the resort!

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  
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**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

### 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.



### Dancing skies

These stunning photos were captured by Sarah Archibald on the night of January 20 in Byron Bay, when a massive electrical storm lit up the sky and triggered a breathtaking aurora.



### Greetings, from our card-making group!

Our card-making sessions take place every Monday from 10.30am to 12.30pm. There, you'll find a happy group of homeowners busily doing their thing, laughing, chatting, and turning simple paper and ideas into beautiful handmade creations together. Everyone is welcome, so why not check it out?





## Street party time!

OUR HOMEOWNERS LOVE ANY CHANCE TO COME TOGETHER AND CELEBRATE – AND WHAT BETTER EXCUSE THAN CHRISTMAS?

In November, the annual street Christmas party – hosted by homeowners Owen and Angie (Home 14) – lit up the northern end of the resort.

With open invitations and open hearts, Owen and Angie welcomed as many neighbours as possible to join in a late afternoon celebration. Guests arrived with plates to share, plenty of smiles, and eagerness to share in the festivities.

After last year's celebration was washed out, this year's gathering felt all the more special. A truly sweet reunion that was worth the wait.

## Ring in the New Year.

ANOTHER ROCKING NEW YEAR'S EVE CELEBRATION LIT UP PALM LAKE RESORT TWEED RIVER IN DECEMBER, AND IT WAS THE PERFECT SEND-OFF FOR A GREAT YEAR.

Shadoogie, our very own resident band, set the stage for an unforgettable night. There was plenty of dancing, laughter, and great fun shared by all, making it a New Year's celebration to remember.

Despite being a great evening overall, the night did include a moment of concern when Margaret (Home 99) had a fall. We are very grateful to report that she is on the mend and recovering well. She would like to thank everyone who helped and supported her on the night, as well as the ambulance staff and the amazing hospital staff.

A special thank you to the organisers for putting on such a great event. We're already counting down the days until the next one!



## Festive feasts.

FOOD, FUN, FRIENDS AND FAMILY – THAT'S WHAT THE FESTIVE SEASON IS ALL ABOUT.

### RESIDENTS' CHRISTMAS LUNCH

*Pictured above:* A festive Christmas Day lunch was thoughtfully organised by Kerry (Home 82), for homeowners who didn't have plans of their own. Everyone brought along their favourite dish, and the celebration was topped off with a beautifully prepared sweet table, filled with delightful treats for everyone to enjoy.

### PALM LAKE RESORT CHRISTMAS DINNER

*Pictured right, below:* This year's resort Christmas dinner brought together 120 homeowners for a joyful celebration filled with festive cheer. Guests enjoyed a delicious spread of traditional turkey and ham with festive trimmings. The Residents Committee also took a moment to warmly thank our talented chef, Iouri, whose exceptional meals delighted everyone throughout 2025.





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.

## Start a choir in 2026!

If you're interested in making a New Year's resolution to try something new, why not start a choir of your own? Palm Lake Resort Tweed River is home to many sport and social groups, but no choir... yet! It doesn't need to be a formal affair – a few voices, some lyric sheets and a backing track (live or pre-recorded) is all you need.

## Meet your neighbour.

WHEN RICHARD METCALFE FIRST STUMBLED ACROSS PALM LAKE RESORT TWEED RIVER ALMOST A DECADE AGO, IT WAS LITTLE MORE THAN A HANDFUL OF HOMES ALONG THE RIVERBANK...

But where others may have seen a construction site, Richard saw potential.

"I was looking around at places we could retire," he says. "There were only five or six homes here at the time, but I could see what it would become – the location, the access to everything, the clear river. It just made sense."

Richard and his wife Pamela moved in April, 2016, relocating from Warner Lakes on Brisbane's northside in search of the perfect place to retire. A Brisbane-born retired police officer, Richard's career had taken him across Queensland in both country and city postings, including nearly 19 years in Cairns. There, he was involved in the establishment of the Juvenile Aid Bureau, working on cases both by and against children.

"I'm very proud of my work there, because we were able to steer a lot of children back on the right track," he says. "Some of them still contact me."

Passionate about youth engagement, Richard also used his downtime to found a Blue Light disco and youth club, also in Cairns. They even held the Australian attendance record, welcoming more than 2,000 young people to a single event.

Following the Fitzgerald Inquiry, the Criminal Justice Commission was created and Richard was among the first batch of police seconded to work there – another chapter in his long and varied career spanning uniformed, detective and prosecuting roles.

These days, life looks a little different. Once-reluctant Pamela now loves Palm Lake Resort life – especially the craft group – as much as Richard does. With family close by and a full calendar of resident-led events, they both feel well and truly at home.

"There's always something going on, and you can be as involved as you like," Richard says. "Often times, we look back and wonder where the last week went."



# Homes for sale.

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

## Home 85 - \$1,295,000

  
Beds  
3

  
Bath  
2.5

  
Alfresco  
1

  
Living  
2

  
Garage  
2



### Ideally located.

Experience the very best of resort-style living, surrounded by idyllic scenery that makes coming home feel like a year-round holiday. This thoughtfully designed, low-maintenance two-storey home offers generous space, comfort and flexibility across both levels, perfectly suited to relaxed everyday living. Both king-sized bedrooms are privately positioned and include their own en-suites and walk-in robes, while a third bedroom or home office and an additional gallery area provide adaptable space for work, guests or hobbies.



## 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.

## Home 17 - \$1,290,000

  
Beds  
3

  
Bath  
2

  
Alfresco  
1

  
Living  
2

  
Garage  
1



### Ideally located.

Enjoy a relaxed, holiday-style lifestyle every day within this peaceful, resort-like community. Surrounded by picturesque scenery and a calm, welcoming atmosphere, the home offers the feeling of being on holiday all year round. Inside, the single-storey layout has been thoughtfully designed for low-maintenance living, featuring two generous king-sized bedrooms and a versatile third bedroom or home office. High ceilings enhance the sense of space, while open-plan living and lounge areas create a comfortable setting for everyday living.



## Home 22 - \$1,295,000

  
Beds  
3

  
Bath  
2

  
Alfresco  
1

  
Living  
1

  
Garage  
2.5



### Well maintained.

The thoughtfully planned layout features two spacious king-sized bedrooms, complemented by a versatile third bedroom or home office. The single-storey design is ideal for low-maintenance living, with high ceilings and generous open plan living and lounge areas creating a sense of space and natural light throughout. Flowing seamlessly outdoors, a private garden provides the perfect setting to unwind or entertain in peace. This beautifully balanced Home combines comfort, style and practicality, ready to welcome its new owners.





# 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](mailto:belinda@bellepr.com)**



Better,  
together.



1800 881 041 | [tweedriver@palllake.com.au](mailto:tweedriver@palllake.com.au)  
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