

# this is your time.

PALM LAKE RESORT AUTUMN 2023



## 10,000 reasons

10,000 people call Palm Lake Group home and now we've got a sales promotion to match that milestone - a milestone that was more than 45 years in the making.

## On course

Exciting times: There are only a handful of Stage 1 homes remaining at Palm Lake Resort Pelican Waters - and the reopening of Pelican Waters Golf Course is imminent.

## Forster Lakes belle

Our most impressive community facility to date has just opened at Forster Lakes. Take a walk through our Belleair Country Club inside...

# WELCOME

**OURS HAS ALWAYS** been a family business about people. Giving over-50s the homes and lifestyles they dreamed about (and, in the process, building safe and supportive communities of likeminded neighbours) has been our privilege for the past 45+ years.

Now, more than ever, our company is all about celebrating people. As we kick off 2023, it's impressive to note that 10,000 people call a Palm Lake Group address their home. Add to that our staff of 1500, and all the sub-contracting tradespeople we employ in the different local areas, and I'm more than proud to say that we are the largest privately owned developer of lifestyle communities and aged caring communities in this country – supporting all kinds of people, all in different ways.

As our business has matured over the years and our reach has grown, so too has our desire to break the mould when it comes to stereotypical lifestyle communities and retirement villages. We want to change people's perception of aging and stretch expectations, and our latest locations are doing that – and then some.

The first 60 homes at Palm Lake Resort Pelican Waters are underway, with 10 of them being clad as this magazine goes to print. We are offering some of the biggest homesites and biggest homes at this location – to match the BIG lifestyle our homeowners can expect here. We're also ordering materials for The Springs Country Club and can't wait to bring that impressive building to life. With the renovation and extension of Pelican Waters Golf Club's clubhouse now complete and the golf course set for an imminent re-opening, our team is looking forward to hosting Greg Norman onsite in the coming months. Greg is keen to check out our completed works on his Australian-first mini golf course design and the reconfiguration of our golf course which is also, proudly, a Greg Norman design. Stay tuned for news of the Queensland Open returning to Pelican Waters and also the Grant Field training academy which is underway...

When we talk about people, we're also proud to say that council approval is imminent on the proposal for a final extension of Palm Lake Resort Bargara. Adding another 110 homes here will ensure all those people who want to make this tropical paradise their home can do so. We're all but sold out here at Bargara and look forward to offering those very last 110 homes to the market – especially on the back of the news of a shopping complex going in nearby. This resort, and the greater Bundaberg area, really does offer the full package. Travel industry experts, Wotif, just named Bundaberg the second-best destination in the nation for aspiring travellers to visit in 2023, and it was at the top of the list for Queensland. And we wholeheartedly agree.

Our Forster Lakes property is also going gangbusters. With the unveiling of Belleair (check it out on Pages 11-13), I can say that this Country Club is our best one to date. Construction of their \$18 million undercover lawn bowls

facility has started and will be a fitting addition to this stellar resort. In fact, we've also just decided to add a second two-storey wellness centre and community space to the masterplan, located right alongside the entrance. Offering dedicated areas for everyone from our yoga enthusiast homeowners to those who simply like to socialise at the bar, this facility will also offer great views of Wallace Lake. As a secondary/bonus community space for our Forster Lakes homeowners, we're proud of the fact that it will be bigger than most of the main community facilities that our competition are offering their residents.

We've also got our Yamba Cove and Paynesville projects now gaining serious traction (read about those projects on Page 17) as well as the Palm Lake Care community planned for Forster. Designs are underway and approvals for that project are currently with council. In fact, our Palm Lake Care business is seeing the results of the experience our new CEO, Daniel, brings to our Group, as well as the hard work he's put in since arriving here (ably assisted by our Care COO, Trish, who does an amazing job). With our recently opened Palm Lake Care Caloundra community already half full and Palm Lake Care Forster on the drawing board, I can tell you that Cooroy will be the next cab off the Care rank for us.



In closing, I wanted to tell you about some of the smallest and dearest 'people' in my life. I was delighted to be invited along to my very first "Grandfathers' Day" school event last week. I got to enjoy the vocal delights of my young grandies in chorus with their peers and also kick a few balls around the schoolyard with them and their friends. I might technically be a grandfather, but Leonardo, Lorenzo, Emilio and Estelle in fact keep me young. Now more than ever before, I understand the authentic delight when our homeowners and residents talk to me about their grandkids – and great grandkids – and that proud twinkle they get in their eye. I get it too.

**Scott Elliott,**  
Palm Lake Group Managing Director

# CONTENTS



<b>04</b>	An elite destination: Palm Lake Resort Pelican Waters. Walk through our five community precincts - the facilities at this resort are beyond anything we've ever done before!	<b>17</b>	Your Palm Lake Resort Paynesville and Yamba Cove updates
<b>07</b>	Cali cool: Get the latest Stage 1 sales update from our Pelican Waters team	<b>18</b>	Palm Lake Care is keeping bodies moving
<b>08</b>	Pelican Waters Golf Course is on track for its grand reopening to the public	<b>20</b>	10,000 strong: Our 2023 sales promotion celebrates the strength of our complete Palm Lake community
<b>09</b>	18th hole: What a marquee event!	<b>32</b>	Palm Lake Resort property portfolio
<b>10</b>	Company updates from our planning and operations managers	<b>34</b>	Palm Lake Care property portfolio
<b>11</b>	Check out Forster Lakes' incredible new Belleair Country Club - now open!		<b>Lifestyle: We are family</b>
<b>14</b>	Three reasons why we love Bargara	<b>24</b>	10,000 people might call us home, but we're also about supporting their 10,000 families. Here's how...
<b>15</b>	Willow Lodge's brand new Country Club, The Lodge, is officially open for fun	<b>26</b>	Making memories (literally)
<b>16</b>	News briefs from around the grounds	<b>29</b>	Food for thought. Learn the secret ingredient to family food happiness via some creative Beachmere cooks

**Editorial content and design** Belle PR: Belinda Glindemann, Anastasia White

**Palm Lake Group head office** Southport Central Tower 3, Level 4, 9 Lawson Street, Southport QLD 4215  
**Postal address** PO Box 10479, Southport BC QLD 4215 **Email** info@pallmlakeresort.com.au **Phone** 13 7256 **Website** palmlakeresort.com.au  
**Founder/Director** Walter Elliott **Managing Director** Scott Elliott ©Palm Lake Group 2023. All rights reserved. Circulation: 11,500 copies.

*No part of this free magazine may be reproduced without the written permission of the copyright holder. This magazine is intended to give general information only. All liability arising directly or indirectly from the use of, or for any omissions in the information given, is expressly disclaimed. Please note: Some images contained within may be artist impressions only and, if so, are subject to change without notice. We thank Destination New South Wales, Tourism and Events Queensland and Visit Victoria for the use of their image libraries.*



Pelican Waters

# *AN ELITE DESTINATION*

Palm Lake Resort Pelican Waters' show-stopping community precinct hosts our most extensive collection of world-class facilities yet. The Springs Country Club, above, will be home to five independent precincts each supporting our homeowners' social, sporting and wellness requirements...

## *Mirage*

Whether you're taking a cooling swim in our glistening outdoor pool, or simply lounging in one of the shady cabanas on the pool deck, it will become immediately apparent why they named this region the 'Sunshine' Coast. The sun has an incredible way of uplifting our mood. Energise and revitalise on this expansive pool deck while taking in the relaxing views of your natural waterfront location. Our Mirage outdoor lifestyle precinct offers an impressive outdoor pool and spa, private poolside cabanas, dedicated barbecue facilities and a firepit lounge area, all overlooking the lake.

*Continued on Page 6 >>*



<< *Continued from Page 5*

## Sonora

Sonora will be the social heart of our resort. It will be the destination for everything from revitalising morning coffees to lunchtime laughs with visiting friends. Somewhere you can enjoy a dance on the dance floor, a meal with friends and a birds-eye-view of the eight-rink undercover bowling green. Happy Hour cocktails will be enjoyed here in our very first roof top bar, that will offer undisrupted lake views in the day time and moonlight-sprinkled memories at night. Sonora will be a place where homeowners can authentically connect and let the good times roll.

## Cerante

The Cerante arts and leisure precinct will ooze creative inspiration. It will be the place to explore your artistic side and share the delight of your chosen craft with other like-minded homeowners. Our musicians will be catered for too, with dedicated space to hone their music-making talent, again with like-minded friends. Our luxury movie theatre will provide the ultimate viewing experiences. With plush and welcoming recliner seating, an expansive screen, high-end sound and the ultimate in picture quality, our movie theatre will ensure your 'night at the flicks' is a gold-class experience, right on your doorstep. Just add popcorn.

## Eldorado

The centrepiece of our Eldorado sporting precinct will be our eight-rink championship bowling green. Beyond the bowls, our tennis and pickleball courts will attract those who like to make a racquet - and our fully equipped four-lane tenpin bowling alley will make homeowners kingpins of the game. Table tennis and billiards are also found here. Whether you are celebrating your win with a cold beverage after the game, or just in it for the social connection, the Eldorado sporting precinct will be somewhere for our community to gather for good times. Colourful tales of jacks, kitties, birdies and line calls will surely pepper the post-match celebrations had around our vibrant Sports Bar.

## Mirador

To round out the five key community precincts at Palm Lake Resort Pelican Waters, our homeowners' wellness will be supported via the Mirador wellness precinct. It's the first time a dedicated space for health and wellness has been included in a Palm Lake Resort masterplan and has been strategically situated lakeside to let the relaxing waterfront views permeate this world-class wellness haven. We've listened to what the modern over-50s homeowner wants, and the Mirador wellness precinct is how we've answered that call. Think indoor heated pool and spa, Milon gymnasium, yoga studio, reformer Pilates studio, saunas, wellness lounges, dedicated personal lockers and more.



Pelican Waters

# CALI COOL

*Pictured: Palm Lake Resort Pelican Waters' "Cimarron" home design brings Californian/Palm Springs desert chic direct to the Sunshine Coast.*

Visit our  
brand  
new Sales  
Information  
Centre!

With their classic Californian/Palm Springs styling, Palm Lake Resort Pelican Waters home designs are already stirring the interest of many.

**PALM LAKE RESORT** Pelican Waters Sales Executive Monique Lee says her office has been "inundated" with enquiry since the release of Stage 1 homes. While all single-level homes have already been snapped up, Monique says some of the most notable Stage 1 homes are still available. Among them are two Cimarron design homes (artist impression, above), both with impressive waterfront positions. At 53.7 squares across two storeys, these two homes will be move-in ready around the end of August.

"It's been interesting to note that many of our first homes have been purchased by homeowners from our other Palm Lake Resort addresses. These are people who understand the Palm Lake Resort offering and the sense of community within our resorts," Monique explains.

"We're also really excited to be working from our brand new Sales Information Centre that opened in March as it physically showcases many of the incredible finishes and features available in our homes here."

The Sales Information Centre displays include a fully functional kitchen, featuring all the slick integrated cabinetry and upgraded SMEG appliances available to

Pelican Waters homeowners. The centre also features a fireplace and stone-clad internal walls. All this, overlooking Pelican Waters Golf Course.

"I'm so lucky that my office overlooks the golf course," Monique smiles. "It's been exciting for our team to watch the frames start to go up on the first homes. We are expecting our first homeowners to be moving in around the end of July."

Also, looking ahead, Monique says a chic café will open in July, adjacent to the Sales Information Centre, with the resort's first two display homes due to be unveiled towards the end of August/start of September. These displays will include Santa Rosa and Cimarron designs.

"We are so looking forward to showing our visitors through the Sales Information Centre once it opens and also being able to take them on a tour of the golf course," Monique says. "They'll get a real feel for what life will be like for them here at Palm Lake Resort Pelican Waters."

**To make sure you're first with the news on all things Palm Lake Resort Pelican Waters, or to book a private tour, FREECALL 1800 490 626.**



Pelican Waters Golf Club

# THE TIME HAS COME

One of the most highly anticipated dates of 2023 has just been announced and you're going to want to put this one in your golfing diary.

**SATURDAY, JULY 1.** After years of work, that's the day that the reconfigured Pelican Waters Golf Course will be officially re-opened to the public.

Pelican Waters Golf Club Head of Golf Dale Williamson says while the reopening of the renovated 18-hole championship course will no doubt be the hottest topic in Sunshine Coast golfing circles, July 1 will also be the official opening date for Greg Norman's world-first mini golf course, also on site.

"We are so glad Greg and his team chose Pelican Waters Golf Course to be the location for his world-first sporting facility that will make the game of golf accessible to anyone and everyone, no matter what your age or golfing ability," Dale says.

Come July 1, there will also be access to the club's purpose-built short game area as well as dining options within the

new restaurant, function room, main bar, Sports Bar and fully licensed café.

"With construction continuing on our main facilities, we will not be offering any memberships at this time," Dale explains. "It will instead be a 'pay as you play' system. Yearly golfing options and timelines will be released in time to come."

Dale says the course and clubhouse will be open seven days a week, as of July 1. Golf bookings will open one month prior to the re-opening date.

Under the 'Pay as you play' system, there will be three levels of pricing: public, associated players and Juniors (under 18s). You can choose to play nine or 18 holes with included cart fees. A game of mini golf will cost a flat \$15 per player (adults and children).

"For those who have been asking, our normal golfing calendar will be operational in line with the course reopening. We are anticipating that the driving range, with the new coaching facilities and undercover bays, will come online later in the year."

**For online bookings, opening hours and full pricing, visit us at [pelicanwatersgolfclub.com.au](http://pelicanwatersgolfclub.com.au)**

Pelican Waters

## 18TH HOLE

VIP guests got a brilliant taste of what life will be like living right alongside an award-winning golf course at our most recent Pelican Waters sales event.





**DEVELOPMENT UPDATE  
WITH SUZANNE JENSEN**  
*General Manager, Development*

**WE ARE SEEING** some serious traction around our key projects this year. Here's a rundown of our current construction sites, across the country:

**Palm Lake Resort Pelican Waters:** Our Sales Executives have now moved into their brand new Sales Information Centre within Pelican Waters Golf Club's clubhouse. Final touches are being put on the renovated clubhouse with only the landscaping left to be completed. This building is looking amazing and unrecognisable from the original golf clubhouse! Civils works for Stage 1 of the resort continue with the civil team now busy pouring all the concrete roads. Homes in Stage 1a started construction in January with an expected completion of first homes in June 2023. The Greg Norman-designed short game area works are complete and now in their 'grow-in' period. Construction of the Greg Norman-designed mini golf course is underway and expected to be complete in May 2023. Design of the new coaching centre and driving range is now being developed with works expected to commence late this year.

**Palm Lake Resort Yamba Cove:** All civil works are now complete ready for the construction of homes and the clubhouse to commence in April 2023. There's more information about Yamba Cove on Page 17 - we're really excited about this boutique project.

**Palm Lake Resort Paynesville:** Again, you can read all about this project on Page 17. Our team is very much looking forward to working with local trades and suppliers

in regional Victoria, an area Palm Lake Works is yet to explore. We will be employing hundreds to tradesman in this small regional town, which makes us proud.

**Palm Lake Resort Bargara:** Home construction for Stages 10-14 continues and we are expecting this resort to be fully constructed by June 2023. In some breaking news, a town planning application is pending approval for a further extension of this resort - we await Bundaberg Regional Council's decision. This proposed extension includes 100+ homes and further recreational facilities for all homeowners of this resort to share. If approved, Bargara will become the biggest resort in our company's portfolio.

**Palm Lake Resort Forster Lakes:** The Belleair Country Club is now open and you can see from our photos on Pages 11-13 that it is an impressive facility to match this impressive location. Construction of the bowls green and Sports Club have now commenced and are expected to be complete by early 2024. Civils works for the next stages in Precinct 2 have now also commenced - these works will continue throughout 2023 and into 2024. Homes continue to be built in Stage 11 with Precinct 2 works to continue from May.

**Palm Lake Resort Old Bar Beach:** The concept designs for this site are well and truly underway and our team is excited to be designing our first ever beachfront country club - it will no doubt be a stellar community hub. We are planning 500+ homes across three distinct precincts here at Old Bar Beach as well as a new golf course.



**PALM LAKE PEOPLE  
WITH AMANDA CLEMENTS**  
*Executive Manager, People & Operations*

**WE WERE PLEASED** to see the Fair Work Commission recognise the hard work of our aged care workers, with a 15 per cent pay rise provided from June 30, 2023. Palm Lake Care already pays well above award rates in recognition of our valued workers and we watch with interest as more and more positive changes are made across this industry.

We currently have lots of 'moving pieces' within our company, as we staff our newest projects at Paynesville, Yamba Shores, Forster Lakes, Bargara and Pelican Waters. We are grateful to have experienced staff sharing their skills on these construction projects, ensuring they run smoothly and are delivered on time and on budget.

In other news, Palm Lake Group Human Resources Manager Charmaine Brewer and I attended a HR Summit recently on the Gold Coast, with many industry leaders in attendance. We listened to some truly inspirational speakers during our time at the Summit, particularly in the areas of diversity, equity and inclusion.

Dr Dinesh Palipana was a real stand out. Dinesh outlined some of the barriers he faced as the first quadriplegic medical intern in Queensland, and explained how HR professionals can assist in the breaking down of these barriers through change and innovation. Palm Lake Group is proud to be an inclusive employer.



Forster Lakes  
**BELLEAIR  
BEAUTY**

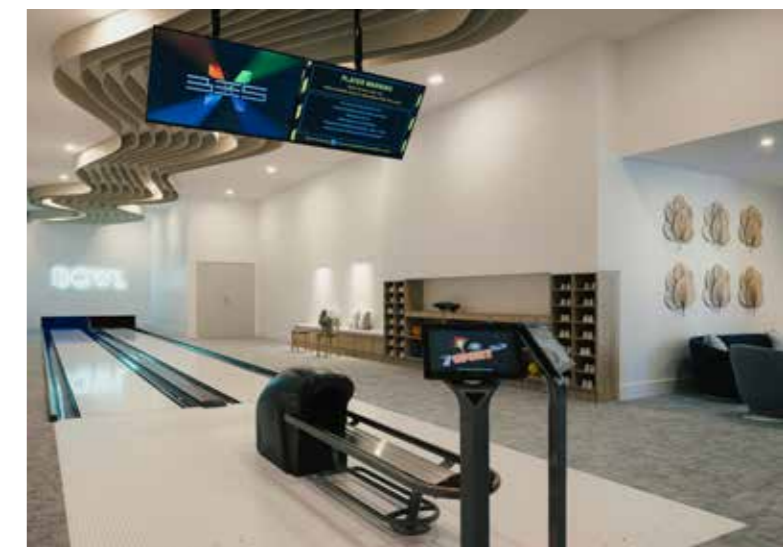
Palm Lake Resort Forster Lakes homeowners are rejoicing in their incredible new Belleair Country Club. Let us walk you through this absolute showstopper...



There's undeniable excitement among the homeowners at Palm Lake Resort Forster Lakes as they explore and enjoy all the benefits of their brand new Belleair Country Club which has officially opened.



**NOT ONLY ARE** all Palm Lake Resort country clubs magnets for sporting activity, creative pursuits and entertaining fun, they provide an important social outlet to ensure like-minded neighbours stay connected and engaged. Our country clubs are always designed to be extensions of our community members' homes and Belleair is definitely one of the more opulent ones.



Bold and grand in size, and Florida Keys by style, Belleair mixes a relaxed and cool colour palette with interesting textural highlights. Think breezy blues and stormy greys mixed with white/blonde-coloured timber and tiles, alongside bright white highlights. On-trend breezeblocks provide interesting pops of repetitive pattern to match the various feature tiles, while the texture in the stone cladding adds warmth and grandeur.



Inside, our interior stylists have created such inviting spaces. Belleair visitors will find it easy to both secure a quite nook for a private catch-up with friends, and also join in the social party when major functions are hosted and weekly homeowner meals are served.



Among Belleair Country Club's major features are:

- A heated indoor swimming pool
- Outdoor resort-style pool, with sunny pool deck
- Sauna
- Spa
- Salt therapy room
- Milon gymnasium
- A plush movie theatre
- Library
- Billiards room
- Art and craft room
- Music room
- Woodwork centre
- Licensed bar area
- Dance floor and stage, with grand piano
- Coffee lounge
- Outdoor fire pit

10,000 people call Palm Lake home - get \$10,000 off + \$10,000 in extras!

Don't forget that new homeowners here at Palm Lake Resort Forster Lakes enjoy the benefits of our 2023 sales promotion: \$10,000 off the price of your new Forster Lakes home with \$10,000 worth of upgrades and complimentary extras thrown in. It's our way of celebrating the fact that our 45-year-old company is 'home' to 10,000 people. To find out more, our Sales Information Centre is open 9am-4.30pm, seven days a week. **FREECALL 1800 577 542 to organise your private tour of Belleair Country Club and our resort grounds.**





Bargara  
**3 REASONS WHY WE LOVE BARGARA**

With beautiful beaches, quaint cafes and roughly the same latitude and tropical climate as Hawaii, we think the sleepy seaside town of Bargara is one of Queensland's best kept secrets.

**1. Turtle time**

No Queensland beach is more synonymous with turtle sightings than Bargara's Mon Repos. Stop in at the turtle centre to learn about the local conservation and research programs protecting these endangered marine turtles, and be sure to take your place in the tour group – led by expert park rangers – to see turtles nesting from November to January. If you return in the early months of the year, you'll also have the chance to watch young hatchlings dig free and make the momentous journey to the ocean.

**2. Stroll or swim?**

Visitors and locals looking to make the most of the stunning scenery and temperate climate are certainly spoilt for choice – Bargara is home to a number of walking paths and swimming spots. The Turtle Trail links Kelly's Beach in Bargara to Burnett Heads Harbour, allowing walkers to take in some of the most popular areas of the Coral Coast along the way. For those keen to explore Bargara's natural surrounds, there is a bevy of reserves and nature parks around town – not to mention picturesque beaches. And, for the brave few keen to float around with some 450 manta rays, why not hop across to Lady Elliot Island for a day trip?

**3. Next-door neighbour, best in Queensland**

Bargara really does have everything – close proximity to the birthplace of Australia's favourite spirit included. Founded in 1888 by seven Queenslanders on a mission to do something a little more exciting with the flourishing sugar cane industry than make lots of cake, the Bundaberg Rum Distillery has quenched thirsts and captured hearts across the nation ever since. Bundaberg is also home to all the essential services and retail therapy you will need, if you can't already find it here at Bargara, and only 15 minutes' drive away. As our magazine went to print, this regional city was also just named the number one holiday spot in Queensland in the Wotif 2023 "Aussie Town of the Year Awards", coming in second place nationally behind Albury, NSW - now that's some commendation!

**Join us**

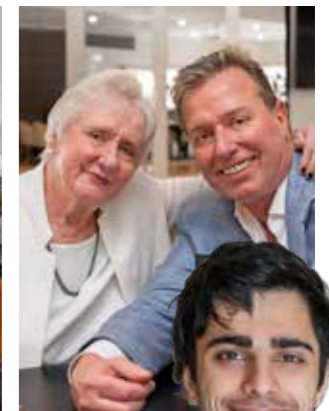
Award-winning Palm Lake Resort Bargara brings you all these things and more! In fact, if you combine the area's impressive natural environment, with all of those local essential services AND all the additional lifestyle benefits that Palm Lake Resort offers, this is one hot over-50s address. The icing on the cake is having Palm Lake Care Bargara literally next door, so there are accommodation and care options to suit all types of family units. There are brand new homes now available at our award-winning resort. Maybe it's time you considered the Coral Coast for your next adventure in life?

**FREECALL our Bargara Sales Team on 1800 501 119 for more.**

Willow Lodge

**THE LODGE**

Palm Lake Resort Willow Lodge was our very first community, back in 1975, and it's just received a wonderful new Country Club, The Lodge.





# NEWS BRIEFS

## Wheel good time

Palm Lake Resort Cooroy-Noosa is home to some pretty cool rides. Their recent homeowner car show was a true spectacle of interesting metal.



## Golf brings resorts together

An inaugural combined inter-resort golf competition was hosted by Palm Lake Resort Beachmere Bay's Westhampton Golf Club committee on their resort course. With 68 golfers from five Palm Lake Resorts participating (Beachmere Bay, Cooroy-Noosa, Toowoomba, Caloundra Cay and Beachmere Sands), the event took a four-person Ambrose format. Caloundra Cay teams scored 1st and 4th places whilst Beachmere Sands came 2nd and the home team came third. It's so good to see our Palm Lake people coming together like this, to share a common interest.



## Big biennial bowls bash is back!

After taking over Kingaroy in 2019 and Dalby in 2021, the big biennial Palm Lake Resort inter-resort bowls comp is back in 2023. Organised by Joy Williams of Palm Lake Resort Bargara, this year's event will take over Biloela Bowls Club and it's officially time to get your nomination forms in.

"If you are expecting big prizemoney and serious competition, this is not for you," Joy smiles.

As she explains, this is a friendly, social event for any like-minded Palm Lake Resort bowlers and fun-lovers based in Queensland. The week will kick off on Monday, August 28, with a meet and greet at the Bowls Club, followed by three days of bowls and a presentation dinner on Thursday, August 31. Games will consist of teams of three players, playing three bowls each over 15 or 17 ends (depending on the number of teams that nominate). If previous years are anything to go by, while there will be loads of on-green action, the off-green fun will prove to be just as good! Nominations close July 31 or earlier if rinks are filled. Camping and accommodation options, as well as nomination forms, are all available via Joy on 0409 792 912 or email her at bundabergjoy@gmail.com

Pictured: The Palm Lake Resort Yamba Cove site.



Yamba Cove and Paynesville

# CONSTRUCTION UPDATES

## Palm Lake Resort Paynesville

Our Palm Lake Resort Paynesville greenfield site will spring to life in the coming months heralding Victoria's fourth over-50s community for the company – in the state where it all began for the Elliott family, back in 1977.

Palm Lake Works' General Manager of Development, Suzanne Jensen, says civils on the site were officially given the green light as this magazine went to press, which means the resort's country club and Stage 1 homes will all commence construction mid-year.

"We're excited about the facilities at this resort as it will be the first time we've built a bowls green and country club both under the one roof," Suzanne explains.

The architectural design of this facility keeps the fresh climate and prevailing breezes Paynesville is know for at top of mind. It will provide a warm, cosy, yet social setting for all homeowners to enjoy in any season.

"Think rugged coastal lodge-style, featuring dark timber and natural stone accents," Suzanne explains. "The theming and design has considered the marine and boating culture and rich history of Paynesville, and this will be reflected throughout the resort.

"Also, there will be three major pedestrian walkways to the country club from around the resort grounds, giving our homeowners convenient access from every home to this major community hub."

Suzanne says the country club will have all the same bells and whistles that make our latest award-winning Palm Lake Resort country clubs as popular as they are – everything from an indoor pool for aqua exercise and relaxation, to a modern Milon gymnasium and a tenpin bowling alley.

Palm Lake Group has also rented a retail space in Bairnsdale's Main Street to fit out a Palm Lake Resort Paynesville "customer experience centre". In another first for Palm Lake Group, and the brainchild of founder Walter

Elliott, this experience centre will feature a taste of the facilities, materials and finishes that will make this resort – and the homes here – truly memorable. You'll be able to find the Palm Lake Resort Paynesville customer experience centre alongside Kmart in the coming months.

"Palm Lake Works is looking forward to building a trade base in this regional town and adding to the Group's portfolio of Victorian resorts," Suzanne says.

## Palm Lake Resort Yamba Cove

Palm Lake Resort's second community lifestyle resort in the coastal town of Yamba is really moving forward, with civils now complete, as pictured above. Suzanne says plans for the resort's two-storey country club and the homes here are all in their final detailed design stages, which is always an exciting time for her team.

"For Yamba Cove's country club, a big focus will be on the beautiful views across the adjoining Oyster Cove waterway," Suzanne says. "This two-storey facility will offer a large, oversized terrace across the length of the building taking advantage of those beautiful views.

"Featuring coastal, beachside styling, it will feature natural materials and light-coloured tones reflecting the natural setting of the sand dunes of the local beaches."

The country club here will include a cinema, dining/lounge, craft room and library. Upstairs, you'll find a Milon gym, yoga and Pilates room, bar, billiard tables, golf simulator and that enormous terrace.

There are 78 two-storey homes in total planned for this site, along with all those community facilities that make the Palm Lake Resort experience as coveted as it is.

"Construction of first homes and the country club at Yamba Cove will commence this autumn," Suzanne says.

**For more information about both of these new communities, head to [palmlakeresort.com.au](http://palmlakeresort.com.au)**



Palm Lake Care

# WORK IN A WORKOUT

There's a correlation between being active and staying healthy as we age. Here's the system inspiring our Care residents to keep their bodies moving.

**PROVIDING OUR HOMEOWNERS** with ways to stay active and healthy is a big consideration when it comes to designing and creating Palm Lake Resort communities. But the work doesn't stop there. Our seven Palm Lake Care aged caring communities are also set up to provide the best options for keeping Care residents as active as possible as well.

Where our newest Palm Lake Resorts are home to exclusive Milon gymnasiums, featuring German-engineered electronic equipment and a cloud-based training tracking system, across at Palm Lake Care, our newest communities offer HUR Australia's range of speciality training equipment

HUR Australia gyms are currently found in three Palm Lake Care communities including Beachmere, Toowoomba and the newly opened Caloundra location. As HUR explains, their equipment is silent, smooth and automated. There are no cables to trap fingers, no uncomfortable and ill-fitting seats, no over- or under-exercising - just easy and motivating exercising that is suitable for all.

Palm Lake Care Beachmere Service Manager Ram Korla says his HUR gym has been a popular addition to their luxury waterfront aged caring community, just north of Brisbane.

"It's been very nice to see our residents using the HUR equipment for exercise - it's a great asset to our community," Ram says. "In my opinion, the best part about the HUR system is that it accommodates the exercise requirements of every single one of our residents - from mild to more intensive training."

Ram says Palm Lake Care Beachmere's HUR gym was open 24-7 for those residents able to train without supervision, while physiotherapists were also employed to oversee the training of residents who needed a little more support.

Encara's Mohamed Samir is one of the physiotherapists who works at Palm Lake Care Beachmere to assist residents on their wellness journey (Encara is Palm Lake Care's allied health partner across all our care communities). Mohamed has 10 years' experience as a physiotherapist, across a number of different countries, and is a firm supporter of HUR Australia's gym system.

"HUR has made it really, really easy for us to support those residents in wheelchairs and others who rely on wheelie walkers or have other mobility issues," he says. "One of the greatest advantages of the HUR gym is its online system that keeps track of our residents' training regime and exercise progress even when we're not there on-site overseeing the training."

Mohamed says one of the major focuses for him and the other physiotherapists and physio assistants at Palm Lake Care Beachmere is fall reduction - a common problem among the elderly population. He says HUR cross trainers are helping to improve residents' coordination and, together with other HUR equipment that focuses more specifically on balance, there's been marked improvement in Palm Lake Care Beachmere's fall statistics.

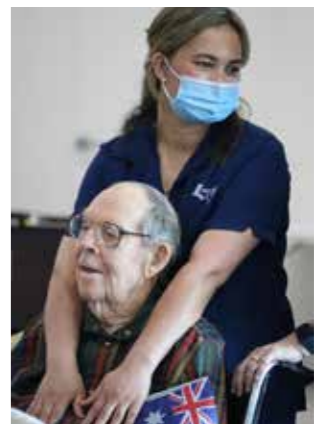
In one particular case, Mohamed says his team worked with a "frequent faller", targeting coordination and balance issues. In less than three months of training in Palm Lake Care Beachmere's HUR gym, this resident enjoyed a "significant reduction" in falls - and therefore increased quality of life.

**To learn more about the Palm Lake Care difference, visit [palllakecare.com.au](http://palllakecare.com.au) or FREECALL our Care Solutions Team on 1800 24 66 77.**

Palm Lake Care

# AROUND THE GROUND

Aged care has never looked as vibrant as our seven Palm Lake Care locations. Here's some of what our residents have been up to recently...



**Pictured top:** Mt Warren Park residents love a bus trip to see the sea. **Above and right:** Toowoomba celebrated its second birthday as well as Australia Day. **Top left:** Valentine's Day at Caloundra. **Above left:** Alpacas made the best visitors at Bargara, while Beachmere's own waterfront cafe is a popular spot. **Left:** Bethania's Mary Forsyth just turned 100 years young!



Lifestyle

# PEOPLE ARE OUR SUPERPOWER

Palm Lake Group is home to 10,000 people and there are another 1200 amazing humans who make up the company's workforce. It's quite the 'people' milestone and one that's taken more than 45 years to develop. The crazy thing is that those numbers are still growing day by day. We'd love you to meet a few of our longer-term Palm Lake people who are more than happy to call us family...



## Darryl & Cindy Groves Palm Lake Resort Beachmere Sands

Darryl Groves is your salt of the Earth kind of bloke. He and wife Cindy have lived in their Palm Lake Resort Beachmere Sands home for 16 years and in that time, Darryl has made quite the name for himself as a volunteer around the resort grounds. When we phone to chat to Darryl for this story he's out busily volunteering on the resort tractor and has to return our call when he finally stops by home for some lunch. Darryl will tell you that he's been around machinery and earthmoving equipment all his life. While he admits he's not into sports at all, he does have a hankering for 'busy-ness' so his theory is, why not dedicate that energy and his expertise to the neighbourhood that supports him and his wife so well.

"I've never been into sports at all but I like doing hands-on things," Darryl says. "I've got a big veggie garden and some great neighbours – many have been here as long as we have. That's all I need."

Darryl and Cindy were, in fact, among the first to move into their resort home. Only six or seven homes were occupied before they initially came to town from Hervey Bay.

"There was no clubhouse at that time, just the slab, and I remember they were pouring the concrete for the pool," he recalls. "It was just a construction site."

The pair admits they've loved watching the development of Bishop Road, Beachmere, across the last 16 years. In that time, their own community was completed, a second over-50s lifestyle resort popped up next door (Palm Lake Resort Beachmere Bay), Palm Lake Care Beachmere arrived across the road and a host of wonderful facilities have been added for the benefit of all, including a nine-hole golf course and the waterfront Beach House.

With an impressive 58 years of marriage under their belts, Cindy admits she is the social butterfly in this pairing. She's grateful for what the Beachmere Sands community has given her – including many social outlets and opportunities to pursue her hobbies and interests. She says she's always been attached to the resort Social Committee in one role or another, and for the past few years has been the coordinator of the Palm Lake Resort Beachmere Sands Gift Shop.

"I really enjoy the social aspect of life here," Cindy says. "You can really make of it what you want – you can join in or you don't have to. Every day gets better."

## Patsy Paynter Palm Lake Resort Deception Bay

Just down the road from the Groves, at Palm Lake Resort Deception Bay, lives a 79-year-old whose personality is as vibrant and warm as the Queensland summer sun. Patsy Paynter loves (read: LOVES!) life and has dedicated hers to looking out for others which is why her Palm Lake Resort community continues to be an absolutely perfect fit for her – 11 years on.

"I honestly just love to help people," Patsy enthuses. "I firmly believe that what goes around, comes around. Everyone here knows Patsy and they also know they can call on me if they need anything."

While she's just back from one of her regular exercise sessions in the resort pool on this day, Patsy will tell you all about the other various 'jobs' in her diary in the coming weeks. She's joining one of her Palm Lake Resort neighbours on their trip into town for a medical appointment on one day and assisting another to North Lakes for their appointment the following week.

From her home of "11-and-a-bit years" overlooking the

croquet court (that offers her "beautiful breezes from the sea"), Patsy says she starts every day with a walk down along the Deception Bay waterfront, stopping by her favourite 'Zesty Lemon' café for an invigorating beverage.

"I stop and talk to people all along the way and solve all the problems of the world during that walk," she laughs.

Patsy will tell you she loves resort bingo. And there's also craft group on Friday mornings for this knitting and crochet expert. Patsy's handmade creations are shipped down to her daughter in Victoria, who works at the Olivia Newton-John Cancer Research Institute, for donation to those in need.

With all six of her children in Victoria, Patsy does rely on the support network provided for her at Palm Lake Resort Deception Bay, as well as all the services just a stone's throw from her home - things like the train and buses, and some great local shops.

"It's so handy to everything and I feel safe here," she smiles. "And I'm going to be here until they have to take me out in a box!"

Continued on Page 22 >>

<< Continued from Page 21

## Kevin & Elizabeth Hillman Palm Lake Resort Yamba

Elizabeth and Kevin Hillman might hold a record for living at a Palm Lake Resort address the longest: they've clocked up 27 years in their home - and counting!

While the resort was not owned by the Elliott family when the Hillmans arrived in town from Adelaide, the pair was lucky enough to score one of the most picturesque homesites in the neighbourhood. Theirs was just the fifth home to be built on the resort grounds, on a stunning waterfront block.

"We love living here," Kevin says. "We're right by the water - it's only about 15-feet away. We watch the dolphins come in and can hear the fish jumping."

Kevin has even made friends with some local ducks who come up and drink water from containers he leaves out for them. And some black swans also quite often call the Hillmans' yard home.

"It's an absolutely gorgeous spot - it's so quiet. It's heaven."

Now aged 91 years young, the pair was 66 when they first arrived. They initially discovered the town through a love of golf and travel combined. It was only two months after they arrived, early in 1996, that Elizabeth's sister, Tess, and her husband, Peter, joined them. Tess passed away in November 2022, so they were able to spend many memorable years together as neighbours.

Elizabeth says she has enjoyed square dancing here at the resort, and she and Kevin have both been keen tennis players and golfers in their time (Kevin even has his name on the Yamba Golf Club's honour board - twice - for scoring two holes in one over the years!). Kevin has also volunteered as the resort's first Residents' Committee Chairman and also the first Liaison Committee Chairman.

While they're not as active as they once were (from a sporting perspective), Elizabeth still attends the resort craft group catch ups, weekly, on Tuesdays. She, along with her fellow crafty neighbours, love to make and donate quilts to the hospital for sick children. The pair also still loves to go along to resort barbecues and functions, and highly rates the efforts put in by the current Social Committee members to keep the homeowners busy and connected. In fact, people have become even more important to Elizabeth and Kevin as they've gotten older and their family has dispersed across the country.

"Everybody here is so friendly - we really feel so safe and secure," Kevin says. "We're all like-minded - that's what's so good about it."

Elizabeth will tell you that she enjoys seeing her neighbours around the grounds and will share with them the flowers she grows in her own garden. Another neighbour brings the paper to Elizabeth and Kevin's house every single day, leaving it on their front patio table for them to collect and read at their leisure. This same neighbour also surprises them by leaving baked goods with the paper from time to time, such is the caring and generous nature of this community.

Elizabeth says she highly rates over-50s community lifestyle resorts, like Palm Lake Resort.

"My advice to everyone is to come in and join us when you're as young as possible, because there's so much to do!" she smiles.

## Jenni & Gary Martin Palm Lake Resort Yamba

Looking after the best interests of people like the Hillmans, are long-time Palm Lake Resort caretakers, Jenni and Gary Martin.

With our company for the past eight years, the pair began their Palm Lake journey at our Beachmere Sands address in 2015 before moving to Palm Lake Resort Yamba in 2020. Jenni previously worked at the local council, and Gary as a self-employed bricklayer, before a gig managing a Western Australia mining community had them diving in at the deep end on a crazy new adventure.

"We were managing about 900 mining employee dongers, a 50-site caravan park and a 15-room motel at the time," Jenni recalls. "But when the opportunity came up to head over to Beachmere to manage the Palm Lake Resort there, we jumped at it. Beachmere was closer to family and the WA job had set us up well for the role."

Jenni admits she loves people and that's why this line of work has really 'clicked' with her. She says Gary is a true 'Mr Fixit' so he's relishing the diversity in his days under the caretaker role, supporting the resort groundskeeping team and administrative management team.

But the pair also enjoys adventure: Gary loves nothing more than hitting the road, touring on his motorbike, while Jenni loves a walk. And when we say 'walk' we mean a 92km trek along the Great Ocean Road, for example, or through Tasmania, or even Milford Sound in New Zealand. Their caravan is their regular home away from home and their Blue Heeler, Oly, has shared this life adventure with his faithful human owners for the past 11 years. Funnily enough, Jenni and Gary love all the same things that their Palm Lake Resort community members love: they are like-minded, as caretakers, and definitely kindred spirits.

"During our time with Palm Lake Resort, we have had the pleasure of getting to know hundreds of residents

and listening to their stories - some are amazing! - while also getting to meet their families. We've also enjoyed generally trying to make a difference in these people's lives by keeping the resorts neat and tidy and maintenance up-to-date," Jenni says.

"Gary and I are thoroughly enjoying our time with Palm Lake. It has honestly been a privilege to be part of the Palm Lake family and to watch, and sometimes directly be part of, the growth of this company over the last eight years. We both feel we are very lucky to be working in this industry as we know we can make a difference each day to the homeowners living in our resort."

## Matt Dawes Palm Lake Works, Victoria

Matt Dawes is part of the furniture when it comes to keeping our most southern over-50s resort communities looking the goods and operating to their full potential. Matt is employed by Palm Lake Works as a Building Supervisor and is the Victorian Regional Manager overseeing our Willow Lodge, Phillip Island and Truganina resorts.

Matt's been with the Palm Lake Group since 2010 when he was initially employed as a groundsman at Palm Lake Resort Willow Lodge. While it was quite the tangent from his previous work managing venues in the hospitality industry, it was a welcome change of pace and scenery. It has also turned out to be a perfect fit, allowing Matt to climb the ladder and be rewarded for his efforts across the past 13 years.

Among Matt's biggest tasks nowadays, he oversees the design and construction of custom homes at Willow Lodge, which are individually built to each block's requirement, taking in each new homeowner's preferences, where possible. You've got to be a people-person in this role. And Matt does it with ease.

"I really love the variety of challenges this throws up," Matt says. "It sounds corny, but I have an incredible sense of achievement and pride in taking a block from nothing to a modern home that I would be more than proud to live in."

When Matt's not on the Palm Lake 'tools', his other important people are his wife, Jodie, and his four sons. When you consider the juggle Matt has on any given work day, he'll tell you that juggling four boys is a piece of cake.

"Along with the building of homes, my team and I have achieved a lot in the last few years in the way of homeowner amenities. Each of these facilities have provided their own challenges but have enhanced Willow Lodge to give it the resort-style image we have been striving for. Seeing the change in Willow Lodge, especially over the past few years, honestly makes me proud."

Lifestyle

# TEN THOUSAND REASONS

Our 2023 sales promotion celebrates the strength and size of the Palm Lake Group portfolio.

**DID YOU KNOW**, 10,000 people call a Palm Lake Group address home? It's an impressive statistic, for sure. Let's mull over the numbers for a minute, shall we?

- Palm Lake Group is a family-owned and operated company dating back to 1977 when the Elliotts purchased what is now known as Palm Lake Resort Willow Lodge, in Victoria.
- Over the past 45 years, the portfolio has grown to nowadays include 24 operational community lifestyle resorts with four more resorts going through development approvals or currently under construction (Pelican Waters in Queensland, Yamba Cove and Old Bar Beach in New South Wales, and Paynesville in Victoria).
- There are seven additional aged caring communities (across Queensland) in the company portfolio, supporting even more Palm Lake people.
- We employ 1200 people across three states with many more local tradies and sub contractors supported by our company.
- In total, there are 10,000 people who call one of the above Palm Lake addresses their home.

To celebrate our rich history and the strength of our company and its 10,000 people, we are offering new home buyers in 2023 a sales promotion that mirrors the milestone.

This year, new home buyers will receive a \$10,000 discount off the price of their home as well as an additional \$10,000 worth of home upgrades thrown in for FREE! It's a deal that will have our newest homeowners glad they joined our family! To find out more about our 2023 sales promotion, contact the Sales Information Centres in your local selling resort:

**Palm Lake Resort Pelican Waters:** 1800 490 626

**Palm Lake Resort Forster Lakes:** 1800 577 542

**Palm Lake Resort Bargara:** 1800 501 119

...and you can always visit us at [pallmlakeresort.com.au](http://pallmlakeresort.com.au)

we are family

Pictured: Palm Lake Resort Forster Lakes' "Carabelle" home design is a spacious beauty, fit for any family.



Lifestyle

## HOMES BUILT TO SHARE

Another family holiday season is almost upon us - Easter. Here at Palm Lake Resort, we treat all our 10,000 homeowners like family but also their families like our extended family, too.

**WHEN FIRST SITTING** down to consider and design a Palm Lake Resort masterplan, our team knows that facilities should not only support our homeowner population, but also their family and visiting friends, too. You see, the modern breed of over-50s are more social than ever before and they are also more likely to be supporting their family by assisting with the raising of their grandchildren. So, we've consciously designed resorts that appeal to all generations - think tenpin bowling alleys and mini golf courses for visiting family, and more.

But it's not just facilities. Our homes are also designed for sharing. The traditional old "downsize" is actually nowadays a "right-size" where yards and maintenance are reduced but living spaces have been enlarged to accommodate social get-togethers and extra bedrooms support visiting family. Our two-storey abodes are testament to this. You'll find

two-storey designs across all our newest locations. With 3+ bedrooms, more bathrooms than ever before, and multiple options for general living, these homes appeal to all types of family units, especially in school holiday seasons!

At Palm Lake Resort Forster Lakes, for example, the Carabelle (pictured above) is 280.56 sqm/30.19 squares with an extensive master suite and a second bathroom conveniently right alongside the second bedroom all upstairs. Downstairs, there's a study/third bedroom and a third bathroom, with ample living and 'retreat' spaces across both levels, so everyone can find their own quiet nook and feel comfortable in the shared space.

As you know, we are a family owned and operated company so we know that family is everything. We encourage homeowners' families to visit us and look forward to seeing them here at a Palm Lake Resort soon!

AUTUMN EDITION 2023

Lifestyle

# SWEET ESCAPE

Hosting friends or family over the Easter period? Turn your guest bedroom into a cosy sanctuary for them to enjoy while they're staying with you. These pieces will help...



1. Luna throw blanket, \$159, [pillowtalk.com.au](http://pillowtalk.com.au)
2. Scalloped pillow, \$220, [carlyhome.com](http://carlyhome.com)
3. Diptique Ambre candle, \$139, [mecca.com.au](http://mecca.com.au)
4. Taste and Place: The Design Hotels Book, \$93, [amazon.com.au](http://amazon.com.au)
5. Everlasting Wildflower bouquet, \$49, [knowtherose.com.au](http://knowtherose.com.au)
6. Byron glass vase, \$115, [aprilandoak.com.au](http://aprilandoak.com.au)
7. The Belly Mug, \$49, [potteryfortheplanet.com](http://potteryfortheplanet.com)
8. Wilma marble catchall, \$169, [lifeinteriors.com.au](http://lifeinteriors.com.au)
9. Wall mirror, \$599, [westelm.com.au](http://westelm.com.au)
10. Anais table lamp, \$35, [kmart.com.au](http://kmart.com.au)
11. Maya bath towel, \$49.95, [myer.com.au](http://myer.com.au)
12. Brule Parfum oil burner, \$59, [adorebeauty.com.au](http://adorebeauty.com.au)

Lifestyle

# MAKING MEMORIES (LITERALLY)



*Pictured: The Palm Lake Resort  
Cooroy-Noosa's workshop*

Hosting visiting grandchildren (biological or honorary) in your Palm Lake Resort home these school holidays? To keep them busy, consider making something – it's a fun way to spend quality time with them, and you'll be making memories, too.

## Painting and drawing

Artwork is one of the simplest, most accessible ways to make something special – all you really need is a pen and some paper. Of course, you may want to invest in some coloured pencils or even paintbrushes for your grandchildren's special visit, but you certainly don't have to. The biggest question really is, what will you paint or draw? A portrait is the ultimate keepsake. You draw your grandchild, and they draw you – you'll get to enjoy quality time together and both have your own special portrait to keep at the end of your visit.

## Papercraft

Have you ever made origami? It's a lot of fun, but not only that – it also offers some incredible physical and mental health benefits like reducing stress, improving your fine motor skills and concentration, promoting happiness and even bettering your maths skills. You don't need to be an expert to do it, either. Pick up an origami book from the shops or find instructions online and print them out. Keep your creations on display, give them as gifts or attach them to string and use them as Christmas tree ornaments.

## Needlecraft

From cross-stitching to crochet, and knitting of course, there are so many ways to get creative with needlecraft. Thankfully, these skills are well-known for being passed from grandparent to grandchild so you may already know how to do them. Even if you don't, there are plenty of tutorials and beginner-friendly projects to be found online – or why not pop into your resort's craft room and see whether there is a needlecraft aficionado who can help you out? Our communities are home to so many clever crafters.

## LEGO

If needlecraft is a skill traditionally passed from grandparents to their grandchildren, LEGO is the opposite – your grandchildren will likely know a lot more about it than you do, which is what makes it such a fun bonding activity. They become the teacher! You could pick up a couple of small LEGO sets from the shops ahead of their visit, ask your grandchildren to bring their favourites with them, or look online for resellers (like BrickResales.com.au or on Facebook Marketplace, for example) to stock up on random parts. Once you have some LEGO, the only limit is your imagination.

## Family scrapbooks

Having your grandchildren come to visit is the perfect opportunity to dig out the old photo albums. Chances are, you will have dozens (if not hundreds) of old photos they've

never seen before – photos of them as babies, their parents growing up and snapshots from your own life. Lay them all out, choose your favourites and get busy making a family photo album (or two) together. You can keep it simple with just photos or add small notes – handwritten, of course – on the pages for your grandchildren's future reference... and maybe, hopefully, for their grandchildren in the future.

## Miniature planters

Since our Palm Lake Resort communities are home to so many green thumbs, they are all brimming with greenery. By turning an unwanted mug or teacup into a miniature planter, you can make your grandchild the perfect memento to remember their visit with you. You could propagate one of the plants from around the resort or plant a new flower or succulent together. You'll enjoy quality time together choosing the perfect plant from your local nursery, repotting it, and caring for it throughout their visit.

## Family recipes

When was the last time you cooked one of your family's classic recipes? It could be something your parents cooked you, something you cooked for your children or both. The older it is, the better – especially if your grandchildren have never tasted it before. Take them with you to buy the ingredients then spend time together in the kitchen cooking up a storm. Make sure you tell them all about your memories eating this dish throughout your life. When they leave, give them their own copy of the recipe to make at home.

## Woodwork

From something as simple as a chopping board to more complex projects like bird feeders, the possibilities are endless when it comes to woodworking projects you can complete with your mini visitor. If you're lucky enough to be a Palm Lake Resort homeowner, your resort's own workshop (and your workshop committee members) will no doubt provide the inspiration and guidance you need.

## Quilting

Quilting is the perfect way to turn the clothes or childhood blankets your grandchild has outgrown into a keepsake they'll treasure forever. Have them bring some of their favourite old pieces when they come to stay, then spend time together cutting out pieces of fabric and assembling them for your project. While it helps to have some experience with quilting, it is certainly a skill that can be taught – don't be afraid to learn alongside your grandchildren. Palm Lake Resort Beachmere Sands homeowner Chris Sutton is quite literally writing the book on quilting tips for seniors – turn the page to find out more...

Lifestyle

# YOU'RE NEVER TOO OLD TO...

...well, do a lot of things, as our vibrant Palm Lake Resort communities will tell you. But one thing in particular is that you're never too old to quilt. Just ask Palm Lake Resort's Chris Sutton.



**CHRIS SUTTON, OF** Beachmere Sands, will tell you she's on the "80 side of 70" and she's been quilting for 40 years or so. She describes herself as an "old-chook quilter" and has been teaching beginners' quilting classes within her Palm Lake Resort community and with the U3A Beachmere group for some time.

"I'm not an expert quilter," Chris says. "Far from it. Every day is a learning day for me. A previous generation of quilters taught and mentored me. Teaching other beginners, older 'newbies', is my way of giving back. However, the more I teach, the more concerned I am that we are losing our older quilters. We need our older quilters to teach their children, grandchildren and great grandchildren... and it keeps them young."

As Chris explains, there is powerful evidence-based research, "too powerful to ignore", that proves quilting is a desirable and valuable activity to brain health, wellbeing and maintenance of social ties and independence as we age. Neurologists and specialists in ageing commend quilting's benefits. However, try as we might, we can't control the physical effects of age on our body. For some, physical ageing can be a challenge, if not a barrier, to continuing to quilt.

"The good news is, that doesn't have to stop you doing what you love," Chris explains.

In her new book, *You're Never Too Old To Quilt*, Chris presents a guide for those who struggle to keep quilting, and those who want to learn to quilt but, experiencing physical challenges, have been hesitant to try.

"Did you know, there are rulers designed to make it virtually impossible not to cut a straight line, even if you have a slight hand tremor? There are cutters that take all the pressure off arthritic hands and sore wrists and there are even digital cutters that do it all for you.

"(The book) is a 'How to quilt if, like me, you're an old chook or a tough old rooster with a sore body'," she laughs. "It's also for spring chickens who wants to stay that way for many years to come!"

*You're Never Too Old To Quilt* launches on April 1. You can order your very own copy via Chris's online bookshop, [mcsutton.chris-sutton.com.au](http://mcsutton.chris-sutton.com.au). It retails for \$35 + postage, but for Palm Lake Resort quilters, there is a special price of \$29 + postage. Chris says you can use the code PALMLAKE23 at check out to secure your special Palm Lake Resort discount.

## Resorts, built for creatives

Across all of our 24 Palm Lake Resort addresses, there are many, many creatives finding like-minded friends in resort craft rooms each and every week. In fact, we have been designing and building our resorts with these people in mind. Our newest locations come complete with dedicated craft meeting rooms, each of them well-equipped with multiple sewing machines, ample work benches and convenient storage.

At Palm Lake Resort, it doesn't matter what your craft preference is, we guarantee you'll find a like-minded neighbour just around the corner!



Lifestyle

# FOOD FOR THOUGHT

Combine delicious family-favourite recipes and a very worthwhile charitable cause and you've cooked up a brilliant fundraiser to tickle the tastebuds. Beachmere Sands homeowners have served up a winner!

**IN 2018, AS** part of their Cancer Council Biggest Morning Tea fundraising effort, the clever cooks of Palm Lake Resort Beachmere produced a gorgeous keepsake cookbook called *Villa Kitchen Favourites*. It contains recipes from 22 of the resort's best cooks, representing many years of experience in preparing delicious dishes.

"Most of the recipes were handed down from parent to child over generations, handwritten on the back of envelopes, scribbled in notebooks or written at the end of old recipe books from the last century, making them family treasures and secrets, generously shared," says Palm Lake Resort Beachmere Sands home cook Chris Sutton (also editor and publisher, pictured above at front), on behalf of the cookbook volunteers.

"Other recipes are old favourites that their donors created and refined; making them even more modern and delicious."

Chris says all the production stages of the book - including writing recipes, design and layout, artwork and photography, editing and proofing - were the work of a group of devoted Palm Lake Resort Beachmere Sands volunteers.

"*Villa Kitchen Favourites* has been a resounding success," Chris says. "In 2018, it raised more than \$2000 and continues to give, as the profit from every copy sold goes straight to cancer research."

The cookbook retails for \$25 plus postage. If you'd like a copy, the book is available in person at the Palm Lake Resort Beachmere Sands Gift Shop or order your copy online at [mcsutton.chris.sutton.com.au](http://mcsutton.chris.sutton.com.au)

Here's just a small taste of those Palm Lake Resort family recipes that are contained within this delightful read...

we are  
family



**Pictured here:** Nanna's cottage pie  
**Pictured top right:** Some of the Palm Lake Resort home cooks sharing their 'kitchen favourites' in print, all in the name of charity.



## Gregory's chicken

*Cook's note: An easy, delicious recipe that brings the flavours of Queensland to the table.*

### Ingredients

- 8 chicken thighs
- 1kg mushrooms, sliced
- ½ packet cream of mushroom soup
- ½ packet French onion soup
- 1 large onion, halved and sliced
- 1 ½ cups dry ginger ale
- Salt and pepper, to taste
- 1 tin pineapple rings
- 2 tomatoes, cut in half
- 2 rashers of trimmed bacon, cut into 4 pieces per rasher
- Rice, cook enough for 4 people.

### Method

- Preheat oven to 180°C.
- 1. Combine ginger ale and soups, mix well.
- 2. Place chicken thighs in oven proof dish.
- 3. Spread mushrooms and onions over the top of the thighs.
- 4. Pour over the ginger ale and soup mixture.
- 5. Bake in moderate oven basting with pan juices for 1 hour or until chicken is cooked.
- 6. Drain pineapple rings and place in ovenproof dish.
- 7. Place halved tomatoes on top of pineapple rings.
- 8. Arrange bacon on top of tomatoes.
- 9. Put a dab of butter on each.
- 10. Bake with chicken, remove when tomatoes are cooked. Serve on a bed of rice.

## Nanna's cottage pie

*Cook's note: This recipe is at least three generations old. It has been a great favourite of my grandchildren, being a cold weather staple for after-football dinner. If you don't want to use mashed potato for the topping, pasta or mashed cauliflower are suitable substitutes. The cottage pie below has a mashed cauliflower topping.*

### Ingredients

- 500g beef mince and oil to sauté
- 1 onion
- 1 carrot
- 1 cup beef stock
- Dash of Worcestershire sauce
- 2 teaspoons tomato paste
- 2 teaspoons cornflour
- 4 large potatoes
- Butter, salt and pepper

### Method

- 1. Chop onion and carrots into 1cm cubes.
- 2. Take a large pot and sauté onion until translucent.
- 3. Add mince and fry until browned, breaking into grains with a wooden spoon as it cooks.
- 4. Add carrots, stock, sauce, tomato paste, salt and pepper.
- 5. Simmer gently, lid on, for 40 mins. Thicken with cornflour (mixed with a little cold water).
- 6. Meanwhile, cook and mash the potatoes, season to taste with salt and pepper, put to one side.
- 7. When the meat base is cooked through and the carrots are tender, pour the mixture into the bottom of a heat-proof casserole dish. Cover entirely with mashed potato. Smear butter over the potato crust and brown under the grill. Serve with a green vegetable.

## Vegetarian & diabetic-friendly slice

*Cook's note: Some people have food intolerances or for a variety of reasons don't eat meat. If you eat with or cook for them regularly, it makes sense you would make the effort to ensure they're included. With the substitution of gluten free SR flour, this is an ideal way to cater to almost everyone.*

### Ingredients

- 6 eggs
- Black pepper
- ½ teaspoons dry mustard
- 1 large zucchini
- 400g sweet potato
- 1 ½ cups frozen peas
- 1 medium brown onion
- 1 teaspoon dried mixed herbs
- 1 ½ tablespoons parsley
- 1 cup wholemeal SR flour
- 1 cup reduced fat grated cheese
- Olive oil spray

### Method

- Preheat oven to 200°C.
- 1. Spray large baking dish with olive oil.
- 2. Grate zucchini.
- 3. Peel and slice onion.
- 4. Peel and grate sweet potato.
- 5. Finely chop parsley.
- 6. Whisk the eggs, black pepper and mustard and set aside.
- 7. In a large bowl, combine remaining ingredients.
- 8. Add the egg and mix well.
- 9. Pour into the prepared baking dish.
- 10. Bake 40-50 mins until firm and lightly browned



# PALM LAKE RESORT



## Palm Lake Resort Pelican Waters

**NOW SELLING!** Palm Lake Group's most luxe resort ever is under construction right now on Queensland's Sunshine Coast. Among the 321 homes to be built here, some will enjoy water frontage, some will have direct golf course access and some will feature both. This resort hugs the boundary of our Greg Norman-designed golf course and will neighbour our Pelican Waters Hotel.

**1800 490 626**  
40 Mahogany Drive,  
Pelican Waters QLD 4551



## Palm Lake Resort Forster Lakes

**NOW SELLING!** Currently under construction, Palm Lake Resort Forster Lakes is situated right on the edge of Wallis Lake and takes its inspiration from the Florida coast. The best of the almost 300 homesites will enjoy coveted lakefront positions with marina berths also available. An Oyster Bar will also feature.

**1800 577 542**  
223 The Lakes Way,  
Forster NSW 2428



## Palm Lake Resort Bargara

**NOW SELLING!** Bargara is the most tropical destination in the Palm Lake Group, with its superb climate, range of activities, sporting and social events and a great choice of home designs. This popular resort is being extended with brand new RV home designs and a raft of new facilities including the 2022 Master Builders Association 'Project of the Year' award winner, Horizons Country Club.

**1800 501 119**  
24 Rifle Range Road,  
Bargara QLD 4670



## Palm Lake Resort Paynesville

**NOW SELLING!** Earthworks and civils are underway on this greenfield site, with close to 200 ultra-modern homes planned, along with all the most outstanding community facilities. The rich maritime history of this region will be captured in this project.

**1800 960 943**



## Palm Lake Resort Yamba Cove

**NOW SELLING!** Situated across the road from our existing resort, Palm Lake Resort Yamba Cove will offer a second, more boutique Palm Lake Resort experience for this thriving coastal holiday town. While smaller in footprint, this resort will offer upmarket homes (artist impression, above) and a stellar Country Club.

**1800 960 946**

**BALLINA**  
1800 335 666  
120 North Creek Road,  
Ballina NSW 2478

**BANORA POINT**  
1800 641 665  
67 Winders Place,  
Banora Point NSW 2486

**BEACHMERE BAY**  
1800 338 382  
194 Bishop Road,  
Beachmere QLD 4510

**BEACHMERE SANDS**  
1800 338 330  
218 Bishop Road,  
Beachmere QLD 4510

**BETHANIA**  
1800 774 866  
43 Goodooga Drive,  
Bethania QLD 4205

**CALOUNDRA CAY**  
1800 556 677  
96 Village Way,  
Little Mountain QLD 4551

**CARINDALE**  
1800 770 057  
2 Ford Court,  
Carindale QLD 4152

**COOROY-NOOSA**  
1800 885 851  
19 Trading Post Road,  
Cooroy QLD 4563

**DECEPTION BAY**  
1800 725 652  
1 Webster Road,  
Deception Bay QLD 4508

**EAGLEBY**  
1800 781 101  
272 Fryar Road,  
Eagleby QLD 4207

**FERN BAY**  
1800 648 868  
1117 Nelson Bay Road,  
Fern Bay NSW 2295

**HERVEY BAY**  
1800 455 307  
25-67 Pialba-Burrum Heads Road,  
Eli Waters QLD 4655

**MT WARREN PARK**  
1800 282 314  
1 Mt Warren Boulevard,  
Mt Warren Park QLD 4207

**PHILLIP ISLAND**  
1800 066 482  
48-80 Settlement Road,  
Cowes VIC 3922

**TRUGANINA**  
1800 686 096  
7 Taronga Road,  
Truganina VIC 3029

**TEA GARDENS**  
1800 756 740  
50 Spinifex Avenue,  
Tea Gardens NSW 2324

**TOOWOOMBA**  
1800 280 129  
97-161 Hogg Street,  
Cranley QLD 4350

**TWEED RIVER**  
1800 881 041  
2 Barneys Point Road,  
Banora Point NSW 2486

**UPPER COOMERA**  
1800 757 457  
Riverbrooke Drive,  
Upper Coomera QLD 4209

**WATERFORD**  
1800 028 428  
29-71 High Road,  
Waterford QLD 4133

**WILLOW LODGE**  
1800 974 981  
2 Willows Road,  
Bangholme VIC 3175

**YAMBA**  
1800 084 119  
1 Orion Drive,  
Yamba NSW 2464



# PALM LAKE CARE

## Palm Lake Care Bargara

Palm Lake Care Bargara was built alongside one of our largest Palm Lake Resort locations (one that is still expanding!) therefore families in the Bargara/Bundaberg area enjoy a convenient care structure to support every member's differing health needs. An onsite hair salon, movie theatre, sporting and leisure facilities and more provide residents here with all they need to thrive.

**07 4331 0000**  
**55 Wearing Road,**  
**Bargara QLD 4670**

## Palm Lake Care Beachmere

Palm Lake Care Beachmere's exquisite Hamptons styling was the perfect option for this most impressive absolute waterfront location. With sand between their toes, sun on their skin and salt air in their lungs, residents here are lucky to call Moreton Bay their nextdoor neighbour. Our coveted luxury waterfront suites are the cherries on top.

**07 3517 7000**  
**145 Bishop Road,**  
**Beachmere QLD 4510**

## Palm Lake Care Bethania

With relaxing lakeside views from many vantage points around this community and loads of birdlife, Palm Lake Care Bethania's residents also benefit from a wonderful team of lifestyle facilitators and care providers. In fact, every one of the staff members here is committed to ensuring our residents live their best life.

**07 3086 3000**  
**1 Goodooga Drive,**  
**Bethania QLD 4207**

## Palm Lake Care Caloundra

**NOW OPEN!** Situated conveniently right alongside Palm Lake Resort Caloundra Cay, this brand new luxury aged caring community is now complete and accepting new residents. Just like the adjacent over-50s resort, this impressive community has been styled with a Caribbean feel, to ensure residents here enjoy a holiday-everyday lifestyle.

**1800 24 66 77**  
**96 Village Way,**  
**Little Mountain QLD 4551**

## Palm Lake Care Deception Bay

Palm Lake Care Deception Bay holds the coveted title of being the very first aged caring community in the Palm Lake Group. This location has recently undergone a renovation, with a vibrant new cafe added and other administrative and community facilities upgraded. Palm Lake Care's 'Caregiver of the Year' award recipient calls this address her workplace. She and others here have each clocked up an impressive decade (or more) of dedicated service with us.

**07 3293 5800**  
**42-46 Bay Avenue,**  
**Deception Bay QLD 4508**

## Palm Lake Care Mt Warren Park

Palm Lake Care Mt Warren Park is a two-storey beauty, home to one of the most active and engaged communities of them all. Residents here are making a difference by organising wonderful fundraisers and are staying connected to their local communities through excursions and other visits. Mt Warren Park was named "Community of the Year" at the most recent Palm Lake Care annual awards evening.

**07 3444 6000**  
**33 Mt Warren Boulevard,**  
**Mt Warren Park QLD 4207**

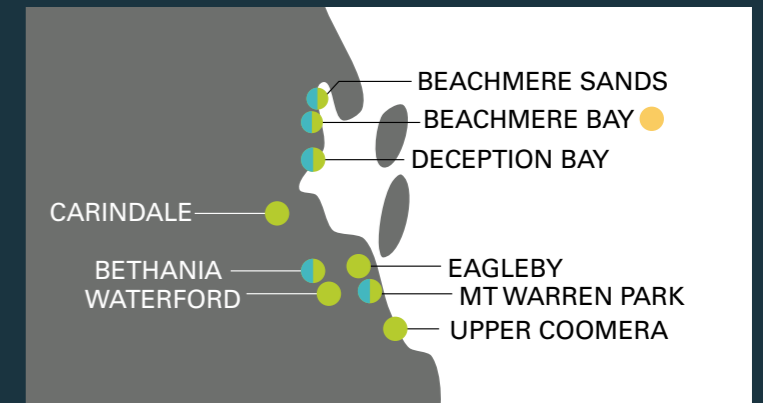
## Palm Lake Care Toowoomba

Palm Lake Care Toowoomba offers a breathtakingly stunning building with luxury design cues taken from its semi-rural location atop the Great Dividing Range. Independent construction industry judges from the Master Builders Association were so impressed, they awarded Palm Lake Care Toowoomba 'Best Community Accommodation' in 2021.

**07 4580 3000**  
**97-161 Hogg Street,**  
**Toowoomba QLD 4305**



- PALM LAKE RESORT
- PALM LAKE CARE
- NEW HOMES NOW SELLING



# FIND US ALL HERE



# 10,000 REASONS TO CELEBRATE

With more than 45 years' history, did you know that 10,000 people call a Palm Lake Group address home? We are celebrating this milestone in 2023 by giving you \$10,000 off the purchase price of your new Palm Lake Resort home PLUS we'll throw in another \$10,000 worth of home upgrades. Come join our 10,000-strong community in 2023. Welcome home.

**\$10,000**  
OFF YOUR NEW HOME\*

+

**\$10,000**  
TOWARDS UPGRADES\*

\*Terms and conditions apply



THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.  
[palmakeresort.com.au](http://palmakeresort.com.au)