

Life magazine

Sundale

AUTUMN/WINTER 2026



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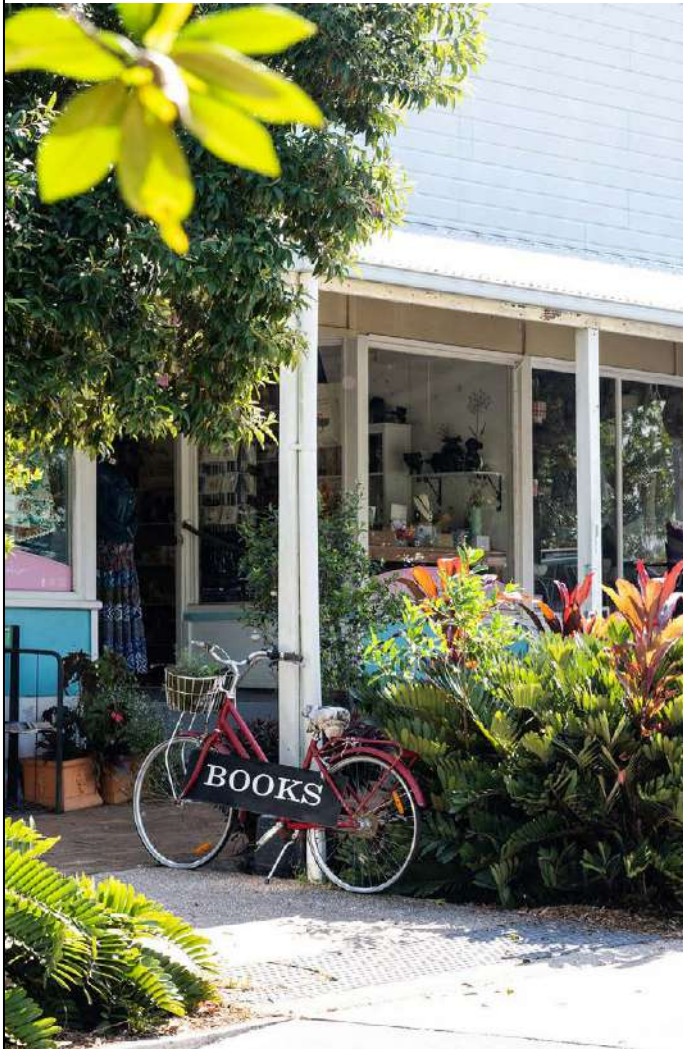
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Hello Autumn!



Autumn has a way of gently slowing us down. The days grow cooler, the light softens and we're reminded to notice the small, meaningful moments... a shared cuppa, a familiar face, a laugh echoing down the hallway. Across Sundale, it's these everyday moments that turn a place into a home.

This first edition of *Life* is about capturing that feeling. It's a celebration of the people who bring our communities to life, and a window into what's happening across Sundale this season.

We created *Life* because connection matters. When life is busy or changing, staying connected to people, to place, to what matters most, can make all the difference.

This magazine is a space for stories, updates and useful information, shared in a way that encourages human connection and a little time for yourself. Whether you're a customer, resident, family member, volunteer, community partner, or part of team Sundale, we're glad you're here.

When life is busy
or changing, staying
connected to people,
to place, to what
matters most, can
make all the difference.

As Chief Executive Officer, I'm reminded every day that *'home'* means different things to different people. For some, it's routine and familiarity. For others, it's independence, choice or the reassurance of knowing support is close by. As Sundale continues to grow and evolve, staying connected to that idea, and to each other, remains at the heart of what we do.

Because this is our first edition, we're especially excited to share stories and updates from across our communities. My hope is that *Life* becomes something you enjoy receiving and something that feels familiar, welcoming and worth taking a moment to sit with.

Inside this edition, you'll find a Palmwoods community highlight, stories from our residents, customers and team Sundale, a look at what's happening in our kitchens and a seasonal guide to events and moments to enjoy together.

Thank you to everyone who made this magazine possible. To our customers, residents and families, thank you for your trust and for sharing your experiences.

To our volunteers, thank you for the experience, care and generosity you bring into our communities. And to team Sundale, your work (which is often quiet and behind the scenes) is what brings our values to life every day.

As you read through these pages, I hope *Life* feels like a good conversation — friendly, natural and honest. If there's a story you'd like to share, or something you'd love to see in a future edition, we'd genuinely love to hear from you. This is the beginning of something we intend to grow thoughtfully, with the same care and respect that guides everything we do.

Thank you for being part of Sundale.

Whether you live with us, visit someone you love, work alongside us, volunteer your time, and live or support our community in other ways, we're happy you're here.

Warmly,



Cameron Taylor
Chief Executive Officer, Sundale

Building a Foundation for the Future

A true sense of home doesn't happen by chance.

For some people in our local community, this may be their first introduction to Sundale. Sundale exists to redefine seniors living and aged care by creating a true sense of home – a place where care is personal, choice is respected and people are at the heart of everything we do.

For more than 60 years, Sundale has walked alongside the community it serves.

Throughout that time, one thing has remained constant: a deep commitment to compassion, dignity, and respect, paired with a strong desire to continue learning, improving and leading in senior living and care.

Listening first, then acting

In recent years, Sundale has focused on strengthening a culture of authenticity, transparency and accountability across team Sundale.

As part of that work, the organisation listened closely to the people who know its services best. The customers, residents, families and team members.

A clear message emerged. What matters most is genuine care and experience. Meaningful relationships. Being surrounded by people who take the time to listen. And knowing that wellbeing always comes first.





In response, Sundale released its *FY25–30 Strategy* at the end of last year. The strategy sets a clear, shared direction for the next five years and focuses on strengthening the foundations of ‘home’ for everyone connected to Sundale. Whether they receive support at home, live in a retirement or seniors’ rental community or transition into a care centre.

**Home isn’t just a place
– it’s the feeling of being
known, respected, and
genuinely cared for.**

Keeping what matters most

While the strategy sets direction for the future, it also protects what people value today. This includes:

- warm, welcoming experience and care across all Sundale communities and services
- familiar routines and activities people enjoy each day
- strong family and community connections
- open, clear communication
- a consistent commitment to safety, dignity, and wellbeing.

The five pillars *at a glance*

The strategy is built around five pillars that guide how Sundale works, grows and cares.



Our people

Leading with compassion

A strong focus on wellbeing, safety, and inclusion, supported by training and development that equips team Sundale to deliver experience and care with confidence, skill and compassion.



Our care

Personalised and respectful

Care shaped around the individual, with choice respected and dignity, belonging and independence guiding everyday decisions.



Our properties

Welcoming places to live and work

Continued improvements to create safer, more comfortable, and welcoming environments, with a future focus on modern, sustainable and energy-efficient design.



Our community

Sharing our story

Clearer, warmer communication and stronger partnerships through local events, engagement and ongoing connection.



Our stewardship

Responsible and transparent

Careful, accountable decision-making that supports long-term sustainability and reinvestment in people, services and the places people call home.

Our people lead with compassion

If home is a feeling, people create it.

Team Sundale brings that feeling to life through thousands of everyday moments — a friendly greeting, a thoughtful check-in or simply taking the time to listen. These small interactions shape how people feel in their homes and communities.

This pillar focuses on supporting team wellbeing, strengthening a culture of safety and inclusion, and providing training and development so everyone can lead with compassion and skill.

It also prioritises attracting and welcoming people who share Sundale's values, helping create a consistent, positive experience across all services and locations.

Our care is personalised and respectful

Care and experience should never feel one-size-fits-all.

Sundale is committed to experience and care that fits around each person's life, preferences, and choices. Whether support is delivered at home, within a community setting, or in a care centre, dignity, respect and belonging remain central — especially during times of change or transition.

The goal is simple:
Experience and care that feels personal, empowering and genuinely human.



Our properties are welcoming places to live and work

The spaces people live and work in shape how they feel each day.

That's why Sundale continues to invest in environments that are safe, comfortable and welcoming.

Future-focused planning includes modern, sustainable and energy-efficient design to create calm, practical spaces that support connection, routines and wellbeing now and into the future.

Our community story

Sundale is proud of the trust built through long-standing community relationships.

This pillar focuses on strengthening those connections through clearer communication, genuine engagement, and partnerships that make a real difference locally.

Over the next five years, Sundale will continue to share its story with warmth and transparency, support local events and remain an active, trusted part of community life.

Our responsible and transparent stewardship

Delivering experience and care over the long term requires thoughtful stewardship.

This means making careful, transparent decisions that are guided by experience, insight and accountability. By reinvesting where it matters most (in people, services and properties) Sundale is building a secure future that supports continuity of experience, care and community confidence.

What this means in everyday life

While guided by five pillars, the day-to-day focus remains clear: creating a true sense of home.

For customers and residents, this means feeling known and listened to, having choices respected, being supported by confident, well-trained teams and living in communities that continue to improve.

For families and the community, it means understanding Sundale's purpose, seeing active local engagement and trusting that decisions are made carefully and openly.

Our day-to-day focus remains clear: creating a true sense of home.

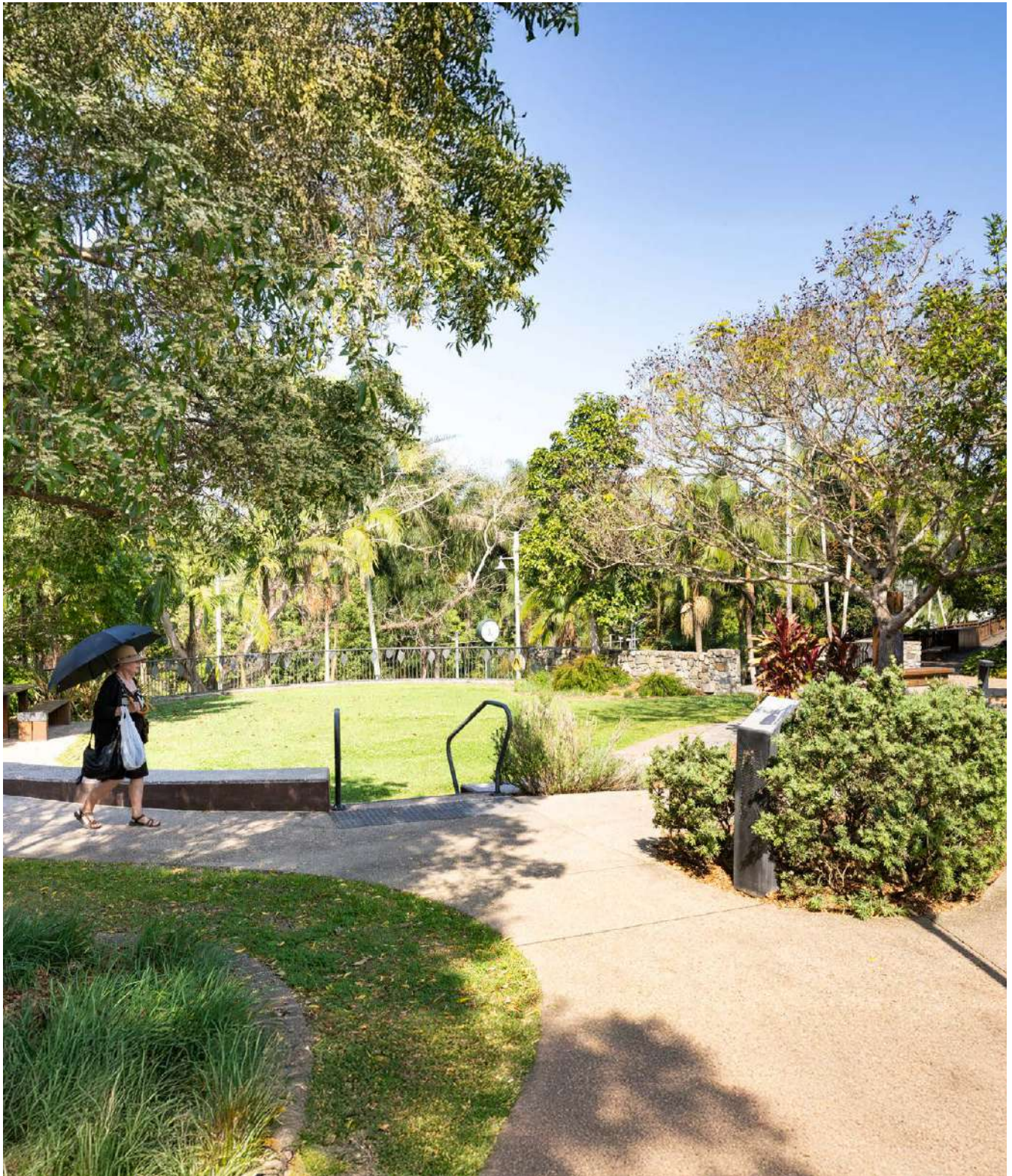
What this means for team Sundale

For team Sundale, the strategy brings:

- training and support to deliver personalised, compassionate experiences and care
- clear communication and opportunities to share feedback
- wellbeing and inclusion initiatives that support a positive workplace
- consistent processes that create seamless experiences across services.

Attracting new talent continues to focus on people aligned with Sundale's values, helping maintain the quality and warmth people expect.





Want to learn more?

To learn more about the strategy and ongoing initiatives, visit www.sundale.org.au



Palmwoods

Where life slows and connections deepen

By Mindy Roberts



My walk through Palmwoods begins in the morning, with light filtering softly through the leafy streets. It feels like an invitation to slow down, breathe deeply and notice the simple pleasures of everyday life.

Tucked into the foothills of the Blackall Range, Palmwoods is a quietly beautiful hinterland town. The local café remembers your order, friendly faces greet you as you pass, and conversations unfold without hurry. There is a grounded, unpretentious charm here that feels increasingly rare.

Community here lives in small, regular rituals. A visit to the bakery or butcher. A chat on the footpath. The comfort of belonging to a place where people look out for one another.

These everyday moments shape life in Palmwoods, both throughout the town and within the Sundale Palmwoods community.

Often described as having the charm of a bygone era, Palmwoods has held onto what makes a place feel human. Neighbours stop to talk not because it is planned, but because connection happens naturally when people take the time to pause.

There seems to be a shared understanding here that community is about people, small gestures and the moments that quietly shape daily life.

What follows is a gentle wander through Palmwoods, uncovering the places and spaces that give the town its character.

*...Community is about people, small gestures
and the moments that quietly shape daily life.*





Outdoors and nature

For those drawn to green surrounds and a hinterland backdrop, Palmwoods delivers with ease.

Starting with nature and the outdoors comes easily in Palmwoods, and Kolora Park (known locally as the duck pond) is a favourite.

A shaded park with walking paths and resident ducks, Kolora Park is an ideal spot for gentle strolls and fresh air. With benches, open space and a train-themed playground for visiting grandchildren, it invites people to pause and enjoy simple pleasures.

For those drawn to green surrounds and a hinterland backdrop, Palmwoods delivers with ease. The town is framed by the rolling green hills of the Blackall Range, a constant presence whether driving along quiet country roads, or watching the sky change colour at dusk. Nature is always close in Palmwoods.

Local favourites

Life in Palmwoods extends into the main street (called Main St) and wider town, where local spots feel friendly, unique and distinctly Palmwoods.

Lunch and dinner:

Ricks Garage

14-16 Margaret St, Palmwoods

A Palmwoods institution, Ricks Garage blends retro 1950s style with generous burgers, pub favourites and classic milkshakes. Vintage cars line the street outside, and inside there is laughter, music and a strong sense of fun. For many locals, it's a regular spot for catching up and a nostalgic step back in time.

The Palmwoods Hotel

28-34 Main St, Palmwoods

This much loved country pub is where families gather, friends meet and 'bevies' are shared. Known for hearty meals, a relaxed beer garden and live music on weekends, it is equally suited to special occasions and easy weekends with free live entertainment. Community focused events like trivia nights are also on the menu when you visit The Palmwoods Hotel.

Piggyback

1 Koorawatha Lane, Palmwoods

A local favourite, Piggyback is known for its Asian street food inspired dishes and relaxed indoor/outdoor garden dining. Whether it's a casual lunch or an easy dinner with friends, people return for the unfussy, flavoursome food, friendly service and signature bubble teas.

No bookings are taken, so you simply walk on in. And if you're feeling like a tasty night at home, Piggyback now offers takeaway via their website.

Coffee and cafés:

Homegrown Café

4/6 Main St, Palmwoods

Set in a charming cottage with a leafy garden, Homegrown Café is loved for its locally sourced seasonal produce, in-house roasted coffee and relaxed garden atmosphere.

It is the kind of place where a quick coffee often turns into a long catch up, simply because it feels too nice to rush. And if you're around on the first Saturday of the month, there's a Seasonal Dinner not to miss!



Shops and services

Bake Society

Corner Margaret and Little Main St, Palmwoods

Tucked away on the corner of Margaret and Little Main Street, Bake Society is a sugary dream in pink. This local gem is a haven for those who appreciate treats baked with heart. Whether you're craving their signature cupcakes, fudgy brownies, or famously chunky cookies, every bite is pure indulgence. Specialising in custom celebration cakes and personalised cookies, they turn your sweet visions into reality. For a dash of charm and a lot of flavour, this little pink shop is a Palmwoods must-visit.

AJ's Country Meats

2-4 Margaret St, Palmwoods

Tucked along Margaret Street, AJ's Country Meats blends old-fashioned country service with world-class smallgoods. Owned by husband-and-wife team Andrea and Justin Beard, the family-run butcher reopened in Palmwoods in 2024, bringing their award-winning recipes and handcrafted charcuterie from regional Queensland to the Sunshine Coast hinterland. Their smallgoods have earned national and international recognition and include bacon, ham, kabana, salami and kranskies made in-house and celebrated at Australian and global competitions.



The Shed

3-5 Main St, Palmwoods

Housed in the old railway sheds, The Shed is a treasure trove of vintage finds, second-hand furniture, jewellery, handmade goods and interesting pieces. Browsing often feels like a shared experience and with some time you'll discover stories attached to many pieces. A visit is frequently followed by lunch at the neighbouring Chew Chew Bistro.

Palmwoods Bakery

2-4 Margaret St, Palmwoods

A long-time family owned and local favourite, Palmwoods Bakery bakes on site daily and is open 7 days, known for its classic pies, fresh bread and sweet treats that make it a popular stop for both locals and visitors.

Sundale in Palmwoods

At the heart of this close knit town is *Sundale Palmwoods Garden Village*, a long established retirement living community where connection comes naturally.

Home to around 180 independent living villas alongside the *Sundale Palmwoods Care Centre*, the village allows people to remain part of the same community as their needs change.

Despite its size, the village still feels personal.

"People look out for one another here. You can be as involved as you like," says one long time resident. From regular coffee catch-ups to spontaneous conversations on morning walks, Palmwoods Garden Village is a place where people feel known, welcomed and at home.

In recent months, several shared spaces at Sundale Palmwoods have been gently refreshed. The focus has been on comfort, ease and how people use spaces day to day.

The result is a renewed sense of warmth across the community, where familiar places feel even more inviting.

From the Clubhouse to the Hilltop Events Centre and the refreshed Memory Support Unit, each space has been shaped to support connection, calm and everyday living, with a strong sense of home.

Palmwoods Garden Village is a place where people feel known, welcomed and at home.





Sundale Palmwoods Clubhouse

The Clubhouse at Palmwoods Garden Village has long been the community's shared living room. It is a place for cards, cuppas and easy conversation. As the space undergoes its refresh, residents are looking forward to a brighter, more open Clubhouse that still holds onto everything people love about it.

When complete, natural light will fill the space, with quiet nooks for reading, tables for puzzles and cards, and open areas ready to come alive during trivia nights or birthday afternoon teas.

What matters most is how the space will continue to be used. Mornings are expected to begin with people gathered around the coffee machine, catching up on the day's news before morning exercises begin.

In the afternoons, a quick stop to collect the mail will often turn into an unplanned catch up with neighbours. The refreshed layout will also create more opportunities for resident hobby groups and shared activities to take place throughout the week.

“It’s like our family living room,”
one resident shares.

Residents are especially looking forward to the familiar personal touches returning to the space such as a community bookshelf, fresh flowers from the garden and friendly faces coming and going. Whether it’s a quiet weekday coffee or a lively celebration, the refreshed Clubhouse is expected to continue bringing people together with ease.



Hilltop Events Centre

The centre adapts easily to the rhythm of the day, strengthening the sense of connection that defines life at Palmwoods.

Set slightly above the village and overlooking gardens and rolling hinterland, the Hilltop Events Centre has become a popular gathering place. Designed to host everything from shared meals and exercise groups to celebrations and casual get togethers, it offers a space that feels relaxed and welcoming day to day, while still able to rise to the occasion for more formal celebrations – with the red carpet rolled out for its opening night attended by the Mayor!



Large windows frame the surrounding landscape, filling the space with natural light during the day and a relaxed glow in the evenings.

A standout feature is the heated 25 metre swimming pool, which has become a natural meeting point for both wellbeing and social connection. Several mornings a week, people gather for gentle water-based exercise, often followed by coffee and conversation. Others prefer a quieter afternoon swim, enjoying the warmth and company.

"I never imagined I'd be doing laps at 80," one resident laughs. "But we're having so much fun in that pool."



Beyond the pool, flexible spaces host craft groups, exercise sessions, community dinners and informal games, often side by side. The centre adapts easily to the rhythm of the day, strengthening the sense of connection that defines life at Palmwoods.

Memory Support Unit refresh

While shared spaces in the Palmwoods Retirement Village bring residents together for social connection, other areas of the community are thoughtfully designed to support people as their needs change.

The refreshed Memory Support Unit focuses on comfort, familiarity and belonging for people living with memory loss. Located within the Sundale Palmwoods Care Centre, it provides a calm and supportive home environment shaped carefully around daily life.

Recent updates have created reassuring surroundings with soft, neutral colours and vintage Sunshine Coast photographs that invite recognition and conversation. Common areas are welcoming and homelike, furnished with comfortable seating, bookshelves and familiar details.

“It still feels like the home they have always known, just with small changes that make daily life easier,” says Andrew Tout, Executive Manager, Property.



Thoughtful design elements are being introduced to support independence and confidence, including clear sightlines, gentle visual cues and memory boxes outside individual rooms. Outdoors, the secure courtyard garden is also being refreshed, with smooth pathways, raised herb planters and fragrant flowers, helping create a safe place to enjoy sunshine and fresh air.

“It still feels like the home they have always known, just with small changes that make daily life easier,” says Andrew Tout, Executive Manager, Property.

In this way, Sundale Palmwoods continues to balance community life with thoughtful care. At Sundale Palmwoods, care is never separate from community life. It is simply part of living well, together.







Close by and still connected

When Bob Venn talks about his life with wife Lyn, he talks about a life well lived. One built on hard work, shared adventures and a deep sense of partnership. Working hard and enjoying life in equal parts — he calls this balance.

They have two children together and five grown-up grandchildren. Time goes fast and nowadays life is equal parts predictable and routine, and different and changing. Balance is always a common theme.

This balance has shaped every major decision in Bob and Lyn's life together including their move to Palmwoods Garden Village in July 2023.

They weren't forced into the move. They planned it.

Lyn had been diagnosed with Parkinson's several years earlier and Bob understood it would progress, and rather than wait for a crisis they chose to think ahead.

"We decided to make a positive step," he says. "We knew what was coming and wanted to be prepared."

The move brought them back to the Sunshine Coast, where they had lived decades earlier, and closer to their daughter in Buderim.



Bob liked Palmwoods Garden Village immediately. He drove through on his own first, then brought Lyn to see it for herself.

"We even stopped and asked someone what it was like living here," he says. "He told us in no uncertain terms what a great place it is." That was enough.

They chose their home carefully. For Bob, it was about practicality. For Lyn, it was about feeling.

"She makes emotional decisions. I make practical ones," he says with affection. "She's the oak tree — strong and upright. I'm more like the bullrush that bends with the breeze."



A new perspective

For the first year after moving into the Village, life settled into a new rhythm.

Bob, now 81, kept busy researching family history and organising thousands of photographs. Family visited. There were conversations with neighbours. Life felt steady.

Palmwoods Garden Village is designed for independent living. Residents have their own homes, manage their own routines, and come and go as they please, always with the reassurance of a supportive community and in-home care or support when it's needed.

For Bob and Lyn, this meant they were able to settle into Palmwoods Garden Village life easily. They carried on with the daily routines of doing the weekly shop, welcoming family, researching ancestry and sharing meals with neighbours, knowing support was available if needed.

Within the same broader community sits Palmwoods Care Centre to provide higher levels of support, including 24/7 nursing care and specialised memory support, if life's needs begin to change.

For Bob, knowing both options existed in one connected community mattered from the start. *"It wasn't about moving twice," he says. "It was about knowing that if care was needed, it was already here."*

"It was about knowing that if care was needed, it was already here."



Then in October 2024, Lyn's condition required extra care and Bob says the universe aligned and a spot opened up so Lyn moved into Palmwoods Care Centre.

What began as respite transitioned to permanent care. But because they had chosen a community where support was part of the broader offering, the move didn't feel like starting again somewhere unfamiliar.

Importantly, the Care Centre is located on the same premises as the Village so there are no long drives.

For Bob and Lyn, knowing that this continuity of care existed provided reassurance long before it was required. Additionally, the convenience of being able to visit regularly within the community they can both still call home means their connection hasn't been disrupted, only reshaped.



"It was important to us that care was there when it was needed," Bob says. "That was part of the thinking from the start."

There was another comfort they hadn't anticipated. Lyn now lives in the same wing as several other women who also transitioned from the Village. It turns an unfamiliar chapter into something recognisable. Something shared.



"They remember the same things," Bob says. "That shared history matters."

Bob is realistic about Parkinson's. Lyn is in stage five and requires full support. But he resists framing this time as only about illness. *"We've had a fantastic life," he says. "And we still have positive times together."*

He speaks warmly of the care team — familiar faces, steady routines, people who know Lyn not just as a diagnosis, but as a person. *"They're a good bunch," he says.*

It's still us — just different

If you ask Bob what he wanted most during the transition, the answer isn't complicated. *"I wanted to protect Lyn's dignity," he says. "And I wanted things to feel familiar."*

That meant keeping routines where possible. Familiar faces. Shared history. It meant choosing a place where change didn't feel like being uprooted. *"Familiar faces made it feel less like starting over," he says.*

Despite dealing with his own health challenges, Bob is still able to make the walk over to see Lyn regularly.

Sometimes they talk or go for walks together in Palmwoods leafy surrounds, and sometimes it's simply enough to be in same room.

Now, when Bob reflects on this chapter, he doesn't pretend it's easy. But he doesn't describe it as loss either. *"It's still us," he says. "Just in a different rhythm now."*

And if he could speak to someone standing at the beginning of a similar decision?

"You don't have to do it perfectly," he says. "You just make the next decision. Then the next one. Together." He pauses. "That's all we did."



Editor's Note

Since this article was written, Lyn has sadly passed away. Her warmth and spirit will be remembered by all who had the privilege of knowing her. We publish this story in honour of her life. Our thoughts are with Bob, friends and family.



What's cooking at Sundale?

Inside the Sundale hospitality experience.

Food is about more than nutrition. It carries memories, reflects culture and brings people together.

At Sundale, this understanding shapes how food is thought about and delivered. It's about sourcing ingredients locally, working with trusted suppliers like local butchers, and creating fresh, dietitian-approved meals that reflect familiar flavours.

Menus are shaped by the very people who eat them. Residents are encouraged to share what they enjoy, what they miss and what feels like home, and those conversations guide everything from weekly specials to long-standing favourites.

Behind every plate is a team that knows food is about dignity as much as it is about nourishment, connection and care.

Helping bring that philosophy to life each day is Chef and Kitchen Team Leader Paul Drage at Sundale Burnside.



Paul Drage, Chef and Kitchen Team Leader

Sundale's Burnside Community Kitchen Team Leader, Paul Drage, has more than 30 years in commercial kitchens, from five-star hotels to international roles across Hong Kong, Canberra, Sydney and Melbourne. Paul grew up in the United Kingdom and received his professional chef training there. He is a passionate chef bringing deep experience and a calm, people-centred approach to Sundale.

Having started his career as a chef at age 16, his passion and dedication has taken him everywhere from wineries to hotel kitchens before finding his home at Sundale.

For Paul, working in aged care is different to the fast-paced hospitality world he came from.

"Out there, it's all about time frames," he says. "Here, it's about experience and care. This is our residents' home. We have standards to meet and surpass, regulatory obligations we are bound by, and we take that seriously – because it matters."

He leads a team of six in the kitchen, working closely with the Hospitality Services Manager and the dietitian to bring seasonal menus to life across Sundale Communities. Recipes ensure consistency, but Paul and his team add their own flair.

"We present the food beautifully," he says. "People eat with their eyes first."

Favourite dish:

Mango and prawn salad

One of Paul's favourite dishes on the new autumn menu is the mango and prawn salad.

"It's fresh, colourful and full of flavour," he says. "We layer the salad leaves, then the mango and avocado so it looks as good as it tastes. The residents really appreciate that extra touch."

He also has a soft spot for the classics.

"I love the old-fashioned dishes," Paul says. "They bring back memories and that's important."

This season's favourites



Mango and prawn salad

A vibrant mix of crisp leaves, sweet mango and tender prawns makes a fresh autumn favourite.

Seafood basket

A nostalgic classic making a comeback, lightly cooked and served with fresh sides.

Coconut prawns

A popular dish with a subtle Asian influence, offering something a little different.

Japanese-style baked cheesecake

Light, airy and gently sweet, made with yogurt and biscoff biscuits, bringing a contemporary touch to the menu.

"We're bringing in brighter flavours and a bit more variety," Paul says. "There's always room for the classics, but it's nice to introduce something new as well."



Choice, care and consistency

At Sundale, each day, residents choose between two main meal options for lunch and dinner, with alternatives such as salads and sandwiches always available.

"We ask every morning what they'd like," Paul explains. "If they don't feel like either option, there's always something else."



Menus are carefully adapted for individual dietary needs, from gluten-free and lactose-free options to other allergy-aware alternatives. Texture-modified meals, including puree, minced and moist, and easy-to-chew options, follow internationally recognised standards to ensure safety and dignity at every stage.

"It's a big responsibility," Paul says. "Sometimes we need to thicken fluids or modify meals to make them safer to enjoy. We go above and beyond because this is their home."

In line with Sundale brand expectations and strengthened aged care standards, Paul's kitchen undergoes regular internal and external audits to ensure food safety and quality remain consistently high.

Keeping it local

Sundale partners with the local community. By sourcing locally, the focus is turned on fresher produce and supporting local businesses. Paul works closely with a local butcher in Nambour to supply fresh meats, and sources vegetables from a North Brisbane supplier who can also prepare produce during busy periods — ensuring quality while supporting Queensland businesses.

"I'm all about supporting local," Paul says. "I grew up where you'd go to the butcher, the greengrocer and the bakery, and you knew the people behind the counter. I like bringing that mindset here."



More than a meal

Mealtimes at Sundale are about connection as much as they are about food. Communal dining spaces encourage residents to come together, share stories and enjoy each other's company.

Families are welcome to join their loved ones for meals, turning an everyday lunch into time spent together. When families visit regularly, the kitchen team ensures they feel welcome at the table too.

"It's about more than what's on the plate,"
Paul says.

"Meals should be a highlight of the day. They should feel relaxed, social and something to look forward to."

More than smiling faces

Paul's face really says it all and reflects something broader about Sundale.

"Sundale offers solid career opportunities that balance being of service with personal commitments, and a culture that encourages caring individuals to grow with us," said Mel Duffey, Chief People Officer.

"Sundale invests in people, because when the team feels supported and confident, our customers, residents and their families feel the difference."

For Paul, that support is part of what makes Sundale different. *"There are some not great stories about food standards in this industry,"* he says honestly. *"But here at Sundale, we're proactive. We love our residents. That shows in the food, the experience and in the care."*

The smiles. The care. The attention. These are the things that make Sundale a special place, alongside a food philosophy that continues to grow with the people who call it home.



Farm to table magic at ALSAHWA

Don't miss ēthos at
Alsahwa Estate

If you're looking for a reason to head into the Sunshine Coast Hinterland this weekend, make it lunch at ēthos at Alsahwa Estate.

By: Martin Duncan





Every dish is created with such intention
and designed to be shared.

Tucked behind the rolling hills of Palmwoods, on 30 acres many locals will remember as Stonebridge Gardens, Alshwa Estate feels like a quiet exhale. Gardens stretch in every direction adding charm to this Mediterranean-inspired dining destination - each view offers a different sensory indulgence.

It's the kind of place that invites you to slow your pace before you've even reached the table.

Under the guidance of General Manager Michelle Clark and the culinary vision of Chef Mal Meiers, ēthos has found its rhythm... and it's pretty magic.

The focus is very clear: thoughtful, farm-to-table dishes featuring what's growing on the estate and local region. We're talking organic, spray-free produce harvested straight from their own gardens and sourced from incredible local farmers. Every dish is created with such intention and designed to be shared — just the way food should be!



A shared journey across the table

The highlights

The menu at ēthos is designed with connection in mind, featuring dishes meant to be shared and celebrated.

We sat down to a lunch that felt less like a meal and more like a tribute to the Sunshine Coast hinterland and local growers.



The Burrata Caprese

A stunning reimagining of a classic. Featuring vibrant heirloom tomatoes and hand-stretched Byron Bay Burrata, the dish is elevated by an ingenious duo of basil sorbet and basil gelato, finished with delicate balsamic pearls.



Free Range Chicken Breast

Tender and succulent, served alongside zucchini and a punchy green garlic macadamia pesto that tasted like pure summer. Clean flavours, confident seasoning and seasonally masterful.



Roasted Beetroots

Beautifully plated and perfectly earthy, paired with the creamy tang of whipped Woombye feta, toasted walnuts and a sharp blackberry vinegar. It's the kind of dish vegetarians will feel genuinely considered by, not simply accommodated.



The Sweet Finale

For dessert, a roasted apricot pavlova that was almost too pretty to eat. Infused with lemon verbena and toasted coconut, it featured a refreshing coconut sorbet and was topped with vibrant marigolds plucked straight from Jo's garden.





Beyond the plate

Alساهوا Estate is more than a restaurant, it's a true sanctuary from the demands and noise of a busy life.

Whether you're visiting for an immersive dining experience, wedding, event or just to wander the beautiful botanic gardens there's a rare sense of calm that's increasingly hard to find. You come for the meal, but you leave feeling restored.



You come for the meal, but you leave feeling restored.

Who it's perfect for

ēthos is ideal for long lunches with friends, milestone celebrations, or anyone wanting to impress out-of-town guests with something distinctly local.

If you value produce-driven cooking, thoughtful plating without pretension, and a setting that genuinely allows conversation to flow, this is your place.

It's also refreshing to see Michelle and Mal's vision taking shape in a way that feels authentic to the Coast.

Organic, spray-free produce harvested from the estate sits comfortably alongside ingredients from trusted local growers. There's intention here, not just in the food, but in the experience of sharing it.

Bravo to Mal, Michelle and the entire team, you've created something genuinely special for the Coast!



The Essentials

Where: 20 Rifle Range Road, Palmwoods (formerly known as Stonebridge Gardens)

The Vibe: Refined Mediterranean chic meets Hinterland tranquility.

The Verdict: An absolute must-visit for those who value produce-driven excellence and stunning surroundings.

About the Reviewer: Martin Duncan



Martin Duncan is known as the **Sunshine Coast Foodie**, a former chef, he's passionate about connecting people through food, community, and storytelling.

He champions local regions, restaurants, cafés and producers throughout Queensland. Through his Sunshine Coast Foodie platform, and community events such as Sconetime, he creates opportunities for locals to connect.

A seasoned restaurateur, Brand Ambassador, MC, food and tourism consultant, Martin has spent more than a decade connecting diners with the region's growers and hospitality heroes across the Sunshine Coast, Mary Valley and Moreton Bay.

The art of slowing down

While *ēthos* may be the culinary heart of the property, Alsahwa Estate has a broader vision quietly shaping the experience.

Set across 30 acres in Palmwoods, the estate operates as a regenerative agritourism and eco-lifestyle destination guided by a simple philosophy: Mind. Body. Planet.

It's a framework that extends beyond the plate into how the land is cared for, how events are curated and how guests are invited to engage with the space.

Throughout the year, the estate hosts long-table feasts, hands-on workshops and seasonal gatherings from bees and brunch, to mushroom cultivation, wellness sessions, picnics and community festivals.

The expansive botanical-style gardens, complete with water features and meandering paths, also make it a sought-after setting for weddings and private celebrations.

Founded by Jo Walker in 2020 on a regenerative macadamia farm in the Noosa hinterland before relocating to Palmwoods, Alsahwa takes its name from the Arabic word for "*the awakening*". It speaks to a deeper intention, encouraging reconnection with land, food and community through regenerative practices and considered living.

Find out more:

alsahwa.com







Meet Lisa Beckey

*Sundale's Customer
Engagement Manager*





“When we turned into the street, I said, ‘Yep, we’re going to live here.’”

“I hadn’t even seen the house yet,” she laughs. “But when we turned into the street, I said, ‘Yep, we’re going to live here.’”

Palmwoods reminded her of home. The same kind of small town feeling where neighbours know each other and people look out for one another.

It is the kind of place where kids still play in the street. Neighbours check in on each other and people know each other by name.

“It’s funny how connected you become to the people around you,” she says. “I even found myself getting emotional recently when my local chiropractor told me she was selling her business.”

Community matters to Lisa, it always has. It is also something that naturally shapes the way she approaches her work.

When Lisa Beckey talks about where she grew up, Charleville, she talks about the skies. *“It had the most incredible night skies you’ll likely ever experience,”* she says.

Charleville is a small country town about 800 kilometres west of the Sunshine Coast. When Lisa was growing up, just over 3,000 people lived there. Think red dirt, mulga trees and wide open space.

These days Lisa lives in Palmwoods with her husband, their seven year old daughter and nearly 15 year old son. The family moved there in 2020 and she knew almost immediately they had found the right place.

What Lisa does at Sundale

Lisa joined Sundale in November 2024 as Customer Engagement Lead and now works as Customer Engagement Manager.

Her role focuses on helping residents, customers and families feel supported as they navigate aged care. Some days that means gathering feedback and reviewing survey insights.

Other days it means sitting down with residents and families to talk through questions, concerns and what their next steps might look like.



*“Every day is different,” Lisa says.
“A big part of my role is simply listening.”*

Lisa runs education sessions to help people better understand their journey and the services available to them. She also works closely with teams in care centres to support people through transitions into care, which can often be emotional for families.

Sometimes the most important thing she can offer is reassurance.

“I want people to know they don't have to sit in silence,” she says. “They should feel comfortable sharing feedback, asking questions and picking up the phone if they need support.”

Even when processes can be complex, she says people are often grateful simply to have someone help guide them through it.

Those small moments of connection are what she enjoys most about the role.

Lisa says the team at Sundale is one of the things that stood out to her straight away.

“The team are truly amazing,” she says. “Every day I see the genuine care they have for our residents.”

It is something she hears often from residents and families as well. *“No matter who I speak to, I consistently hear about the quality of care our teams provide. It makes me really proud to be part of it.”*

*“Every day is different,”
Lisa says. “A big part of my
role is simply listening.”*



One moment early in her time at Sundale captured that sense of community for her.

A resident's family member had accidentally reversed into a brick wall outside one of the care centres and blown out her tyre. She was shaken and it was the week before Christmas - the kind of moment that can quickly turn a stressful day into an overwhelming one.

"Our CEO walked out, saw what had happened and immediately insisted we organise to have it fixed," Lisa recalls.

It was a simple act of kindness, but one that stayed with her. *"That moment really showed what community looks like at Sundale. People looking out for each other when it matters."*

While it is not formally part of her role, Lisa says she sometimes has the privilege of supporting people through the final chapter of life.

One experience in particular has stayed with her. She met a gentleman who was on his way to hospital and there was a concern he might not have much time left. It felt important to Lisa that, if possible, he did not spend his final days alone or in a hospital environment.

Together with the team, they were able to arrange a place for him in one of Sundale's care centres so he could be comfortable and have family and friends come and go.

She visited him often and says she was always greeted with a smile, especially when she arrived with a milkshake.

When he eventually passed away, she was there. *"It was a sad moment, but also a really meaningful one,"* she reflects. *"It reminded me of the quiet, important moments that happen every day inside aged care homes."*

For Lisa, those moments capture what creating a sense of home really means. It is different for everyone. But it always starts with dignity, choice and making sure people feel supported along the way.



Quick questions with Lisa

Favourite part of the day?

"When I'm not behind a computer screen and get to spend time with our team and residents."

A small thing that makes a big difference?

"Listening. Sometimes people just want to feel heard and understood."

If you have feedback to share, Lisa encourages you to submit it by scanning the QR code below or visiting our website.

The best outcomes come when we listen, learn, and work together.



The people behind the Sundale experience

When our people talk about Sundale, care is always at the centre. They speak about supporting residents and customers, connecting with families, and the kindness and familiarity that make Sundale feel like home, fostering a genuine sense of belonging for everyone.

This year, that care was reflected back to us in a powerful way. In our latest engagement survey, 84 per cent of team Sundale said Sundale is a *“great place to work”*. This a strong lift from last year and a result we’re proud of.

Not because it looks good in a report, but because it represents how people genuinely feel about coming to work. Across care centres, retirement living communities, in-home care and support roles, a few themes stood out. People feel proud of the experience, care and support they provide every day. They see the difference they make.

There’s a stronger sense of *“feel at home”* across teams and locations. And that’s not just for residents and customers, but for our people too.

We’re sharing more stories that recognise the everyday wins across Sundale, and we’re committed to keeping our people informed with clear, transparent updates about decisions that affect their work.

We’re also focusing on making career pathways more visible. Because one of the strongest messages from the survey was this: people want to see what’s possible.



84 per cent agree
Sundale is a great
place to work.

Career pathways in real life

Career growth at Sundale doesn't always look like a straight ladder and that's intentional. Some people step up within their own team, moving from entry-level roles into senior or team leader positions through experience, coaching and training.

Others move sideways into something new. One of our strongest examples is our laundry manager, who previously worked in HR before stepping across to establish and lead the Sundale laundry as a business supporting our locations — and now exploring external opportunities for Sundale as well.

Across food services, care, customer service, maintenance, administration and community roles, we're seeing people build specialist skills, lead projects, not just people, take on secondments or new responsibilities and explore a different pathway before committing to a bigger move.

Thinking about your next move?

If you're thinking about joining team Sundale, the 84 per cent result tells part of the story.

Importantly, at Sundale engagement isn't a once-a-year exercise. It's an ongoing conversation about how we create a true sense of home for residents and customers, and for our people.

If you're considering joining us, you can expect:

- meaningful work that makes a difference
- leaders who are open to conversation
- opportunities to grow across care, hospitality, community and support roles
- a culture that values respect, choice and authenticity.

So, if you're looking for a place where you can build a career, try something new, or take the next step in aged care and senior living, we'd love to hear from you.



Head to our website, and fill in the Contact Form to let us know you're looking to work or volunteer with Sundale. Or simply scan this QR code.



The paper that knows your name

For Cameron and Tanya Outridge, running the Sunshine Valley Gazette was never just a career move. It was a comeback story.

A community newspaper does more than report on a town. It helps bring a community together. For Cameron and Tanya Outridge, owners of the Sunshine Coast hinterland's Sunshine Valley Gazette, that belief shapes everything they do.

In every edition they aim to connect the community, acknowledge achievement and back business. It's a simple editorial philosophy, but powerful and lived consistently, fortnight after fortnight.

The story of how they got here is very much worth telling, shaped by loss, recovery and a quiet decision made in a hospital room.

In every edition they aim to connect the community, acknowledge achievement and back business.

In 2017, Cameron was diagnosed with Acute Myeloid Leukaemia and underwent a bone marrow transplant. His prognosis was not good. During the long recovery, something became very clear.

"He decided that if he survived, he wanted his own paper again," Tanya recalls. "It is what made him happy and gave him a sense of purpose." It was not the first time. Cameron and Tanya had spent a decade running The Range News in Maleny, a weekly paper they built from the ground up, before selling it to media company APN in 2007.



A five-year non-compete agreement led them into digital marketing. Cameron says the experience had its lessons, but it lacked the heart of what he loves.

"Our most significant lessons were first learnt in newspapers," he says. "Storytelling and its role in connecting with people doesn't really change."

In August 2019, they approached Kerry Brown, founder of the Sunshine Valley Gazette, and she agreed to sell. However, securing the purchase took far longer than expected, creating months of uncertainty and stress as they worked to get the sale across the line. By the time everything was finalised, it was just four days before the first COVID-19 lockdown.

"Despite our previous track record in business and newspaper publishing, we struggled to get finance to buy the Gazette," Cameron said. "The combination of our age, my health history, and the fact that the banks considered newspapers to be a 'dying industry' meant that securing the sale was touch and go for 6 months."

"There were plenty of times we wondered if we had done the right thing," Tanya admits.

They kept going anyway and today, the Gazette reaches around 10,000 homes and businesses every fortnight across Nambour, Palmwoods, Maleny, Yandina, Montville, Mapleton, Bli Bli and Forest Glen. Because printed newspapers are often shared, the estimated readership is closer to 20,000.

The publication is run by Cameron and Tanya with support from one contract graphic designer. It is a small team, but their reach across the hinterland is significant.

Their editorial philosophy is simple. Cameron calls it constructive news. It means backing small businesses, holding government to account and giving the community a reason to stay engaged and proactive.



The aim is not negativity for the sake of clicks or noise. *"It is a way to rally our communities to take ownership and contribute to improving situations that need attention,"* Cameron says.

What they say no to is just as telling. Online gambling advertisements, despite the revenue they could bring, are declined. The paper is also carefully managed so it never becomes a personal soapbox.

"We work hard to make sure our own world view or politics do not dictate what gets a run," Cameron says. The impact of that approach can sometimes be immediate.

“Storytelling and its role in connecting with people doesn’t really change.”

In 2022, the Gazette ran a front-page story about Flaxton Barn, a much-loved local venue whose lease negotiations had stalled. The coverage helped restart those conversations and the business re-signed its lease. *“A combination of community support and media coverage got things moving again,”* Cameron says.

More recently, a story about the volunteer program at Riding for the Disabled resulted in dozens of new volunteers registering to help.

This is what Cameron and Tanya mean by community news. It is not a softer version of journalism. It is journalism that helps make things happen.

Their relationship with Sundale began when the Gazette first launched, with Sundale as an early advertiser.

Over time, and as Sundale’s marketing moved closer to home in Nambour, something more meaningful developed.

“We have been able to build a genuine relationship with the management team locally,” Tanya says. What connects the two organisations is a shared outlook. Sundale’s profit-for-purpose ethos centres on strengthening the community it serves, and that idea resonates strongly with Cameron and Tanya. *“This aligns with our own values very well.”*

For Cameron and Tanya, the hinterland is not simply the backdrop to their work. It is their work. They hope to see it grow across every sector and every town, while holding

onto what makes the region special. The landscape, the character and the people have created something worth staying for.

“We would love to see Nambour realise its full potential,” Cameron says. *“We want to champion the area and help it receive the local and state government attention and resourcing it deserves.”*

That connection to the town is also personal. *“We feel a sentimental attachment to Nambour,”* Tanya says. *“Getting back to this point in our business life has involved a great deal of struggle. We have seen the various challenges Nambour has experienced over recent decades, but it is a community that continues to endure. This is something we can relate to and we would love to be a part of the next chapter for the town.”*

With the 2032 Olympics on the horizon, the region feels closer to new opportunities. But their vision is quieter than that. It is about the people who wait at the stand on delivery day, paper in hand, already planning the week ahead.



The Sunshine Valley Gazette is published fortnightly and distributed free across the Sunshine Coast hinterland.

Still serving, in a different way

On Mondays and Thursdays at Sundale Palmwoods, you'll often find Andrew already in motion. Chairs are being arranged.

Carpet squares are carefully laid out across the floor. The coffee trolley is stocked and ready. Before long, residents begin arriving for the morning's activities, and Andrew is there with a steady presence and an easy smile.

After 23 years in the military, Andrew wasn't ready to slow down. Used to structure, teamwork and serving others, retirement felt unexpectedly quiet.

"Having nothing to do drives me nuts," he says. "I've always been used to doing something."

Like many people transitioning out of full-time work, especially those used to helping people, Andrew found himself looking for purpose. But he didn't just want to fill time, he wanted to use it well.

"I thought about aged care or hospitals, anything that allowed me to go around talking to people," he says. "That's how it started."

He began volunteering with Sundale in August last year. Now, twice a week, he supports the lifestyle team, helping activities run smoothly and spending time with residents who might otherwise spend much of the day alone.





Regular giving

As a familiar face each week, Andrew has become someone residents look forward to seeing. He brings steady energy, a willingness to help and a quiet sense of fun.

A typical Monday might include bingo or bocce, with soft balls rolled across carpet squares and a small prize waiting for the winner. There are chocolates, practical little gifts and plenty of friendly competition, enough to spark laughter and just a little determination.

Andrew helps set up, keeps score and passes the balls from resident to resident. He celebrates the wins and encourages those still lining up their next throw. In between, he pours coffee, shares a laugh and takes the time to sit down beside someone for a proper conversation.

“It’s just making the day a little bit better,” he says. “If I can make their day, that makes me feel better.”

For Andrew, volunteering is deeply tied to respect. Many of the residents he spends time with grew up during or just after the Second World War. They’ve lived through rationing, hardship, social change and enormous shifts in the world around them. *“They’ve seen a lot,”* he says simply.

He believes older generations deserve to be honoured, not overlooked. *“You get your parents looking after you as a kid,”* he says. *“When they get older, it’s our job to give back.”*

That belief was modelled at home. Andrew’s own mother volunteered throughout his childhood and still gives back to her community today. Service, in many ways, runs in the family.

Moments that matter

Over time, the routine of twice-weekly visits has turned into something more personal.

Andrew spends time with Cecile, a former nurse whose family lives interstate. He was also close with her friend Molly, who passed away late last year.

Like many volunteers in aged care, Andrew has experienced the quiet heartbreak that can come from forming bonds in a place where loss is part of life. But that reality doesn’t stop him from showing up.

On a recent morning when scheduled activities were cancelled, Andrew didn’t head home. Instead, he walked the corridors, stopping in rooms to chat.

He sat with one resident over breakfast, helping steady a teacup in her hands. He spent time with others who needed company more than entertainment.

In moments like these, volunteering becomes less about organised activities and more about presence.

“It makes you feel like you’re useful in the world,” he says. *“It’s the joy you get when someone says thank you.”*

He enjoys being another pair of hands and another person who knows a resident’s name.

He’s just one of the many friendly faces who turns up when he says he will. And in aged care, that reliability matters.





Interested in volunteering?

Volunteers like Andrew are an essential part of life at Sundale. They bring time, care and conversation and often discover a renewed sense of purpose in return.

If you've recently retired, reduced your hours or simply have time to give, there are many ways to get involved. Whether it's helping with activities, sharing a skill or simply sitting and listening, your presence can make a meaningful difference.

As Andrew puts it: *"Most people sit around at home bored. Come and do something."*



To find out more about volunteering opportunities at Sundale, visit www.sundale.org.au or complete the enquiry form by scanning this QR code.



Fast Facts: Volunteering at Sundale

Regular opportunities: Andrew volunteers twice a week to be of service and build meaningful connections.

Social focus: Supporting group activities that bring residents together through games, conversation and shared experiences.

Simple moments, real impact: From serving coffee to setting up bocce, small acts of care help brighten the day.

Connection, belonging and the comfort of a familiar face.

50

Threads of belonging

By Tracey Gillinder

Sundale's new look is about so much more than fabric.

At Sundale we are so excited to be showcasing our refreshed brand identity in new uniforms for our people.

It might seem a bit 'fabricated' to be saying this, but the truth is that the Sundale brand is more than a logo or a set of words on a wall. It's a promise we make to our customers, residents and their families every day.

As we step into this next chapter, one of the most visible ways that promise comes to life is through the clothes our people wear.

Our new uniform range has officially arrived and it's a fresh look designed by our community, for our community.



The Sundale brand is a promise we make to our customers, residents and their families every day.

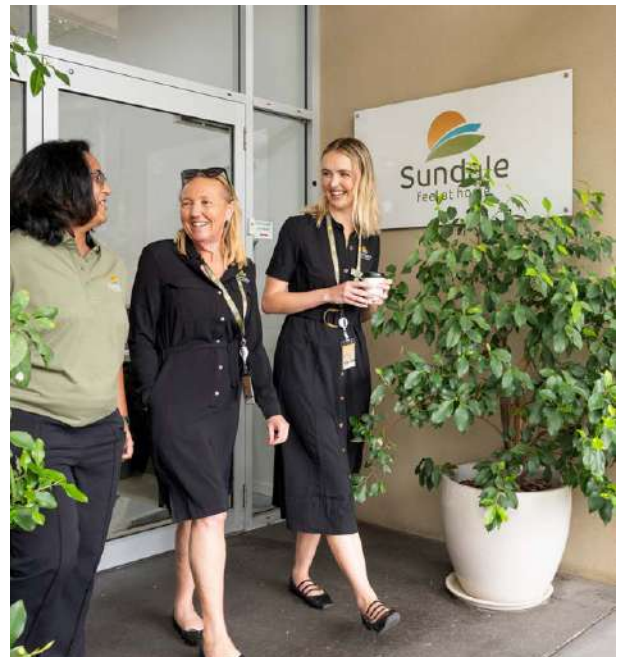
Softening the clinical edge

For more than 60 years, Sundale has grown and evolved. While our heart and purpose remain the same, our visual identity needed to better reflect the warm, modern and compassionate organisation we are today.

During our brand refresh, one message came through clearly and that was that the aged care sector can often feel clinical, cold and a little too much like a hospital. What people value most about Sundale is the genuine care and experience we provide. The sense of warmth, safety and belonging that makes a place feel like home.

Style meets soul in Sundale's latest wardrobe update. We've swapped out the traditional service aesthetic for pieces that our people actually love to wear, because a team that feels great projects that energy outward. It's a physical representation of our 'people-first' culture.

"We want our customers and residents to feel like they're surrounded by friends and family. These uniforms aren't just an outfit, they're an invitation to feel at home,"
Mel Duffey, Chief People Officer.



Design with soul and purpose

Creating the new range meant understanding how our people move, work and connect throughout the day. From providing care, working in support services to tending gardens, or welcoming families at reception, comfort and durability were essential, but the true soul was in the details.

Breathable, high-performance fabrics were selected to allow ease of movement and support the pace of busy days, ensuring the team feels as good as they look.

This functionality is matched by a shift in aesthetic, where strong industrial colours have been replaced with a natural palette of soft and earthy tones that align with our *Feel at Home* approach.

Most importantly, this rollout creates a sense of unity and for the first time, teams across the whole organisation share a cohesive visual language. While styles vary to suit the specific demands of different roles, the overall look remains unmistakably Sundale.

But introducing a new uniform is no small task. To make sure everyone feels comfortable and confident, the rollout is happening in phases to allow teams to transition to the new look.

We invite customers, residents and families to stop for a chat and share their thoughts. We are proud of this change and hope it helps our Sundale communities feel even more welcoming.





BEST of the Season

Connection, community and
a few warm scones along the way

By: Rochelle Coombs

At Sundale, community isn't something we talk about. It's something we create together. Over the past few months, we're proud to have created priceless opportunities for the Sunshine Coast community to gather joyfully over fresh scones, movie nights under the stars and the simple joy of Christmas Carols. These moments might seem small at first glance but they are the moments that shape connection.

Here's a look at what's been happening across Sundale, and some events still to come.



Sconetime

There's something special about sharing a warm scone and a cuppa. It slows the day down. It invites conversation. It turns a morning into something meaningful.

At our recent Sconetime at Sundale Palmwoods Hilltop Events Centre, residents, families, volunteers and locals gathered for exactly that and much more. Tables were set, tea was poured generously and the freshly baked scones were served warm, ready for jam and cream, in whichever order you prefer.

But Sconetime is not just about what's on the plate. It's about what happens around the table.

Conversations spark easily. Stories from years gone by sit alongside updates from the week just lived. Friendly debates unfold about recipes or football scores. New friendships form naturally. Familiar faces return month after month.

For residents at Palmwoods, it was a great chance to connect with the wider community in a relaxed and welcoming setting.



For visitors, it was an opportunity to step inside a Sundale community and experience the warmth that makes our locations feel like home.

There was a sense of ease to the morning. No rush. No agenda. Just people enjoying each other's company. And yes, there are strong opinions about how a scone should be served. Jam first? Cream first? We'll let you decide.

Moments like these remind us that connection does not need to be complicated. Sometimes it is as simple as a shared table and a warm scone.

We were lucky to have Martin Duncan host this event and as always his scones were a huge hit. We've added it to this magazine as a keepsake recipe card, find it on page 65.



Outdoor Kids' Movie Night

In early April, our outdoor space transformed into a community cinema for our Sundale Starry Night Outdoor Movie Screenings as part of the April school holidays, and what a night it was.

As the sun began to set, families arrived with picnic rugs tucked under their arms. Children ran across the grass, full of energy and anticipation. Popcorn was shared. Chairs were unfolded. Conversations drifted between generations.

Residents brought their grandchildren along to experience something special together. Local families joined in, some visiting Sundale for the first time. As darkness settled and the screen lit up, the space felt less like an event and more like a gathering of neighbours.

Families enjoyed the screening of *Paddington 2*, with plenty of laughter and excited commentary from the kids. It was one of those evenings where generations came together naturally, sharing stories, snacks and plenty of smiles. Laughter carried across the lawn. Grandparents leaned in to hear excited commentary from happy grandchildren.

Events like this reflect what Sundale stands for. We are part of the Sunshine Coast community, and we value opportunities to bring people of all ages together. Creating a true sense of home extends beyond our walls. It means opening our doors and inviting others in.

The evening was open to everyone, and it was wonderful to see familiar faces alongside first time visitors experiencing Sundale in a different way. For some, it was a reminder that aged care can be vibrant, social and connected. For others, it was simply a lovely night out. Either way, it was a shared moment and as we all know, those are the moments that matter.





A Christmas moment to remember

While the festive season has passed, Sundale's Community Christmas Carols remains a highlight in the year's calendar.

The evening was filled with energy and excitement as thousands of community members came together to celebrate the festive season. With around 5000 people in attendance, the event was big, vibrant and full of life.

Families enjoyed free rides and Christmas carnival games, while four hours of live Christmas entertainment filled the stage with music and festive cheer.

The evening concluded with a spectacular fireworks finale, lighting up the night sky and bringing the celebration to a memorable close.



Coming up at Sundale

June–July School Holiday Kids' Movie Night



If you missed our Sundale Starry Night Outdoor Movie Screenings in April, or simply want to join us again, we will be hosting another Outdoor Kids' Movie Night during the June–July school holidays. The event will be held on Friday 3 July 2026 and will feature *Bad Guys 2*.

We are looking forward to another relaxed evening under the stars, with space for picnic rugs, popcorn and plenty of laughter.

Events like this are part of our ongoing commitment to staying connected with the broader community and creating welcoming spaces where everyone feels at home.

Whether you are a local family looking for a school holiday activity, a grandparent wanting to share a special night with your grandchildren, or someone curious to see what Sundale is all about, you are warmly invited.

Keep an eye on our website and social media pages for dates and details. We would love to see you there.

Got a great Sundale photo?

Share your Sundale moments with us

Do you have a favourite photo from a Sundale event, morning tea or special day with family?

We're always looking for images from community events, gatherings and everyday moments.

Please send them through to the Sundale team at **Rochelle**. coombs@sundale.org.au or speak to reception at your location.

With your permission, your photos may be featured in upcoming publications, our website or across social media. It may even be in the next edition of *Life Magazine*.

Let us know who is in the photo, and don't forget to include your name and location.

Thank you for helping us capture community life at Sundale. Because the best stories are the ones we create together.



Autumn and Winter Events on the Sunshine Coast

Plan your season on the Sunshine Coast



A

utumn and winter on the Sunshine Coast bring a diverse calendar of community events. From local markets and agricultural shows to arts festivals, food experiences and live music, there is something happening most weekends.

These events provide opportunities to connect with community, support local businesses and celebrate the region's culture and creativity. Many events are free to attend. Ticket details and program information are available on the official event websites.



Eumundi Markets

**Every Wednesday and Saturday
7am–2pm, Eumundi**

Eumundi Markets is one of the Sunshine Coast's best-known artisan markets. Visitors can browse handcrafted goods, fresh produce and specialty food stalls while enjoying live local music. The market is wheelchair accessible and offers a welcoming atmosphere for all ages.

eumundimarkets.com.au



GourMay Mary Valley Food Festival

The month of May

GourMay Mary Valley Food Festival is a month-long celebration of local food, farming and culture held across the Sunshine Coast hinterland each May. The program showcases local growers, producers and chefs through farm tours, workshops and shared dining experiences set against the natural beauty of the Mary Valley. Festival Day in Imbil brings the community together with markets, cooking demonstrations and entertainment, including Martin Duncan's popular Sconeversation event.

www.gourmaymaryvalley.com.au



Horizon Arts Festival

*1–10 May 2026, Sunshine Coast
(multiple venues)*

Horizon is a 10-day arts festival featuring installations, music, performance and community art events. The program includes sunrise ceremonies, outdoor light installations and contemporary performances across coastal and hinterland locations.

www.horizonfestival.com.au

Open Studios Sunshine Coast

*16–25 May 2026, Sunshine Coast
(hinterland and coastal studios)*

Open Studios Sunshine Coast invites visitors to tour local artists' studios and view works in progress. Artists host demonstrations and welcome conversations about their creative practice in studios located across the region.

openstudiossunshinecoast.com.au

Goomeri Pumpkin Festival

23–25 May 2026, Goomeri Township

This country festival celebrates Goomeri's agricultural heritage. The program includes parades, markets, live music and the well-known pumpkin rolling competition. The event offers a family-friendly experience with a strong community focus.

www.goomeripumpkinfestival.com

Beachfest

27–31 May 2026, Bulcock Street, Caloundra

If you're a fan of classic cars, rock 'n' roll, and good times, then Downunder Beachfest in Caloundra is the event for you. This annual celebration brings together hot rod, custom, and classic motor vehicle enthusiasts from all over, transforming Caloundra into a vibrant hub of activity from 27 to 31 May.

caloundra.com.au/events/beachfest



Maleny Agricultural Show

29–30 May 2026, Maleny Showgrounds

The Maleny Show highlights rural traditions including livestock competitions, pavilion displays, woodchop events and fireworks. Visitors can also enjoy local produce, crafts and family entertainment.

www.malenyshowssociety.org.au

Sunshine Coast Agricultural Show

12–14 June 2026, Nambour Showgrounds

The region's largest annual show features livestock exhibits, arena events, crafts, fireworks and sideshow attractions. The event provides flat access and volunteer assistance across the grounds.

[events.sunshinecoast.qld.gov.au/
event/32963710-a/sunshine-coast-
agricultural-show](http://events.sunshinecoast.qld.gov.au/event/32963710-a/sunshine-coast-agricultural-show)

Knitfest Yarn & Fibre Arts Festival

*4–5 July 2026, Maleny State School
and Maleny RSL Hall*

Knitfest celebrates knitting and fibre arts through workshops, demonstrations, yarn installations and market stalls. The festival showcases textile creativity and supports local and visiting artisans.

www.facebook.com/knitfestmaleny

Queensland Garden Expo

10–12 July 2026, Nambour Showgrounds

Australia's largest gardening event features expert presentations, plant sales and landscape displays. Visitors can learn from industry specialists and explore a wide range of gardening products. Shaded areas and rest spaces are available throughout the venue.

qldgardenshow.com.au

NOOSA Alive! Festival

17–26 July 2026, Noosa Heads and Noosaville

NOOSA Alive! is a 10-day cultural festival presenting theatre, music, dance, film and literary events. Performances are held in a range of venues including riverside and beachside locations.

www.noosaalive.com.au



The Curated Plate Food Festival

24 July–2 August 2026, Sunshine Coast
(various locations)

The Curated Plate is an annual food and drink festival celebrating local produce. The program includes chef-led dining experiences, farm events and curated culinary showcases across the coast and hinterland.

thecuratedplate.com.au



Sunshine Coast Marathon Festival

2 August 2026, Alexandra Headland
and Mooloolaba

This annual event includes a full marathon, half marathon and community fun runs. Participants and spectators gather along the coastline to support runners and local fundraising initiatives.

sunshinecoastmarathon.com.au

Gympie Music Muster

27–30 August 2026,
Amamoor Creek State Forest

The Gympie Music Muster is a multi-day camping and music festival featuring country, folk and blues artists. The program also includes bush poetry and family-friendly activities. Accessible camping and viewing areas are available.

www.muster.com.au

Maleny Sunday Market

Every Sunday 8am–2pm, Maleny RSL Hall

This indoor market offers fresh produce, handmade goods and specialty food stalls. The venue provides all-weather access and a relaxed community setting.

www.maleny.qld.au/markets

Caloundra Street Fair

Every Sunday 8am–2pm,
Bulcock Street, Caloundra

The Caloundra Street Fair features local produce, handcrafted items and street food in a central coastal setting. The event supports local traders and attracts visitors from across the region.

www.facebook.com/caloundrastreetfair

These events strengthen community connection and celebrate the diversity of experiences available across the Sunshine Coast during autumn and winter.

As the weather cools, simple pleasures also come to the fore, including Martin's scone recipe, a reminder that community is built not only through major festivals, but also through shared traditions and everyday moments.

Martin's famous Scone recipe

There's something about a warm scone that turns an ordinary get-together into an occasion.



For **Sunshine Coast foodie**, former chef, restaurateur and host of Sconetime, Martin Duncan, food has always been about bringing people together.

His classic scone recipe has become a Sunshine Coast favourite. Simple, reliable and best served with generous dollops of jam, cream and connection time.

This is the kind of recipe worth keeping on the fridge.

Ingredients

- Plain flour, for dusting
- * 1kg self-raising flour
- * 1 1/2 t baking powder
- * 100g salted butter, chilled
- * 1 cup plain yoghurt
- * 2 cups milk
- * 1 t Vanilla essence
- * 1 egg
- * Good Jam, to serve
- Whipped cream, to serve

Cooking instructions

- Grate butter and rub into dry ingredients to mix.
- Whisk egg, milk, yoghurt and vanilla, and quickly mix into dry ingredients.
- Pat out dough onto floured bench.
- Cut and place onto floured tray and bake at 180° for approximately 15–20 minutes.

Enjoy!



Word Search

Forest Features

Alder	Cuckoo	Orchid
Ash	Deer	Owl
Badger	Elder	Pigeon
Beech	Elm	Primroses
Bees	Fern	Rabbit
Birch	Fox	Rowan
Bluebells	Fungi	Saplings
Branches	Insects	Shrew
Celandine	Leaves	Squirrel
Chestnut	Lichen	Sycamore
Conifers	Oak	Undergrowth
Coppice		

X I G N U F N O E G I P S
 O W L E C I P P O C W O Y
 F K E S E T U N T S E H C
 S S A P L I N G S L C L A
 O R V O A L D E R E P O M
 R E E D N D E B E R N O O
 P I S F D B R B I R R K R
 D L N E I A G M E I E C E
 W I C S N N R F R U D U G
 E C H C E O O O H Q L C D
 R H H C S C W C K S E B A
 H E E E R A T I B B A R B
 S N S R N O H S H C R I B

Sudoku

7	4							9
3	9		7					6
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