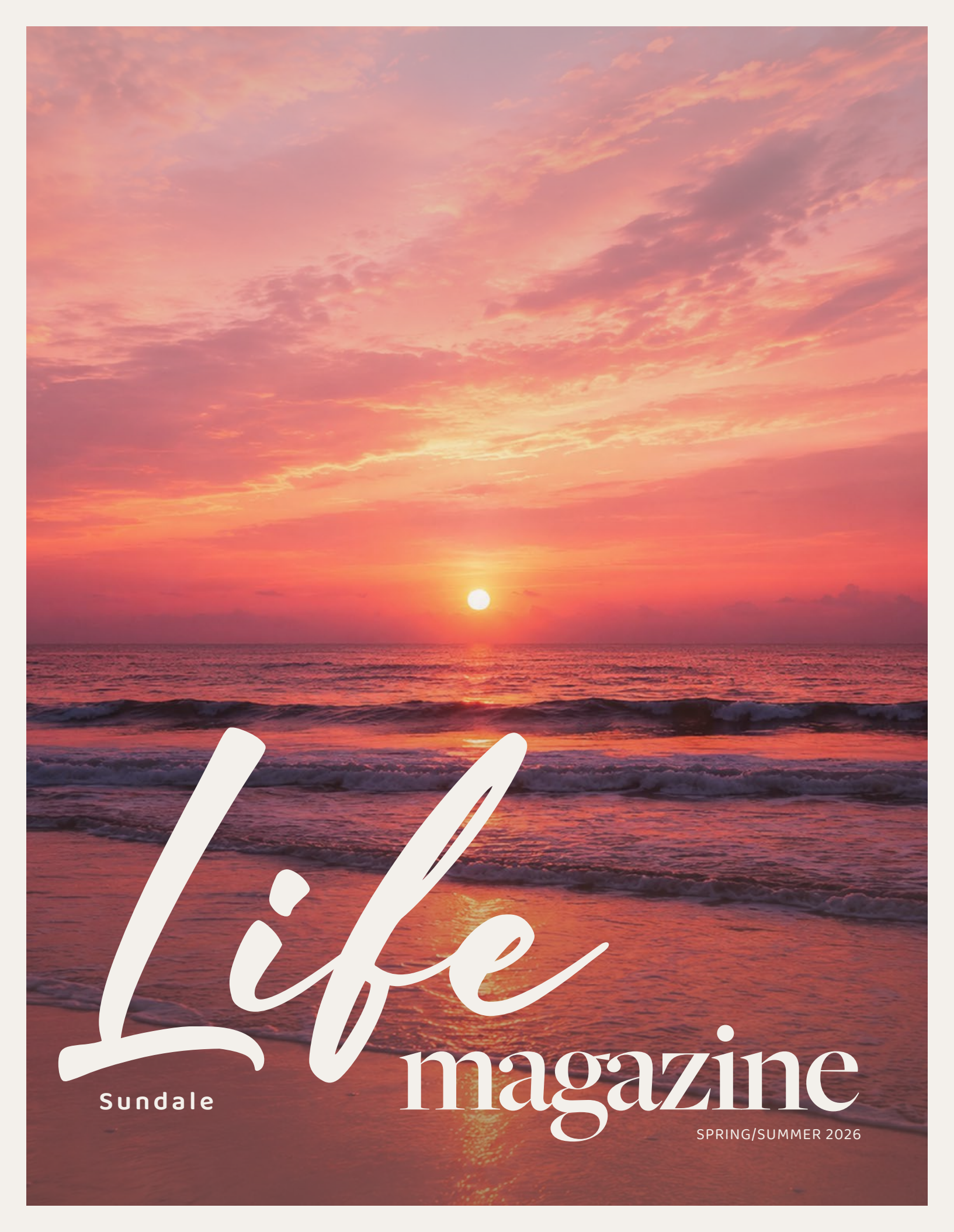


A vibrant sunset over the ocean. The sun is a bright white circle on the horizon, casting a golden glow across the sky and water. The sky is filled with soft, pink and orange clouds. The ocean has gentle waves with white foam. The word 'Life' is written in a large, white, cursive script across the lower half of the image.

Life

Sundale

magazine

SPRING/SUMMER 2026

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Hello Spring!

A season for growing together



Spring has a wonderful way of reminding us that growth often begins quietly. A garden doesn't transform overnight. It grows through patience, care and the steady rhythm of the seasons. Communities are much the same.

Across Sundale, we see that every day.

It might be a resident watering a favourite flowering pot outside their front door. A neighbour stopping for a chat on a morning walk. A volunteer giving their time without expecting anything in return. Or one of our people tending the gardens that bring so much colour and enjoyment to our communities.

On their own, these moments can seem quite ordinary. Together, they create something extraordinary – a place where people feel connected, valued and at home.

This edition of *Life* celebrates those everyday moments that help us feel connected to one another. At a time when loneliness and social isolation are affecting more people than ever, those moments matter. They remind us that a conversation, a shared laugh or simply knowing someone is there can make all the difference.

In this issue, I'm proud to share another Sundale community with you – Coolum Waters – where open green spaces, beautiful gardens and genuine community connections make it a place unlike anywhere else on the Sunshine Coast.

You'll meet Coen from our maintenance team, whose passion for gardening is about much more than caring for landscapes. Like many of our people, he understands that creating beautiful spaces creates opportunities for conversation, friendship and belonging.

When people feel connected to each other and to the place they call home, communities don't just grow – *they flourish.*

You'll also meet people whose stories remind us that life continues to surprise and inspire us. From Muriel's remarkable 70 years of volunteering to Jim and Julie's leap from an aeroplane, every story is a reminder that purpose, courage and generosity have no age limit.

As we continue bringing Sundale's vision to life, we're focused on creating communities where people feel known, connected and supported. Places where every story matters, every contribution is valued and everyone feels they belong. Because when people feel connected to each other and to the place they call home, communities don't just grow – they flourish, bringing colour to every season of life.

Thank you for being part of our community. I hope this edition of *Life* encourages you to enjoy the warmer months ahead, spend time with the people who matter most and appreciate the everyday moments that often become the ones we remember most.

Warmly,



Cameron Taylor
Chief Executive Officer, Sundale



Colum

Where coastal living and
community come together

By Mindy Roberts





My morning in Coolum begins quietly, just after sunrise. I watch the first surfers paddle beyond the breakers as dog walkers make their way along the beachfront boardwalk. Above me, lorikeets chatter in the treetops and the scent of salt hangs in the air as I pass cafés along the esplanade opening for the morning rush.

There's something wonderfully unhurried about Coolum at this time of day.

While the Sunshine Coast has grown considerably over the years, Coolum has held onto something increasingly rare. It still feels like a genuine coastal community, and a beautiful one at that.

As I make my way through town, people stop for coffee, exchange a few words with familiar faces, or simply take their time walking beside the ocean. There's activity, but not the sense of hurry you often find in popular coastal destinations.

For anyone considering retirement living, I think that matters.

It's not simply about finding somewhere beautiful to live. It's about being able to picture your everyday life there. Could I meet a friend for coffee? Pick up groceries easily? Stay active? Would my family enjoy visiting? Does this feel like somewhere I could genuinely call home?

In Coolum, many of those answers can be found in the everyday.

The beach may get much of the attention, but the town itself makes life easy.

Supermarkets, medical centres, pharmacies, banks, the library and community services are all close by, alongside the cafés and local businesses that give Coolum its character.

Coolum has held onto something increasingly rare. It still feels like a genuine coastal community – and a beautiful one at that.

Sunshine Coast Airport is also less than 10 minutes away, making visits from interstate family and friends that little bit easier.

That convenience brings something many people value: the freedom to continue living life on their own terms, with everyday essentials close by and more time for the people, places and routines that matter most.





And then there's the outdoors.

I continue along the beachfront boardwalk with the ocean beside me and understand why being active here can simply feel like part of the day.

There are morning swims and walks by the beach, nearby golf and bowls, and Mount Coolum National Park for those who enjoy getting out among the bushland – or tackling the climb to the summit for its sweeping coastal views.

During winter, Point Perry lookout becomes a favourite place to watch whales making their annual migration. At Tickle Park, families spread picnic rugs beneath the trees while children make the most of the beachfront playground.

It's easy to imagine grandchildren spending the morning at the beach, followed by fish and chips overlooking the ocean, or friends lingering over coffee before taking a walk along the boardwalk.

When people genuinely enjoy visiting where you live, staying connected becomes that little bit easier.

By now, Coolum is well and truly awake. The cafés are filling, families are arriving at the beach and the quiet of early morning has given way to the familiar rhythm of a coastal town.

As I leave the beachfront behind, what stays with me isn't one particular view or attraction. It's the ease of the place.

There's room to breathe, nature is never far away and everyday life still happens among familiar faces.

And a little further from the beachfront, that same sense of space, connection and community continues at Sundale Coolum Waters.

When people genuinely enjoy visiting where you live, staying connected becomes that little bit easier.



Living like a local

Morning walk:

Coolum Beach boardwalk

Best picnic spot:

Tickle Park

Hidden gem:

*Point Perry lookout during
whale migration season*

Weekend tradition:

*Browse the local markets before
fish and chips by the beach*

Favourite escape:

Mount Coolum National Park

Easy connections:

*Sunshine Coast Airport is less
than 10 minutes away, making
family visits simple*





Life at Sundale Coolum Waters

Where every morning begins a little differently

At Sundale Coolum Waters, the simple rhythms of everyday life – a morning walk, a friendly wave or time spent outdoors – create a place where people feel at home.

A little further from the beachfront, the coastal pace of Coolum continues at Sundale's Coolum Waters community.

As the community comes to life, neighbours head out for an early walk, enjoy a quiet coffee in their courtyard or stop for a chat with the grounds team. Set among established gardens and generous green spaces, Coolum Waters has an easy rhythm that feels more like a neighbourhood than a traditional retirement village.

The wider Sundale Coolum Waters community brings together 123 independent living units, in-home care support and the 50-bed Coolum Waters Care Centre.

This means residents can enjoy independent living, knowing additional support is close by if it's ever needed.

Maintenance and Grounds Manager Coen has spent years caring for the community and knows its character well.

"It's pretty much a small town," he says. "We've got a lot of space, and people really take pride in where they live."

That sense of openness is something residents experience every day. Mature trees cast welcome shade across walking paths, gardens soften the wide streets and generous green spaces invite people outdoors, whether that's for a morning stroll, time spent tending a favourite garden bed or simply sitting back to enjoy the peaceful surroundings.



A community shaped by everyday moments

No two days at Sundale Coolum Waters look exactly the same.

By mid-morning, the community has found its rhythm. Some residents are making their way to the heated pool, while others pop down to nearby shops for fresh fruit and vegetables, meet friends for coffee, enjoy a game of pickleball or settle into a favourite chair with a good book.

There's always something happening for those who enjoy getting involved, but there's just as much pleasure in a slower morning at home.

Often, it's the moments in between that say the most about life here.

A conversation while collecting the mail. Someone stopping to admire a neighbour's flowering garden. Friends lingering over coffee after a swim. Families gathering to celebrate birthdays and special occasions.

For residents Jim and Julie, life at Coolum Waters has brought new friendships and plenty of opportunities to keep doing the things they enjoy.

"We do lots of things together," Jim says. "We'll go for coffee, head away for a few days or just enjoy spending time together. It's good." Julie smiles. "We laugh a lot."

It's these everyday moments that give the community its warm and welcoming character.

For residents Jim and Julie, life at Coolum Waters has brought new friendships and plenty of opportunities to keep doing the things they enjoy.





Connected to the Sunshine Coast

Looking after a community this size is a shared team effort, and many of those connections extend beyond the front gate.

For Sundale Grounds Manager Coen, that means working with trusted Sunshine Coast businesses that help the gardens flourish throughout the seasons. Local businesses, including *Sunray Nursery*, *Maroochy Sand and Gravel* and *Rosemount Turf*, all play a part in caring for the natural landscape residents enjoy every day.

"We've built some really good relationships over the years," he says.

"Sunray Nursery in Nambour has been fantastic. David and his family understand what we're trying to achieve here and they're always willing to help us find the right plants."

That local approach extends beyond the gardens. Kitchen Manager Tayla says partnering with nearby *Cotton Tree Meats* has been a welcome addition.

"It's nice knowing we're supporting another local business," she says. *"It's a partnership we're really proud of."*

They're relationships that keep Coolum Waters connected to the wider Sunshine Coast community – the same community residents remain part of when they choose to make their home here.



A place to be you

Life at Sundale Coolum Waters is built around independence, connection and familiar surroundings.

For residents and families, having in-home care support and residential aged care within the wider Coolum Waters community can also provide reassurance for the future.

If needs change over time, support remains close by, helping people stay connected to familiar surroundings and the people who matter.

But ask residents what they enjoy most about living at Coolum Waters and the answer is rarely just one thing.

It's the neighbour who always has time for a chat.

The freedom to spend each day your own way.

The familiar faces that become friends.

The simple comfort of belonging to a place where people know your name.

As Coen puts it, *"It's got a really friendly feel."*

It's the sort of place where neighbours wave as they pass, gardens become conversation starters and every morning begins with the opportunity to enjoy life at your own pace.

And after spending a little time here, it's easy to see what he means.



It's the sort of place where neighbours wave as they pass, gardens become conversation starters and every morning begins with the opportunity to enjoy life at your own pace.





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Sundale

Caring today and preparing for tomorrow

As Australia changes, Sundale is planning ahead so everyone can continue to enjoy choice, connection and the comfort of feeling at home. For more than 60 years, Sundale has walked alongside Queenslanders through every stage of later life.

During that time, much has changed. Australians are living longer, staying active for longer and thinking differently about what growing older can look like.

More people are planning ahead, seeking support that fits around their lives and looking for communities where independence, wellbeing and meaningful connections can continue to flourish.

These changing expectations are reshaping what good care and experience looks like across Australia. For Sundale, they offer an opportunity to keep improving.

Rather than waiting for change to happen, Sundale is planning ahead so today's residents, customers and families – and those who will join our communities in the years ahead – continue to receive the personalised experience and compassionate care they deserve.

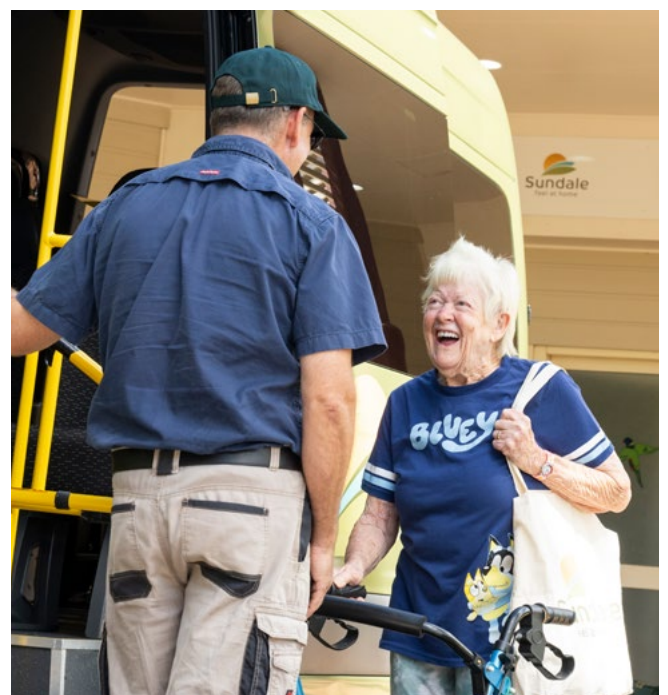
Because while the future may look different, one thing remains unchanged:

Everyone deserves to feel at home.





Sundale is planning ahead so today's residents, customers and families continue to receive the personalised experience and compassionate care they deserve.





Supporting people, not systems

No two people experience growing older in the same way.

Some people begin by looking for a welcoming retirement community where they can enjoy greater freedom and connection. Others may first seek a little extra support at home. For many families, the journey unfolds gradually, with different service offerings becoming important at different stages of life.

Sundale believes accessing those services should feel as reassuring as possible, not overwhelming.



Wherever someone begins their journey with Sundale, they will be welcomed, listened to and guided towards the support that best suits their individual needs.

That's why teams across the organisation are working towards what's known as a 'No Wrong Door' approach. Wherever someone begins their journey with Sundale, they will be welcomed, listened to and guided towards the support that best suits their individual needs.



It's about making every interaction feel less like navigating a system, and more like being welcomed into a community. Wherever possible, it's also about helping people remain connected to the communities they know and love, with support that evolves as their needs change.

"It's about making every interaction feel less like navigating a system, and more like being welcomed into a community," says Sundale Executive Manager, Tracey Gillinder.



Meeting the needs of a new generation

The next generation of older people in Australia is already changing the conversation around ageing.

People are choosing to remain active for longer. They value independence, meaningful relationships and opportunities to stay connected with their local communities. They also expect greater choice, clear communication and an experience and care that reflects who they are as individuals.

These expectations are helping shape the future of Sundale.

Across retirement living, in-home support and residential aged care, the focus remains on creating welcoming homes and spaces, stronger communities and experiences that are centred around each person.

"Preparing for the future isn't only about new service offerings. It's also about creating places where friendships grow, people feel connected and every individual feels they belong," says Tracey.

Sundale is also exploring new ways to help people stay connected with their communities. Future initiatives, including transport services, are being considered to make everyday life easier and support people to remain active and independent for longer.

Whether it's investing in welcoming environments, strengthening team Sundale, embracing new technology or improving the way services connect together, every decision is guided by one simple question:

How can we make everyday life even better for the people who call Sundale home?



Planning for the future

Australia's aged care system is changing, with reforms designed to strengthen quality, improve transparency and place older Australians at the centre of care.

While much of this work happens behind the scenes, the goal is to ensure people receive the support they need with dignity, respect and confidence.

For Sundale, these reforms reinforce a philosophy that has guided the organisation for decades, and our belief that experience and care should always begin with the individual.

Planning for tomorrow means continuing to listen, learn and improve so service offerings evolve alongside the needs of residents, customers, families and the wider community.

Planning ahead also means ensuring Sundale is guided by experienced, thoughtful leadership.

This year, the organisation welcomed Suzanne Wood to the Sundale Board, bringing extensive experience in governance, strategy and community leadership.

Her appointment brings additional expertise to the Board as Sundale continues to make thoughtful decisions that support both today's communities and future generations.



...No matter how much the world changes, creating a true sense of home will always be at the heart of everything we do.

What will never change at Sundale

While service offerings, technology and the aged care landscape continue to evolve, the heart of Sundale remains remarkably consistent.



It can be found in the everyday moments that make a place truly feel like home.

A warm greeting in the morning.

A favourite meal shared with friends.

Support and experience that respects personal choice.

The confidence of knowing familiar faces are nearby.

The comfort of being known.

These moments are what transform a place into a community, and they are the reason Sundale continues to invest in its people, its communities and its future. Not simply to prepare for tomorrow, but to ensure every person feels cared for *today*.

Because no matter how much the world changes, creating a true sense of home will always be at the heart of everything we do.

Looking ahead

Over the coming years, Sundale will continue to focus on:



Making it easier to access support, no matter where someone begins their journey.



Exploring new service offerings that help people stay independent and connected, including future transport and hospitality options.



Investing in welcoming homes and vibrant communities.



Supporting team Sundale through learning, leadership and career development.



Strengthening partnerships that help Sundale remain sustainable for future generations.



Continuing to listen to residents, customers and families to help shape what's next.

The future of aged care will continue to evolve. So will Sundale. But our purpose remains the same – to create a true sense of home for every person who chooses to be part of our community.

We look forward to sharing that future with you.



Our Stories

Keeping connections alive

Every community is shaped by the people whose quiet contributions become part of everyday life. As this edition celebrates Coolum and the surrounding region, we're also sharing the story of Muriel Peters, whose connection to Wappa Dam and more than 70 years of volunteering with Sundale have helped preserve an important part of our local history. Wappa Dam continues to supply drinking water to communities including Coolum, making Muriel's story one of the many threads that connect our region.





The construction of Wappa Dam is woven through the history of the northern Sunshine Coast.

For Muriel Peters, it became a way of preserving the people and memories behind one of the region's most significant landmarks.

Some people collect photographs. Others keep newspaper clippings or family keepsakes.

Muriel Peters has spent much of her life preserving something else – *stories*.

Years after her first husband, Jack Harrison, helped build Wappa Dam, Muriel compiled a booklet recalling the people and community connected to the project. She wasn't interested in documenting the engineering, but the story of how water came to Nambour and changed life forever.

"I'm not an engineer," she says with a smile. "I wrote it from my memories of those days."

The booklet wasn't just about the history of the dam. It captured the people, families and everyday life that surrounded one of the region's defining projects.

Ask Muriel about more than 70 years of volunteering with Sundale and she'll gently dismiss the idea that she's done anything extraordinary.

"I never sort of took it that I was volunteering," she says. "It was just part of my day."

Some people collect photographs. Others keep newspaper clippings or family keepsakes.

Muriel Peters has spent much of her life preserving something else – *stories*.





Did you know?

Wappa Dam, completed in 1963, continues to supply drinking water to communities across the northern Sunshine Coast, including Coolumb, Twin Waters, Mudjimba, Bli Bli and surrounding areas.

Muriel's first husband, Jack Harrison, worked on its construction and is remembered through Jack Harrison Park overlooking the dam.

Growing up in Nambour, Muriel watched her uncle, Jim Grimes, and fellow Sundale founder Tom Carter work towards a vision of creating a place where older people could be cared for with dignity and compassion. Those conversations were part of everyday life, long before she realised they would shape her own.

As a young mother raising four children, she helped with fundraising stalls, fetes and whatever else was needed. Those small acts became the beginning of a relationship with Sundale that would span more than seven decades.

Over the years, Muriel became a familiar face throughout the community. Whether it was helping in the canteen, visiting residents, calling bingo or baking Anzac biscuits for birthdays, Muriel simply stepped in wherever she was needed.

Music became one of Muriel's greatest joys, and another way of bringing people together.

On Sunday evenings, after tea, residents made their way to the James Grimes Chapel. Before long, the room filled with familiar faces waiting for the music to begin. Junior and senior choirs sang together, old hymns echoed through the chapel and, for an hour or so, everyone simply enjoyed being together.

"When you deal with music, it's a common denominator," Muriel says. "It brings everybody together."

In 1997, she established Reflections, a weekly Bible study and fellowship group that continues today.

During her time as President of the Village Committee at Sundale Rotary Gardens Retirement Village, Muriel worked alongside long-time Sundale team member Sharon Stahlhut to help establish the Retirement Village clubhouse.



It became a place where neighbours could meet, celebrate milestones and build lasting friendships.

In 2025, after retiring from active volunteering at the age of 95, Muriel received Sundale's Lifetime Volunteer Award in recognition of more than 70 years of service.

True to form, Muriel is quick to talk instead about the people she met along the way, the friendships she made and the communities she was part of.

For Muriel, the greatest reward has never been recognition. It's the friendships that continue, the communities strengthened through simple acts of kindness and the stories that live on because someone cared enough to remember them.

Today, Muriel no longer volunteers, but her contribution continues to shape the Sundale community. Reflections still brings people together, residents gather in the spaces she helped create, and her booklet ensures the memories of Wappa Dam and the people connected to it have been preserved for future generations.



For Muriel, the greatest reward has never been recognition.

It's the friendships that continue, the communities strengthened through simple acts of kindness and the stories that live on because someone cared enough to remember them.





A place at the table

"When people are still talking about one of our high teas weeks later, it makes all the effort worthwhile." Tayla says.

From beautifully baked high teas to everyday lunches shared with friends, the dining room at Sundale Coolum Waters Care Centre has become far more than a place to eat. It's where conversations begin, friendships grow and people find a sense of belonging.

Long before residents gather for morning tea, the aroma of something freshly baked drifts through the kitchen at the Sundale Coolum Waters Care Centre. Some mornings it's Tayla's much-loved lemon slice.

Before long, residents arrive as soft music plays in the background, saving seats for friends or pausing beside the bain-marie to see what's on the menu.

"It's a really intimate dining experience," says Kitchen Manager Tayla. "Most of our residents come out and sit together for meals. As they're walking through, they'll see the food in the bain-marie and it becomes a talking point."

For Tayla, creating those moments is every bit as important as what's served on the plate.

"There is something really special about seeing people's reactions," she says. "When people are still talking about one of our high teas weeks later, it makes all the effort worthwhile."

Those celebrations have become a highlight of life at Coolum Waters Care Centre.

Several times a year, the dining room is transformed for Mother's Day, Valentine's Day and other seasonal occasions. Tiered stands filled with delicate sandwiches, handmade slices and beautifully decorated cakes replace the everyday lunch setting. Fresh flowers brighten the tables. Teacups clink and happiness fills the room as residents linger over another pot of tea and one more sweet treat.

Food has always been part of Tayla's life. Inspired by her mum, a self-confessed foodie, she discovered her love of hospitality while still at school and continues to learn new baking techniques with her sister. Today, that passion is reflected in resident favourites such as homemade lemon slice, sticky date pudding and beef and Guinness pie.

Yet it's not the recipes Tayla's proudest of.

"It's just making the residents happy," she says. "Food is a big part of everyone's life, and if they can have a nice meal, then that's all that matters."

"I think a lot of people have this opinion that food in aged care is bland and boring," Tayla says. "People think it's like hospital food. But our residents are fed amazingly."



From freshly prepared morning teas and homemade desserts to hearty lunches and beautifully presented meals, she believes dining should never feel like an afterthought.

Agency staff visiting the kitchen have commented that it's some of the best aged care food they've ever seen, often remarking on the quality and presentation. Family members are equally impressed when they join residents for lunch.

"We're always happy for families to stay," Tayla says. "I love that they can come in, sit with their loved one and see exactly what Mum or Dad is eating."

For many families, those shared lunches become another opportunity to spend time together in the same welcoming space their loved ones enjoy every day.

The kitchen team's care also extends well beyond the dining room.

Each day, meals are delivered to residents living independently throughout the Coolum Waters Retirement Village. Over time, those daily deliveries have grown into genuine friendships.

One husband and wife have become so close to Tayla and fellow team member Santosh that they affectionately call them their daughter and son.

"They've kind of adopted us," Tayla says with a smile.

It's a reminder that hospitality is about far more than food. Sometimes it's about taking a few extra minutes to ask how someone is going, sharing a conversation on the doorstep, or simply being a familiar face each day.



When Tayla joined Sundale as a 20 year old, she never imagined she would one day lead the Coolum Waters kitchen. She worked her way from cleaner to kitchen hand to cook, completing her chef's qualification while working.

She recently stepped into the Kitchen Manager role with the encouragement of mentors like Sundale's Hospitality Services Manager, Rachel, who recognised her potential.

Today, Tayla says it simply doesn't feel like work, and standing in the dining room as another lunch service begins, it's easy to understand why.

Here, food does more than nourish. Around every table, it brings people together. And in a community built on connection, that's what makes every table at Sundale Coolum Waters feel like home.



A Sunny Award for creativity

Tayla recently received Sundale's Creativity Award, part of the Sunny Awards, recognising her initiative and thoughtful approach to creating memorable experiences for residents.

From beautifully presented meals to special celebrations, Tayla is always looking for ways to make residents smile and ensure every occasion at Coolum Waters feels special.



Coastal flavours at Coolum Beach Bar

*Martin Duncan discovers the story behind Coolum's
newest beachfront dining spot*





A long time coming

"Coolum has been in the making for years for us," Jonny says. "I think in 2018 we started looking at this site, so we finally got the tick of approval from the guy we bought it off and opened in March 2025."

For Jonny, the location is the perfect expression of what a Beach Bar is all about.

"To me, this captures exactly what the Beach Bars are about, and what the Sunny Coast is about – the lifestyle. Just overlooking the beach, it's relaxed, it's inviting, it's casual, it's not intimidating."

That philosophy flows through every part of the venue, from the friendly service and approachable menu to its colourful cocktails and sweeping ocean views.

"It's hard not to look at the ocean while I'm talking to you," Jonny laughs.

It's easy to see his point. With the ocean stretching out in front of you, the view is very much part of the experience.

The drinks follow the same coastal philosophy – fresh, modern, colourful and made for the relaxed and laid-back lifestyle of the Sunshine Coast.

After years in the making, Coolum Beach Bar opened its doors in March 2025, bringing the relaxed spirit of the Sunshine Coast to one of Coolum's prime beachfront locations.

Our Sunshine Coast Foodie Martin Duncan dropped in to catch up with co-owner Jonny, to chat about the story behind the newest addition to the Beach Bars family, the inspiration behind the menu and what makes this coastal venue so special.

With the ocean stretching out in front of you, the view is very much part of the experience. *"It's hard not to look at the ocean while I'm talking to you," Jonny laughs.*



Food inspired by the world

Behind the menu is Executive Chef Glenn Cameron, working alongside Jonny, who is a chef by trade. Together, the team draws inspiration from their travels through Italy, Mexico, Indonesia and beyond, bringing those flavours back to the coast with their own Sunshine Coast twist.

"Everything's made in-house," Jonny explains. "From our sauces through to our pasta and risottos, everything, we take pride in having no shortcuts in our food and cooking."

The kitchen also puts a strong focus on catering for guests with dietary requirements, with around 80 per cent of the menu suitable for coeliacs.

Open seven days a week, Coolum Beach Bar moves easily from early morning coffee through to sunset drinks and dinner.

Breakfast is served from 6.30am–11.30am, with lunch starting at 11.45am and the venue continuing through until 9pm without closing between services.

From 3–5pm, Happy Hour and a dedicated bar bites menu offer something lighter for the afternoon, while the full menu remains available.

"Everything's made in-house," Jonny explains.

"From our sauces through to our pasta and risottos, everything, we take pride in having no shortcuts in our food and cooking."

What to order

The **Margarita** is the clear winner at the bar.

"It's a holiday drink, it's light and fresh. I think the Sunny Coast captures Margarita weather really well," Jonny says.

Classic favourites including French Martinis, Espresso Martinis and Piña Coladas are also popular, while Your Mates beer remains a strong seller and has been supported by the Beach Bars team since day one.

For our visit, three very different dishes landed on the table: the Japanese Curry, Baked Brie and Tuna Tataki.

Elsewhere on the menu, Eggs Benedict is a breakfast favourite, while the venue's take on Okonomiyaki offers something a little different.

The Chicken Satay has also become a standout, with several chefs contributing to the recipe to perfect the sauce while maintaining its authentic flavours. For something lighter, the Calamari with Kaffir Lime Aioli and Fish Tacos are proving popular with diners.





Japanese Curry

Crumbed chicken breast served over fragrant rice with housemade curry sauce, pickled ginger, sesame and shallots.



Baked Brie

Perfect for sharing over a beverage or two with your mates, served with toasted focaccia, macadamia nut dukkah, seasonal fruit and house pickles.



Tuna Tataki

Tuna with ponzu, pickled fennel, chilli crisp, lime, sesame and shallot.

A Sunshine Coast story

For Jonny, the Beach Bars story is also a personal one.

Born and raised on the Sunshine Coast, he discovered his passion for cooking in his early twenties before moving to England at 22 to complete his apprenticeship.

He went on to open two cafés overseas, an experience that taught him some valuable lessons about hospitality and business.

"I probably went out far too early," he admits. "But what I learned about business and doing all the wrong things made me realise I need to do it a lot better when I do it next time."

He always knew he would eventually return home, bringing those experiences back to the Sunshine Coast and putting them into a hospitality concept that reflects the place he grew up in.

The Beach Bars family

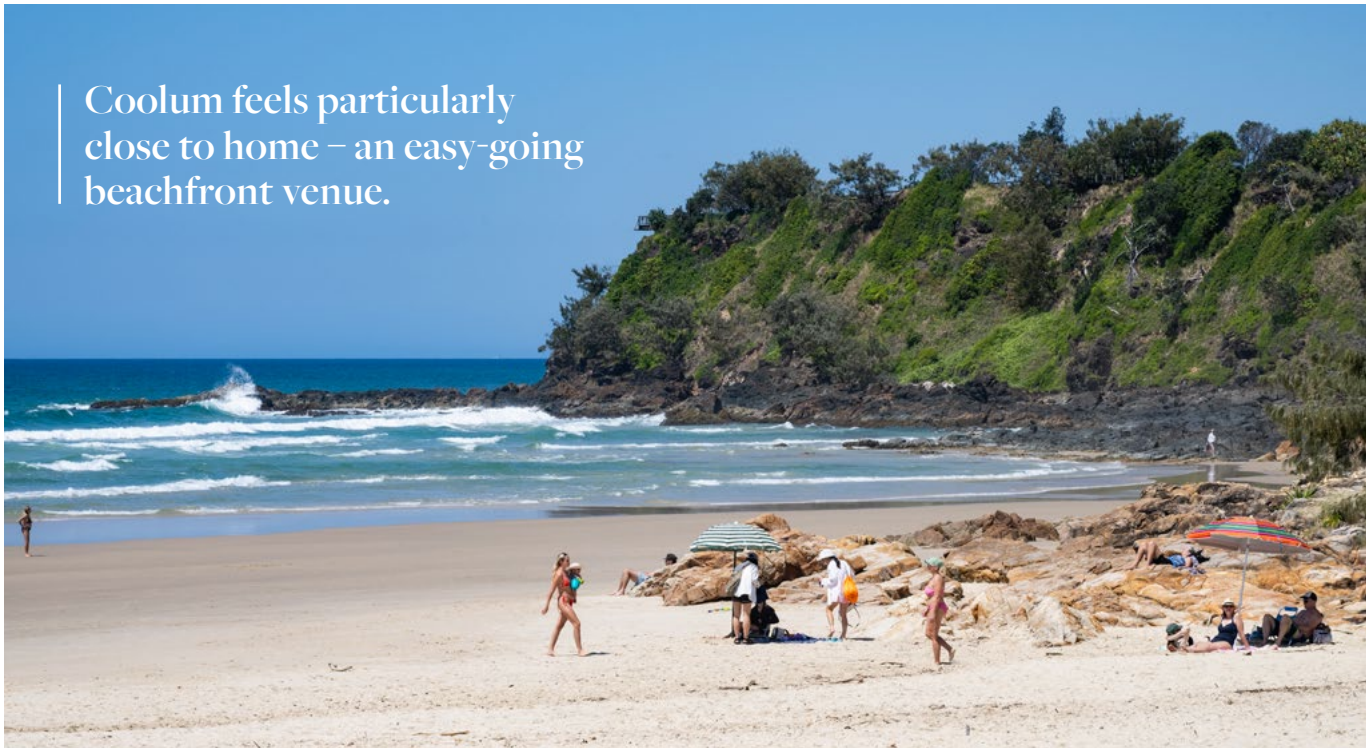
Coolum Beach Bar is the newest of the three Beach Bars venues, joining Cotton Tree Beach Bar near Maroochydore CBD and Kings Beach Bar on the beachfront at Kings Beach.

While each venue has its own character, the philosophy remains much the same: approachable food, fresh drinks, ocean views and relaxed Sunshine Coast hospitality.

Cotton Tree offers a relaxed coastal dining experience, with ocean views and breakfast, lunch and dinner served daily. Kings Beach Bar sits beneath Rolling Surf Resort, offering beachfront dining, coastal drinks and live tunes on selected afternoons.

For Jonny and the team, Coolum feels particularly close to home – an easy-going beachfront venue shaped by the place where his own story began.

Coolum feels particularly close to home – an easy-going beachfront venue.



Who it's perfect for

Coolum Beach Bar suits almost any excuse to head to the beach – breakfast after a morning walk, a casual lunch with friends, afternoon drinks or an easy dinner as the sun goes down.

The broad menu and relaxed setting also make it an easy choice when everyone around the table feels like something different.

The essentials

Where: 1768 David Low Way, Coolum Beach – on the Esplanade beneath Coolum Baywatch Apartments

Open: Seven days, 6.30am–9pm

The vibe: Colourful, casual and laid-back coastal cool, with ocean views

The pick: The Baked Brie is a must have... although the view is pretty hard to beat

The verdict: Relaxed beachfront dining that feels right at home in Coolum.

If you're heading down the coast, the Beach Bars family is well worth following.

Whether you find yourself at Coolum, Cotton Tree or Kings Beach, the philosophy remains the same – great food, fresh drinks, ocean views and a relaxed approach to Sunshine Coast hospitality. *Sooo good!*



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.



Growing community

Conversations in the garden



It's not unusual for Coen to be waved down as he walks through a Sundale community. A resident wants to show him a Grevillea that's finally flowering. Another has a question about pruning. Someone else simply wants to stop for a chat about their garden.

"Honestly, I'm headhunted," Coen laughs. "I'll be halfway across the retirement village and someone's waving me down from three streets away."

After more than seven years with Sundale, Coen has come to expect those conversations. As Sundale's Maintenance and Grounds Manager, he leads the Maintenance and Grounds team across multiple communities, but it's those everyday interactions with residents that remain one of the most rewarding parts of his job.

"People are really interested and engaged when they talk about their gardens," he says. "If you talk to someone who's passionate about something, it's always rewarding to listen to them."



For Coen, it's the everyday interactions with residents that remain one of the most rewarding parts of the job.





Growing up on acreage, working outdoors always felt natural to Coen. Before joining Sundale, he managed large residential and rural properties before finding his way to Sundale more than seven years ago.

Today, his role has grown, but one thing hasn't changed – he still enjoys getting out into Sundale communities and catching up with residents.

"I really enjoy spending time with our residents," he says. "Whether it's talking about their gardens, listening to their concerns or helping resolve an issue, it's rewarding to know the work we do has a direct impact on their daily lives."

For Coen, they're often the best part of the day.

"You never know who you're going to meet or what conversations you'll have."

Ask Coen what he enjoys most about his role and he doesn't begin by talking about the gardens. He talks about the people.

"Residents are really engaged," he says. "They're interested in their gardens, they're interested in the retirement village, and they genuinely care about where they live."

It's that pride that Coen notices every day.

While the maintenance team cares for the shared landscape, many residents have created beautiful gardens outside their units, filled with favourite plants, colourful pots and personal touches collected over many years.

"It's lovely seeing residents make their spaces their own," Coen says. "You can tell how much pride people take in their gardens, no matter how big or small."

Many of those gardens become conversation starters. Residents are always keen to show him what's flowering, ask about native plants or simply chat while he's working nearby.

"They're super happy just having those conversations," he says. "We'll talk about Banksias, Grevilleas or the black cockatoos that come into the community."

For Coen, those everyday chats are just as important as the work itself.

"If I speak to a resident, I can instantly see their mood go from a mundane morning to being really happy and excited."

As spring approaches, Coen and his team are preparing for one of the busiest times of the year. Pruning is wrapping up, fresh mulch is going down and gardens are being readied for another Sunshine Coast summer.

"Spring is when everything starts to kick on," he says.

"It's lovely seeing residents make their spaces their own," Coen says. "You can tell how much pride people take in their gardens, no matter how big or small."

His advice for home gardeners is simple: don't try to do everything at once.

"Start with healthy soil, choose plants that suit your climate and remember that a little bit of regular attention goes a long way."

For Coen, caring for the grounds has never been just about keeping the gardens looking their best. *"It's actually not too hard to make a big impact on a resident,"* he says.

Quick Questions with Coen

How would your team describe you?

Probably "Turbo"! I've always liked getting stuck in and getting the job done.

Favourite part of your day?

Walking through the retirement villages and catching up with residents.

Favourite Sunshine Coast plant?

Grevilleas and Banksias. They flower beautifully, attract birdlife and thrive in our local climate.

What keeps you busy outside work?

Playing table tennis, golf and soccer, renovating our old Queenslander, and spending time with my partner and our four-year-old son.

One word to describe Sundale?

Welcoming.



AC

Gardens that give back

Whether you have a sprawling backyard, a sunny courtyard or simply a collection of pots by the front door, gardening has a remarkable way of bringing people closer to nature, the seasons and each other.

As spring arrives, something begins to shift in the garden.

Fresh growth appears almost overnight, birds become more active and many of Queensland's native plants begin their peak flowering season. With mild temperatures and increasing rainfall, spring is one of the best times of year to plant, refresh and prepare gardens before the heat of summer arrives.

Across the Sunshine Coast, gardeners begin preparing for the warmer months ahead. Garden beds are refreshed, vegetable patches are replanted and local nurseries fill with spring seedlings, flowering annuals and native plants suited to the region's subtropical climate.

For many Australians, gardening is far more than a weekend pastime. Research continues to show that spending time in gardens can improve wellbeing, reduce stress and encourage gentle physical activity.



For some, it's a grounding ritual – a mindful walk through the garden, noticing what survived winter, what's beginning to bloom and what might need a little extra care.

Just as importantly, gardening offers moments of calm and connection.

Sometimes it's as simple as taking a cup of tea outside as the weather begins to warm. There's a quiet satisfaction in spotting the first basil leaves unfurling, seeing bees return to flowering grevilleas or noticing fresh spring growth appearing almost overnight. These small seasonal changes also support local pollinators, helping create healthier gardens throughout the months ahead.



Gardening invites us to slow down and notice the small changes that often pass us by.

Whether tending an established backyard, growing herbs in raised beds or coaxing flowers from a collection of pots, gardening invites us to slow down and notice the small changes that often pass us by.

Successful spring gardening begins with a few simple jobs. According to Coen from Sundale's Maintenance and Grounds team, refreshing mulch, checking irrigation systems, improving soil with compost and choosing plants suited to local conditions all help gardens cope with the hotter months ahead.

Pruning dead or damaged growth and applying a quality slow-release fertiliser will also encourage healthy new growth before summer arrives.

Rather than tackling everything in one weekend, regular small jobs throughout spring are often the secret to healthier, lower-maintenance gardens.



These days, you don't need a large backyard to enjoy the rewards of gardening.

Courtyard gardens, vertical planters, raised garden beds and decorative pots have made it possible to grow flowers, herbs and vegetables in even the smallest of spaces. Many gardeners discover that a handful of carefully chosen pots can be just as satisfying as an expansive garden. Containers also make it easier to control soil quality and watering, making them an ideal option for beginners.

Across the Sunshine Coast, many gardeners are turning to native plants that thrive in local conditions with less water and maintenance. Species such as grevilleas, westringias, native grasses and lilly pillies cope well with periods of heat and dry weather while attracting birds, butterflies and beneficial insects, adding movement and colour to the garden throughout the warmer months.

Choosing plants that naturally suit the Sunshine Coast's subtropical climate means less watering, fewer pests and stronger growth once summer arrives.

Perhaps one of gardening's greatest pleasures is how naturally it brings people together.

A neighbour pauses to admire a flowering camellia. Friends exchange cuttings over the garden fence. Families gather to pick herbs for dinner, or children help plant the season's first tomatoes. Gardens have always had a quiet way of bringing people together.

Perhaps that's why gardening has always been about more than plants. Community gardens, neighbourhood gardening groups and conversations over the fence all remind us that gardens have a unique way of connecting people.

Whether it's swapping cuttings, sharing fresh produce or simply admiring someone's hard work, gardening often creates friendships as naturally as it grows flowers.



Spring gardening checklist

Tips from Sundale's Maintenance and Grounds Team



Refresh your mulch

A fresh layer helps retain moisture and protects plant roots as temperatures rise.



Check your irrigation system

Repair leaks and make sure sprinklers and drip lines are working efficiently before the hotter weather arrives.



Prune dead or damaged growth

Tidying shrubs and removing damaged branches encourages healthy new growth.



Feed plants with a slow-release fertiliser

Give lawns, shrubs and flowering plants the nutrients they need for a strong start to spring.



Choose Sunshine Coast-friendly plants

Native and drought-tolerant species thrive in local conditions, attract birds and pollinators, and generally require less maintenance.



Stay on top of weeds

It's much easier to remove weeds while they're still small than after they've taken over a garden bed.



Living life at full speed: *Why not?*

Most people don't celebrate their eighties by jumping out of an aeroplane. Jim and Julie did.

At 85, Jim had no hesitation climbing into a plane for his second tandem skydive. Beside him was Julie, 82, preparing to take the leap for the very first time.

"I thought it was absolutely marvellous," Julie says with a smile. "The whole experience was wonderful." Jim doesn't hesitate when asked if he'd do it again. *"It was great fun."*

It's an extraordinary way to spend a day, but for Jim and Julie, it was simply another opportunity to embrace something new.

Jim and Julie's willingness to stay curious has shaped both of their lives.





Saying yes to life

The skydive wasn't on a bucket list to start with, and there was no milestone to celebrate. The opportunity just came along, and they took it.

That willingness to stay curious has shaped both of their lives.

Long before they met at Sundale Coolum Waters Retirement Village, Jim and Julie had each built rich and independent lives.

Jim worked as an accountant before becoming a mediator with the New South Wales Government, while Julie spent many years as a hairdresser. Both raised families, pursued interests they enjoyed and never lost their curiosity.

It wasn't until they moved to Sundale Coolum Waters Retirement Village that their paths crossed. Friendly conversations while walking around the community gradually became coffee catch-ups, shared outings and an easy companionship.

Before long, they were planning adventures together – kayaking, a Murray River cruise, ukulele sessions, travel and, eventually, jumping from an aeroplane.

Spend a little time with them and it quickly becomes clear that skydiving isn't the most remarkable thing about either of them.

It's simply another example of the way they've always approached life.

Jim has a simple philosophy. *"Don't just say no,"* he says. *"Why not?"*

Julie smiles. *"I'm a doer."*



New chapters

Jim moved to Sundale Coolum Waters Retirement Village with his late wife, Florence. After nearly 60 years of marriage, they looked forward to enjoying retirement together in their home beside the creek.

When Florence passed away during the COVID pandemic, life changed in ways he never expected.

Meeting Julie didn't replace what he had lost. Instead, it brought friendship, companionship and the chance to build something new.

"Julie really lifted me up," Jim says.

Today they're rarely far from one another. Whether they're exploring the Sunshine Coast, paddling their kayaks, catching up over coffee or sharing a glass of wine with friends, they've found joy in simply making the most of each day.



Finding joy close to home

Not every adventure begins at 15,000 feet. For Jim and Julie, there's plenty to enjoy much closer to home.

Jim starts most mornings with a walk around the village, while Julie is happiest being creative. Painting has been a passion for many years, and one of her works depicts a storm sweeping across a rural landscape. Rather than painting a particular place, Julie imagined herself standing within the scene, watching the sky change as the wind rolled in and sent the clouds moving overhead.

Her creativity extends to the garden, although that's one interest Jim is happy to leave to Julie. Asked what he knows about gardening, he points to the lawn and jokes, *"I know that's grass."*

Painting, however, is something they share. Jim has several of his own works displayed around the house, although he's quick to say Julie is the better painter.

Music is another shared interest. Each week they join the Coolum Heart Strings ukulele group, where friendship and plenty of laughter are as much a part of the experience as playing.

"It's just fun," Julie says.

That outlook seems to guide much of what they do.

If there's one thing Jim and Julie have learnt, it's that life doesn't stop offering opportunities. You simply have to be willing to notice them.

Looking forward to the next adventure

If there's one thing Jim and Julie have learnt, it's that life doesn't stop offering opportunities. You simply have to be willing to notice them.

They're already talking about what's next.

Jim hopes to return to the United Kingdom to visit his sister and reconnect with family, and he's doing his best to convince Julie to come along. There are more places to explore, more music to play with the Coolum Heart Strings, more mornings on the water in their kayaks and, for Jim, another skydive in November.

Julie is happy to wait for him on the ground for this one, but they're in no hurry to slow down.

After all, life still has plenty to offer, and they're finding plenty of reasons to keep saying yes.



Walking alongside John

By Lisa Beckey





I was doing a routine walk around the care centre when John and I made eye contact as I was passing by. I stopped to say hello.

A whiteboard, a marker and about five minutes later, I had somehow committed to joining his team for the Walk to Defeat MND.

At the time, it felt like one of those small, ordinary interactions that make up a day in aged care.

I didn't know yet how much story was sitting behind that smile.

A few days later, I told our *Sundale Life* editor-in-chief that I thought we should do a story on John. She looked confused. She had just taken a call seeking approval for an ABC News crew to come to Sundale and interview John and his wife, Johanna.

Apparently, I wasn't the only one who thought John and Johanna's story was worth sharing.

I went along when the ABC visited and watched as the crew followed John on one of his regular parcel-delivery rounds through the village.

"Is John in the news again, is he?"
someone yelled from their front door.

"The place wouldn't be the same without him,"
another resident said.

I was beginning to understand why.

John and Johanna have been married for almost 66 years, despite Johanna's parents initially disapproving of their age gap.

Thankfully, Johanna disagreed.

They met at a butcher shop and raised two children in South Australia. In 1976, the family moved to Queensland so their children could attend high school without the long commute they otherwise faced.

John found work after the move, beginning another relationship that has lasted decades, with his former employer still visiting him every year.

Before John became unwell, he converted a bus and he and Johanna travelled around Australia together.

"The place wouldn't be the same without him," a resident said.

Years later, Johanna remembers noticing John slurring his words during a visit to her sister's farm. At first, she thought he'd been drinking too much.

Eventually came the diagnosis of motor neurone disease (MND), along with the news that John likely had between two and five years to live.

That was 29 years ago.



One of the hardest parts for Johanna is seeing people underestimate John because MND has affected his speech and movement. Spend any time with him, though, and John is unmistakably John – funny, cheeky, determined and interested in the people around him.

He's also rarely seen without a great pair of socks. When I commented on how much I loved them, Johanna mentioned that his sock choices don't always strictly follow doctor's orders.

I looked at John. *"Well, given his diagnosis and where he is today, who are we to tell him what's best?"* We all laughed.

John has now lived at Sundale for 17 years. When he moved into the care centre, he encouraged Johanna and her sister to keep travelling together – something Johanna remains incredibly grateful for.

Their circumstances had changed. Their partnership hadn't.

Then COVID came along.

Unable to visit John as she normally would, Johanna left the beachfront apartment she loved and moved into Sundale Coolum Water's retirement village so she could be near him.

She still misses the beach.

But when she talks about the decision, she doesn't describe it as a sacrifice.

"That's just what you do."

Their almost 66-year marriage can probably be found in those ordinary things.

The newspaper arrives at Johanna's home each morning. She reads it and then takes it over to John.

She still does his washing too. John offered a cheeky grin that seemed to say he knows a good thing when he has one.



**Spend any time with him,
and John is unmistakably
John – funny, cheeky,
determined and interested
in the people around him.**

John has found his own ways to contribute to the community around him.

When he first moved into the care centre, he delivered newspapers to other residents. At 90, he's still making deliveries – these days, it's mail and parcels around the village.

The parcels may be the official purpose of the trip, but John seems equally interested in the people and dogs he meets along the way. One dog knows the routine well enough to jump straight onto his lap.

John celebrated his 90th birthday in July, with many of the care centre team turning up in fancy dress for the occasion.

Among them was Tayla, Coolum Waters' chef featured in this edition.

Johanna remembers knitting a baby blanket for Tayla's daughter when Tayla was pregnant. Years later, that same daughter returned with her mum, dressed up to help celebrate John's 90th.

It's the kind of relationship that can only grow through years of sharing ordinary life together.

Johanna talks warmly about the way the team knows John – his preferences, the things he enjoys and what matters to him.

After 17 years, perhaps that care is about more than knowing what John needs. It's knowing John.

On 9 August, I made good on my commitment and joined John for the Walk to Defeat MND.

Groups of Sundale team members were there, along with a former Sundale chef, now retired, who had come back to walk alongside John.

I also met a man who had travelled from Brisbane. His wife lives with Alzheimer's, and one of her carers is heavily involved in the MND community. He had made the trip to support her and a cause that matters deeply to her.

Different people, with different stories, brought together because somewhere along the way, someone cared about someone else.

Looking around, I thought about the relationships John and Johanna have built over a lifetime.

Almost 66 years of marriage. A former employer who still visits decades later. Team members whose children have grown up knowing John. A retired chef who comes back to walk beside him. Funky socks arriving from family. A community that notices when he hasn't been around delivering their parcels.

Twenty-nine years ago, John was told he might have two to five years.

He has spent the years since surrounded by people.

For me, it all started with catching John's eye, a whiteboard and five minutes.

What Sunday reminded me is that the impact of care travels both ways. The people we care for become part of our stories too.



BEST of the Season

Plenty happening,
plenty to share

By Rochelle Coombs



There's been a lot happening across Sundale over the past few months, and looking back at the photos, it's wonderful to see just how many people have joined us along the way.

From a very special afternoon of Sconeversations at Yanalla Farms, to Christmas in July and our outdoor movie nights, we've had plenty of opportunities to spend time with residents, families, friends and people from across the Sunshine Coast community. What I love most is that every event is different, but they all give us another opportunity to open our doors, meet new people and enjoy time together.

And with spring and summer ahead of us, there is still plenty more to come.



Let's talk scones

Martin Duncan is known as the 'Scone King', which is quite a title to live up to. Fortunately, after Sconeversations at Yanalla Farms, I can confirm he remains worthy of the crown.

On Friday, 24 July, Martin joined Yanalla Farms' Karen Martin to host Sconeversations, an afternoon designed to bring interesting people from across our region together over freshly baked scones and meaningful conversation.

And of course, the scones and jam were a very important part of the afternoon. Martin's freshly baked scones were served with Joyous Jams, Tropical Pines pineapple jam and generous lashings of fresh cream, while cups were kept full with artisan tea and Montville Coffee.



What made Sconeversations really special was what happened around the tables.

Throughout the afternoon, a line-up of local guests moved between groups, sharing their stories, passions and experiences. It meant each new person brought a different conversation, a new perspective and often something completely unexpected to talk about.

The afternoon was also a wonderful showcase of the people, producers, suppliers and volunteers we have here on the Sunshine Coast. Top Nosh Meals, Montville Coffee, Maleny Dairies, Joyous Jams, Tropical Pines, Rumbalara Nursery, Red Fox Orchids, Glass House Mountains IGA, Montville Mist, Vintage Whimsy, Glass House Men's Shed and Caloundra CWA all played a part in bringing the afternoon together.



What made Sconeversations really special was what happened around the tables... guests moved between groups, sharing their stories, passions and experiences.



Christmas came early at Coolum

We might live on the Sunshine Coast, but that didn't stop us bringing a little winter Christmas magic to Sundale Coolum.

Our Christmas in July lunch welcomed 90 residents into the newly refurbished Coolum clubhouse for an afternoon of good food, good company and plenty of festive spirit. It was great to see the refreshed clubhouse full of people and being enjoyed exactly as it should be.

The clubhouse really came to life for Christmas in July, and there could hardly have been a better way to celebrate its refurbishment. Residents caught up with neighbours while enjoying all the fun of Christmas several months ahead of schedule. No snow. No winter coats. Just Christmas on the Sunshine Coast, and we wouldn't have it any other way.

The afternoon was also a chance to recognise some of the people who have been working behind the scenes at Coolum. A big thank you to Sharon, Andy and the whole team for all their hard work in bringing the clubhouse and celebration together.





Movies under the stars

Our Sundale Starry Night Outdoor Movie Screenings have also been a wonderful addition to the calendar, bringing residents, families and local community members together for a relaxed night under the stars.

Earlier this year, we screened *Paddington 2*, and it was fantastic to watch the lawn fill with picnic rugs, families and excited children as the sun began to set.

Residents brought children and grandchildren along, while local families joined us too, including some who were visiting Sundale for the first time.

Then in July we hosted another fabulous family movie *Bad Guys 2*.

There was popcorn, plenty of laughter and, as you would expect, some enthusiastic commentary from our younger moviegoers.

We're looking forward to doing it all again on **Friday, 2 October**. This is our last movie night for 2026 and will be held in the grounds between Hope Church and the Sundale Support Office, 96 Windsor Road, Burnside. Arrive from **4pm** for some springtime fun with farm animals, face painting and lawn games, before we screen *Babe* at **6.30pm**.

Keep an eye on Sundale's website and social media pages for the final movie and event details, then grab your picnic rug and come along.



Something new at Palmwoods and Coolum

There's also plenty to look forward to within our retirement living communities, with our refurbished clubhouses at Sundale Palmwoods and Sundale Coolum opening their doors.

Our clubhouses play an important part in village life. They're places to catch up with neighbours, join an activity, enjoy a morning tea or simply pop in and see who is around. We're excited to see residents enjoying these refreshed spaces and, most importantly, making them their own.

We'll be celebrating the openings with residents and sharing plenty of photos along the way.



There's plenty more to come...

This spring has already given team Sundale another reason to celebrate, with the Sunny Awards bringing our people together to recognise the wonderful contribution they make across Sundale.

Our people and volunteers are behind so many of the events and everyday moments featured throughout *Life Magazine*.

They welcome residents and families, organise activities, support events, prepare food, set up spaces and do countless things every day that help make our communities what they are.

The Sunny Awards are our chance to celebrate them, and I'm looking forward to sharing more from the day.

And there's still plenty more to come.

Before we know it, Christmas will be here again, but there is plenty to enjoy before then. We have clubhouse openings, another outdoor movie night, and more opportunities to get together across our Sundale communities.

And when the festive season does arrive, Sundale's Community Christmas Carols will bring everyone together on **Friday, 4 December** from **4pm to 8pm**.

If you see an event happening near you, come along and say hello. Bring your family, invite a friend or introduce yourself to someone you haven't met before. You never quite know where a conversation might lead.

And if Martin happens to be serving scones, I recommend getting in early.



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.



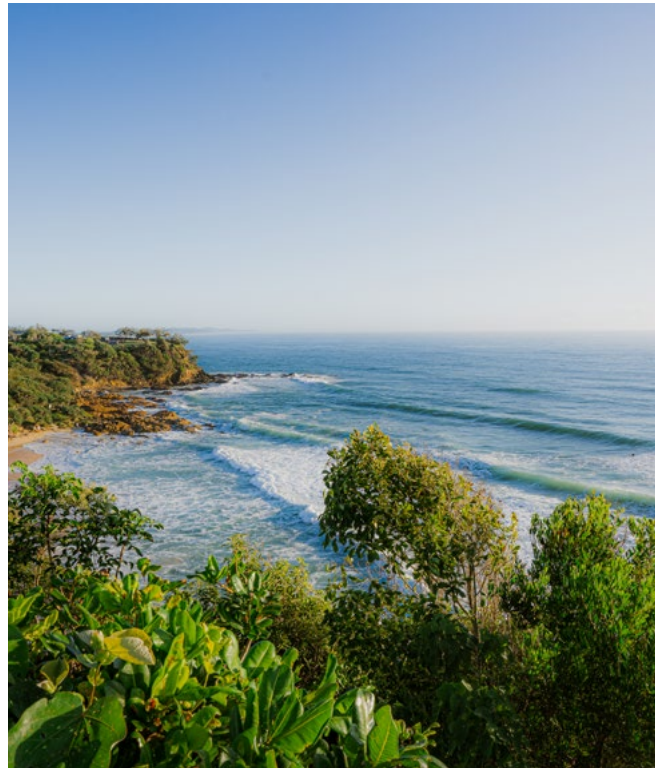
Seasonal events

Discover what's happening
across the Sunshine Coast

From bustling artisan markets and outdoor concerts to sporting spectacles and festive community celebrations, spring and summer are packed with reasons to explore the Sunshine Coast.

Whether you're planning a day trip, catching up with friends or looking for a new local experience, there's something on the calendar for every interest. As Christmas approaches, the Coast also comes alive with carols, community gatherings and New Year's celebrations that make the season even more memorable.

Most events welcome visitors of all ages, with many offering accessible facilities. Visit the official event websites for the latest information on tickets, programs and event details.



Eumundi Markets

Every Wednesday and Saturday 7am–2pm, Eumundi

A Sunshine Coast favourite, Eumundi Markets is the perfect place to browse handcrafted goods, fresh local produce and specialty food stalls while enjoying live music. Wheelchair accessible and welcoming to visitors of all ages, it's an easy way to spend a relaxed morning or afternoon.

eumundimarkets.com.au

Great Noosa Trail Walk

3–5 October 2026, Noosa Hinterland

Experience the beauty of the Noosa Hinterland on this guided walking event. Choose from a range of walk lengths while enjoying spectacular scenery, local hospitality and the opportunity to connect with fellow walkers.

greatnoosatrailwalk.com.au

Killer Queen Experience

16 October 2026, Noosa, Sunshine Coast

Relive the music of Queen as this acclaimed tribute show brings the band's biggest hits to life. Expect an evening filled with classic anthems, theatrical performances and plenty of opportunities to sing along.

thej.com.au/killer-queen-experience-2026

Mooloolaba Sunset Market

*First and third Saturday of each month,
5pm–8.30pm, Beach Terrace, Mooloolaba*

As the sun sets over Mooloolaba Beach, this popular twilight market comes alive with artisan stalls, street food and live entertainment. Enjoy an evening stroll, browse unique local products and take in the coastal atmosphere.

facebook.com/mooloolabasunsetmarket

*Whether you're watching
from the shoreline or
joining the festivities,
Noosa Festival of Surfing
is a true celebration of
surf culture.*



Noosa Festival of Surfing

26 February–7 March 2027, First Point, Noosa Heads

Australia's largest surfing festival returns with competitions, surf films, art exhibitions, live music and family-friendly events. Whether you're watching from the shoreline or joining the festivities, it's a true celebration of surf culture.

noosafestivalofsurfing.com



Christmas and New Year on the Sunshine Coast

Celebrate the festive season!

The Sunshine Coast brings communities together with festive events that celebrate the magic of Christmas and the excitement of welcoming a new year. From beachside carols and community celebrations to outdoor concerts, fireworks and one of Australia's most iconic festivals, there's no shortage of ways to make the most of the holiday season.





Some of the Coast's most popular festive events include:

Sundale Community Christmas Carols & Fireworks: On Friday 4 December, join us from 4pm for live entertainment, rides, food trucks and family-friendly fireworks at 7.45pm.

Peregian Beach Carols: A much-loved community tradition featuring live performances, Christmas favourites and plenty of festive spirit.

Kawana Carols by the Beach: Celebrate Christmas by the ocean with carols, food trucks, family activities and a visit from Santa.

Kings Beach Caloundra New Year's Eve Celebration & Fireworks: Live entertainment, food trucks and family-friendly fireworks by the beach at 9.30pm.

Buderim Community Christmas Carols: A relaxed evening of music, community connection and Christmas cheer.

Twin Waters Carols in the Park: Pack a picnic and enjoy festive performances in a beautiful lakeside setting.



Coolum HeARTs Community Christmas

Lunch: Bringing people together to share good food, friendship and the spirit of Christmas.

Coolum Flicks in the Park: Enjoy a family-friendly outdoor movie under the stars during the festive break.

Woodford Folk Festival: Australia's largest folk festival returns with six days of music, arts, workshops and cultural experiences between Christmas and New Year.

Coolum New Year's Eve Celebration & Fireworks: Live entertainment and family-friendly fireworks by the beach at 8.30pm.

Mooloolaba New Year's Eve Celebration & Fireworks: Watch the sky light up with spectacular fireworks (at 8.30pm and midnight) as the Sunshine Coast welcomes the new year.

For the latest event information, visit the official event websites or the Visit Sunshine Coast website www.visitsunshinecoast.com.

Keep an eye on the official event websites for confirmed dates, times and program details closer to Christmas.



Through the hoops

Why croquet is good for more than your game

By Tracey Gillinder



There is a moment in almost every game of croquet when careful strategy gives way to laughter.

A ball heads somewhere it was never intended to go. Advice comes from across the lawn. Someone lines up another shot, determined to make this one count.

On Monday afternoons at Sundale's Burnside Community, it is all part of the game.

The regular croquet group gathers each week for an afternoon that combines gentle movement, concentration, friendly competition and plenty of conversation. And while getting the ball through the hoops is the aim of the game, what happens along the way can be just as valuable.

Croquet gets players outside and moving, while calling for concentration, coordination and a bit of strategy. There is plenty of time for a chat along the way, too.

More active than it looks

From the sidelines, croquet can appear leisurely. On the lawn, players rarely stand in one place for long.

They walk between shots, position themselves carefully and use coordination and control to send the ball towards its target – and through a hoop only a fraction wider than the ball itself. Each shot requires a judgement about direction, distance and how much force to put behind the mallet.

The Burnside group usually plays in pairs, with four people to a game, working their way through the hoops in a set pattern.

All that movement happens without much thought. The focus is on the game, not how many steps you've taken around the lawn.



A game for the mind, too

There is also plenty to think about in croquet.

Players need to remember where they are in the sequence of hoops, consider their next shot and watch what's happening elsewhere in the game.

Experience certainly helps, and Muriel has plenty of it.

She's been a member of the local croquet club for 60 years. One fellow player affectionately calls her the group's *"chief tutor"*, and she is often there to point players in the right direction when they need a reminder about what comes next.

She is not the only one offering advice. Helping each other is part of the afternoon, with more experienced players happy to share what they know.



Connection between the shots

Croquet leaves plenty of time to talk.

There are natural pauses as players wait for their turn or walk between shots. Conversation doesn't interrupt the activity – it's part of it.

At Burnside, so is laughter. That social side of the game matters. A regular Monday afternoon on the lawn means a chance to catch up, see familiar faces and spend time doing something everyone enjoys.

And then there is the simple pleasure of having Monday croquet in the diary. Week after week, the group knows where they'll be and who they'll be sharing the afternoon with.

For the Burnside players, continuing to play, have fun and spend time together is simply part of their week. Plus it's an enjoyable way to stay active and connected.

A regular Monday afternoon on the lawn means a chance to catch up, see familiar faces and spend time doing something everyone enjoys.

When exercise doesn't feel like exercise

The beauty of croquet is that nobody needs to think of it as exercise. The walking, concentration and conversation all happen along the way, while everyone is focused on the game.

On this particular Monday, Sundale Chief Executive Officer Cameron Taylor joined the regulars for a game.

For the group, however, it was another Monday afternoon doing something they enjoy.

Maybe that's why the game has such lasting appeal.

Staying active and connected doesn't always have to mean structured exercise or a packed calendar. Sometimes it can be as simple as finding something you enjoy enough to keep coming back to.

At Burnside, that means picking up a mallet and heading out onto the lawn each Monday for another game.



Coastal Foodie Favourites

A food trail to enjoy...



1. Coolum Beach Bar

1768 David Low Way, Coolum Beach QLD 4573

Beachfront dining with spectacular 180-degree Pacific Ocean views, a wood-fired grill, cocktails and an impressive 22 beers on tap. It's an easy choice for a relaxed coastal meal, sunset drinks or catching the game.

Lunch • Dinner • Drinks • Ocean Views



2. Fairhill Adventure Gardens

114 Fairhill Road, Ninderry QLD 4561

A lush garden destination combining seasonal café fare and Eumundi-roasted coffee with a natives-first nursery and family-friendly garden adventures. Come for breakfast or lunch, wander the gardens and don't be surprised if you leave with a plant or three.

Breakfast • Lunch • Coffee • Gardens



3. Meadow Bake Shop

16 Farrell Street, Yandina QLD 4561

Lovingly made sourdough, pastries, cakes and treats sit alongside savoury dishes and brunch favourites. Add locally roasted coffee and a beautiful outdoor space, and Meadow is an easy place to settle in and enjoy the morning.

Coffee • Brunch • Pastries

Make a day of it!

Take the scenic route, explore local shops and beaches, and enjoy some of the Coast's best eats and drinks.

Step beyond the beach to discover the cafés and restaurants locals return to time and again. From artisan bakeries and garden cafés to Italian dining, waterfront drinks and small-batch gelato, the Sunshine Coast food scene is every bit as inviting as the coastline itself.

1



4. River Bar & Dining

*Kawana Waters Marina,
16 Orana Street, Buddina QLD 4575*

Waterfront tapas, drinks and relaxed dining overlooking the marina, from the family behind Cotton Tree's much-loved The Boat Shed. It's made for long lunches, sunset cocktails, shared plates with friends or dinner by the boats.

Tapas • Lunch • Dinner • Sunset Drinks

4



5. Bocca Italian

*Cnr Bokarina Boulevard and Longboard Parade,
Bokarina QLD 4575*

Mediterranean charm meets the relaxed Sunshine Coast at this stylish Italian favourite. Expect share-style Italian dishes, wood-fired pizza, pasta and an impressive selection of Italian varietal wines and cocktails.

Italian • Dinner • Wine • Cocktails

5



6. Fifty Acres Gelato

*Grand Pacific Resort, Shop 3/38 Esplanade, Bulcock
Beach, Caloundra QLD 4551*

MasterChef Australia winner Kate Bracks creates small-batch gelato and sorbets using fresh, seasonal produce wherever possible. Flavours change with the seasons (and sometimes during the day!) making every visit a chance to try something new.

Gelato • Sweet Treats • Beach Stop

6



Word search

Ancient Rome

Aqueduct	Claudius	Patricians
Augustus	Cleopatra	Plebeians
Aventine	Colosseum	Pliny
Basilica	Concrete	Praetor
Baths	Crassus	Procurator
Britain	Esquiline	Remus
Caligula	Gaul	Rhetoric
Capitoline	Gladiator	Romulus
Carthage	Nero	Seneca
Censor	Olive Oil	Vespasian
Centurion	Pantheon	Wine

R A L A L U G I L A C O E C N
 O E E G A H T R A C L S I E L
 S N O E H T N A P I Q R R R S
 N I A T I R B R V U O O O O N
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Sudoku

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Puzzles by Seniors Online Victoria.

Discover more at: seniorsonline.vic.gov.au/services-information/games



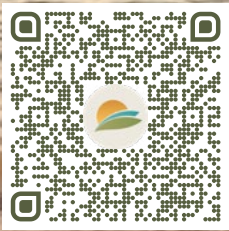
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