

seasons *living*

Autumn 2026



THANK YOU TO ALL
THE WOMEN WHO
MAKE SEASONS A
GREAT PLACE TO
LIVE AND WORK

International Women's Day -
March 8

WHY THIS
MATCHING
COUPLE ARE
PERFECT FIT

REASONS
WE LOVE
SEASONS
STAFF

FIVE STRONG
GENERATIONS
CELEBRATE
IWD

SALES GURU
HITS MAJOR
CAREER
MILESTONE

RETIREMENT LIVING



HOME CARE



RESIDENTIAL AGED CARE

Welcome

After a wonderful end to the year and plenty to celebrate, 2026 has kicked off with a bang at Seasons.

It was a pleasure to welcome members of the wonderful Logan community to Seasons Waterford West, to showcase the lifestyle on offer at Seasons.

Dozens of prominent community figures and local businesses hosted stalls, offering handmade goods and valuable services to residents and visitors. Our very own residents even hosted stalls, with Robyn promoting the importance of social connection through the Chatty Cafe and Judith selling her delicious handmade cakes and jams. Guests also enjoyed guided tours of our community, gaining insight into what a day in the life looks like at Seasons.

In the Autumn 2026 edition of the newsletter, I am delighted to see the incredible residents and staff, who make Seasons so special, celebrated.

From our wonderful Sinnamon Park Sales Consultant Christine, who recently celebrated her five year work anniversary, to the heartfelt messages of appreciation to staff, shared by residents on Employee Appreciation Day.

Residents will also be introduced to Preet, who is a valued member of our dedicated Nursing Team and hear from resident Margaret on the importance of celebrating International Women's Day.

I hope you enjoy reading this edition as much as I did.

Take care,

Claire McCallum
Sales & Marketing
Manager



In brief: Logan community comes together at Waterford West

Residents welcomed members of the Logan community to their home for an exclusive open day event at our Waterford West community.

Offering a glimpse of what life at Seasons could look like, optional apartment and community tours were conducted. The event featured market stalls, representing local businesses and services, as well as live entertainment.

Artisan stalls ranged from the Logan Village Women's Shed, The Butter Factory Arts and Craft Inc, Council on the Ageing, Joyly Aged Care Consultants and Cross Country Tours, among many others.



Logan Mayor Jon Raven, Mayoress Ali Raven, Logan City Councillor Paul Jackson and Forde MP Rowan Holzberger also attended.

Guests enjoyed complimentary coffee, ice-cream and lunch, while several raffle prizes were drawn and distributed throughout the day.



‘Thank you’: Celebrating the stars who make Seasons shine

Every day, the Seasons Living team make a meaningful difference in their roles.

Whether it is our receptionists providing a warm welcome, our kitchen staff plating up wholesome meals or our care team ensuring the needs of our residents are exceeded, their dedication and efforts never go unnoticed.

Employee Appreciation Day is on March 6 and creates a special opportunity to recognise and thank staff for their outstanding contributions in the workplace.

To mark this annual occasion, our residents have shared heartfelt messages of gratitude for some of the wonderful humans employed by Seasons.



If you would like to share positive feedback about Seasons and our team, we invite you to leave a review on our Google pages or email us at info@seasonsliving.com.au

Vicki:

“What I appreciate about Alana is her kindness, her thoughtfulness and her attention to every resident that is here at Seasons. Every time we drive in to Seasons, both my husband and I have a deep sigh knowing that life is now much easier and more simple, but we are also both happier than we have ever been living here.”



Carla:

“There are many staff members at Seasons that need mentioning, however I am so grateful for my Personal Care Worker Lori, who does everything with so much care and happiness that you can't help but start the day with a positive attitude. Nothing is ever a bother or too much of an ask for Lori – she is always happy and smiling. The level of care, kindness and familiarity Lori gives me is so significant to my life. She treats me with the same level of care that a daughter would for their mum.”



Deb:

“We have made some lovely friends here at Seasons. Staff are so helpful and really look after us like we are family. All the staff here at Mango Hill are so wonderful, especially our Lifestyle Coordinator Anna. Her laughter is infectious and we all feel so much happier after she talks to us and gives us her gorgeous smile.”



Carol:

“All the staff at Seasons Waterford West are great, very obliging and friendly. One in particular is our Bus Driver Ash. Ash is always such a lovely, happy, friendly girl. She always shows empathy to residents and she really gives her all for everyone at our community. Whenever I sit at the front of the bus we always have such lovely chats. Our Lifestyle Coordinator Jodee is also a real happy, friendly and caring lady. She is always looking for new places and events that will create an interest among the residents.”



Anne:

“I appreciate Stacey because she's very prompt, answers anything you ask her and she's so dedicated to assisting us with our care needs. In some very challenging times, Stacey has gone over and above for us and excelled in her role.”

Stuart:

“As far as we're concerned, Stacey has become a huge asset to us. She is always available when you need her and she has made our lives so much easier. Her contribution has been lifechanging and she has been a real blessing to us. Stacey is thoughtful, caring and her personal approach to her role is so very appreciated on every level.”



Catherine:

“Since being fortunate enough to meet these three kind people (Phil, Helen and Debbie) with beautiful souls, I feel very privileged.”



Make a meaningful impact at work every day with Seasons. See the current career opportunities we have available at seasonsliving.com.au/careers

Meet our Nurses

When residents choose to call Seasons home, they are not only investing in a modern apartment and vibrant lifestyle, but also quality care services.

Our incredible Care Team is knowledgeable, empathetic and reliable, supporting residents to live comfortably and confidently throughout their retirement.

We sat down with one of our dedicated Nurses Pawanpreet Kaur to learn what inspired her nursing career and what person-centred care means to her.

Q: Why do you enjoy working at Seasons?

A: I have been working at Seasons for more than three years and what I really enjoy is the strong sense of teamwork and the support we receive from management. It is a very positive environment. I also love being part of a team that truly cares about the residents and works together to make a difference in their daily lives. It is very rewarding to work with such a wonderful team, while caring for our residents.

Q: What does a typical work day look like for you?

A: My role as a Registered Nurse is to look after the health and wellbeing of our residents. I work closely with a multidisciplinary team, including doctors, nurses and physiotherapists, to ensure our residents receive the best care.

A typical day starts with handover from the previous shift, followed by reviewing care plans and prioritising resident needs. I administer medications, attend to wounds, and monitor for any changes in condition. I also support and guide the care staff whenever they need assistance, making sure care is delivered safely. Every day is different, but my focus is always on providing person-centered care and creating a supportive environment for residents.

Q: What made you want to become a nurse?

A: I have always wanted to help people, so nursing was the right career choice. I chose aged care because I really enjoy looking after older people, building relationships with them and supporting them to have the best quality of life possible. I thought about other healthcare roles, but nursing felt like the best fit for me.

Q: What do you love most about your job?

A: What I love most about my job is helping residents and making a difference in their lives. I enjoy building therapeutic relationships with them and knowing that the care I provide helps them feel safe, supported and valued.

I truly appreciate the teamwork and positive environment at Seasons and I look forward to continuing to make a difference in the lives of our residents.



Q: What does person-centered care mean to you?

A: Person-centered care means treating each resident as an individual and respecting their choices and dignity. At Seasons, I take time to get to know each resident and understand their individual needs. I tailor care plans to suit them and build trust by showing empathy, listening and treating them with kindness and respect.

Q: How do you help empower residents to maintain their independence?

A: By encouraging them to do as much as they can for themselves, while providing support when needed. I also respect their choices, involve them in decision-making about their care, and provide guidance or tools that help them stay as independent and confident as possible.

Q: Would you choose Seasons Care as a provider for your loved ones?

A: I would choose Seasons for my loved ones because of the strong focus on person-centred care. It is a place where I would know my family member would be safe, comfortable, and well looked after.

Q: Can you share one of the most heartwarming or rewarding moments you have had in your career?

A: One of the most rewarding moments for me at Seasons was when a resident who had always struggled with anxiety started to open up after I spent extra time with her. Over time we built trust and one day she smiled and thanked me for the care I gave her... that was very meaningful for me.

Q: When you are not at work, where would we find you?

A: When I am not at work, I am usually with my two kids, who keep me busy. I love cooking for them, playing together and reading bedtime stories to them. They are my world and teaching them to be kind and caring is something I am passionate about.



For more information about
Seasons Care, visit
seasonsliving.com.au/home-care



'Dream job': Meet the Consultant putting the heart in sales

When Christine Middleton welcomes prospective new residents to the Seasons Sinnamon Park community, she is not simply selling an apartment - she's changing the lives of seniors.

The Sales Consultant, who recently celebrated her five-year work anniversary at Seasons, has witnessed firsthand how residents are able to flourish in their retirement after moving into the community.

Prior to joining the Seasons Team in 2015, Christine worked in aged care and real estate, held the role of a Psychiatric Coordinator at James Nash House, and built a property management portfolio.

Passionate, caring and genuine, Christine has excelled at Sinnamon Park and Waterford West, where she commenced her career with Seasons Living.

On behalf of the entire team at Seasons, we would like to congratulate Christine on her incredible milestone and thank her for her continued hard work and dedication.

Q: What do you love most about your job?

A: When I first meet new residents, sometimes they can be apprehensive and feel a little uneasy about leaving their homes and changing their routines. It's incredibly rewarding to see them settling in at Seasons, smiling and chatting with new friends. So many residents have told me that moving to Seasons has been the best decision they have ever made, so being part of that journey and seeing them thrive is always very special. This truly is my dream job as it combines my aged care and sales experience.

Q: What do you believe the 'Seasons difference' is?

A: Seasons has many great selling points, but the strong community atmosphere and level of security always stand out. It's such a relief for our residents and their families to know they will be well cared for as they continue to age.

Q: What are you most looking forward to in the next 18 months?

A: I'm so excited for the second stage of Sinnamon Park to be completed. I can't wait to call all the eager people on my waitlist to tell them I have a brand new home ready for them.

Q: What has been your biggest achievement over the last five years at Seasons?

A: My proudest moment was selling the last available unit at Sinnamon Park and reaching full capacity.

Q: What is something about you that may surprise residents and your colleagues?

A: I'm a firm believer that age is just a number and should never stop you from living life to the fullest, so on my 50th birthday I faced my biggest fear and jumped out of a plane!

Q: What is the best piece of advice you have received?

A: Always be who you are.

Q: When you are not working at Seasons, what are you doing?

A: Relaxing with a glass of wine or practicing my skills on the golf course!



TIME FLIES: Seasons Sinnamon Park Sales Consultant Chris Middleton at various community events and expos, celebrated her five year work anniversary.
Pictures: Contributed



See the current career opportunities available at Seasons at seasonsliving.com.au/careers

Give to gain: A legacy passed down through generations

Celebrating women has been a constant in the life of Seasons Living resident Margaret.

As former Treasurer for the Zonta Orange branch, Margaret has long championed the strength and achievements of other women, but her proudest moment remains witnessing the younger members of her family grow into incredible humans.

Margaret is at the heart of five living generations of women – her mother, herself, her daughter, her granddaughter and her great granddaughter.

“Not many people are lucky enough to have five generations of women together at one time,” she said.

“It really does take a village to raise a child and we’ve been that village for each other.”

Margaret recalls many fond memories of her own grandmother and great-grandmother and is proud to have passed down their teachings to the younger members of her family.

“It’s incredibly special to get to share our family customs and see those beliefs and values still shining through,” she said.



“My mother always taught me to use my manners, so when I see my children and their children showing kindness, respect and a strong work ethic, it fills me with pride.

“I would rather have nothing but be happy and healthy because that’s what really matters and I know the kids feel the same.”

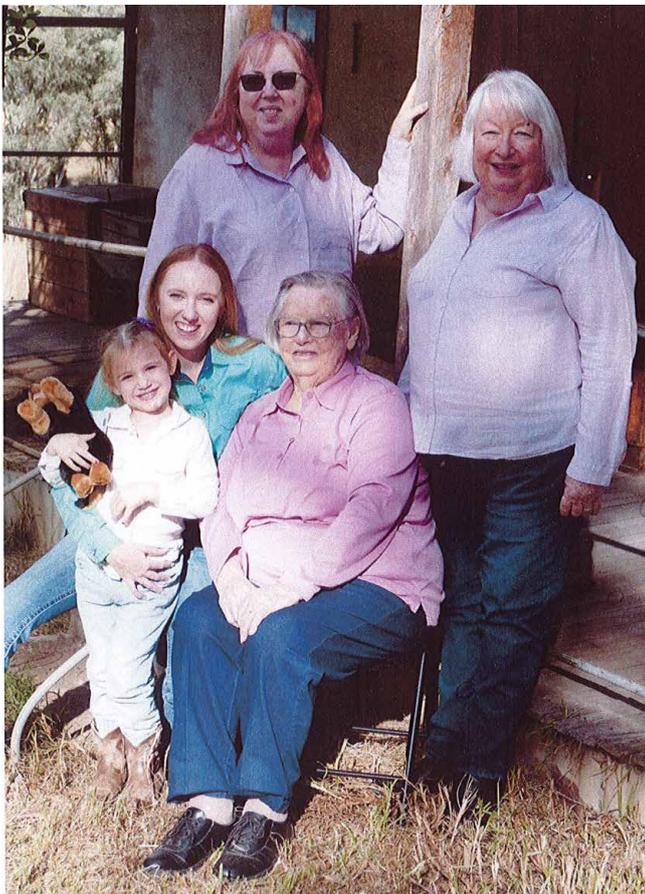
“I would rather have nothing but be happy and healthy because that’s what really matters and I know the kids feel the same.”

The inspiring and resilient Margaret, who has survived cancer three times, said life has not been without hardship, with no event proving to be more heartbreaking than losing her father.

“Those difficult times taught me to appreciate every single day, to persevere when things do get tough and to say yes to life,” she said.

“As long as I can one day look back and know I was a woman who made a difference - just like the women before me did and just like the women after me will - then I’ll be happy.”

International Women’s Day is on March 8. The 2026 theme ‘Give to Gain’ celebrates generosity, collaboration and support.



Dress together, stay together: Why Seasons couple are perfect match

While love letters may be considered an outdated way to express affection, one Seasons couple has proven the art of writing still works.

It would take two years before Allan and Teresa met in person, but by then the pair already knew plenty about each other, after developing a sweet kinship as pen pals.

With Allan based in Queensland and Teresa a committed Sydneysider, neither imagined their connection would ever extend beyond letters, with Teresa even writing under an alias.

But when Teresa travelled to Brisbane to visit her daughter, she decided it was now or never. Allan was living at Seasons at the time and the pair agreed to meet for lunch at a yacht club.

Teresa admits she nearly backed out, but her daughter encouraged her to give Allan a chance.

"It's funny... I remember thinking, 'I can't let him pay,' but I also didn't want to offer to pay and offend him," she said.

"Instead, I chose the cheapest item on the menu - a small salad... I figured he couldn't complain about paying for that."

While Allan was instantly enamoured, Teresa was hesitant to pursue a romantic relationship later in life. Both had previously been married and tragically lost their partners.

"After my husband passed away, I told myself I wasn't going to have another relationship," Teresa said.

"I didn't want to love again because loving someone can be very hard... you lose them in one way or another and that's devastating.

"But when I met Allan, our feelings grew into love, and I realised I would rather spend time with someone special than be alone."

While the couple say they will always remember their former spouses, forming a connection with someone who understands losing a significant other, has been deeply comforting.

Their partnership is also a reminder that age is no barrier to meaningful, lasting love.

"After losing my wife, I really struggled to feel enthusiastic about life," Allan said.

"But then I met Teresa... now we've been together for five years and we are so happy... our entire life together has been here at Seasons.

"Our relationship isn't perfect... we have our ups and downs like anyone, but we get through everything together."

Well known at Seasons and in the local community, the couple have become famous for their unique fashion statement - matching outfits.

From Hawaiian shirts to terracotta jumpers, their wardrobe boasts countless coordinated sets.

"Sometimes we get funny looks, but people usually just love it," Teresa said.

"My daughter thinks it's hilarious, but she says she would absolutely never wear matching shirts with her partner.

"We were riding our tandem scooter the other day in matching shirts and visors and I heard a lady say, 'Aww, look at them - they're so cute!'"

Describing each other as honest, caring and respectful, Allan and Teresa enjoy gardening, travelling, hitting their daily 3000-step goal, and watching *The Chase* together.



Life at Seasons

MANGO HILL



HOLIDAY SPARKLE: Christmas pudding and roast chicken were not the only highlights featured on the table this festive season. Our residents also wowed their guests with the stunning centerpieces they made during a fun craft session. The pieces were made using baubles, tinsel and bells.

SWEET ESCAPE: Sugar, spice and everything nice were the core ingredients of an adventure to the Gingerbread Factory in Yandina. After riding the gingerbread train and browsing the gift shop, the group treated themselves to a roast lunch and pavlova for dessert.

ZEN TIME: Residents enjoyed a deeply relaxing meditation session which left them feeling both calm and centred. The hour-long class delivered by My Yoga My Way, also featured the soothing sounds of chimes, drums, sound bowls and rain sticks.

PUZZLE PRO: After two months of patience, dedication and countless cups of tea, resident Colin proudly placed the final piece of his 1500-piece jigsaw puzzle. Residents and staff gathered to cheer Colin on in the final moments to mark the momentous occasion.

MANGO HILL CARE SUITES



GOLF GOALS: Teeing off in the inaugural Care Suites Golf Tournament, residents had a ball playing miniature golf, particularly Helen who is a lifelong enthusiast of the sport. Residents have worked hard in the activity room to create the obstacles used in the course.

GIDDY UP: Dressed to impress for the Melbourne Cup, residents donned handmade fascinators and bowties, before sitting down to enjoy a delicious lunch in the dining room and watching the race that stops the nation.

MONSTER MUNCH: Halloween was full of treats and no tricks at the Care Suites, with residents baking and snacking on chocolate spiders. Lifestyle Coordinator Steph brought in a heritage pumpkin for the group to explore its unusual, bumpy texture.

ROCK STARS: Crafty residents created rock cacti centerpieces to display in the Care Suites Activity Room. Painting the rocks green to look like cacti, residents then decorated them with glitter, pom-poms and paper flowers, before presenting them in terracotta pots.

SINNAMON PARK



BAYSIDE BLISS: Fish and chips with seaside views were on the agenda for residents when they ventured out to Brisbane's Bayside for the day. After enjoying lunch in Manly, residents went for a stroll along the waterfront to soak up the fresh air and sunshine.

SUGAR RUSH: Things were heating up when residents took part in a dessert-making class and mastered the art of caramelising sugar on crême brûlée, using a blow torch. The sweetest part was when residents tasted their delicious creations.

HELLO 2026: Ringing in the New Year in style, residents enjoyed their final day of 2025 with karaoke, dancing, lunch and great company. A bus full of residents from the Waterford West community even visited Sinnamon Park to join in the festivities.

SUNNY SIPS: To beat the heat, residents refreshed themselves at a 1950's-inspired retro juice stand, with a selection of freshly squeezed fruit drinks. An antipasto platter was also served, creating the perfect snack and opportunity for residents to relax, chat and enjoy each other's company.

WATERFORD WEST



PINK POWER: Shades of pink filled Waterford West for a very worthy cause – a Breast Cancer Awareness Morning Tea. The community dug deep, raising an incredible \$556.15 for the foundation, with proceeds helping to fund lifesaving research.

GAME ON: Footy fans celebrated the end of an epic season during a trip to the iconic Brisbane Leagues Club in Red Hill. Residents captured special memories, by taking photos with the winning trophy and picking up some Broncos merchandise.

RUNWAY READY: Robyn, Jan and Carol stunned the crowd as they modelled an array of stunning outfits during a fashion parade. Front-row audience members enjoyed seeing the fits up close and feeling the different fabrics, before picking up a few new additions for their own wardrobes.

PROST: Seasons Waterford West brought a taste of Munich to life, as the community transformed into a festive beer tent for Oktoberfest. Residents dressed in traditional Lederhosen and Dirndls, while enjoying a barbecue lunch, beverages and music.

Our Communities

SALES COMMUNITIES

MANGO HILL

28 Akuna Way,
Mango Hill, QLD

Sales Enquiries:

📞 Julie on
0411 654 026



SINNAMON PARK

147 Oldfield Rd
Sinnamon Park, QLD

Sales Enquiries:

📞 Chris on
0472 878 783



WATERFORD WEST

881 Kingston Rd
Waterford West, QLD

Sales Enquiries:

📞 Lori on
0439 389 849



RENTAL COMMUNITIES

BRIBIE ISLAND

44/46 Melrose Ave,
Bellarra, QLD



CALOUNDRA

30 Baldwin Street,
Golden Beach, QLD



EASTERN HEIGHTS

44 Grange Road,
Eastern Heights, QLD



KALLANGUR

1321 Anzac Ave,
Kallangur, QLD



REDBANK PLAINS

15 Argyle Street,
Redbank Plains, QLD



RENTAL ENQUIRIES

For any rental enquiries please
contact us on:

✉ rentals@seasonsliving.com.au

Visit our website:

🌟 seasonsflexi.com.au



Home Care is available at Mango Hill, Sinnamon Park, Waterford West, Bribie Island, Caloundra and Kallangur.

Anatomy of a Seasons apartment



*Apartment layouts apply to Seasons Mango Hill, Sinnamon Park and Waterford West communities only.



Experience the Seasons difference for yourself through our Try Before You Buy offer. Find out more at seasonsliving.com.au/try-before-you-buy



We Welcome Feedback

At Seasons, we recognise that feedback provides a valuable opportunity to improve. We welcome all forms of feedback. If you would like further information regarding our complaints management approach, please speak with the Community Manager or email info@seasonsliving.com.au

Statement of Rights



I have a right to:

1. Independence, autonomy, empowerment and freedom of choice
2. Equitable access
3. Quality and safe funded aged care services
4. Respect for privacy and information
5. Person-centred communication and the ability to raise issues without reprisal
6. Advocates, significant persons and social connections.

The Australian Government has created the Statement of Rights to coincide with the new Aged Care Act.

The Statement of Rights is designed to explain the rights of seniors when accessing aged care services and has replaced the current Charter of Aged Care Rights from 1 November 2025.

Note: <https://www.agedcarequality.gov.au/workers/reform-changes-workers/statement-rights>

Support Services:

	Older Persons Advocacy Network	 1800 700 600	 opan.org.au
	My Aged Care	 1800 200 422	 servicesaustralia.gov.au
	The Aged Care Quality and Safety Commission	 1800 951 822	 agedcarequality.gov.au
	National Disability Insurance Scheme (NDIS)	 1800 035 544	 ndiscommission.gov.au
	Association of Residents of Queensland Retirement Villages (ARQRV)	 1800 951 822	 arqrv.org.au

ARQRV is a government-recognised agency for retirement village residents and can help provide support and advice to residents for a membership fee. Please contact ARQRV for further details.