

Beachmere Sands.

FEBRUARY - MARCH 2022

Bowled over!

THE PALM LAKE RESORT BEACHMERE SANDS BOWLS CLUB CELEBRATED THE YEAR THAT WAS THE BEST WAY THEY KNOW HOW – WITH SOME FRIENDLY COMPETITION, GREAT COMPANY AND FESTIVE COSTUMES. READ ALL ABOUT IT ON PAGE 6.





Welcome.



It was a bumpy end to 2021 and even bumpier start to 2022 with the ever-present threat of COVID still around us. My hope is that we can get back to a sense of normality, albeit with safety always at the forefront of our minds.

Christmas has come and gone for another year, and despite all the uncertainty we were able to enjoy a fantastic Christmas celebration kindly sponsored by the Residents' Committee. Kylie and I gratefully accepted an invitation to attend the lunch event and had a wonderful time laughing and enjoying the atmosphere and the company of the residents who attended. What better way to celebrate with friends in the resort before enjoying time with family and friends? I hope you all had wonderful Christmas and New Year celebrations.

January is a time to reflect on the past year but also a time to look forward and that's what I have done. I have learnt a lot since starting here in June last year, not only about the company but more importantly about the resort and the residents who live here. What I have learnt so far will help me navigate the next 12 months to ensure I provide the best possible management of the resort.

I don't have much of an update with regard to any projects we have on the go, but I am very pleased with the appearance and aesthetics of the resort. With all the rain we have had it has been difficult for the gardeners to keep on top of things, but they have done a wonderful job and the resort looks great.

I have already mentioned that it has been an interesting start to 2022, but I know you will all see the positives and work through any challenges that come our way. As manager my focus will always be the safety and security of the residents who live here.

As always, stay safe and I look forward to seeing you around the resort.

**Laurence and the Sands Team,
Palm Lake Resort Beachmere Sands**

Pictured above: Check out the awesome table that some clever residents constructed in our resort workshop. It was built for the Library, as a place to complete jigsaws, but we think it's way too impressive to be covered up by puzzle pieces! Well done, to all involved. It's a credit to you. *Photo by Brad Kinross.*

CONTACT US

Looking for more information about Palm Lake Resort Beachmere Sands? Here are four ways you can reach us:

Online: Visit us at palmakeresort.com.au

Social media: Follow Palm Lake Resort on Facebook and Instagram.

Street address: 218 Bishop Road, Beachmere QLD 4510

Freecall: 1800 338 382

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News briefs.

WHAT'S ON

February 12 to 13: Get set, go! The Bribie Triathlon is one of the island's biggest sporting events, and is set to take place on Sylvan Beach Esplanade in February. With different events for different fitness levels and abilities, it's sure to be a great day out for all.

February 18 to 20: The Moreton Bay Caravan, Camping, Boating and 4x4 Expo will hit the Redcliffe Showgrounds in February. A must attend for adventure lovers, the expo is one of the largest of its kind in the state and will showcase over 180 brands and great entertainment.

April 2: Find out what all the fuss is about with Pinot & Picasso's pop up Paint & Sip session at the Sandstone Point Hotel! Enjoy a fun paint session guided by an artist while you sip on a refreshing beverage, then take your masterpiece home to display proudly.



AUSSIE, AUSSIE, AUSSIE!

Australia Day celebrations are always a fun time, and this year was no exception. Activities commenced at 4.30pm in the Sands Clubhouse and it was fun all around. A sausage sizzle, traditional lamingtons and controversial (at least for our passionate Kiwi, Laurence) pavlova were enjoyed by all – there's no better feast to help celebrate our national day. As always, fancy dress was most welcome; it is great to see residents immersing themselves in the theme of the day. The annual 'Thong Throwing Competition' was on the program along with the 'Egg and Spoon Race for Oldies'. A big congratulations to the winners! The popular 'Bushland Boogie Bush Band,' also known as 'The Baby Boomer Band,' provided great entertainment, as did the resident Palm Lake Resort Beachmere Sands Ukulele Group. It's safe to say that Australia Day 2022 was a fantastic way to start off the year and has set the standard for upcoming events.

GET SOCIAL

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: [@palmakeresort](https://www.facebook.com/palmakeresort)
Instagram: [@palm_lake_resort](https://www.instagram.com/palm_lake_resort)

HOT OFF THE PRESS

Our summer 2021-22 edition of "Your Time" magazine is out now, circulating the country. In it, we've covered all the latest news from around the various Palm Lake Resort addresses, with other great summer-infused lifestyle reads too. If you didn't receive a hard copy in your letterbox, you can always read it online at

palmakeresort.com.au



Our Coarb of the Year is in a field of his own
Palm Lake Resort Beachmere Sands has been named the most popular resort in the east coast of Australia for the 2021-22 season.

Bigger, even better Barga
Our most extensive building project, our newest Barga development, is well underway.

2021 WINNER



Dive on in.

NO MATTER WHICH PALM LAKE RESORT LOCATION YOU CALL HOME, OUR POOLS ARE ALWAYS HUBS FOR EXERCISE, RELAXATION AND ENTERTAINMENT. SO VERSATILE ARE THE RESORT POOLS, HERE ARE NO LESS THAN 10 WAYS YOU CAN ENJOY THEM, BE THAT ALONE OR WITH VISITING FRIENDS AND FAMILY...

Group fitness

There is no shortage of group fitness on offer for the residents of Palm Lake Resort, particularly in the pool. Aqua aerobics is one firm favourite among residents and for good reason. It is ideal for those who have issues with weight-bearing exercises and helps you increase muscle strength without straining. Palm Lake Resort personal trainer Di Clapp says, "Aqua aerobics – along with many other styles of water-based fitness – removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler." Keen to try? Don't miss our aqua aerobics class on **Tuesdays at 7am**.

Soak up the sun

You don't even need to enter the water to enjoy your resort pool – sometimes, just lounging on one of the recliners can prove beneficial. That's because vitamin D (which you gain from spending time in the sun) plays a significant role in regulating your calcium and blood phosphorus levels to help maintain healthy bones.

It is also said to support cardiovascular health, lung function and brain health, and is believed to protect against diseases like the flu and manage diabetes.

Swim laps

You may not have swum laps since the swimming carnival days of your childhood, but there are a few compelling reasons you may want to start. For one, it offers great cardiovascular exercise without putting stress on your body, particularly your joints. Swimming helps you maintain a healthy weight, heart and lungs, increasing your strength and muscle mass all without injury. You can start slow, but you'll be amazed at how quickly you can increase your swimming distance with consistent practice.

Enjoy the fresh air

Rather than catching up with friends in the Beach House or showing your grandchildren around the Sports Club, take your party to the outdoor pool to gain the many benefits of fresh air. Spending time in fresh air quite literally makes you happier, stimulating your body's production of serotonin through oxygen inhalation. Experts also say it cleans out your lungs, improves blood pressure, digestive system and heart rate, strengthens your immune system and gives you more energy.

Relax and relieve stress

You don't need to go on holiday to relax – our class-leading amenities, in particular our on-site pools and beautiful

surrounds help us put the 'resort' in Palm Lake Resort. Head to our sun-soaked outdoor pool to relax by the water and you'll be doing your mind and body a world of good. Studies suggest that just being near water has a psychologically restorative effect, leading to a better mood and less stress – this, in turn, has positive implications for your immune system, heart health and sleep.

Entertain the grandkids

Palm Lake Resort is designed for over-50s, but with green spaces, a library and a craft room on site, visiting grandchildren love our resort just as much. The swimming pool in particular is a magnet for little visitors. Next time you're hosting younger generations, why not play a fun pool game with them? There are classics like Marco Polo as well as Sharks & Minnows but why not have fun making up your own games, too? Maybe even stock up on some diving toys (pictured right).

Catch up with neighbours

At any given Palm Lake Resort location, the pool is a hub for not only exercise but social activity too. Organise to swim laps with a friend or participate in one of the group fitness activities to meet new people. Socialisation is said to improve mental and emotional health, boost confidence, reduce blood pressure and even stave off Alzheimer's.

Entertain friends

Palm Lake Resort residents are a social bunch, often entertaining visiting friends and family from outside our resort. While those visitors will love our communal spaces and architecturally-designed homes, they will also love paying a visit to our resort pool for a soak and a chat. Much like having your own backyard pool, our resort pools provide an additional spot to entertain and socialise – without any of the upkeep!

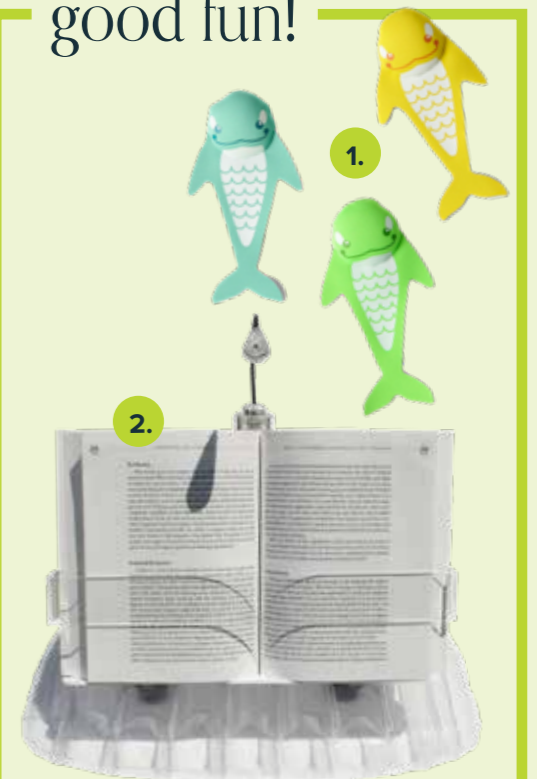
Read a good book

Is there anything more relaxing than reading a book by the pool? Or better yet, in the pool?! Modern innovation has made it possible for your book to float alongside you, meaning you can sit on the pool step or lie face down on a pool float and read without your arms getting sore. Genius. You'll not only be sharpening your mind, but also scoring all the (above) benefits of being outdoors.

Just float

When all else fails, just go for a float. It's the perfect way to cool down, take the weight off and enjoy the great outdoors and the many benefits it has to offer. According to experts, time spent floating can help to relax your muscles, aid in better sleep, decrease muscle and joint pain and decrease stress and anxiety. There's no wonder every Palm Lake Resort features a pool!

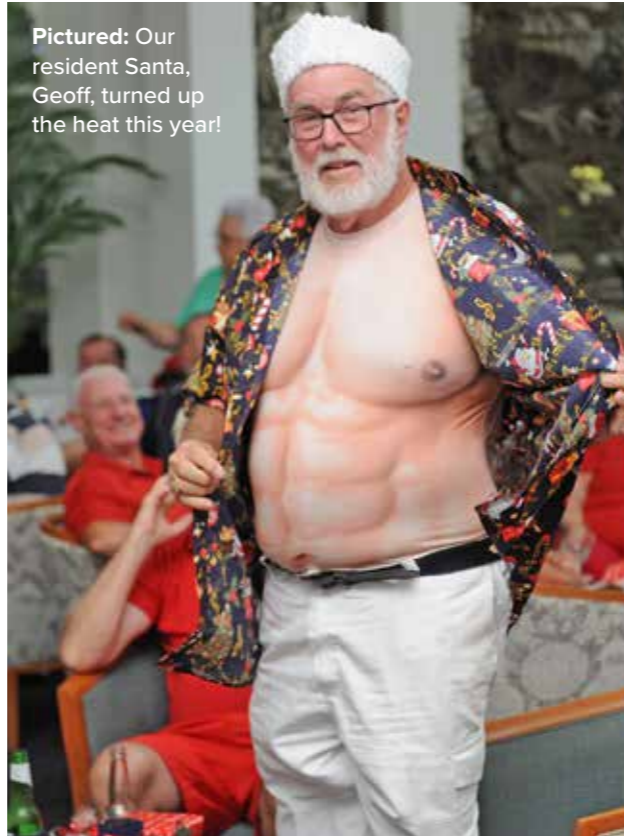
Splashing good fun!



1. Morgan & Finch whale diving toys, \$13.55 www.bedbathntable.com.au
2. AquaReader floating book and tablet caddy, \$182 www.amazon.com.au
3. Sunnlyfe floating bed, \$89.99, www.theiconic.com.au
4. Hydgenos swimming headphones, \$279 www.hydgenos.com

Jingle bowls.

December 12 was an exciting day for members of the Palm Lake Resort Beachmere Sands Bowls Club. Their highly anticipated annual Christmas break up was not one to miss, calling bowlers from all over the resort to the resort green. The group is organised by Les and Dawn Purdie, who both work tirelessly to ensure there is always something to look forward to on the bowls club calendar. With plenty of festive costumes, tasty food and cold beers – not to mention a stripping Santa! – it was the perfect way for this fun-loving group to celebrate the year that was.



Pictured: Our resident Santa, Geoff, turned up the heat this year!



Pictured: Les's concentration face was a sight to behold!



Pictured: Shirley showing off her skills. Photos courtesy of Brad Kinross.



Help the helpers.

WHEN DAWN PURDIE FIRST THOUGHT OF DOING A CHRISTMAS FUNDRAISER FOR LOCAL AMBULANCE STATIONS, SHE HOPED TO FILL TWO BEER CARTONS WITH GOODIES. JUST OVER A WEEK LATER, SHE WAS DELIVERING 13 BOXES TO COUNTLESS GRATEFUL PARAMEDICS.

What started as a spur of the moment decision turned into one of the most generous community efforts Dawn has seen during her years at Palm Lake Resort Beachmere Sands.

"The whole thing began because I had heard that an ambulance had recently come to our resort, and I realised that no one really looks out for the ambos despite them always looking out for us," says Dawn. "They really do it tough, and we should all be so appreciative – especially after the past few years."

Initially, Dawn planned on filling a couple of small boxes with food, treats and festive goodies and donating them to the Caboolture and Ningi Ambulance Stations. She wrote a note, which was distributed by the Residents' Committee, asking that any residents who wanted to get involved drop donations to her home.

"It was a simple message, but it obviously struck a chord because almost every single person donated something,"

says Dawn. "I ended up filling two whole tables with food, including beautiful home-baked treats. There was about \$2000 worth in the end."

Dawn, with the help of fellow residents Rosemary (Rosie) Callaghan and Wendy King, wrapped the boxes up into gift hampers. Then, they spent two days delivering all 13 boxes to not only Caboolture and Ningi, but the Bribie and Deception Bay stations as well.

"The paramedics were all really blown away," says Dawn. "We got to meet a lot of the crews, and they said they had never received anything like it. They said it was the little things that really made their day, so we were more than happy to help."

"I think the response was so great because we use their services so much here in the resort, and they look after us so well. I am so appreciative to not only the ambos, but our community – you all did such a wonderful job."

Spread the love.

IF THERE'S ONE THING THAT IS FRONT OF MIND DURING FEBRUARY, IT'S LOVE – SPECIFICALLY, ROMANCE. BUT IT'S ALSO A GOOD TIME TO CELEBRATE ALL THE OTHER KINDS OF 'LOVE' IN YOUR LIFE. FROM YOUR PETS TO YOUR NEIGHBOURS, HERE ARE A FEW WAYS YOU CAN SPREAD THE LOVE THIS MONTH (AND BEYOND).



Love thy neighbours

Neighbourly 'love' is often on display at Palm Lake Resort, whether residents are catching up at social events or over the fence, sharing a meal at the Clubhouse or a drink on their driveways. There are so many ways you can show appreciation to your neighbours – why not offer a hand when you see them outside gardening? Cook an extra-large helping for dinner and drop a plate over to them? Or rally your other neighbours to support someone you know is going through a hard time? Random acts of kindness are some of the best ways to show love.

Love your community

Spread the love beyond your neighbourhood with a charitable project. You could build something, bake something or raise money for a good cause. But if you're in need of specific inspiration, just take a look around your Palm Lake Resort community (or head to Page 4)! Residents across the Palm Lake Group are always doing their bit to help others, and there's no doubt a fundraiser, food drive or charity project underway at your resort.

Love long distance

This is something we've had to become much better

acquainted with, as lockdowns and border closures had made it impossible to visit faraway friends and family. Whether you're separated by sea or state borders, there are so many different ways to spread the love across long distances. Why not post your friend or family member a small item or card that made you think of them, send them a delivery of food (Uber Eats vouchers are great!) or flowers, or simply pick up the phone for a spontaneous chat?

Love your pet

It's time to show love to the family member who loves you unconditionally – your pet. Luckily, there are countless ways to do exactly that, from buying them their favourite food every so often as a special treat to taking a moment to give them a good scratch or pay attention to them and them only. If their favourite activity is going for a walk, take them for an extra one some days – or, when all else fails, simply cuddle up with them on the couch.

Love your partner

Showing love to your significant other seems obvious, but if your relationship spans years (decades, even) romance can easily fall to the wayside. Of course, not all couples show love in the same ways – a good way to keep the spark

alive is to learn your partner's 'love language'. Finding out which of the five love languages they prefer (words of affirmation, physical touch, gifts, acts of service and quality time - Google it!) will help you understand how they give and receive love. This makes you more able to show them the kind of love they most appreciate and notice when they are showing you love in return.

Love yourself

Last but certainly not least, think about how you can show love to the most important person in your life: yourself. You are the person you'll spend the most time with, so it makes sense to nurture that relationship just as you would any other, right? Think about the things that make you genuinely happy – it might be a certain form of exercise, a swim, a relaxing bath, a trip to the day spa or hair salon, even a specific craft activity – and do more of them.

Weekly activities list.

MONDAY

7.30am Men's golf
8am Yoga
8.30am Meditation
9am Paper tole
1.30pm Bingo
6.30pm Mixed tennis

TUESDAY

7am Water aerobics
9am Stamping up
9.30am Scrabble
9.30am Quilting
11am Stamping up
12.30pm Lawn bowls
1pm Canasta
7pm Indoor bowls

WEDNESDAY

6am Golf (away)
8.30am Zumba gold
9.45am Beachmere bus
9.30am Craft
5pm Women's tennis
6.30pm Mixed tennis

THURSDAY

7am Tai chi
12.30pm Bowls
1pm Canasta
1pm Lace making
2pm Line dancing

FRIDAY

7am Golf (away)
7am Tai chi
8am Strength/balance
10am Singing
1.30pm Mahjong
1.30pm Scrabble

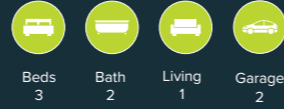
SUNDAY

9am (third Sun.) Golf
9.45am Scroungers bowls
3pm Ladies' tennis

LOOKING FOR A NEW HOBBY IN 2022?

Homes for sale.

Home 84 - \$599,000



UNDER OFFER

Rare opportunity knocks.

Here's a rare opportunity to live overlooking the golf course with uninterrupted views. This picturesque home features a large master bedroom, spacious ensuite and walk-in robe, a large second bedroom and bathroom and a beautiful open-plan kitchen, dining and living. If that wasn't already enough, this home is situated on a sizable block with large sweeping views of the golf course, perfect for downsizers who still want to feel open and free. Not only that, we mow it for you! Other features include, but are not limited to, multiple zoned ducted air conditioning installed throughout and state-of-the-art stainless steel quality appliances.

Home 35 - \$399,000



Light and spacious.

Villa 35 boasts a spacious living area within a thoughtful floorplan allowing for flexible living. European Smeg appliances and ducted air conditioning are also included. Elegantly appointed and superbly presented, this villa will impress upon first inspection. Residents also gain exclusive access to the world class Sands Clubhouse, the elegant community hub at the heart of the resort which is home to features such as indoor and outdoor swimming pools, a championship undercover bowls green, golf course, movie theatre, gym, billiards room, craft room and library.



Helping friends become neighbours.

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase one of our established Palm Lake Resort homes (or a new home from elsewhere in the group, for that matter), you'll receive up to \$500* cash. Easy!

\$500
for a brand new home.

\$250
for an established home.

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 338 382. *T&Cs apply

Want to book a private tour and find out more about our resort? Freecall **1800 338 382**
Email salesbeachmere@palmlake.com.au and visit us online at palmakeresort.com.au



THE BEST IN OVER-50S LIVING. THIS IS YOUR TIME.
palmakeresort.com.au

Eat, drink and be merry.

There's nothing more enjoyable than breaking bread with friends, and you can do just that here at Palm Lake Resort.

With a free meal, per household, every week, prepared fresh on-site by our experienced chefs, there's even more reason to dine with us. Or why not pull up a stool with us at Happy Hour?

We're all about spending quality time with likeminded friends. Here, community is everything.



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Freecall 1800 338 382



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