

Beachmere Sands.

JAN/FEB 2019



Croquet courts open for business.

The long-awaited Beachmere Sands and Bay croquet courts opened in December with a residents' picnic. There are two full-sized courts available for play, accommodating a maximum of 16 people playing golf croquet at any one time. The development of the courts has been a community effort. Residents have been involved at all stages, watering and weeding the grass and caring for the playing surface alongside the resort gardeners. Residents have made hoops and mallets and Palm Lake Resort has provided balls.

Despite grey skies and intermittent rain, an enthusiastic group were on hand to give the new sport a try. Members of Bribie Island Croquet Club kindly came along to offer

support. Small group coaching was provided by the visitors, who put on a demonstration match for the new players. Following the demonstration match, Sands resident Paul Lupi informed everyone as to where the equipment is kept and how to set out the hoops and pegs. Prospective players provided their names and email addresses so that information can be circulated as to when regular croquet meetings will be held. A roster for the weeding and watering of the courts will be drawn up.

A huge thank you is extended to John Broderick and Ron Richards for manufacturing the mallets, hoops and pegs, to Paul Lupi for many hours of watering and weeding and the marking of the courts, and to Palm

Lake Resort garden staff for preparing and providing the playing surface.

A special vote of thanks is due to Bribie Island Croquet Club for extensive support and encouragement over the two years it has taken for the establishment of croquet at Palm Lake Resort Beachmere and for their assistance at the opening. Anyone who was unable to attend the opening and who is interested in playing croquet should contact Paul (Villa 139) or Bernadette (Villa 90) for further information.





WELCOME

With 2018 coming to a close we are all saying to each other, where has this year gone? I have been told by the residents they were concerned about what they would do with all their extra time after they retired but that doesn't seem to be a problem here at Beachmere Sands! The residents have been quoted saying they don't know where they found the time to work because retirement takes up all their spare time!

Inductions for the Sands residents at the Milon gym in the Hamptons Country Club are well underway with a large number of the residents enjoying the state-of-the-art hi-tech resistance training the gym offers. No excuses not to get fit now!

The residents enjoyed a special Christmas dinner recently, with ham and turkey and all the trimmings and, to finish up, Kay's special Christmas pudding. We had record numbers in attendance and all had a merry ole time. I would also like to thank the ladies who take time out each week to set the dining room tables for the residents' meals - especially over Christmas, with all tables looking very festive.

The residents have been enjoying the free SMEG appliance demonstrations held at the SMEG Showroom in Brisbane. Not only do they learn what their appliances can do but they are also offered a very yummy morning tea cooked in the ovens and microwaves at the showroom. We have two more planned SMEG demonstrations in January and the buses have already fully booked.

Finally, I'd like to wish everyone a prosperous New Year!

Jenni Martin
Resort manager

4 INGREDIENTS FRUIT CAKE

Ingredients

1kg mixed dried fruit
3 cups (750ml) cold tea of your choice
3 cups (450g) self-raising flour
1 cup (120g) pecan nuts

Method

Place the fruit in a large mixing bowl. Pour over the tea, cover with cling wrap and soak overnight. Preheat oven to 125°C. Line a 22cm cake tin with baking paper. Add the flour and stir to combine. This is a thick mixture so you may need a little elbow grease. Using a spatula, scrape the mixture into the prepared tin. Decorate with pecans, starting from the outside in; laying them in a circular pattern. Bake for 2½ hours. Remove and leave to cool completely. Refrigerated, this cake will keep in an air-tight container for weeks.



HOT OFF THE PRESS!

As this newsletter went to press, the results of the Inter Village Snooker Tournament, which was held in the Beachmere Sands Clubhouse, have just come in. The final was played between Eric from Beachmere Bay and Chris from Beachmere Sands and was watched by around 30 spectators. Chris won two of the last three games in the final which made him the overall winner. That's Chris pictured above in the main photo and, pictured above, Chris congratulating his opponent on a good game. Well done Chris for flying the Beachmere Sands flag for us!

Photos by Brad Kinross

JAN / FEB

What's happening.

KEY COLOURS FOR 2019

Dulux is the paint supplier of choice for Palm Lake Resort home and facilities. They've just released their 2019 Dulux Colour Forecast (entitled 'Filter') - a multi-faceted collection that draws together soothing neutrals, exhilarating brights and deep, decadent hues that hint at the grace of a bygone era. It comprises four carefully curated themes - one of which is 'Wholeself' which we find a perfect palette for summer and the perfect theme for the New Year. It sees a turn away from pink and into a more sophisticated palette of nudes and warm neutrals, through shades of apricot, with pops of gold and even a mix of mauve-greys.

"From our global research it's clear there will be an emphasis on wellness and mindfulness in 2019 and the Wholeself palette really plugs into these themes," says Andrea. "With its soft, light tones and subtle layerings of texture, it's a palette to ignite the senses and revive a tired spirit. It's also easy to decorate with existing whites and cool neutrals, which I believe will make it a popular choice for home enthusiasts."



GO PELICANS!

Palm Lake Resort has been a proud supporter of the Beachmere Junior Rugby League Club for some time now. Our company has provided this great local club with \$30,000 over the past three years and has just committed to sponsorship for another year. Beachmere JRLC is the fastest growing and developing club within the Sunshine Coast region which takes in Noosa to Nambour, Palmwoods to Bribie Island and areas in between. The club is home to premiership-winning teams and representative-level players and coaches. We wish the Pelicans well for the 2019 season!

WHAT'S ON

January 13: Australia's biggest Motown party comes to the Sandstone Point Hotel, featuring The Jacksons (including original members Jermaine, Jackie, Tito and Marlon!), the Pointer Sisters and Village People etc

February 10: The Red Hot Summer Tour concert will feature Jimmy Barnes, Diesel and Richard Clapton, among others, also at the Sandstone Point Hotel.

WEEKLY ACTIVITIES

MONDAY

7.30am Yoga
7.30am Men's Golf Tee Off
8.30am Meditation, Library
10am Ladies' Golf Tee Off
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
1.30pm Circle Dance
7pm Indoor bowls

WEDNESDAY

6am Golf Away
8.30am Zumba Gold
10am Beachmere Bus
10.30am Craft
3pm Women's Tennis
6.30pm Mixed Tennis

THURSDAY

7am Strength & Balance
9am Paper Tole
1pm Canasta
1pm Lace Making
5.30pm Residents' Dinner

FRIDAY

7am Golf Away
7am Tai Chi
9.15am Bowls Singles & Doubles
10am Singing
12.30pm Residents' lunch
1.15pm Mah Jong
1.30pm Scrabble

SUNDAY

9.45am Scroungers Bowls
3pm Ladies Tennis

Residents embrace smart gym.

Palm Lake Resort Beachmere residents are among the first in the Southern Hemisphere to experience the Milon gym system, which originates in Germany and just opened at the Hamptons Country Club. Milon is exclusive to Palm Lake Resort retirement resorts in this country. It offers a user-friendly fully automated electronic resistance training circuit that records the training activities of each user to track results and help tailor fitness programs for them. The Milon circuit is designed to improve residents' health and wellbeing via short bursts of strength training and cardio. Just 17.5 minutes is all the time you need to complete one circuit with users encouraged to complete at least three circuits per week.

Palm Lake Resort Cooroy-Noosa residents Jim and Carol Walsh have been frequent users of the Milon gym at their resort and were eager to share their experiences with Beachmere residents. For example, in the first three months of using Milon, Jim's 'health age' (as defined by data collected through the milon system, comparing users' fitness levels to their actual age) had dropped by 16 years. Carol says the Milon machines are easy to use. As soon as the husband-and-wife pair finishes their workout, Carols says they want to check their data to see how they performed.

"My husband, who is not a gym person, absolutely loves it!" she says. "He's up at 6am three times a week to train."

One of the benefits of Milon for Carol is its ease of use. Each electronic machine automatically sets itself up to accommodate Carol's size, strength and training goals when she inserts her personalised card at each station. She says her fellow neighbours also love the gym, as it's so different to a normal gym.

Milon's Marcin Lazinski says besides restoring confidence and joy in exercising, the Milon circuit is great for sufferers of back and joint pain, weight problems or cardiovascular disease.

"Unfortunately, as we get older we tend to forget we must exercise our muscles," Marcin says. "As a general rule of thumb, we lose one per cent of muscle mass per year from the age of 35. Exercise can also be used as a form of prevention against diseases like obesity, diabetes and osteoporosis – a far more cost effective and attractive proposition than treatment."



THE IMPORTANCE OF FITNESS AS WE AGE

Recent research from the University of Birmingham has found that fitness in older people relates to a decrease in what we call 'tip of the tongue' moments – like those moments when you can't quite remember the name of someone or something. While the study recognised that cognitive decline is an inevitable part of getting older, we can slow the decline and protect ourselves from a further decline in our language capabilities by staying fit. Here are some tips for simple exercise:

Make fitness social: Getting out and about doesn't have to be a solo activity. Arrange a regular active catch-up with friends so you can stay social while you get your body moving.

Try out tai chi: For those who want something that is more low intensity that challenges the body and the mind, tai chi combines deep breathing and slow, fluid movements to create a gentle form of exercise that can be done solo, in a group, inside or out.

Walk whenever you can: Walking is the perfect way to incorporate movement into your everyday life. Whether you park your car a block further away from the shops or do some gentle laps of your local park, walking is the best form of free exercise you can get. To keep things social, you may prefer to go walking with friends? Why not invite a neighbour?

Find an activity you enjoy: If you've never enjoyed exercise, there's no point in forcing yourself to do something in order to stay fit. Find ways to stay active that appeal to you. Whether it's a dance class where you can have a good laugh with friends, laps in the resort pool, tenpin bowling or even just a walk around the resort grounds this summer (to take in the salt air and sunshine), there are exercise opportunities to suit everyone.

Around the grounds.

ONLY IF YOU'RE GAME!

Check out the fun we had here at Palm Lake Resort Beachmere Sands at our recent Games Night! The event was organised by Les Purdie with the help of his good wife, Dawn (Villa 171). We enjoyed putt putt, ring toss, indoor bowls, darts, pool and loads of laughs!

Photos by Brad Kinross



WINNERS ARE GRINNERS:

Pictured left, Games Night organiser Les congratulating the evening's winners, Jan and Brian. Well done guys!

Around the grounds.



GIDDYUP! Whether our residents' horses won or not, it didn't matter. Melbourne Cup definitely gave us reason to frock up to the nines and celebrate!
All photos by Brad Kinross



FESTIVE FUN! Our resort Christmas Party was a brilliant way to celebrate the silly season together. Musical entertainment was provided by the two-piece group, 'Special T', and they had a lot of people up and dancing. A good crowd enjoyed the night (and we're sure there were a few sore heads the next morning!).



Better your bowling game.

Whether you're a regular strike scorer or can barely manage a spare, any tenpin bowler can do with tips from an expert. We asked Gail Torrens and Dick Ritger from the Ten Pin Bowling Association of Queensland to share their advice for bettering your ten-pin bowling game.

How do I keep the ball in the lane and increase my scores? After you deliver your ball, continue the swing until your arm is in an 'answer the phone' or a 'having a drink of water' position. If you do this 'follow through' action your ball will stay on the lane for longer and you will be rewarded with higher scores.

Sometimes I release the ball at the bottom of my swing, and other times I release it somewhere else. How can I release at the same point each time? When you are about to release the ball, try to imagine where your forward knee is. Let your thumb out of the ball at this point every time. A consistent release point will allow you consistent scoring ability!

I've noticed that good bowlers seem to bowl without any effort at all – how do I do that? Without holding the ball, lean forward slightly and let your arm drop in a back and forth "Pendulum motion." Concentrate on the gravity feeling from the top of the backswing through to where you would release the ball – at the knee. When

you bowl, try to remember that feeling. All top-average bowlers allow gravity to guide the ball rather than push and pull the ball prior to release. When you bowl, release the ball by just keeping your fingers bent. If you have trouble swinging the ball you may need to lean slightly forward while bending the knee deeply.

Why is my swing crooked? How can I make sure it stays straight? Lower your bowling shoulder, keep your head over the ball to align with your targets, push the ball forward while relaxing your arm but keeping tension in your shoulder, and then relax and swing your arm. Practice without the ball first to get the movement and ensure your swing is straight – this is a must for any good bowler! – and make sure you complete a practice swing every time you bowl, as this pre-swing allows you to maintain a consistent, straight swing feeling. Concentrate on keeping the swing nice and even without pushing and pulling the ball in the swing. This will ensure a straight swing every time.

I have trouble hitting my target – how can I get better? Every time you deliver your ball onto the lane, keep your back toe on the floor and bend your forward knee deeply. By improving the balance of your upper and lower body you will be able to hit your target more often.



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