

Beachmere Sands.

OCTOBER-NOVEMBER 2021



Open for business (and pleasure!)

THE SANDS CLUBHOUSE HAS ALWAYS BEEN A MAGNET FOR SOCIAL AND CREATIVE PURSUITS AS WELL AS RELAXATION - BUT NOW IT'S AN EVEN BIGGER MAGNET DRAWING AN EVEN BIGGER CROWD! TO CHECK OUT THE IMPRESSIVE CLUBHOUSE EXTENSION THAT HAS JUST BEEN UNVEILED, SEE INSIDE...





Welcome.

In my last newsletter welcome note, I mentioned that a range of new resort facilities would be “opening soon” but I can finally report that everything is now open and fully operational - hooray!

The most pleasing thing to see is that from the very afternoon of the official opening event, the new facilities were being utilised. Peter Smyth organised sessions to take residents through our new theatre and showed guests what fancy things we can enjoy in that new space. From watching movies and streaming your favorite Netflix or Stan shows, to enjoying presentations on the big screen - these are just some of the things that everyone can look forward to enjoying in the future. The new gym and craft room have also proven to be very popular and again it is very pleasing to see lots of buzz and hype around both areas. All in all, I think I can speak on behalf of everyone when I say that the new facilities are fantastic and will be well used for many years to come. Check out the following pages of this newsletter to take a walk through our Clubhouse extension and see just how the different resident interest groups are enjoying their new digs.

As a regular feature in this Welcome column, here is another update on what’s been happening around the resort from a maintenance and gardening perspective. Phil and his team have spent the winter months working their way through the resort common area gardens, cleaning and thinning out where necessary so that during the growing months the gardens look fresh and vibrant. You may also remember the tree contractors spending a day

in the resort to bring some of the larger trees to a more manageable, safe and aesthetically pleasing level. The tree work will continue on a regular basis, so please rest assured that any work that was not completed on the day will be attended to in future scheduled visits.

The annual RCD testing was completed in early September with all areas of the Clubhouse signed off as compliant for another year. As part of the new facilities (gym, theatre and craft room) an additional Safety Link unit was installed along with call points. These have all been linked to the existing Safety Link unit located in the bar.

I’ve saved the best news for last and even though everyone is aware I wanted to share the fantastic news again. My wife and I were happy to welcome a beautiful baby boy into the world on Monday, August 30 at 10.21pm, weighing 2.1kg. He was a very impatient little man and couldn’t wait to make an appearance which meant he was a little undercooked at 33 weeks. There were a few anxious moments for Mum, Dad and his big brother, but all is well now. We can’t wait for little Riley William Nathan to be able to make an appearance around the resort!

As always, the team and I are always here to assist you all in any way that we can so please come and see us. Stay safe.

Laurence and the Beachmere Sands Team



News briefs.

REFER YOUR FRIENDS

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 an established Palm Lake Resort Phillip Island home, you’ll receive \$250 cash. Easy! Ask about our ‘Refer a Friend’ incentive at the office.



EXTRA, EXTRA!

The Spring 2021 edition of the Palm Lake Group’s company magazine has officially hit the news stands, and it’s full of the latest and greatest news from Palm Lake Resort and Palm Lake Care. If you haven’t received a hard copy in your mailbox, you can also read it online at our website palmakeresort.com.au/news

INTER-RESORT BOWLS COMP A REAL HIT!

The scores are in for the recent Palm Lake Resort inter-resort bowls competition, and we can confirm that (drumroll please....) Bargara AND Beachmere Bay have come out on top! This is with thanks to the winning team being made up of a combination of players from both locations - two from the Bay and a third player from Bargara. Some 185 residents from eight different Palm Lake Resorts (including Beachmere Sands) descended upon Dalby Bowls Club for the event, organised by Palm Lake Resort Bargara homeowner Joy Williams. As well as the on-green action, there were plenty of opportunities for the resort teams to socialise and catch up. By all reports the three-day biennial event went down a treat!

“Will there be another Palm Lake Inter-Resort Bowls Comp - you betcha!” organiser Joy smiles.

“These comps not only showcase what Palm Lake Resorts are all about to these small towns, but bring together likeminded residents in a social environment in smallish towns that need visitor support to thrive. The dollars we bring into these towns does not go unnoticed.

“I should add that without the generous sponsorship of Palm Lake Resort itself, I could not have presented trophies and giveaways to those attending, so am very appreciative of their sponsorship.”

The event’s other ‘winners’ were:

- J.A.M. Bargara:** Alan Johnson, Marianne Alhovinta, John Beeck
- 2+1 Toowoomba:** Nola Costabeber, Stephen Costabeber, John Munting
- Bowled Over Cooroy-Noosa:** Tony Toscano, Les Checkley, Vicki Checkley (who came in last place!)



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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Extension now open.

WE'VE WATCHED IT 'GROWING' FOR MONTHS AND NOW THE CLUBHOUSE EXTENSION IS COMPLETE. IT INCORPORATES A GYM, A BIGGER AND BETTER CRAFT ROOM AND A PLUSH MOVIE THEATRE. HERE ARE SOME MEMORIES OF THE OFFICIAL OPENING DAY...



Pictured clockwise from above: The new and improved Country Club now offers additional places for quiet catch ups, a hot coffee, your daily workout and all types of craft.



Pictured here and below: Our luxury movie theatre will no doubt be a popular meeting place.



YOU SHOULD TRY SOMETHING NEW?!

Weekly activities.

- | | |
|--|---|
| MONDAY | 5pm Women's tennis
6.30pm Mixed tennis |
| 7.30am Men's golf
8am Yoga
8.30am Meditation
9am Paper tole
1.30pm Bingo
6.30pm Mixed tennis | THURSDAY
7am Tai chi
12.30pm Bowls
1pm Canasta
1pm Lace making
2pm Line dancing |
| TUESDAY | FRIDAY |
| 7am Water aerobics
9am Stamping up
9.30am Scrabble
9.30am Quilting
11am Stamping up
12.30pm Lawn bowls
1pm Canasta
7pm Indoor bowls | 7am Golf (away)
7am Tai chi
8am Strength/balance
10am Singing
1.30pm Mahjong
1.30pm Scrabble |
| WEDNESDAY | SUNDAY |
| 6am Golf (away)
8.30am Zumba gold
9.45am Beachmere bus
9.30am Craft | 9am (third Sun.) Golf
9.45am Scroungers bowls
3pm Ladies' tennis |



A daily dose of iron.

OUR NEW GYM OFFERS A WEALTH OF GREAT WORKOUT EQUIPMENT, WHICH WAS DEMONSTRATED TO EAGER HOMEOWNERS BY A LOCAL TRAINER. ALL YOU NEED TO DO NOW IS BYO MOTIVATION! PHOTOS BY BRAD KINROSS.



Creative space for crafters.

OUR MOST TALENTED AND CREATIVE PALM LAKE RESORT BEACHMERE SANDS RESIDENTS HAVE A NEW HOME FOR THEIR HOBBIES, AND IT'S PROVING A REAL DRAWCARD AMONG THE CRAFTERS.

Among the great new facilities now available to residents within the clubhouse extension is a wonderful new space for our resort crafters. Palm Lake Resort Beachmere Sands Homeowner Robyn Cusbert runs the weekly paper tole class and is ever-so grateful for her group's new home.

For those who have never heard of paper tole before, it is basically three-dimensional paper craft. As Robyn explains, it is the art of cutting specific pieces from 6-8 identical prints or pictures and applying shaping techniques to build the pieces (in layers) to create an elevated, three-dimensional replica of the original print.

"Paper tole is an activity that will give you a great sense of personal achievement and satisfaction," she says. "It will take your complete focus and is therefore very relaxing and therapeutic, allowing you to escape the hustle and bustle of your everyday routine - and everyone needs that bit of ME time!"

Robyn is very experienced when it comes to this artform. She has been enjoying paper tole for about 17 years now and teaching for the past 15 years.

"The thrill I get most of all is when I see the girls with their finished project," Robyn smiles. "I have taught at the art gallery at Strathpine and also at libraries and have some of

my work in art galleries as well as the hut at Samford.

"My husband does all my framing and keeps the framing price low for all the other girls as we don't have the overheads that most framers have in their shops so we can keep the prices reasonable."

If you are keen to join Robyn and her band of merry paper creatives, feel free to stop by the new Craft Room on any Monday at 9am. They'd love to share their knowledge with you.





Small yard, big furry love.

DOWNSIZERS DON'T TYPICALLY MOVE TO PALM LAKE RESORT WITH CHILDREN IN TOW, BUT FUR KIDS ARE A WHOLE OTHER STORY! IF YOU'RE CONSIDERING GROWING YOUR FAMILY, TRY THESE SMALL-YARD BREEDS.

If there's one type of resident we love here at Palm Lake Resort it's the furry four-legged variety. When the actual kids grow large enough to fly the coop, pets can fill in a big void left by the children's departure. The joy of owning a pet isn't new to most Australians - we have one of the highest rates of pet ownership in the world.

Here at Palm Lake Group, we've built our homes and resorts to be pet friendly because we know just how important pets are for the majority of our over-50s residents, too. We find that resort neighbours tend to catch up while out on regular walks with their pooches, providing dog owners with that all-important incidental exercise (the fresh air and vitamin D are simply cherries on top). Our resorts are pet friendly, because we know just how important pets are to you!

Dachshund

Dachshunds are energetic, loveable and loyal, promising to be the perfect companion for any retiree. Their medium-level exercise needs mean they prefer homes with a small backyard, but also enjoy daily walks and space to run outside the confines of your home. They are highly playful and likely to bark but are certainly trainable, showing intelligence and energy. You just need to consider that though their coats are short, they can still shed.

Cavalier King Charles Spaniel

Small and sophisticated, don't let the Cavalier King Charles Spaniel's petit size fool you – this regal breed is tough to beat. With an even temper and gentle disposition, the Cavalier will often adapt easily to its owner's lifestyle; they can be active and inactive in equal measure. Bred to be a beloved lap dog, they are also descendants of sporting breeds and will enjoy moderate exercise and outdoor activities. You'll find a Cavalier enjoys an afternoon walk just as much as an evening on the couch.

Yorkshire terrier

The Yorkshire Terrier, affectionately known as a 'Yorkie,' is small and quiet, making them the perfect housemate. Their friendly nature means they don't mind company and are typically relaxed around other pets and people, making them perfect for social owners who would enjoy spending time at the dog park. While they have a lot of energy, it can be well spent in a small backyard – though they will never say no to an afternoon stroll. Bonus: they look like puppies for most of their life, making them perfect for owners who never want their fur babies to grow up.

Boston terrier

Commonly confused with a French Bulldog, the Boston Terrier boasts tall, upright ears and a flat face, with black and white markings sometimes referred to as a 'tuxedo jacket'. Originating from, you guessed it, Boston, the Boston Terrier requires active exercise (throwing a ball or a toy, or agility training) and can become frustrated when left alone for long periods of time. Considering adopting your very own? Be warned: their big, round eyes will surely win you over, promising love at first sight.

Maltese

Small but mighty, don't be fooled by the Maltese's prim and proper appearance – behind the white, fluffy exterior is a dog you're sure to love. Their small stature makes them ideal for small backyards, while their soft coat is unlikely to shed, making them a great choice for indoor living. Their coat is even considered hypoallergenic, meaning they will fit seamlessly into almost any family. Your Maltese will love running around in your backyard but will also never say no to a trip to the dog park or a walk.



Don't stop the music.

IT MAY HAVE BEEN DECADES SINCE YOUR PARENTS INSISTED YOU TAKE PIANO LESSONS, BUT DON'T THINK YOUR MUSICAL DAYS ARE BEHIND YOU. THERE ARE PLENTY OF REASONS TO PICK UP A MUSICAL INSTRUMENT IN YOUR ADULT YEARS.

It boosts brain power

Much like puzzles or playing chess, learning to play music is a great way to improve your cognitive ability. Reading and playing music is believed to stimulate the brain in a way that benefits your memory retention and also helps you retain new info. Experts believe that, when it comes to brain power, you 'use it or lose it'. In particular, learning to play a musical instrument has been associated with a lower risk of developing dementia. Why? Musical training and performance are believed to increase your brain's resiliency – so much so that musicians are 64 per cent less likely to develop mild cognitive impairments and dementia.

It relieves stress

Listening to music is a great stress reliever, but did you know that playing a musical instrument also has calming powers? According to studies, playing an instrument can help us refocus negative feelings into something not only positive, but enjoyable. Whether you are banging out a rhythm on the drums or plucking a melody on the guitar, making music is believed to have a unique ability to reduce your blood pressure and heart rate. This act can also contribute to the release of 'happy hormones' (endorphins) into the bloodstream, leaving you feeling relaxed.

It makes you more patient

Many of our Palm Lake Resort residents will agree that life doesn't slow down in retirement – in fact, with so much to do, things move at a faster pace than ever before! Learning a musical instrument is one fantastic way to chill out, slow down and enjoy the moment. Patience is an essential skill for any budding musician to master as they learn to read and play the notes, and many report finding themselves employing more patience when they interact with the people and things around them.

It's good for your body

You may not break a sweat, but playing an instrument promises a host of physical benefits that you may not have thought about. Moving your fingers along the keys of a piano or the strings of a guitar enhances your hand-eye coordination and fine motor skills – two skills that can easily be transferred to almost any other activity, be it crochet or croquet. Wind instruments, too, improve the function of your respiratory system by ensuring you breathe properly. Need we go on?

It's a great way to make friends

Looking to widen your social circle? Playing a musical instrument could help! A number of Palm Lake Resort locations have resident music groups where like-minded musos can come together and jam out. From choir to the ukulele to all-out Rock 'n Roll bands, our residents make use of the time and resources available to them in retirement to live out their dreams of musical stardom.

Homes for sale.

Villa 25 - \$379,000

SOLD!

-  Beds
2
-  Bath
1
-  Living
1
-  Garage
2



Location, location.

This home is ideally positioned enjoying close proximity to the Sands Clubhouse and undercover bowls green in a coveted section of the resort. This home boasts dual alfresco areas perfect for catching the sunshine and the gorgeous coastal climate. Spacious living areas within a thoughtful floorplan allow for flexible living. European Ariston appliances and ducted air conditioning are also included. Elegantly appointed and superbly presented, this home will impress upon first inspection.



Pictured: Just across Bishop Road, check out the impressive bay view from Palm Lake Care Beachmere's back deck. If you know someone who might benefit from living at this stellar waterfront aged caring community, phone the Care Solutions team on 1800 246 677.

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



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



THE BEST IN OVER-50S LIVING. THIS IS YOUR TIME.
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“LIVING OUR *Best* LIVES”



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