

The Gatsby



Around the grounds

There have been so many festive resort get togethers over the past few months!

Supporting those less fortunate

Palm Lake Group just made an incredible donation to an incredible organisation, with your help

Muscle up, for the New Year

It's important for over 50s to keep your muscles toned - and it's not as hard as you think



Welcome.

Hello all - Wishing everyone a very Happy New Year! Let's hope 2025 is kind to us all.

A warm welcome to our newest homeowners. I'm sure you have been exploring the resort by now. Please call in to the office if you are unsure about anything, or you can phone us. There are also plenty of other homeowners here who can assist with local knowledge to help you settle into the Beachmere area.

The meals provided in our Hampton's Country Club on Tuesday evening, Wednesday evening and at lunch on Thursdays are getting rave reviews! Jorge is a fabulous chef. These resort meals are always popular and have really become a social event. There are usually birthdays or anniversaries to celebrate, the Bar is open and there are plenty of raffles with lovely prizes to win. Make sure you come along each week.

As usual, the Social Committee are busily organising events for everyone to join in. Keep an eye out for the W.H.E.N publication, from the Social Committee, keeping you up to date with all their planned events. Don't forget there are also lots of opportunities to watch a film in our lovely Theatre. Ice creams and chocolates are available too!

As always the pizza ovens at the Sports Club have been very popular on these lovely warm evenings we are enjoying right now. While you are up that way, have a look at the back of the Sports Club, on the lake. You'll find a Mum and Dad swan are nesting - and they now have a baby signet!

The putt putt mini golf course is looking lovely right now and, as expected, has been a wonderful drawcard for all the grandchildren on holidays with us. By the time they have played putt putt, a game of tenpin bowling and had plenty of swims, we're sure they will be ready for dinner and a good night's sleep!

Until next time,

Sue and Steve Babbage,
Palm Lake Resort Beachmere Bay Caretakers

PS. The Summer 2024-25 edition of *Your Time* mag is packed full of festive reads. Catch up on the progress Palm Lake Group is making at Yamba Cove and Paynesville. Read a feature on the 50-year-old Elliott family scrapbook that contains the most nostalgic newspaper clippings. There's also plenty more in the popular Lifestyle section. If you haven't received a hard copy, catch up online: palm.lake.resort.com.au



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Contact us.

Looking for more information about Palm Lake Resort Beachmere Bay? Here's how you can reach us:

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Instagram ([@palm.lake.resort](https://www.instagram.com/palm.lake.resort))

News in brief.



Remembrance Day

Homeowners assembled beside the Memorial site and flag poles on November 11 to acknowledge Remembrance Day and participate in a solemn service coordinated by the Beachmere Bay Service Veterans' Group. The proceedings included a prayer, an address, the Ode and a poem. Wreaths were laid by ex-Service persons, then the Last Post sounded, followed by a minute's silence at 11am, and Rouse. The flags were raised and the National Anthem sung to conclude the ceremony. In concluding the Service, SQNLDR Bruce Marshall RAAF (Retd) thanked homeowners for their ongoing support for the Service Veterans' Group. Due to that support, the Group recently donated \$500 each to Brisbane Legacy, to the Bribie Island RSL Emergency Fund and to the Salvation Army. After the Remembrance Day Service, homeowners adjourned to our Hamptons Country Club for morning tea (including lamingtons).

- IAN FERGUSON



Sundays are fun days, by the Bay

"Lazy Sunday Afternoon" is one of our Social Committee's regular activities held in the Hamptons Country Club from 4-6pm on the first and third Sundays of every month. Among the most recent events, the Social Committee hosted Oktoberfest with Sel King from Jazz Kingdom playing his saxophone and roaming through the crowd while beers and bratburst dogs were enjoyed. A LipSync2 concert was also hosted in November with 13 different homeowner performances - all wildly appreciated by the 160 attendees!

Weekly activities.

MONDAY

- 7.30am Sands golf competition
- 9am Zumba. Lawn bowls: Ladies' morning
- 10am Mah-jong. Social golf. Yoga
- 11am Slice of Life (fourth Monday of month)
- 1pm Cards (Hand & Foot). Lawn bowls (Triples)
- 2pm Ukulele practise
- 4.30pm Mixed tennis
- 5.45-6.30pm Lawn bowls: Coaching

TUESDAY

- AM, TBC Ladies' golf competition
- 8.15am Senior exercise class
- 9am Lawn bowls: Novice Pairs
- 9am Ladies' pickleball. Ladies' social golf
- 10am Book Club (second Tues of the month)
- 1pm Cards: Hand & Foot
- 3pm Lawn bowls: Scroungers, Mixed social
- 7pm Cards: 500

WEDNESDAY

- All day Social golf
- 7.30am Aqua aerobics
- 8.15am Mat Pilates
- 8.45am Chair yoga
- 1pm Lawn bowls: Self-selected pairs
- 1pm Duplication Bridge
- 7.15pm Movies at The Bay

THURSDAY

- All day Social golf
- 8.15am Yoga
- 8.30am Mixed tennis
- 9am Lawn bowls: Pot luck games, skill sessions
- 1pm Cards (500). Supervised Bridge
- 1.30pm Craft, coffee and chat
- 6pm Mixed pickleball
- 7pm Lawn bowls: Winners & losers, mixed

FRIDAY

- AM, TBC Mixed golf competition
- 8.15am Mat Pilates
- 9am Chair yoga
- 9.30am Tai chi
- 10am Mah-jong
- 1pm Social golf. Line dancing (beginners)
- 1pm Lawn bowls: Men's
- 2pm Line dancing (intermediate)
- 4pm Happy Hour (second Friday: Raffles)

SATURDAY

- All day Social golf
- 9am Mini Bridge
- 10am Remote-controlled boats
- 2pm Men's pickleball
- 2pm Lawn bowls: Scroungers, Mixed social
- 3-5pm Live music (fourth Saturday of month)
- 4pm Lawn bowls: Scroungers
- 5.30pm Villa draw (third Saturday of month)

SUNDAY

- All day Social golf
- 8am Mixed pickleball
- 1pm Mixed cash triples competition
- 2.30pm Trivia (second Sunday of the month)
- 4pm Croquet. Happy Hour



Social news.

BY KRIS MANN, SOCIAL COMMITTEE CHAIR

Festive spirit

The Beachmere Bay Christmas Party was held in our Hamptons Country Club in December with 177 homeowners inside and another 58 homeowners dining outside. Attendees organised their own tables of six or eight people who each brought dinner components to share. The wide variety of table decorations were heartwarming to see and set a very festive tone for the evening. This free event proved a very popular opportunity for many to celebrate Christmas together. There was a very warm and relaxed vibe to the night and many compliments for Rusty the entertainer - his chilled tunes attracted many to the dance floor during the evening. The bar staff worked hard to keep everyone hydrated. Once again thank you to the many generous volunteers who made this night possible!

Cup runneth over

Beachmere Bay has its own Melbourne Cup Race Day in November with a large group of Bay homeowners donning their best race day outfits to join in the fun of the Phantom Races at our Hamptons Country Club. "Beachmere Bay Dollars" were used to bet on four races with Bookies Crazy Cat Craig, Generous Jeff (he was 'Gentleman Jeff' last year, but it didn't do his image any good!), Magic Mike and Robin' de Rich. Many BB Dollars were won and lost. Thirty prizes were handed out to punters by drawing betting slips from the winners' barrel or the losers' box. Five prizes were also awarded to our most snazzy dressers. The highly sought-after Happy Punter's Trophy was awarded after the last race to a very excited homeowner. And, of course, the Melbourne Cup race itself was enjoyed with a very exciting Calcutta. Calcutta tickets were sold for two weeks before the race. There was over \$1700 in the prize pool when 24 lucky "owners" drew a horse. The next day, the horse auction added a further \$1000 to the prize pool. All the money received was distributed in prizes to the winner and to second and third place getters. In addition, a total of 20 sweeps were conducted. Homeowners had the opportunity to participate in \$2, \$5, \$10 and \$20 sweeps. Once again, all the takings were returned to winners as prizemoney.

In true Melbourne Cup style, lunch was a combination of chicken, ham and prawns with a loaded lolly and fruit bar cleaned out over the course of the afternoon. A great day (again) at Beachmere Bay!



Golf Club news.

BY GAIL BROWN, WESTHAMPTON GOLF CLUB SECRETARY

Awards night and Christmas party

What a year for golf! The fairways are coming along beautifully with improvements continuing throughout the year by Palm Lake Resort greenkeepers and volunteers alike (a big thank you to all who contributed). The most recent project was laying turf and topsoil on Fairway 7. Give it a couple of months and it will be just fantastic to play on.

On November 30, we had our combined Golf Awards Night and Christmas party at the Westhampton Sports Club which was so much fun. Members could participate in putting and 'Over the lake' competitions as well as the usual raffles, 100 board and lucky door prizes. Each attendee enjoyed a meal and complimentary drinks which kept everyone happy and in the Christmas spirit.

Congratulations to all our 2024 award winners, including:

Club Champions: John Leask and Rae Densley

Matchplay Champion: Ian Ferguson

Medal of Medals: Dave Peatman and Rae Densley

Most Improved Ladies Golfer: Anne Williams

We are looking forward to 2025 for another great year of golf and good times.

Our ladies raise funds for important breast cancer research

A Charity Golf Day was hosted late last year by the ladies of the Westhampton Golf Club, all in support of breast cancer awareness. We ran a raffle a month before the event and made a profit of \$450 which was donated to breast cancer research. The event was very successful with 30 attending including non-players who enjoyed a lovely morning tea after the Ambrose game (we had three teams of four and one team of three playing on the day). The Golf Club was decorated in pink and so too were the attendees. We hope to have another similar charity Day in October 2025 which will be even bigger and better. The 2024 event was organised by Club Captain, Deanna Cruickshank.



OUR GOLFERS THINK PINK



CHECK
OUR WEEKLY
ACTIVITIES LIST
ON PAGE 3

Don't weight.

MAINTAINING TONED MUSCLES IS
QUITE CRUCIAL FOR US OVER-50s AS IT
SIGNIFICANTLY ENHANCES OUR OVERALL
HEALTH AND QUALITY OF LIFE. HERE'S WHY -
AND HERE'S HOW...



As we age, we naturally lose muscle mass and strength — a condition known as sarcopenia. This decline can lead to reduced mobility, increased risk of falls and difficulty performing everyday tasks. Regular muscle-toning exercises help combat this loss, preserving strength and functional independence.

Toned muscles also support joint health by stabilising and reducing strain on the joints, which can alleviate symptoms of arthritis and prevent injuries. Furthermore, muscle tone enhances posture and balance, which are vital for avoiding falls, a common cause of injury among older adults.

Building and maintaining muscle tone boosts metabolism, making it easier to manage weight and reduce the risk of obesity-related conditions such as diabetes and cardiovascular disease. Strong muscles also play a role in maintaining bone density, decreasing the likelihood of fractures and osteoporosis.

Beyond the physical benefits, engaging in muscle-toning activities improves mental wellbeing, boosts energy levels and enhances confidence. Whether through resistance

training, Pilates, yoga or bodyweight exercises, keeping your muscles toned is an essential part of staying healthy, active and independent in later life.

Here's the good news: Maintaining muscle mass after 50 doesn't require gruelling workouts. Gentle, consistent exercises and activities can effectively build strength, improve flexibility and promote overall wellbeing. And if ever there was a place to support this type of activity, among a group of likeminded participants, it's here in our Palm Lake Resort community, don't you agree? And research shows that the New Year is often the best time to start on this type of exercise regime. Generally, we are physically refreshed after the Christmas holidays and many also enjoy a renewed and enthusiastic outlook on life at this time of the year, making big, bold plans for the coming 12 months. Utilise your New Year headspace/mental vigour to start an exercise routine that has the best chance of sticking!

Here are some of the easiest and most beneficial ways to encourage your muscles to stay strong:

Yoga

Yoga improves muscle tone, flexibility and balance. Gentle styles like Hatha or restorative yoga are accessible for beginners and can help strengthen core muscles while promoting relaxation and mental clarity.

Tai chi

Often described as "meditation in motion", tai chi is a low-impact activity that enhances muscle strength, balance, and coordination. It's particularly beneficial for reducing fall risks and improving joint health.

Pilates

Both mat-based and reformer Pilates are excellent for building core strength, improving posture and toning muscles. The exercises are adaptable to individual fitness levels and focus on controlled movements.

Swimming

Swimming and water aerobics provide full-body resistance training with minimal strain on joints. The water's buoyancy makes it ideal for people with arthritis or other joint issues.

Low-impact sports

Activities like tennis, pickleball or golf encourage muscle engagement and coordination while being gentle on the body. They also foster social interaction and enjoyment. Tick, tick!

Body-weight exercises

Simple exercises such as squats, lunges and modified push-ups can be done at home to maintain strength and endurance without needing equipment.

Resistance bands

Using resistance bands offers a safe, versatile way to strengthen muscles. They are lightweight and allow for various exercises targeting different muscle groups.

Walking with weights

Walking while holding light weights or using weighted wristbands provides a dual benefit of cardiovascular activity and muscle toning.

Gardening

Gardening activities like digging, raking and planting engage various muscle groups, making it a functional way to stay active.

Dance classes

Dance-based fitness classes are fun and effective for improving coordination, muscle tone and cardiovascular health. Think Zumba, line dancing and adult tap dancing, for starters.

The most important thing with maintaining muscle tone is consistency. Starting slowly, listening to your body and gradually increasing intensity will help you maintain muscle mass and support overall health for many years to come.

Please note: Always consult a healthcare professional before beginning a new exercise program.

Six transformative New Year resolutions for all over-50s.

HAVE YOU HAD A CHANCE TO REFLECT ON 2024 AND SET SOME CHALLENGES AND GOALS FOR YOURSELF FOR 2025? SOME FIND THAT TASK SIMPLE, WHILE OTHERS CAN BE OVERWHELMED BY THE THOUGHT. LET US HELP YOU GET STARTED...

Whether your plans and goals are big or small, now is definitely the time to embrace the energy of renewal that abounds this season and set some intentions for the year ahead. If you need some inspo, we've come up with six New Year resolutions, specifically for over-50s, that will help transform your life:

1. Prioritise strength and mobility

Commit to a fitness routine that blends strength training with flexibility exercises like yoga or Pilates. These activities preserve muscle mass, improve balance and reduce the risk of falls.

2. Adopt a Mediterranean-inspired diet

Focus on whole foods like olive oil, fresh vegetables, lean protein and nuts. This heart-healthy eating pattern supports brain health and longevity.

3. Engage in lifelong learning

Pick up a new skill or hobby, or start an online course. Continued learning keeps the mind sharp, boosts self-confidence and provides opportunities to meet likeminded people. There will definitely be scope to find a group of likeminded neighbours here at our resort if you are wanting to start a new activity group. Otherwise, simply head to our Weekly Activities list and see if there's something there that piques your interest.

4. Deepen social connections

Make time for family, friends and community groups. Social engagement improves mental wellbeing, reduces loneliness and even strengthens immunity.

5. Embrace mindfulness practices

Incorporate meditation, tai chi or mindful breathing into your daily life. These practices reduce stress, enhance focus and promote a sense of peace.

6. Declutter and simplify

Start a decluttering journey, focusing on your home and commitments. Letting go of unnecessary possessions and obligations clears space for a simpler, more fulfilling lifestyle.

Homes for sale.

FOR MORE INFO, CONTACT PALM LAKE RESORT SALES CONSULTANT JULIE-ANN
ON 1800 338 382 OR EMAIL HER AT JULIEANNH@PALMLAKE.COM.AU



Home 17: \$1,165,000



Home 74: \$1,185,000



Home 12: \$1,395,000



Home 47: \$1,030,000



UNDER CONTRACT

Home 114: \$850,000



UNDER CONTRACT

Home 65: \$1,190,000



Home 219: \$1,400,000



Home 223: \$1,410,000



Home 50: \$985,000



UNDER CONTRACT

Home 59: \$1,250,000



UNDER OFFER

Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT ADDRESSES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL OUR PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!

Palm Lake Group 'Rizes' to the occasion.



OUR CHRISTMAS HAUL FOR THOSE IN NEED

This year, all seven Palm Lake Care communities, a number of Palm Lake Resorts and our Palm Lake Group Head Office team supported the RizeUp Christmas Appeal. PLC Chief Operating Officer Patricia Heke says the Group collected "a mountain of beautiful presents" (pictured above) that were gifted to children of families in domestic violence situations who otherwise might not have had a gift under their Christmas tree. "Our efforts were for smiles we will never see, but will know were there, on Christmas morning," Trish says. "A massive thank you to all for your generosity."



Twenty years young.

Recently, there was a vibrant gathering to mark the 20th anniversary of Palm Lake Resort Mt Warren Park. The day was filled with much fun and celebration. Best of all, it was great to honour Mt Warren Park's original 14 homeowners – those who have proudly called this community home since 2004 (as pictured left). Hip hip, hooray!



Waterford's Toy Boys continue their epic project.

Palm Lake Resort Waterford is home to a delightful group of fellows who adore their time together in the resort workshop. Not only do they use that quality time to chew the fat on all the topics of the world, they also like to build wooden toys for very grateful local children. And they've been doing it for longer than a decade!

The "Toy Boys" spend the whole year crafting gorgeous, high-quality toys from donated materials (and other materials that they purchase with funds raised through resort events and donations). Then, come December,

they put on their Santa hats and gift their toys to local groups. Toy Boys committee president Ray Johnstone says the Beenleigh Special School and Woodmans Mitre 10 Beenleigh's Community Christmas Tree appeal were the two grateful local organisations that received their hand-crafted gifts this past Christmas (all gifts under the Mitre 10 tree were provided to Night Light Outreach who distributed them to needy local families). Among the haul was everything from doll beds to a ride-on digger - all handmade in the Palm Lake Resort Waterford workshop. Bravo boys!



Doing it for charity, again and again.

You can tell we've just enjoyed the 'season of giving' - not only did our homeowners enjoy giving Christmas gifts to their loved ones, they didn't forget about those less fortunate. We've seen so many great stories of charity fundraisers being held across our resorts in recent months - here's a little snapshot of some of them:

- Cooroy-Noosa hosted a 'pink' event for the McGrath Foundation. More than \$4000 was raised for breast cancer research and patient support.
- Carindale's inaugural jumble sale raised \$3000 for Care Kits for Kids and Beyond DV.
- Beachmere Sands and Beachmere Bay converged for morning tea to raise \$430 for Alzheimers research. The Sands crew also held a Bowls event fundraiser for prostate cancer research and raised another \$800.



Wedding belles.

Congrats to Palm Lake Resort Beachmere Sands residents Allyson and Graham (pictured top) who tied the knot in a wedding ceremony at the resort's fabulous Beach House late last year.

We also saw Palm Lake Resort Bethania homeowners Dawn and Vern (above) tie the knot in a private function at their resort's Country Club in front of 60 guests.

Doggie dates.

At Palm Lake Resort Carindale's Home 52, an ever-changing and random assortment of resort doggos gather early each morning to greet each other. Homeowner Betty welcomes these morning gatherings on her front step where she and her dog, Lucy, provide delicious morning treats. There are often 4 or 5 puppies dropping in each morning, she tells us. It's a lovely way for our four-legged community members (and their humans!) to stay connected.



New Year, new you.



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THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
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