

Beachmere Sands.

APRIL - MAY 2023



On the green

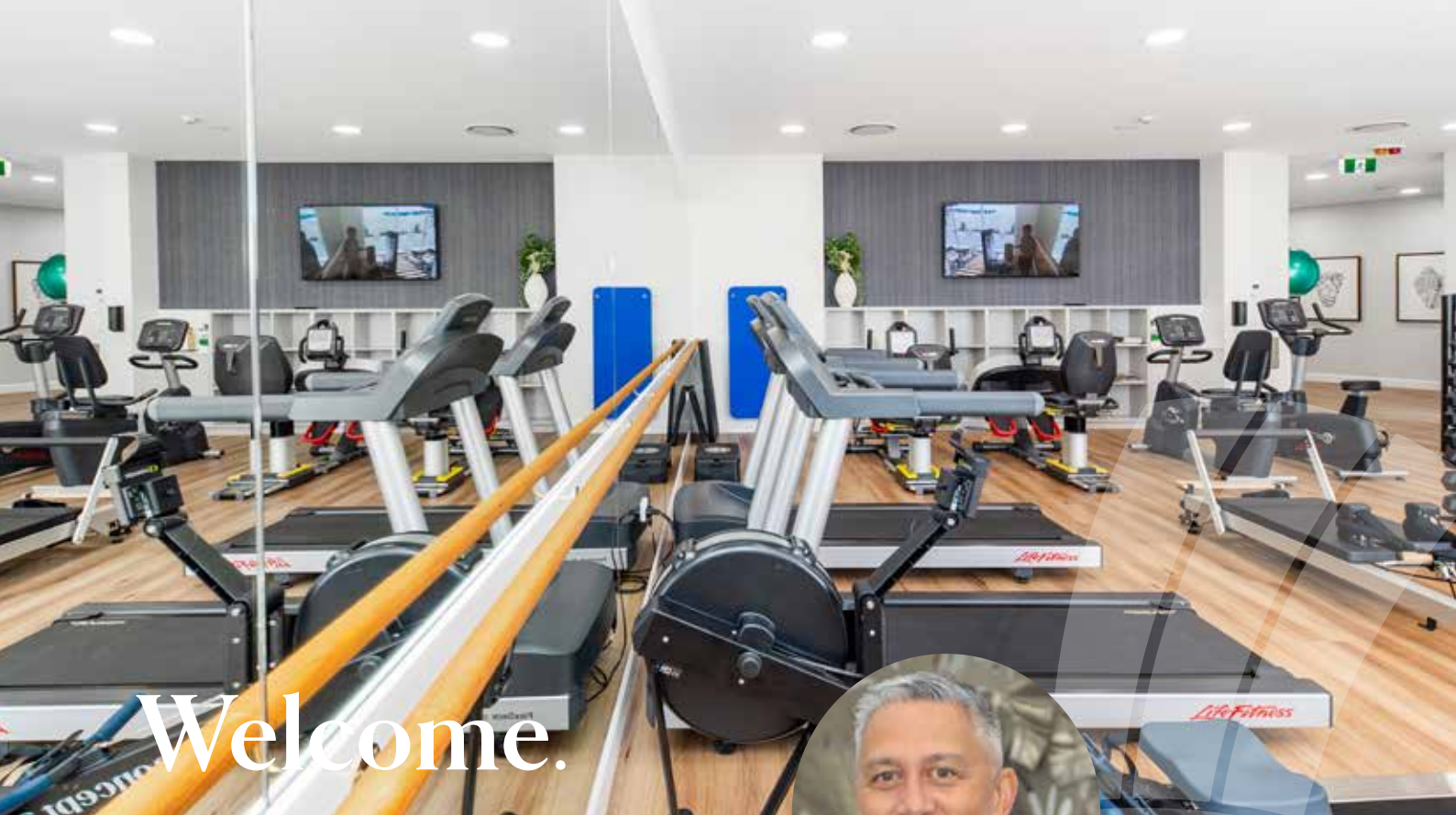
The competition was fierce during our recent inter-resort bowls challenge. Catch up on the action on Pages 6 and 7.

Island time

You could have mistaken our resort for a Hawaiian paradise during our latest resort get-together.

Fill your diary

Our Weekly Activities program is full to the brim with things to keep you active and social.



Welcome.

Welcome to the April - May edition of the Beachmere Sands newsletter.

January and February seemed to fly by but to be honest I am a little relieved – we see the back end of the hot and sticky conditions this time of the year brings. They're something I find hard to get used to, even though I have lived in Queensland since 2006. Bring on autumn I say.

I know it may seem like an age since Christmas, but I want to take this opportunity to say a big thank you to Mariella for the wonderful job she did while I was away on annual leave during the Christmas break. She handled everything in a professional manner, and I commend her for it. Mariella continues to be a great addition to the team. Would you believe she passed the six-month mark in March? Time really does fly when you are having fun.

It's been a busy few weeks with trades and contractors coming and going. Read the 'Around the Grounds' update on the opposite page for a summary of the works that have been completed, and the works that are coming up.

It was great to hear and see what a wonderful time every had at the Australia Day party as well as the Valentine's Day event. I am looking forward to seeing photos and have loved hearing stories of the antics that took place at the Hawaiian night and the St Patrick's Day celebrations.

As always, we are here to assist in any way we can so please feel free to come and see me in the office.

Stay safe, and I look forward to seeing you around the resort,

Laurence and the Sands team



CONTACT US

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

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Street address:
218 Bishop Road,
Beachmere QLD 4510

Office hours:
10am to 2pm, Monday to Friday
(weekends, by appointment)

Email:
beachmeresands@palllake.com.au

Find us online at:
palllakeresort.com.au

Get social:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@palllake.resort)

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News briefs.



ON THE MENU

Thursday April 13 & Friday April 14

- Chicken Kiev with potato bake, honey carrots and beans
- Chocolate mousse with peppermint chocolate and cream

Thursday April 20 & Friday April 21

- Roast beef with Yorkshire pudding and gravy, with roast and steamed vegetables
- Jelly fruit and custard

Thursday April 27 & Friday April 28

- Option One: Lambs fry and bacon, mashed potatoes and greens
- Option Two: Thick pork sausages, mashed potato and greens
- Citrus cheesecake with cream

**Note there is no lunch on Good Friday*



AROUND THE GROUNDS

Turning off our main water supply is always a last resort, so I want to thank everyone for there, patients when we had to do just that in February to rectify issues to valves, restrictors etc. at multiple villas. Air-conditioning contractors have been onsite looking at the clubhouse issues, hopefully we are getting close to having these issues resolved. The roofing contractor has been here on multiple occasions over the past few weeks trying to rectify the roof leaks and it looks like he has been successful in repairing the most recent leaks. Let's hope we don't need him back anytime soon. We are now waiting on confirmation from the painters so they can come through and repair any damage to the clubhouse ceilings. There are a few major works coming up over the coming weeks starting with a refresh of the pillars along the front fence line along Bishop Road, the walls either side of the entrance gate and the wall behind the entrance roundabout. Gutter cleaning for villas is coming up in May and major roof works a bit later in the year.

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: @palllakeresort
Instagram: @palllake.resort

WE WANT TO HEAR FROM YOU!

Whether it's photos from a recent event or there's a new activity you'd like to announce, this newsletter is the place to share the latest and greatest resort happenings. Chat to your caretaker about how to submit content and to find out deadlines for upcoming editions.

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 Beachmere Sands home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.



You had me at aloha.

OUR RESIDENT GET-TOGETHERS ARE ALWAYS A LOT OF FUN, BUT OUR RECENT HAWAIIAN NIGHT WAS PARTICULARLY VIBRANT. WITH TROPICAL SHIRTS, FLORAL LEIS AND THE SOUNDS OF UKULELE FLOATING THROUGH THE AIR, THE SANDS CLUBHOUSE WAS TRULY A SIGHT TO BEHOLD.

On Friday March 10, Palm Lake Resort Beachmere Sands jetted across the Pacific Ocean to the idyllic shores of Hawaii – at least, that’s what it felt like.

The get-together – which was one of our popular \$5 nights put on by Ros Canon (Home 34) – drew a large crowd of residents, all keen to enjoy good food, good company, and even better entertainment (especially if you ask the blokes).

“We had Atete’s Hawaiian Group come in and perform, and they were brilliant,” says Ros. “They played ukulele and the drums and got us all up to do some Hawaiian dancing.

“It was especially funny to see the eyes of all the gentlemen in the room as they watched the dancers. I believe there was a line up at the doctor’s surgery on Saturday morning, with a lot of men suffering from high blood pressure.”

Feeding the 100-strong crowd was no mean feat, but Ros’s ham, cheese and pineapple burgers were as delicious as they were bang on theme. There was also coconut rice and fresh fruit to enjoy.

All in all, it was yet another successful \$5 night with many happy memories made. Stay tuned for the next one on June 7, which will see the likes of sports journalist Steve Haddan, Hayden Kenny (Australia’s first Ironman champion) and rugby league player and coach Allan ‘Alfie’ Langer take the stage for an unmissable sports chat.



Sandy enjoying the festivities.



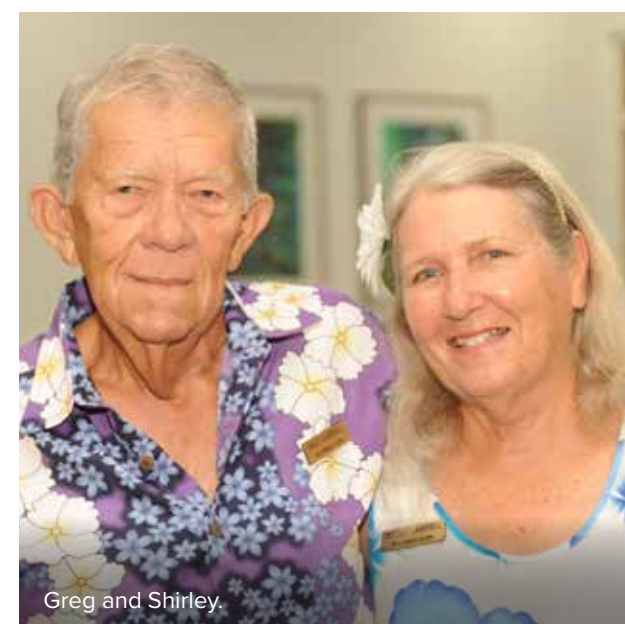
Anna rocking her bang-on-theme pants.



Sandy and Flav.



Michael and Karen.



Greg and Shirley.

Game on.

THE SIXTH INTERVILLAGE BOWLS COMPETITION BETWEEN PALM LAKE RESORT BEACHMERE SANDS AND BEACHMERE BAY TOOK PLACE LAST MONTH – AND FINALLY, IT WAS THE SANDS WHO CAME HOME WITH THE TROPHY.

On Sunday March 19, after a false start the previous weekend (inclement weather had prevented the competition from going ahead on its original date), all 36 bowlers were well and truly ready to take to the green at The Sands.

The much-anticipated competition – now in its fourth year – had been won by Palm Lake Resort Beachmere Bay five times in a row. But this time around, it was Beachmere Sands who finally won the day.

“It was a really good competition,” says organiser and Beachmere Sands resident Les Purdie (Home 171). “We had excellent feedback from players and spectators, and we finally won, which was great.”

Both teams had 18 players, and Les estimates around three dozen spectators came out to support. After the friendly (albeit fierce) competition was over, both resorts came together to enjoy a post-bowls chicken burger.

“We had tables of six people each – three from the Sands, three from The Bay – which certainly worked really well,” adds Les. “There was lots of great interaction.”

While an exact date for the next competition is yet to be determined by Beachmere Bay, Les says it will likely take place in October and November.

Will we be able to hold onto the trophy and achieve two wins in a row? You’ll have to come along and find out.



Brenda accepts the trophy on behalf of The Sands team.



Puzzle power.

DON'T THINK OF A BOX OF JIGSAW PUZZLE PIECES AS A TIME-CONSUMING CHORE – IT'S ACTUALLY AN ACTIVITY THAT WILL PROVE MORE BENEFICIAL THAN YOU THINK.

Building jigsaw puzzles is a pastime that spans the generations. You might remember your own children, as babies and toddlers, joining a handful of large format puzzle pieces to make a simple picture. As they grow, the pieces get smaller, the image gets more detailed and number of pieces in a box rises through the hundreds and eventually, into the thousands.

Building puzzles as a fun family activity can also 'join' you in other ways - the bonding experience and time shared is invaluable. Jigsaw puzzles should definitely be on the activity list when the smallest members of your family come and visit or stay. However, building jigsaw puzzles in the latter years of life, and especially so with likeminded friends, actually has more benefits than you'd think. Here are just some of them:

1. Left brain meets right brain to prevent cognitive decline. Puzzles are a whole-of-brain activity as they exercise both the right and left sides. Our brain's right side sorts creativity, emotion and intuitive thinking while the left side is the logical, objective and methodical side. When you complete a puzzle, both sides communicate and work together, increasing cognitive function. The occipital lobe is the area where the brain connects colours and shapes and it is also activated during puzzle building. Exercising the mind helps prevent cognitive decline.

2. Memory improvement. Picking up a puzzle piece and scanning the rest of them for a match strengthens neural

connections and increases the generation of new connections. This, in turn, increases mental speed and thought processes. You've also got to be visualising the completed image, but in small sections, and when you exercise the part of the brain in charge of storing this kind of information, you're also working a muscle that will ultimately improve your short-term memory.

3. Problem solving and IQ increase. It's true. You can actually become smarter by completing puzzles - and there's research to prove it. A group led by Dr Susanne Jäggi at the University of Michigan found that spending just 25 minutes a day solving puzzles can raise your IQ by four points. Nice. Beyond the brain boost, these enhanced problem-solving skills can be transferred and applied to other areas of life to make you more innovative and adaptive as well as a more critical thinker.

4. Mood enhancement. Solving puzzles increases the brain's production of dopamine. This neurotransmitter is responsible for regulating mood and optimism. It also affects learning, memory, concentration and motivation. Dopamine is released every time we put a puzzle piece in the right place. This encourages us to challenge ourselves and continue to find more and more puzzle-piece matches (many of us know that feeling of becoming 'addicted' to completing a puzzle and finding it hard to walk away from an uncompleted one!).

Jigsaw puzzle mat, \$26.95,
templeandwebster.com.au

Kmart puzzle sorting trays,
\$10, kmart.com.au



Deluxe jigsaw puzzle board
and zip-up storage/carrier (for up
to 1000-piece puzzles), \$73.99,
theboardgamer.com.au



5. Decreased stress through the meditative process of completing a puzzle. When assembling a puzzle, our brains go from 'beta' (or awake) to a state of 'alpha' (which is similar to the state we are in when we are dreaming). This shift in consciousness comes with many benefits, including improvements in mood and self confidence, lower blood pressure and heart rate, as well as stress relief.

6. Better visual-spatial reasoning.

7. Greater attention to detail.

8. Increased productivity.

9. Delaying symptoms of dementia and Alzheimer's disease.

10. Better ability to collaborate and work in a team (when you join friends in puzzle-building).

If you don't have your own puzzles or have done them so many times that you know them too well, head to our resort library and check out the collection there.

And here's a nifty idea: Similar to a Book Club, you could even round up some likeminded puzzle-lovers here within our community and share resources or, more importantly, join forces and puzzle together regularly. Now that sounds like fun!

Weekly activities list.

MONDAY

7.30am Men's golf
8am Yoga
9am Paper tole
9.45am Zumba gold
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)
9.45am Beachmere bus
9.30am Craft
5pm Women's tennis
6.30pm Mixed tennis

THURSDAY

7am Tai chi
9.30am Pilates
12.30pm Bowls
1pm Canasta
1pm Lace making

FRIDAY

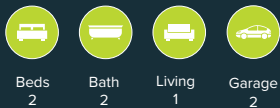
7am Golf (away)
8am Strength/balance
9am Paper tole
10am Singing
1.30pm Mah-jong
1.30pm Scrabble

SUNDAY

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

Homes for sale.

Home 44 - \$565,000



SOLD

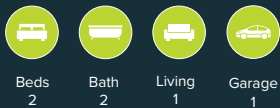
Beautifully presented.

Boasting two bedrooms, a great study area plus a relaxing low maintenance outdoor area, this home is designed to impress. Enjoy entertaining friends in the alfresco space, or spend time pursuing your passions in the study.

Enjoy European Smeg appliances, ducted air-conditioning and close proximity to the front gate and clubhouse.

The recently refurbished clubhouse is the hub of the resort with lawn bowls, golf, tennis, craft room, library, craft room and theatre to some of the amenities on offer.

Home 6 - \$545,000



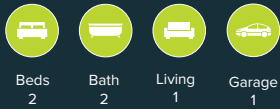
Rare opportunity knocks.

This home occupies prime position within Palm Lake Resort Beachmere Sands. It is located in a very small cul-de-sac and backs onto common ground, guaranteeing you privacy and serenity.

It has been upgraded recently with brand new carpet, and European Smeg appliances have also been installed. With two bedrooms, two bathrooms and a garage, it is a comfortable and convenient downsizer in one of the region's most popular over-55s communities.

Residents enjoy the five-star clubhouse all year round, with golf, tennis, lawn bowls, library, pool, theatre and more.

Home 18 - \$569,000



UNDER OFFER

Prime position.

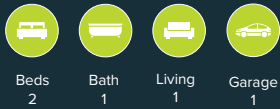
This home is perfectly positioned within the ever popular Beachmere Sands retirement resort.

If you are wanting to enjoy the great facilities this resort offers - without having to walk too far - this villa is waiting for you. It is located beside the clubhouse, yet still very private and well set back from the road.

Other great features include only having one neighbour, plus a bonus multi-purpose room, single garage size.

Be sure to book an appointment to see this home for all it offers along with the fantastic resort facilities.

Home 25 - \$550,000



Picture perfect.

This home is perfectly presented and perfectly positioned within the very popular Palm Lake Beachmere Sands Resort. Upon entering, you will immediately get a sense of "Home Sweet Home" and truly appreciate how easy it will be to put your own touches on it.

It offers two bedrooms, both with built-ins, a separate bathroom plus a second toilet. Just a stones throw away is the resort's fantastic clubhouse, offering first-class facilities and activities.

To fully appreciate this home, please make an appointment to inspect.

10,000 REASONS TO CELEBRATE

With more than 45 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 1800 338 333 | beachmerereception@pallmlake.com.au
218 Bishop Rd, Beachmere QLD 4510

THE BEST IN OVER-55s. THIS IS YOUR TIME.
pallmlakeresort.com.au