

APRIL - MAY 2025



The Sands



Did someone say chocolate?

We're dreaming of all the chocolate-y recipes we can make as Easter approaches

Green thumbs up for indoor plants

Bring the outdoors in with easy-care indoor plants for every different room

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Welcome.

We have had a busy couple of months with lots going on. I was privileged to do an information session with our residents that encompassed what happens when you leave the resort. It was a tremendous success with over 170 residents and family attending. We finished off with an afternoon tea and, of course, our clubhouse bar was opened for all to enjoy a cold beverage.

As you know, we were in line for Cyclone Alfred to cross landfall around us. It was quite scary for a while, though the anticipation was worse than the actual event. We were extremely lucky and very thankful that we did not get the full extent of the cyclone - just lots and lots of rain and very gusty winds. In the scheme of things we did okay.

You can feel the mornings getting cooler and that is a stark reminder that winter is only a few months away. This is the perfect time for our gardeners to do a few beautification projects around the resort, without getting heatstroke! Our residents are busy partaking in their social activities and living their best lives, which really does make me immensely proud to be a part of the Sands family.

I am busy doing preparation for end of financial year tasks and projecting what is required over the next 12 months.

See the opposite page for our Around the Grounds update, and enjoy flicking through the rest of the newsletter for all things lawn bowls, chocolate and indoor plants. It's a good edition.

Take care of yourselves and see you around the resort!

Donna 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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Get social:
Follow us on Facebook
(@pallakeresort) and on
Instagram (@pallake.resort)

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News in brief.

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.

Around the Grounds

We have the Queensland Fire Service coming to do their five-year audit, so we have been checking that all is ship shape. Our clubhouse roof is needing some attention after Cyclone Alfred decided to unleash his fury. We will also be replacing an air conditioner motor that services the clubhouse - we are organising this as a crane is needed to lift the broken one off, and the new one on. External painting and pest control is also underway for the homes. We have a new resident moving in shortly, and refurbishment of two homes will commence in the near future. Exciting times!

Don't forget to check your speed

Please remember the speed limit around our community grounds is 10km/h. It is not hard to keep your foot off the accelerator so please keep an eye on your speedo as it is very easy for someone to have a mishap. Please slow down - and make sure to remind your visitors and/or invited tradespeople to do the same.

Autumn's here, and it's Your Time

It's the start of a new season and that means there's a new edition of *This is Your Time*, our company magazine, hitting mailboxes around the nation. In this edition, let us introduce you to Mirador Wellness Centre which is part of Palm Lake Resort Pelican Waters. Mirador is the largest and most opulent over-50s wellness centre in the Southern Hemisphere. We couldn't be prouder of this one - it's a showstopper. We've actually taken that wellness theme and sprinkled it right throughout this magazine edition. Learn more about all those wellness therapies that are 'trending' right now (spoiler alert: they aren't 'trending' as much as they are here to stay!) and why you should incorporate a little more wellness into your daily life. We also catch you up on the progress we're making on our construction sites. If you haven't received a hard copy in your mailbox, you can always read it online at pallakeresort.com.au

Pet owners

A friendly reminder to please ensure your pet is always on a leash and under your control when out of the house. Droppings - including cat droppings - must be picked up and disposed of and are not permitted in or close to the communal facilities (all buildings, pools, etc.). Please ensure your pet does not interfere with the peace, comfort or privacy of other residents. For more, please refer to the Residential Park Rules (July, 2017).



Weekly Activities list

- MONDAY**
7am Men's golf
8am Yoga
9am Paper Tole
9.30am Ladies Golf
1.30pm Bingo
4pm Mixed Tennis
7pm Indoor Bowls
- TUESDAY**
7am Water Aerobics
9am Paper Tole
9.30am Scrabble
12.30pm Lawn Bowls
1pm Bolivia
- WEDNESDAY**
6.30am Men's Golf (away)
8am Dance Fitness
9.30am Craft & Knitting,
Beachmere Bus
2pm Lace Making
3pm Ladies' Tennis
- THURSDAY**
7am Tai Chi
8am Mixed Tennis
8.15am Pilates
9am Shopping Bus, Quilting for Beginners
12.30pm Lawn Bowls
2pm Mahjong
- FRIDAY**
6.30am Golf (away)
8am Seniors' Exercise
8.30am Upwords
8.45am Scroungers bowls
10.30am Singing 'round the Piano
1pm Bolivia
- SATURDAY**
9am Craft, Contract Bridge
7pm Movie Night (second Sat)
- SUNDAY**
9.45am Scroungers bowls
2pm Croquet
3pm Ladies' tennis

Seeing green.

Early April saw Palm Lake Resorts Beachmere Bay and Beachmere Sands go head to head on the bowling green. The Sands played host, and it was a wonderful day of fun and friendly competition. Congratulations to the winner, Shirley, on a great performance! We can't wait until our resorts' next face-off.



Photos on this spread are courtesy of Brad Kinross.

Death by chocolate.

IT'S OFFICIALLY THE SEASON OF CHOCOLATE, WHICH MEANS YOU'LL PROBABLY RECEIVE A LOT OF IT OVER THE COMING WEEKS. INSTEAD OF GORGING ON IT ALL IN ONE SITTING, SPREAD THE LOVE BY TURNING IT INTO OTHER CHOCOLATE-Y CREATIONS. YOUR FRIENDS AND FAMILY (AND YOUR DENTIST!) WILL THANK YOU FOR IT.

Chocolate fondue

The most delicious addition to any dinner party! Melt down those Easter bunnies and eggs into a gooey chocolate sauce, cut up some fresh fruit (strawberries, raspberries, bananas) and other sweet treats (peanuts, marshmallows, honeycomb chunks) and get dipping.

Bonus: You can turn your fondue party into a long-lasting snack by refrigerating your chocolate-dipped goodies.

Chocolate bark

It's so simple, but so delicious. Chocolate bark is literally melted chocolate poured onto a baking tray, and sprinkled with whatever toppings you like. Dried fruit and nuts make it ever so slightly healthy, but you can also get experimental making it taste like your favourite chocolate bars – sprinkle desiccated coconut for a Bounty Bar effect, or Twix-inspired caramel and crushed biscuits.

Chocolate pudding

Combine one cup of breadcrumbs, 1 ounce of brown sugar and 1 ounce of chocolate in a bowl. In a pot, add 2 ounces of butter and 1 cup of milk and bring to a boil, then pour into the bowl with the breadcrumb mixture. Let it soak for a few minutes. In another bowl, whisk two eggs (keeping back one egg white) and add to the breadcrumb mixture, along with vanilla essence (to taste). Transfer the mixture to a greased pie dish and bake until set. Whisk the remaining egg white and a little sugar to a froth, roughly add to the top of the pudding and bake to a pale brown. Enjoy!

Chocolate crisps

An Australian classic! Melt a block of milk chocolate (or 180g of Easter chocolate). Add as many cornflakes as the melted chocolate will absorb. Mix lightly and drop in small mounds on a greaseproof paper. Allow to set hard in refrigerator or freezer.

Chocolate eclairs

Dissolve 1 ounce of butter in 4 tablespoons of hot water. When quite mixed, add 1z ounces self-raising flour, remove from heat, stir in a pinch of salt. Slowly, add 3 eggs and 3 ounces of sugar. Beat all thoroughly for 2 or 3 minutes; then, with a wooden spoon, divide mixture into 16 rolls 3 inches long and 1 inch wide. Bake in hot oven on greased tin till a golden brown. With a sharp knife, split open each eclair at one side and fill the centre with whipped cream. Make some icing with 6 ounces icing sugar, the whites of 2 eggs whipped to a stiff froth and enough chocolate to colour well; when this is smooth add a little lemon juice and beat well. Cover the eclairs with this mixture and set aside to harden.



THE COLOUR
GREEN PROMOTES
CALM, BALANCE,
RELAXATION,
RENEWAL

Green thumbs up.

IT DOESN'T MATTER WHERE IN YOUR HOME YOU PLACE THEM, POTTED PLANTS ADD A SPECIAL SOMETHING TO ANY AND EVERY INTERIOR. THEY INJECT LITERAL LIFE INTO INANIMATE SPACES AND BEYOND THAT, THEY BENEFIT HOMES – AND THE HUMANS THAT INHABIT THEM – BY FILTERING AIR AND ABSORBING AIRBORNE TOXINS.

The biggest problem homeowners have with incorporating potted plants into their interior scheme is keeping them alive. Yes, unfortunately, many of us either set and forget our plants or at the other end of the scale, we shower them with too much love (read: water) and the end result is the same. Having said that, the biggest mistake homeowners make around indoor plants is in the very first step: Choosing the wrong plant for the space. You simply can't enter a nursery, fall in love with any lush pot of greenery and expect it to live anywhere in your home. Just like humans, plants can be fussy when it comes to their living arrangements. To help get you off on the right foot with adding plants to your home interior, follow these guidelines and suggestions to find a plant for some of the most obvious places...

In the kitchen

A lovely little potted plant on a bright kitchen windowsill or a bright benchtop, can do wonders for the heart of your home. Try these options that are cute in size but add mighty impact:

- **Geranium:** Compact. Flowers beautifully in full sun.
- **African Violet:** Prefers bright light but not extreme heat, making it great for sunny but cooler windowsills.
- **Kalanchoe:** A flowering succulent that enjoys direct sun.
- **Echeveria:** A beautiful rosette-shaped succulent that does well in sunny spots. Enmasse, these guys add even more

impact. For example, put four different Echeveria in four individual but matching/coordinating pots and group them together on a bright bench.

- **Basil:** Grows well in a sunny spot with regular watering.
- **Thyme:** A hardy herb that loves warmth and sunlight.

In the bathroom

Bathrooms are typically high humidity, low light spaces with temperature fluctuations, so the best plants for these conditions are ones that thrive in moisture-rich environments.

- **Peace Lily (Spathiphyllum):** Handles low light and high humidity, plus it purifies the air.
- **ZZ Plant (Zamioculcas zamiifolia):** Extremely hardy, tolerates low light and moisture.
- **Cast Iron Plant (Aspidistra elatior):** Almost indestructible and thrives in low light.
- **Boston Fern (Nephrolepis exaltata):** Loves humidity but needs regular watering. The good thing here is that you're probably more likely to remember to water your boston fern given it's a room where water is easily accessible.
- **Maidenhair Fern (Adiantum spp.):** Thrives in high humidity, though it needs consistent moisture. Again, a great location to remember to water your fern.
- **Bird's Nest Fern (Asplenium nidus):** Tolerates low light and loves moisture.

In the living area

These spaces call for larger plants that make more of a statement. Living spaces can be bright, or offer lower/ indirect light, depending on the orientation of your home and the available windows so you'll want something that can handle filtered light while also able to grow to a good indoor size.

- **Fiddle Leaf Fig (Ficus lyrata):** A popular indoor tree with large, glossy leaves. Prefers bright, indirect light and occasional watering.
- **Rubber Plant (Ficus elastica):** Low maintenance with dark green or variegated leaves; thrives in bright, indirect light.
- **Bird of Paradise (Strelitzia reginae or Strelitzia nicolai):** Large tropical plant with broad leaves. Loves bright spaces but not direct sun.
- **Kentia Palm (Howea forsteriana):** A graceful, slow-growing palm that adapts well to indoor conditions.
- **Parlor Palm (Chamaedorea elegans):** Classic indoor palm with a soft, tropical look; thrives in bright, indirect light.
- **Dragon Tree (Dracaena marginata):** Tall and slim with striking foliage, easy to care for, great for indoor air quality.
- **Umbrella Tree (Schefflera actinophylla):** Lush and bushy with an elegant shape, perfect for bright rooms.

From the ceiling

Hanging pots can provide unexpected drama in the right interior spaces. They can fill a space well and bring height to that space. Low-maintenance, lush indoor hanging plants are quite inexpensive and many require minimal care, including:

- **Heartleaf Philodendron (Philodendron hederaceum):** A fast-growing, trailing plant that thrives in indirect light and only needs occasional watering.
- **Spider Plant (Chlorophytum comosum):** Hardy and adaptable, this strappy-leaved specimen gets better and better as it matures as it produces baby 'spiderettes' that drape beautifully down from the pot.
- **Devil's Ivy (Epipremnum aureum):** One of the easiest plants to grow. It tolerates low light, occasional neglect and still looks full and lush. If you like this one, you'll also love the striking green and yellow variegated leaves of **Philodendron Brasil** and the bright lime-green version called **Neon Pothos** and finally, **Marble Queen Pothos** for its variegated white/green marbled leaves.
- **Silver Satin Pothos (Scindapsus pictus):** Another close relative of Devil's Ivy with velvety, silvery-speckled leaves.

...and a few other hot tips

- If you want to make a statement in your living space but your preferred indoor plant is smaller and doesn't have a tall, upright shape, simply choose a tall statement pot that lifts your plant off the ground.
- If the spot you want to fill is simply too dark for any plant to thrive, a vase filled with greenery is a great substitute. Monstera (Monstera deliciosa) offers iconic split leaves that last weeks in water. Lucky Bamboo (Dracaena sanderiana) thrives in water, adding height and structure to a vase. Eucalyptus branches are another great option.
- It's always a good idea to have a few indoor plants on an indoors/outdoors rotation so they are always getting a period of time outside to recharge and revitalise. They'll also love a little incidental nitrate-filled rainwater while they're outside having a holiday.

Green helpers.

IS YOUR GREEN THUMB NOT AS BRIGHT GREEN AS YOU'D LIKE? CHECK OUT THESE GREEN ASSISTANTS THAT WILL HELP MAKE BEING A PLANT MUM OR DAD EASY!

The Plant Society Design Handbook by Jason Chongue, \$45, from Murdoch Books

Love plants? Appreciate design? Want to combine the best of the two in your home? The Plant Society Design Handbook brings together essential know-how for incorporating the ethereal magic of plants into your living spaces, where a striking arrangement of succulents is just as important as an investment lounge or a standout piece of art.

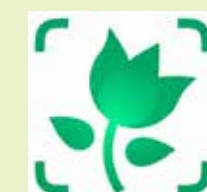
Plant Society founder Jason Chongue offers a comprehensive guide to 80+ of his go-to plants, the conditions they thrive in and how to nurture them for a long life. He reveals the secrets to successful garden layouts, sharing design-led templates that are adaptable to different spaces, and explains how to navigate plant grouping and placement, as well as style fundamentals including colour, texture, shape and scale.

With these foundations, you can explore a vast array of garden design projects – from verdant plant shelves to bold balcony arrangements to fuss-free front yards. Jason's easy-to-follow garden blueprints take a design-first approach, focusing on how plants relate to the surrounding architecture, materials and environment. Whatever the scale of your living spaces and ambition, Jason brings the rewards of a personal plant stylist into your home.

Apps for smartphones



Planta: Individual care schedule and reminders for your plants, recommendations, step by step guides, identification, light meter and more. Keep your plants alive with Planta! Visit getplanta.com



PictureThis - Plant Identifier: This app identifies millions of plants with over 98 per cent accuracy, making plant care simple and accessible. It also offers a plant disease diagnosis tool, identifies toxic plants for pets and kids, and has a great water tracker and reminder function. For iPhone and iPad in the App Store.



Don't weight too long.

UH OH – YOUR DOG'S BODY WEIGHT HAS CREPT UP. BEING OVERWEIGHT CAN PREDISPOSE PETS TO JOINT INJURIES, BREATHING PROBLEMS, HEART ISSUES AND SOME CANCERS. HERE'S HOW TO GET THEM FIGHTING FIT ONCE AGAIN.

Just like humans, dogs can be at risk of a plethora of health problems if they're overweight. If your pooch is showing signs of a podginess, don't stress. You are not alone. Research shows that around 40 per cent of Aussie pets are overweight. The most important thing you can do for your pet is to acknowledge the problem before it gets out of hand and start them on a path to better health. Here are some tips to help your dog lose weight healthily and gradually.

Determine their weight loss target

If your dog is generally healthy and only mildly overweight, the first thing you should do is determine their current Body Condition Score (BCS) and implement a weight loss program around this. BCS is a number assigned to your pet based on evaluation of fat at a few key areas on their body. A BCS can range from 1 to 5, with 1 being severely underweight and 5 being dangerously overweight. You can Google some very helpful BCS charts online that will help you assess your pet's silhouette from above and from the side – evaluating the ribs, spine, hip bones, waist, abdomen, muscle mass and overall fat covering. At an ideal weight you should be able to see your pet's waistline (an hourglass shape) when standing above them, looking down. And your pet's abdomen should be tucked up behind their rib cage when viewing them from the side. You should also feel your pet to evaluate their weight. Place your thumbs on their backbone, spreading both hands across the ribcage. You should be able to feel each rib under a thin layer of fat – just like you can feel the bones on the back of your hand. Be sure to reassess them every week or two until they're at their ideal condition.

Of course, if you're feeling unsure, or if your dog is significantly overweight or has pre-existing health issues, book in a consultation with your vet for further assessment and advice. Some pets may require adjustments in their dietary or exercise plans to ensure they lose weight safely, with no risk of injury or nutritional deficiency.

Adjust their diet

Mildly overweight pets may be able to lose weight with adjustments to their regular diet, such as cutting out most treats and any unhealthy table scraps, and reducing their meal portions by 10 to 20 per cent. Significantly overweight pets are generally best switched to a prescription weight-loss diet. Not only do these diets provide helpful staged feeding guides, but they also help ensure your pet will not suffer any nutrient deficiencies or excessive feelings of hunger whilst their calories are being restricted.

Aim for regular, appropriate exercise

Whilst weight loss will largely rely on your pet's diet, regular healthy exercise is important for keeping their metabolism chugging, and helping them to maintain strong muscle support. Gentle-to-moderate intensity, low impact daily exercise (such as walking or wading in shallow water) is safest. If your pet is panting heavily, stop them for a rest and offer water. Avoid exercising your pet in hot or humid conditions, as this puts them at risk of heat stress. Remember that what your dog loses in grams, they'll gain in health and vitality!



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, you'll receive \$250 cash. Easy!

\$250

cash incentive when you refer a friend to buy an **established home** at Palm Lake Resort



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

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PALMLAKERESORT.COM.AU

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 ARE OUR SUPERPOWER!

Palm Lake Care needs you.

As you know, the Palm Lake Group portfolio includes more than two dozen over-50s resort communities as well as seven aged caring communities across Queensland's south-east corner.

While our Palm Lake Care teams provide highly reputable 24-7 nursing support and engaging Lifestyle programs, they are currently on the hunt for community volunteers. In each community, these volunteers can choose to spend one-on-one time with the residents or support our teams in running group activities and excursions etc.

Palm Lake Resort Beachmere Bay's Robyn Crosbie says she loves nothing more than volunteering her time at Palm Lake Care Beachmere's aged caring community which is conveniently across the road from her resort.

"I've been volunteering there every week for the past six years, helping the Lifestyle Team facilitate their activities program," she smiles.

For example, you can find Robyn going on bus trips with the residents - taking them out to lunch and on scenic drives, sometimes also to church.

"Volunteering is not for everyone but I love it. My Dad was in aged care for seven years so I'm very used to the setting," Robyn explains. "I love a chat and find it very easy to talk to the residents. I love listening to their stories and they love listening to mine."

If you're based nearby one of our seven Palm Lake Care communities and would like to assist as a volunteer, we encourage you to make an inquiry. Simply visit www.pallmlakecare.com.au and you'll find all the contact details you'll need there.



100
YEARS
YOUNG!

Lucky Phil.

Palm Lake Resort Eagleby homeowner Phil McDonald has just celebrated his 100th birthday! The Eagleby community knows Phil as an avid (lead) bowler. He's a favourite teammate among the skips, always close to the jack. Even if his bowl lands just a few feet out, he curses himself, though most of us would be thrilled to bowl as well as he does! His dedication to the game has undoubtedly kept him active and young at heart. At this rate, we wouldn't be surprised if he's still bowling at 110! Congrats to Phil, from all across the Palm Lake Group!

D-Bay delight.

It's been a record-breaking year for the charitable bunch at Palm Lake Resort Deception Bay. In 2024, they recycled a record 39,141 containers and donated more than \$3900 to Farm Angels (Farm Angels provides support to rural communities in time of flood, fire, drought and plagues). They also collected and donated items for hampers for the needy over the festive season, supporting organisations such as Community Care Network and The Lighthouse. Go team!



Homeowner golfers unite on the green.

GOLF IS DEFINITELY ONE WAY THAT OUR HOMEOWNERS BOND ACROSS RESORT ADDRESSES - AND THE MOST RECENT PALM LAKE INTER-RESORT GOLF CLASSIC IS PROOF OF THIS.

For the third successive year, Caloundra Cay golfers won the Palm Lake Resort Cup, but this time it was by the skinniest of margins. The winning resort team score was 60.32 (Caloundra Cay) over Pelican Waters (60.857) and Beachmere Bay (61.0). Golfers from Palm Lake Resorts at Pelican Waters, Toowoomba, Cooroy-Noosa, Beachmere Sands, Beachmere Bay, Hervey Bay and Caloundra Cay took part in the annual event, teaming up at the superb Pelican Waters Golf Course which is owned and operated by the Palm Lake Group.

And despite an absolute drenching in the days leading up to the event – which had been abandoned five days earlier – the course was presented in unbelievably good condition for the 31 teams and 120 individuals representing Palm Lake Resort homeowners.

Competing in a four-person Ambrose, the Beachmere Bay team of Graeme Clark, Michael Gregory, Stephen Walton and Ronald Rosenberger won the day, returning a nett score of 58.625. The Pelican Waters group of Steve Whitehead, Brendan Francome, Glenn Stamp and Ronald Wilkins (59) finished second, and Caloundra Cay's Ian Chew, Heather Busch, Trish McConnell and Terry Jones (59.625) came in third. But it was the overall scoring of the nine Caloundra Cay teams that resulted in the win, and the trophy returning to its 'home' at Hemingways Country Club.

– By TONY DURKIN

Our congrats to Greg.

Palm Lake Group was pleased to hear that Australian sporting identity Greg Norman was handpicked by Prime Minister Anthony Albanese to join the board organising the 2032 Brisbane Olympic and Paralympic Games. Greg Norman Golf Course Design was the team behind the original Pelican Waters Golf Course layout and they also helped our local team reconfigure the course to make way for Palm Lake Resort Pelican Waters. Greg is a supporter of the Palm Lake Group and we couldn't think of anyone more perfectly suited to this Olympic role. We send our congratulations to Greg and look forward to hosting him at Pelican Waters for a round, when he's in town.



Bravo Barnacles!

Palm Lake Resort Bargara's "Palm Lake Singers" is a choir formed by the resort's homeowners. This choir's male members have formed an additional separate choir group called "The Barnacles". Pictured above, the group stopped by Palm Lake Care Bargara recently and made a huge impression on the very grateful audience. We love seeing our homeowners involved in inter-resort events but it's just as great to see our resort homeowners and aged care communities coming together for mutual benefit. Bravo Barnacles!

Tell us what's happening over your back fence.

Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? Are you and/or your neighbours doing something special that you're proud of - and you know we'd be proud of too? We'd love to hear from you and include your story in these pages in the next editions of all our resort newsletters.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com

Making memories.



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