

Beachmere Sands.

AUGUST - SEPTEMBER 2023



Get well soon

Did you know that the secret to better health could be found in your own backyard? Find out more on Page 9...

Be the change

Looking for a way to feel warm this winter? Do good, and feel good, with our ideas for volunteering inside.



Welcome.



Temperatures are still cool, but a reprieve is just around the corner. One thing about this time of the year I really enjoy is looking out onto Moreton Bay on a still morning and seeing the calmness of the ocean. I find it very relaxing. I am envious that you all live so close to the ocean in such a beautiful part of the world. Although the sea temperature is still quite cold at the moment, I still enjoy the odd surf or stand-up paddle board on the weekend. I often think, wouldn't it be great to live within walking distance to the sea?

Over the past couple of weeks there has been a big focus on the Safety Link system in the resort and even though I might sound like a broken record I believe this topic deserves all the attention it can get. I cannot stress enough how important it is to know how the system works, how to use it properly and the benefits of using it when there is a medical emergency. As I have mentioned in my Friday Wrap articles, if you have any questions at all or are not sure how to operate the system, I encourage you to come and see us at the office and will answer your questions. We are also more than happy to come to your home to run a test with you so you can see and hear how it works.

The financial year came to an end and with that saw the disbanding of the 2022/2023 Resident Committee. I would like to take this opportunity to thank the outgoing Committee for the great work they did. I also want to take this moment to congratulate the incoming 2023/2024 Resident Committee – we are welcoming back some familiar faces from last year's committee, as well as some new ones. I look forward to working with your committee over the next twelve months.

As always, we are here to help in any way we can so please don't hesitate to come and see us in the office.

Until next time,

Laurence and the Sands team

CONTACT US

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

FREECALL: 1800 338 333

Street address:

218 Bishop Road,
Beachmere QLD 4510

Office hours:

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

Email:

annettej@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.

EXTRA! EXTRA!

If you haven't already received a copy of the Winter 2023 edition of our company magazine, Your Time, you should check it out at palmakeresort.com.au (click on the 'News & Events' tab).



ON THE MENU

Thursday August 3 & Friday August 4

- Roast beef & Yorkshire pudding & gravy with roast & steamed vegetables
- White chocolate panna cotta with pears & cream

Thursday August 10 & Friday August 11

- Lambs fry & bacon or thick pork sausages with mashed potato & greens
- Apple pie & ice cream

Thursday August 17 & Friday August 18

- Corned Beef or barramundi fillet with cheese sauce, steamed parsley buttered potatoes & steamed vegetables
- Jelly fruit & custard

Thursday August 24 & Friday August 25

- Beef & Guinness pie with mashed potato & mushy peas
- Mango slices and mango ice cream

Thursday August 31 & Friday September 1

- Roast pork, with gravy & apple sauce and roast & steamed vegetables
- Butterscotch pudding with ice cream

*Thursday dinner starts at 6pm,
Friday lunch starts at 12.30pm.*

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.

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: @palmakeresort
Instagram: @palm.lake.resort



NEW RESIDENT COMMITTEE

Welcome to the new Palm Lake Resort Beachmere Sands 2023/2024 Resident Committee, as voted in at the Annual General Meeting (June 2023). The committee members are as follows: **Back row...** Rosie Callaghan; Jenny Preston; Ann Owner. **Middle row...** Lorna Mackay; Dennis Fulford; Wendy King; Kerry Wade. **Front row...** Peter Smyth; Rob Cavanagh; Michael Lim.

Singles face off.

The grand final of the singles knockout championships took place on Wednesday July 12 at The Sands Bowls Clubhouse. Both contenders – John Andrews and Ron Richards – were two-time former winners, so it was an exciting game for the 30-odd spectators in attendance.

The scoreboard read 7-10 halfway through the game, but Ron Richards managed to clinch the win with a final score of 18-10.

This event was the conclusion of more than 20 singles games and a month of competition. Being a knockout competition, it all started with 26 competitors, then went down to 16, eight and so on after each round.

This singles tournament is one of five knockout competitions that take place at Palm Lake Resort Beachmere Sands. There is just one competition left – the three-bowl pairs, which is underway now – before the trophies are given at the official presentation night later in the year.

Of course, a small presentation was still made after the singles final on July 12 to celebrate Ron's victory. He was presented with trophy and a bottle of wine by Bowls Chairperson, Brenda Byrnes.

Stay tuned for an update on the three-bowl pairs competition in the next edition of the Palm Lake Resort Beachmere Sands newsletter.







Around the grounds.

Through the winter months, the gardening team take time to redo some of the common area gardens around the resort. You may have noticed some gardens have a new, refreshed look to them. Often the plants in that garden may have seen better days and need to be replaced, and it's a good time of the year to do these projects.

One big project we have planned is the refurbishment of the pool's water feature fountain. Some of you may be aware that the fountain has caused issues in the past with leaks, etcetera, and attempts to rectify any of these issues have come up short every time. It was decided that this area would be transformed into a garden feature. You will see this transformation take place over the coming weeks/months as the different stages come together.

Major work to the tiled roof of the Clubhouse and Homes 1 to 55 will also commence in late August, with plans to undertake repairs, clean, paint and seal the roofs all at the same time. This work will take between four to six weeks to complete.

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
8.45am Scroungers bowls
9am Paper tole
10am Singing
1.30pm Mah-jong
1.30pm Scrabble

SUNDAY

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

Garden your way to better health.

IT'S A BELOVED PASTIME FOR GREEN THUMBED PALM LAKE RESORT RESIDENTS, BUT DID YOU KNOW THAT GARDENING IS MORE THAN JUST A REWARDING HOBBY? IT ALSO OFFERS THESE FIVE HEALTH BENEFITS.

If you're looking for a fun way to up your vitamin D intake, make friends in your community and increase your hand strength, look no further than gardening. Better yet, you can add reduced blood pressure and a lower carbon footprint to that list, too.

More than just a way to beautify your home and its surrounds (though that's a definite positive, too), gardening offers a seemingly endless list of positives. It's great for your physical and mental health, your community and the planet. And you don't even need a big yard to do it.

You can find a beautifully-tended-to front or backyard in each of our Palm Lake Resort locations, and there are also community gardens at select resorts throughout the Group. Put simply, life at Palm Lake Resort makes it easy to discover the health benefits of gardening. Here are five of the main ones...

IT IMPROVES YOUR PHYSICAL HEALTH

When you think about it, gardening is an excellent workout. All that digging, raking, planting, weeding, and watering helps to burn calories, strengthen your muscles and even improve flexibility. It's considered moderate physical activity, which means you only need to do about 30 minutes of gardening every day to meet the recommended exercise requirements for a healthy body. Add to that the health benefits of vitamin D intake through sun exposure, which include improved heart health and stress relief.

IT IMPROVES YOUR MENTAL HEALTH

The mental health benefits of spending time in nature are well documented. Experts agree that being outdoors can reduce stress, foster connections with your local community (in turn, improving confidence and self-esteem) and sharpening cognition. When we nurture nature in return, we create a positive feedback loop that allows us to connect to nature, promoting mindfulness and a sense of purpose. Plus, it's a great way to disconnect from screens, inhale good bacteria (specifically *Mycobacterium vaccae*, dubbed the 'natural antidepressant' for its ability to increase serotonin in the brain) and produce something meaningful all at once.



IT HELPS YOU EAT HEALTHIER

It goes without saying – when you grow your own produce, you eat better. This isn't just because you feel more motivated to eat wholefoods you've nurtured in your own backyard (lest you waste those weeks or months spent growing each plant), but also because you avoid the pesticides that are sprayed on mass produced fruits and veggies to help them last longer. Better yet, it's cheaper than shopping in the organic section of the supermarket, meaning you get more healthy wholefoods for your buck. This makes it much more affordable to eat the recommended daily servings of fruits (two) and veggies (five), which are believed to increase your lifespan and lower the risk of certain diseases.

IT HELPS YOU LIVE MORE SUSTAINABLY

If you're passionate about sustainability, growing your own produce helps you live more in line with your values. Making fewer trips to the supermarket reduces the need for excessive industrial agriculture, while also cutting down on packaging and the amount of fuel needed to transport each fruit or vegetable. By tending to your own garden, you'll also learn ways to make your waste go farther – for instance, you'll be motivated to compost food scraps to make a rich plant fertiliser. Say nothing of the fact that the plants you grow will help reduce carbon and pollutants from the air or, if they flower, feed local pollinators like bees, butterflies and birds.

IT FOSTERS A SENSE OF COMMUNITY

Last but certainly not least, gardening provides exciting opportunities for social connection within your community. Whether you join your resort's community garden or garden group or you simply offer to help out a neighbour in their backyard, gardening is a fun, easy way to get to know your neighbours. And, when you have a good harvest, you can share your abundance with neighbours, friends and family members – who wouldn't appreciate a home-grown food basket? At the very least, it's nice to know that you're never really alone when you're gardening – you're surrounded by thousands of living organisms, each of you playing an important part in the ecosystem.



Do your friends love it here, too?

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 homes you'll receive \$250* cash!

\$250

cash bonus simply for
referring a friend!

For more info or to
refer your friend,
FREECALL
1800 338 333.
*T&Cs apply



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

How to feel warm (and fuzzy) this winter.

SURE, YOU COULD SIP ON HOT CHOCOLATE OR DON A COSY JUMPER TO BEAT THE CHILL THIS WINTER. BUT IF YOU REALLY WANT THAT WARM, FUZZY FEELING, ONE OF THE BEST WAYS IS TO DO SOMETHING KIND FOR SOMEONE ELSE.

Volunteering has long been associated with retirement, but the release of a 2022 research report from National Seniors confirms it. The survey, which asked more than 3600 older Australians to talk personally about volunteering, revealed impressive results.

Half of the respondents stated that they volunteer at least some of the time. Twelve per cent say they volunteer five to 10 hours per week, nine per cent volunteer 10 to 20 hours per week, and two per cent volunteer more than 20 hours per week.

Interestingly, there was little distinction between the amount of volunteer work done by those who had permanently retired from paid jobs, and those who hadn't. Retired or not, senior Australians just love to volunteer. Perhaps it's because, as the report also revealed, many volunteers say it makes them feel more positive and satisfied with how they spend their time.

This is certainly true across the Palm Lake Group of resorts. We are home to countless happy volunteers and volunteering groups. From knitting tiny beanies to donate to babies in NICU, to collecting bottles and cans to raise funds for drought-stricken Australians, hundreds of marginalised people feel the love from our Palm Lake Resort homeowners.

Why not spread more of those warm and fuzzy feelings yourself? Here are four creative ways to volunteer your time this winter (and beyond).

**WHY NOT
WRITE TO
SOMEONE?**



Find a pen pal

Have you heard of the Letterbox Project? The flagship program from Connected AU, the Letterbox Project is national pen pal initiative that focuses on fostering connection and community. It allows you to volunteer some time to send handwritten letters across Australia to people feeling isolated and disconnected. Every single letter (for the duration of the pen pal communication) is sent through the Connected AU team and approved, allowing relationships and connection to thrive while ensuring everyone in their community is safe. Head online to connectedau.com.au/letterbox_project to learn more about this great initiative.

Offer your skills as a mentor

By the time we reach retirement, many of us have picked up a few special skills over the years. Maybe you're talented in art and crafts and know your way around a set of knitting needles or a crochet hook? Perhaps you're a professional pianist or artistic painter? Or maybe you love getting your hands dirty in the garden (and regularly reap the rewards in terms of fresh produce or beautiful flowers)? Whatever your skill, chances are there is someone in your community (be that within your Palm Lake Resort community or the greater local community) who wants to learn from you. Consider posting a flyer on your resort noticeboard or in your local paper or Facebook group volunteering your time and expertise as a mentor – you never know who will reach out.

Coordinate a drive

From canned goods to baked treats, handmade items to unneeded items, we can make a big difference when we all

rally together to support those in need. Choose a cause to support – it could be sanitary items for unhoused people in your community, toys for children fleeing family violence or cans of pet food for your local animal shelter – and call on your Palm Lake Resort community to help bring the drive to life. We're a charitable bunch and no cause is too small. Also, keep your ear to the ground; you just might hear that one of your neighbours is doing it tough, or that one of their friends or a family member might need some support.

Care for someone in your greater community

For the last few years, the Palm Lake Group has been committed to co-locating Palm Lake Resort and Palm Lake Care locations. This not only provides opportunities for couples with different levels of care to stay close to one another, but also ensures that residents in our aged caring communities feel the love and support of their Palm Lake Resort neighbours. Palm Lake Care is always looking for volunteers to either visit the community and spend time with the residents, or assist the Lifestyle Team in running activities. If this sounds like you, please contact the Lifestyle Coordinator at your nearest Palm Lake Care to discuss this further. Head to palllakecare.com.au for the contact details of each of our seven care communities.

Whichever way you go, there's definitely a warm and fuzzy feeling attached to lending a hand to support others. And don't forget, there are always plenty of volunteer roles around your resort neighbourhood as well - our various committees are sure to love it if you put up your hand to help. You'll be getting to better know your neighbours, too, which is always a great added bonus.

Homes for sale.

Home 25 - \$550,000



Beds
2



Bath
1



Living
1



Garage
1

**UNDER
OFFER**

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.



Home 6 - \$545,000



Beds
2



Bath
2



Living
1



Garage
1

**UNDER
OFFER**

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

			
Beds 2	Bath 2	Living 1	Garage 1

SOLD



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.



CASH BUYERS AWAIT.

There has been an unprecedented level of enquiry on homes at Palm Lake Resort Beachmere Sands in recent months - so much so that we are short on properties to sell! It seems our secure resort grounds, the low-maintenance/high-quality homes, world-class facilities, myriad weekly activities and our welcoming coastal community have made Palm Lake Resort Beachmere Sands a very sought-after local neighbourhood.

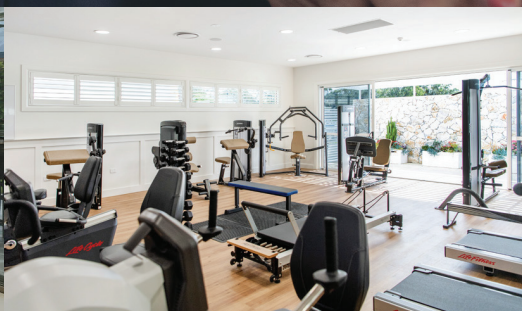
If you're a resident here and your situation has changed so you are contemplating a move, please let our Sales and Information Centre know. Our Sales Consultant can inspect your home and give you an appraisal to help you make up your mind. We have qualified buyers waiting to hear about any new homes as they hit the market.

To find out more, FREECALL 1800 338 333 or stop by the Sales and Information Centre anytime.

Want to book a private tour and find out more about our resort? FREECALL **1800 338 333**
Email salesbeachmere@palllake.com.au and visit us online at palllakeresort.com.au

10,000 REASONS TO CELEBRATE

With more than 46 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 LIVING. THIS IS YOUR TIME.
pallmlakeresort.com.au