

AUGUST - SEPTEMBER 2024



The Sands



The biggest party of the year

Our annual 'Big O' party took place in July... Catch up on all the fun inside, on Page 4

Staying socially connected

Socialising isn't just about keeping up appearances - it's vital for your wellbeing, too

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them for a cash reward



Welcome.



It's a beautiful time of the year, as the days get longer and warmer. In my opinion, it's the best time of the year as we start to get ready for summer and say goodbye to the winter blues for another year. And what better place to enjoy the amazing weather than right here at Beachmere?

As you all know, George took over as the Gardens and Grounds Supervisors here when Phil resigned. I just wanted to take a moment to commend George on the work he and the team are doing. Throughout the winter months the gardening team take time to redo some of the common area gardens around the resort. This year was no exception and from what I have seen so far, George and the team are doing a fantastic job. I can openly admit that I am no green thumb by any stretch of the imagination, so I rely on the experience and knowledge of this capable team. We meet on a regular basis to discuss areas that we think can be enhanced and decide on the best way forward, to ensure that we are all on the same page. The one thing that has impressed me the most is the holistic vision that George and his team have for the resort, and they are slowly but surely bringing this to life.

I often speak of change in these welcome notes - generally, though, I am referring to staff changes. Over the past few months, we have seen a change in the form of new residents moving into the resort, which is wonderful to see. On the flip side this has seen the departure of many long-standing residents, which can be very upsetting for some. I commend those residents that have shown a warm and welcoming experience to the new residents, and I know that this will continue as we see even more new faces around the resort.

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 338 382

Street address:
218 Bishop Road,
Beachmere QLD 4510

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

Email:
salesbeachmere@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 in brief.

Green waste reminder

Bins are provided for general green waste – please do not load them up with dirt and stones. The following are permitted in the bins: garden prunings, grass clippings, shrubs and weeds (shake off the soil), leaves and loose bark, palm fronds (fronds must be cut so they can fit into the bin – bent palm fronds can get stuck in the bin preventing it from being emptied), small branches (no more than 15 centimetres in diameter and 40 centimetres in length). Please also consider others in the community on return of empty bins to ensure all get a chance to put their green waste in the shared bins.

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 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).



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.

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.

Around the Grounds

The repairs to the clubhouse roof were completed in late June and Early July over a period of a week, so we are now looking to repair the damage to the internal ceilings throughout the clubhouse. There are areas of the ceiling that have sustained significant water damage and I have had our contractor inspect and make recommendations of what needs to be done and to prepare a quote. In saying this I will hold off on starting any internal repair work until I am certain the roof repairs have been successful. For me to make an informed decision I need it to rain, and when I say rain, I mean really rain - for at least two or three days. Unfortunately, this is the only way I can see if the repairs are watertight. I hate to wish this upon us but it's the only way.

Laurence



Welcoming our 2024/25 Resident Committee

We are excited to welcome the following residents to our 2024/25 Resident Committee:

Standing/back row: Tony O'Toole (Home 146), Dave Greig (Home 2), Ann Owner (Home 119), Michael Lim (Home 154), Rob Cavanagh (Home 153), Chairperson, Peter Smyth (Home 21). *Sitting/front row:* Wendy King (Home 137), Lorna MacKay (Home 58), Jennie Preston (Home 176), Rosemary Callaghan (Home 172).

O, what a celebration!

A few weeks ago, our residents came together to celebrate a very big milestone - several of them, in fact! Our annual 'Big O' party is held for those residents celebrating a milestone birthday that year. Just take one of our 'Big O's', Agnes, who turns 100 in 2024!

This year's 'Big O' was another fantastic night, organised by Roz Cannon (of course!). It was complete with ice cream, a birthday cake and lots of laughter. There have been whispers around the resort that it was the 'best one yet'.

Thank you to everyone who was involved. We are already looking forward to next year!

Thank you to Brad Kinross for the photos.



Pictured: Resident Jan at the ice cream wagon



Pictured: John and Jo-Anne



Pictured: All of our 2024 'Big O's'



Pictured: Moira and Jo



Pictured: Birthday girl Agnes with our talented MC

Weekly activities list.

- MONDAY**
7.30am Men's golf
8am Yoga
9am Paper tole
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)
8.30am Dance fitness
9.30am Craft
9.45am Beachmere bus
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



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 338 382.
**T&Cs apply*



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

The importance of staying socially connected.

MAKING THE DECISION TO MOVE INTO A PALM LAKE RESORT STARTS BY FINDING JUST THE RIGHT HOME. BUT LONG-TIME PALM LAKE RESORT HOMEOWNERS WILL BE QUICK TO TELL THEIR NEWBIE NEIGHBOURS THAT THEIR DECISION WILL ULTIMATELY PROVE TO BE LESS ABOUT THE PHYSICAL 'BRICKS AND MORTAR' AND MORE ABOUT THE LIFESTYLE COMMUNITY THAT COMES ALONG WITH IT.

The benefits of buying into a Palm Lake Resort community extended well beyond what you can physically see. Yes, your home will be a low-maintenance safe haven in a gated community with caretakers to support you on a day-to-day basis. And, yes, you'll also have access to a raft of onsite community facilities strategically chosen for the over-50s demographic. But one of the greatest returns on your Palm Lake Resort investment will, in fact, be something a lot less tangible - and that's your 'membership' into this welcoming, likeminded community.

Scientific research proves we humans live longer, happier, healthier lives when we feel part of something bigger than just ourselves – that is, part of a social/community group. There has been much research completed and reported across the last decade about the benefits of staying socially connected as we age. Here are just some of them:

Improved cognitive function: Social engagement can help maintain and even improve cognitive functions. Studies have shown that social interaction can help protect against cognitive decline. Engaging in social activities stimulates the brain, which can enhance memory and cognitive skills.

Reduced risk of mental health issues: Social connectedness significantly reduces the risk of depression and anxiety among older adults. Having a strong social network provides emotional support, which is crucial for mental health. Interacting with others can also provide a sense of purpose and belonging.

Enhanced physical health: Older adults with strong social ties in general have lower risks of chronic illnesses such as heart disease, hypertension and diabetes. Studies show that socially engaged individuals are also more likely to be physically active, which contributes to overall health. Having a team of friends to inspire you to go for a walk together, play sport, join in a group training session or even just try activities that you would otherwise overlook is motivating.

Longevity: Socially active individuals tend to live longer. Research has indicated that loneliness and social isolation are linked to higher mortality rates. Having a robust social network can encourage healthier behaviours and provide emotional support, both of which contribute to a longer life.

Improved immune function: Funnily enough, social engagement can strengthen the immune system. Positive social interactions can reduce stress and its negative impact on immune function. Reduced stress levels are associated with better immune responses and lower inflammation.

Greater emotional wellness: Being socially connected can enhance emotional wellbeing. Regular interactions with friends and family can increase feelings of happiness and decrease feelings of loneliness. Emotional support from social networks can also help individuals cope with life's challenges more effectively.

Increased sense of purpose and belonging: Engaging in social activities can provide a sense of purpose and belonging. Volunteering, participating in community events, or simply spending time with likeminded friends and loved ones can give older adults a meaningful role and a reason to stay active and involved.

So, now that we know why it is beneficial to stay social as we age, let's look at how we can achieve and maintain those all-important social connections. As a homeowner in a Palm Lake Resort, you've made the biggest and most important first step by joining our community. Congrats, you! But don't expect the benefits to simply come flowing in through your front door – some definitely will, but you've also got to invest a little time and effort to chase down those social opportunities.

Here's how you can very easily bolster your social connections at Palm Lake Resort:

Join a club, find your tribe: Everyone has some kind of passion, hobby, interest or creative streak within them. Maybe there was something you enjoyed in your earlier years before life and work and family commitments got in the way? Maybe you just want to learn something brand new (there are additional cognitive benefits to being a lifelong learner!). Start by taking a look at our resort's Weekly Activities list to see if something there resonates. You can also stop by our Caretakers' office and ask them if they know of any other homeowners interested in the same thing you are interested in. Beyond that, simply ask around your neighbourhood, at weekly meals, in the resort's private Facebook group etc. We guarantee you'll find a likeminded neighbour with just a little digging and if our resort isn't already supporting your chosen hobby, we'd love to know how we can start!

Play a sport: This is the obvious one. We've got the resort facilities to support many different sporting pursuits. Not only will you benefit from being physically active, you'll find strong social

connections among likeminded sporting friends. We've seen likeminded sporting neighbours join forces to play their chosen sport outside the resort grounds (inter-resort games, played across multiple local Palm Lake Resort addresses are all-too common). Some have even organised group holidays interstate and internationally to indulge a shared sporting passion. Trust us, sometimes the post-match drinks can be more fun than the match itself!

Volunteer: If you've got time on your hands, volunteering will no doubt connect you with likeminded neighbours. Maybe you are a social butterfly with a background/flair for event planning? Our resort Social Committee would love to have you onboard. Maybe you enjoy driving and could help shuttle our homeowners around on the resort bus? Maybe your calling is even bigger than that? Maybe there's a charitable organisation that would benefit from you and your neighbours' combined volunteering support? It might be knitting or sewing items in groups to support a local hospital or the underprivileged? Or maybe you could organise a resort fundraiser for a charity? If this kind of work tickles your fancy, finding others who share the same interest will definitely uncover wonderful social connections for you, beyond the feel-good bonus of selflessly helping others.

Jump online: It can be nerve-wracking for some to make new friends in real life. Maybe, also, you're not as mobile as you used to be? Either way, the internet has the power to bring social connections right into the palm of your hand so you have no excuses not to stay socially connected from wherever you are. If you're new to social media, our Palm Lake Resort community's private Facebook group might be just the (safe and secure) place to uncover a Palm Lake Resort neighbour with similar interests? Beyond our resort gates, you could try searching Facebook for community groups based in our geographic area? You could even find a Facebook group dedicated to your particular interest or hobby? The sky really is the limit here.

Get a dog: It's amazing how dog owners automatically connect with one another over their beloved pooches! If you haven't already got a four-legged best mate in your life, maybe now is a great time to get one? Palm Lake Resorts are dog friendly so there's no drama there. You'll also find yourself more physically active as a dog owner, given the extra walking (and playing!) that you'll do. And you'd be surprised just how many incidental social connections you'll make when you're out and about with your pooch. A dog is the gift that keeps on giving, in so many different ways.

FIND OUR
WEEKLY
ACTIVITIES LIST
ON PAGE 5





Embrace your inner Olympian.

AS THE WORLD TURNS ITS EYES TOWARD THE OLYMPICS, THERE'S NO BETTER TIME TO CHANNEL YOUR INNER ATHLETE AND EXPLORE NEW SPORTS RIGHT HERE AT OUR RESORT. WHETHER YOU'RE A SEASONED SPORTSPERSON OR JUST LOOKING FOR A FUN WAY TO STAY ACTIVE, THERE ARE A SELECTION OF OLYMPIC SPORTS ON OFFER FOR ALL FITNESS LEVELS.

Artistic swimming

Artistic swimming, formerly known as synchronized swimming, combines the best of dance, swimming, and gymnastics. This elegant sport enhances flexibility, strength and cardiovascular health. Did you know, there are a handful of artistic swimming groups already across a number of Palm Lake Resorts. Why not start one at your resort? It's a great way to learn basic routines, improve your breath control, enjoy the rhythm of the water and experience the beauty of moving in harmony with others.

Golf

Golfers will tell you, their game is more than just a sport - it's a serene way to enjoy nature while honing your precision and patience. Some Palm Lake Resort locations have their own golf courses, while most others are just a short drive away from one. From regular tournaments to friendly matches, golf allows you to enjoy the competitive spirit or simply relax with a leisurely game. Consider taking up lessons to help you perfect your swing and lower your handicap.

Swimming

Swimming is an excellent full-body workout that is gentle on the joints and great for cardiovascular health. Your resort swimming pool is ideal for laps, aqua aerobics classes and leisurely swims. Whether you prefer a vigorous workout or a relaxing float, our pool offers a refreshing way to stay fit and cool. Take a dip to improve your technique and enjoy the therapeutic benefits of water exercise.

Table tennis

Table tennis, or ping-pong, is a fast-paced sport that sharpens reflexes, improves hand-eye coordination and provides a fun social activity. Many of our resorts are already equipped with table tennis tables, which are available for casual play and organised tournaments.

Tennis

Tennis is a dynamic sport that combines agility, strength and strategy. Our resorts feature well-maintained tennis courts where you can enjoy singles or doubles matches. If you're new to the sport, ask around to see if there is a seasoned player who is willing to show you the ropes and help you improve your skills. If they aren't taking place already, tee up a few social games to stay fit and engage with fellow homeowners, all while enjoying the outdoors and maintaining a healthy lifestyle.

Break dancing

Did you hear that break dancing is now an Olympic sport? While this style might seem intimidating, dancing in general is a wonderful way to express yourself, stay active and have fun. Many of our resorts offer a variety of homeowner-led dance classes, including Zumba, line dancing and more. Dancing improves flexibility, balance and cardiovascular health while providing a joyful outlet for creativity. Join one of our dance classes – or start your own – to learn new moves, meet new people, and let the music move you.

Note: Check out our regular 'Over the Back Fence' series on Pages 10-11 for Palm Lake Resort's connection to the 2024 Paris Olympics...

Homes for sale.

Home 35 - \$550,000



Picture perfect.

Home 35 boasts a spacious living area within a thoughtful floorplan allowing for flexible living. European Smeg appliances and ducted air conditioning are also included. Elegantly appointed and superbly presented, this villa will impress upon first inspection.

Residents also gain exclusive access to the world class Sands Clubhouse, the elegant community hub at the heart of the resort home to features such as a swimming pool, a championship undercover bowls green, golf course, movie theatre, gym, billiards room, craft room and library.



**WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT?
FREECALL 1800 338 382 EMAIL SALESBEACHMERE@PALMLAKE.COM.AU AND
VISIT US ONLINE AT 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 IS OUR SUPERPOWER!

A man of many talents.

You will have read about Palm Lake Resort Fern Bay's 10th birthday in the current edition of our company magazine, *'This is Your Time'*. While the 10th birthday party was a celebration of the resort as a whole, the unofficial 'man of the hour' was homeowner Steve Carroll. Some 86 years young, Steve wrote two poems about his time at Palm Lake Resort Fern Bay (read aloud at the party by Lloyd Hynd) and completed portraits of event guest speakers Amanda Clements (Palm Lake Group's Executive Manager People & Operations) and Meryl Swanson (Federal Member for Paterson). Both were delighted to receive their portraits at the end of the ceremony.

But Steve's talents don't stop at poetry and portraiture. Having served in four wars, he is passionate about working alongside his fellow veterans



to better the lives of those abroad – particularly in Laos, which is home to 15,000 amputees thanks to landmines leftover from the Vietnam War. Steve began collecting prosthetic limbs from clinics in Australia (discarded because regulations say they can't be reused) and sending them to Laos. For the first five years, he did this on his own dime – which, at around \$700 in postage for three boxes soon added up. More recently, he has linked up with another

veteran in Queensland who helps him send the prosthetics to Laos for free. As part of their local Rotary Club, Steve and his wife Doreen have also taken on impressive fundraisers – namely, a motorbike ride around Australia. They rode 20,000 kilometres, slept on the ground of countless Rotary Clubs and raised \$30,000 for malaria research. Yes, the people of Palm Lake Resort really are very special indeed. Well done, Steve and Doreen.

Sharing a cuppa, for charity.

Right across our 27 Palm Lake Resort addresses, we bet there's a jug boiling right now! Coming together over a piping hot cup of tea or a reinvigorating mug of coffee is what we all love best. It's not so much the drink itself as it is the enjoyment when the moment is shared with friends, family and likeminded neighbours. So, it's little wonder why the Cancer Council's annual 'Biggest Morning Tea' fundraiser seems to strike a chord across all our resorts, year after year. Not only do we all know someone who has been affected by cancer, we know that supporting a worthy cause like this will support the future of cancer research and patient care. And to do it by sharing a cuppa? Too easy!

At the time of printing this newsletter, more than \$14 million has been raised across Australia at Biggest Morning Tea events in 2024 alone. Here are just some of the fundraising results we've seen across our own Palm Lake Resort addresses that helped to raise that \$14 million total figure:

- **Banora Point:** \$1700
- **Bargara:** \$5138
- **Beachmere Sands:** \$5977
- **Carindale:** \$2906
- **Cooroy-Noosa:** \$1000
- **Eagleby:** \$6000
- **Forster Lakes:** \$8000
- **Mt Warren Park:** \$2000
- **Phillip Island:** \$2272
- **Truganina:** \$2320
- **Upper Coomera:** \$1790
- **Waterford:** \$1700
- **Willow Lodge:** \$3500 (pictured, right)

**\$44,300+
RAISED FOR
CANCER RESEARCH
WITH THANKS
TO PALM LAKE
PEOPLE!**



Our Thelma reigns supreme.

When it comes to volunteering, there's one Palm Lake Resort homeowner who is quite literally top of the pops - and that's Thelma Hansen of Willow Lodge. Thelma has been at the resort since 2000 and has clocked up 23 years of volunteer work in that time. While this queen of volunteering is 95 years young, she's quite happily living on her own and heading to The Lodge Country Club on Tuesday and Saturday mornings each week to lend a helping hand. Thelma is a true inspiration, selflessly giving back to her community for more than two decades, which is why she's the inaugural winner of her resort's new Volunteer Recognition prize. Keep up the great work, Thelma! We appreciate you.

Green and gold for grandie.

There's going to be one proud Palm Lake Resort Tweed River homeowner with her eyes glued to the television come the 2024 Olympic Games. Laurie Galloway's granddaughter, Kaitlyn Torpey (pictured right), has been selected to play for the Australian Matilda's soccer team at the Paris Olympics. Well done to Kaitlyn! The whole of Palm Lake Resort will be cheering you on.



What's happening over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the greater Palm Lake Resort community? Are you and 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.

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

Where friends become family



FREECALL 1800 338 382 | salesbeachmere@palllake.com.au
218 Bishop Road, Beachmere QLD 4510

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