

Beachmere Sands.

AUGUST - SEPTEMBER 2022

Bring your best mate.

PALM LAKE RESORT BEACHMERE SANDS IS PROUDLY PET FRIENDLY. READ OUR TIPS FOR KEEPING YOUR BEST MATE IN TIP-TOP SHAPE DURING THESE COLDER MONTHS ON PAGE 9.





Welcome.



Well, we made it through the first half of the year – albeit with lots of challenges along the way. Some of you may be interested to know that June 2 saw me tick over my first year with as your Resort Manager, and I would like to say that I have enjoyed my time so far. There are still things I am getting used to and learning along the way, but that’s part of the fun – those things keep me busy and challenged.

June also saw the Biggest Morning Tea events, which were held over two weekends. Unfortunately, this meant that Kylie and I didn’t have the opportunity to join in on all the fun. But, from the pictures we have seen and stories we have been told, the events were both great successes. A huge congratulations to all who organized, planned and participated – you should be very proud of your efforts and the \$6,200 you raised. Turn to Pages 4 & 5 to read all about it.

Winter is a bad time of year when it comes to sickness, including COVID. Please keep safe and warm and try to keep the winter blues at bay as much as you can. Trust me when I say that getting sick is not pleasant – my family and I all came down with the flu, so I am speaking from experience. Fortunately, we were all vaccinated; our doctor told us it would have been a lot worse if we weren’t. If you haven’t already had the flu vaccine, I encourage you to get it.

As always, we are here to assist in any way we can. Please feel free to come and see me in the office. In the meantime, stay safe – I look forward to seeing you around the resort.

**Laurence and the Sands Team,
Palm Lake Resort Beachmere Sands**

CONTACT US

Looking for more information about Palm Lake Resort Beachmere Sands? Here are four ways you can reach us:

Online: Visit us at palmakeresort.com.au

Social media: Follow Palm Lake Resort on Facebook and Instagram.

Street address: 218 Bishop Road, Beachmere QLD 4510

Freecall: 1800 338 382

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.



News briefs.

THE LIFE OF AN ORDINARY BLOKE

On August 12, don’t miss an exciting presentation from our very own John Barraclough here at the resort. John will discuss his autobiography ‘The Life of an Ordinary Bloke,’ which he published with the help of resident and publisher Chris Sutton, among others. Keep an eye out for details.

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](https://www.facebook.com/palmakeresort)
Instagram: [@palm_lake_resort](https://www.instagram.com/palm_lake_resort)

READ ALL ABOUT IT



If you haven’t already received a copy of the Winter 2022 edition of our company magazine, Your Time, you should check it out online. In the Winter edition, we have a special feature on the “Pets of Palm Lake” – a collection of stories on our amazing residents and their amazing pets. You’ll also catch up on all the news from around our many Palm Lake Group locations, find tasty winter recipes and discover a few fun ways to spice up your life. To read the edition online, visit www.palmakeresort.com.au and click on the ‘News & Events’ tab in the menu.

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.

WHAT’S ON AROUND TOWN

August 19 - September 25: Prepare your tastebuds for the Tastes of Moreton Bay Festival! The main event is the Moreton Bay Food and Wine Festival on August 19 and 20 at Apex Park, Woody Point. Eat. Drink. Enjoy. Repeat.

September 3: Riverfire returns to light up the Brisbane skies! It will kick off the much-anticipated Brisbane Festival, which will deliver a jam-packed program of culture, food and entertainment to the city.

September 2 - 4: Calling all strawberry lovers! The RedFest Strawberry Festival will take over the Redland Showgrounds in September, and is sure to be a great day out with friends or family.

September 17: Redcliffe KiteFest features an entire weekend of non-stop fun and entertainment, taking place at Pelican Park in Clontarf.





Around the resort.

We have managed to secure a roofing contractor to carry out the repairs to the clubhouse roof – hopefully, the work that has been done has fixed the problems once and for all. Once we confirm the leaks have been fixed successfully, we will focus on the repairs to the ceiling.

Some of you may have noticed other work around the resort, including through the common gardens. Our team is working on these projects during the winter months to set us up for the summer. Speaking of the gardens, we now have a master list of which ones are maintained by the resort team and which are maintained by residents. Thank you for your help and feedback regarding this list.

Laurence is in the process of getting quotes to clean the high façade of the clubhouse building, as it is starting to discolour in some areas. This will coincide with planned enhancement work around the pool area which will take place over the next few months.

Finally, we have completed the first stages of furniture cleaning in the clubhouse and will look to complete the remainder in the coming weeks. The annual carpet cleaning of the clubhouse was also completed in July.

Thank you for your patience and cooperation while we make these improvements to the resort.

Model residents.

Palm Lake Resort Beachmere Sands could have been mistaken for Paris or New York when an impressive fashion show was held in The Sands Clubhouse on July 6.

Rebecca Hissey from Seaweed and Sandals boutique in Beachmere provided the garments for the event, which were expertly modelled by five of our residents. Needless to say, no one left empty handed!

“Everyone bought something,” says event organiser (and model) Vonnie Peterson. “I know that a number of ladies have been to Seaweed and Sandals since the show, too.”

Keen to try something new, the resort’s social group approached Rebecca about the event and she was more than happy to participate.

“We figured let’s support our local fashion boutique,” says Vonnie. “Judging by the response here at the resort, it was a huge success. We’re looking forward to doing it again soon.”



Pictured: Organiser Vonnie strikes a pose!



Photos courtesy of Brad Kinross.



Pictured: The models with Rebecca Hissey, owner of Seaweed and Sandals.





Resorts join forces for BMT.

WHAT A SPECTACLE OUR BIGGEST MORNING TEA EVENTS TURNED OUT TO BE (AGAIN!) THIS YEAR. THE COMBINED DECORATED BUGGY PARADE AND DRIVEWAY MORNING TEA RAISED THOUSANDS FOR CHARITY!



Biggest Morning Tea coordinator Jenny Smyth, of Beachmere Sands, says the neighbouring resorts combined forces to host two events over consecutive weekends, raising a combined \$6200 for the Cancer Council's popular annual fundraiser.

"Our first event was a Buggy Biggest Morning Tea at Beachmere Sands. We had entrants from both the Sands and Bay entering the competition for the Best Dressed Biggest Morning Tea Buggy," Jenny says.

"Our second event was our Driveway Biggest Morning Tea. We had six hosts in six different locations spread over the two resorts."

Jenny says each host was supplied a kit to help them with their morning tea event. There were competitions for biggest and smallest teapots and cups, best theme, best set-up and best dressed.

"Through our multi-prize raffle draw and participants' very generous nature, \$6200 was raised for the Cancer Council," Jenny smiles.

"It is amazing what targets can be achieved when our two resorts come together. But just as important is the fun and companionship that was enjoyed by all."



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 Zumba gold
- 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 Mahjong
- 1.30pm Scrabble

SUNDAY

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

Seeing green.

THE MUCH-ANTICIPATED BOWLS SINGLES FINAL WAS HELD AT PALM LAKE RESORT BEACHMERE SANDS ON WEDNESDAY JULY 6. IT WAS AN ACTION-PACKED DAY FULL OF FUN FACE-OFFS, WITH RON TAKING OUT THE TROPHY AT THE END OF THE DAY.



Photos courtesy of Brad Kinross.



Vet's winter caution.

DOGS FEEL THE WINTER CHILL JUST LIKE WE DO. SO, WHILE YOU'RE PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, REMEMBER THAT YOUR PET NEEDS SPECIAL CARE DURING WINTER, TOO. REMEMBER THESE TIPS FROM PETSTOCK VET DR KATHY MACMILLAN.

Beating the winter blues

Just like humans, pets are also at risk of developing the winter blues. Household pets, especially cats and dogs, are highly intuitive and can sense when owners are feeling lazy or unmotivated. Despite being covered in fur, even for our pets it can be tempting to stay cooped up indoors throughout winter. As an owner, staying motivated to maintain your pet's daily exercise regime is critical during the winter months for your pet's mental and physical wellbeing. Playing with your pet indoors or mixing in training sessions is also recommended.

Hydration

Keeping your pet hydrated is always important but it is usually something that pet owners are more aware of during the warmer months. Make sure that your pet always has access to fresh water even if it's cool.

Drinking standing water

This winter has brought more rain than we're used to and, therefore, more puddles. When you're on your daily walks, monitor your dog closely and avoid letting them drink any

standing water. Leptospirosis is an infectious disease that can be contracted by dogs that drink or swim in contaminated water, such as puddles, ponds, rivers or dams. It can cause them to become extremely sick and, in some cases, be fatal. Symptoms include fever, vomiting, diarrhea, refusal to eat, weakness, depression and stiffness. Always take a fresh bottle of water and a travel bowl with you on all outdoor adventures – that way your pet will stay hydrated and will be less likely to pick up unwanted, harmful diseases.

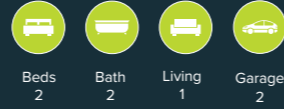
Sleeping indoors

No matter their age, consider allowing your pet to sleep indoors during winter. Not only will they be more comfortable, but they will use less energy maintaining their body temperature. Chilly nights can make the joints of pets suffering from arthritis more painful and breathing cold air can exacerbate respiratory problems such as bronchitis or collapsed trachea. If you have a puppy, this is the perfect opportunity to try indoor crate training and, if you have a senior pet, winter is a great time to invest in a soft, thick bed that will be easy on their joints.

While it is encouraged to keep your pet indoors more often than not during winter, it is important to ensure they stay safe. If you have a gas heater, have it serviced at the start of the season, prior to using it, to ensure it is not leaking carbon monoxide. And, of course, whether you're using a gas or electric heater, make sure it is always in a safe place where Fido won't knock it over.

Homes for sale.

Home 51 - \$575,000



Retirement living at its best.

Situated in the quiet, bayside sanctuary that is Palm Lake Resort Beachmere Sands, this home is a rare gem. With two bedrooms, a study, two bathrooms and a double-garage, it's perfect for the downsizers who still want plenty of space. The home is immaculately presented and has recently been updated with fresh paint and new carpets. The kitchen features Smeg appliances, and the outdoor living area is an entertainer's delight - what better place to breath in the salty air of this relaxing bayside suburb?

WATCH
THIS SPACE.

If you have been patiently waiting for the opportunity to buy into our sought-after resort - with its secure grounds, low-maintenance/high-quality homes, world-class facilities, myriad weekly activities and welcoming coastal community - we have exciting news. We will soon have a handful of established homes on the market, so watch this space.

To find out more, freecall 1800 338 382 or stop by the Sales and Information Centre anytime.

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.

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 palmakeresort.com.au



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

The best in over-50s living. This is your time.
palmakeresort.com.au

Life is cruisy

at Palm Lake Resort.

Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our residents have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort.

This is your time.



Palm Lake Resort Beachmere Sands: 218 Bishop Road, Beachmere QLD 4510
Freecall 1800 338 382



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