

FEBRUARY - MARCH 2025



The Sands



Colour your world trendy

The results are in and the experts are telling us there's a trendy new colour in town...

Muscle up, for the New Year

It's important for over 50s to keep your muscles toned - and it's not as hard as you think

Supporting those less fortunate

Palm Lake Group just made a major charitable donation, with your help



Welcome.



Well, another year has begun - with vigour and vroom, I hope for you. The holiday season seems to take forever to get here, then it's over in the blink of an eye!

We have a busy first quarter organised here at Palm Lake Resort Beachmere Sands. Not only do we have many social activities planned, we also have some maintenance being done throughout the resort to keep it looking as pretty as a picture. You can read our 'Around the Grounds' update on the opposite page.

The gardeners are trying to keep up with the grass and plants, which are rapidly growing thanks to the rain, hot weather and humidity. You can just about watch the grass grow. We have a Willie Wagtail and three chicks who have made their home under the umbrella in our pool area. It's beautiful to watch, and a topic of much conversation. The nest is perfect in its dimensions - an engineering feat!

As the year progresses, we will be doing some information sessions around contracts and other issues that concern us all. I look forward to having conversations about what, as they say, "keeps you up at night". It is always interesting seeing the different perceptions on the same topic, and really makes you stop and think. Of course, this will always be followed by a cup or glass of your favourite refreshment! I sincerely hope you will find time to join me.

I have been here three months now, and hasn't time flown by. It truly has gone so quickly, and this is starting to feel a lot like home. A few bumps along the road, but that only makes us stronger, so they say.

We look forward to what lays ahead and our next adventure together.

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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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 painted all of our fire hydrants and they are looking brand new again. Our bowling green is ready for its clean and we are booked in to have our plaster and painting repairs done. Our termite inspection for the next zone will be underway shortly. We have no homes for sale and one reinstatement under way. It's great to have a full complement of residents and a full, thriving community. At the time of writing, our residents are busy spring cleaning their areas ready for the year ahead.

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.

Your summer page-turner

Summer and the end-of-year holiday season are upon us and so we have another edition of Your Time magazine packed full of festive reads. In this edition, you can catch up on the progress we're making at Yamba Cove, Paynesville and more. There's also a wonderful feature story based on a 50-year-old Elliott family scrapbook that contains the most nostalgic newspaper clippings and photos. We've also got plenty of stories in our popular Lifestyle section around how you too can collect your own prized family history - it's the perfect time of the year to be thinking about that. If you haven't received a hard copy in your mailbox, you can always catch up and read it online at palllakeresort.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

Christmas, with all the trimmings.

What better way to spend the first day of December than trimming the tree? Wonderfully organised by Roz (Home 34), this well-attended event brought residents together to decorate the clubhouse for Christmas.

Beside the festive fun, perhaps the best part of the day was the pizza chef, who came equipped with his very own pizza oven. He did a fantastic job of catering to the large crowd, and everyone loved the food.



Photos on this spread are courtesy of Brad Kinross.



Australia Day fun.

Thanks to organisers Roz and Reg Cannon, our Australia Day celebration was one to remember. We played cheeky games, dressed in Aussie attire and enjoyed delicious fare - snags on the barbie and a few beers, of course!





Pictured clockwise from top left:

1. Liriel linen/cotton throw, 130 x 170cm, \$149, freedom.com.au
2. Form vase in mocha, 15 x 18 x 5cm, \$35, middleofnowhere.com.au
3. Ceduna planters, 30cm/39cm/43cm, from \$89.95, freedom.com.au
4. Ombeo cushions in 'Smoked wood', \$35, freedom.com.au
5. Country Road cross body bag, \$99.95, countryroad.com.au

Mocha mousse is on the menu in 2025.

AROUND THIS TIME EACH YEAR, THE EYES OF THE DESIGN WORLD FOCUS ON THE PANTONE COLOUR INSTITUTE TO SEE WHAT THIS YEAR'S COLOUR TREND WILL BE...

For 2025, the Pantone Colour Institute has named PANTONE 17-1230 Mocha Mousse their Colour of the Year.

This warming, rich brown is described as "nurturing us with its suggestion of the delectable qualities of chocolate and coffee, answering our desire for comfort" — and it's easy to see why.

Mocha Mousse brings a sophisticated, earthy elegance that works beautifully on its own or as a versatile base. Whether you're drawn to minimalist vibes or love designs with rich detail, this hue is ready to enhance palettes across every colour-focused industry and homes the world over - including (no doubt) Palm Lake Resort interiors.

According to the Executive Director of the Pantone Color Institute, Leatrice Eiseman, their decision on this year's colour was "underpinned by our desire for every day pleasures".

"Mocha Mousse expresses a level of thoughtful indulgence," Leatrice explains. "Sophisticated and lush, yet at the same time an unpretentious classic, PANTONE 17-1230 Mocha Mousse extends our perceptions of browns from being humble and grounded to embrace aspirational and luxe."

Pantone Color Institute Vice President Laurie Pressman agrees.

"For Pantone Color of the Year 2025, we look to a mellow brown hue whose inherent richness and sensorial and comforting warmth extends further into our desire for comfort, and the indulgence of simple pleasures that we can gift and share with others," Laurie says.

Did you know that colour also plays an important role in our mood? According to colour therapy, every hue has its own subliminal energy. In colour therapy, browns (like Mocha Mousse) are associated with grounding, stability and security. Browns represent a connection to the earth, providing a sense of comfort and resilience. Brown energy fosters practicality, reliability and balance, making it helpful for those seeking to feel rooted, calm and centered in their lives.

There's no doubting that Mocha Mousse is a colour of warmth and comfort - just like the components of its name: delicious mocha and delectable mousse! This is, in fact, a colour that is accessible to all and can be easily incorporated into most interior schemes. Think Mocha Mousse-inspired throws and cushions on your lounge or an inviting feature armchair in the corner of your living space or bedroom (as pictured above). Equally, Mocha Mousse is quite the wearable colour.

How will you jump onboard this 2025 colour trend?



Ring in the New Year.

New Year's Eve was another great night, complete with live music and a surprise late night snack of fish and chips. The evening was so well organised by Roz and volunteers - they do such a fabulous job, not only on this night but at every function we have. Life would be pretty dull here without this group of people, who put their hands up time after time to help out.



Photos on this spread are courtesy of Brad Kinross.

CHECK
OUR WEEKLY
ACTIVITIES LIST
ON PAGE 3

Don't weight.

MAINTAINING TONED MUSCLES IS
QUITE CRUCIAL FOR US OVER-50s AS IT
SIGNIFICANTLY ENHANCES OUR OVERALL
HEALTH AND QUALITY OF LIFE. HERE'S WHY -
AND HERE'S HOW...

As we age, we naturally lose muscle mass and strength — a condition known as sarcopenia. This decline can lead to reduced mobility, increased risk of falls and difficulty performing everyday tasks. Regular muscle-toning exercises help combat this loss, preserving strength and functional independence.

Toned muscles also support joint health by stabilising and reducing strain on the joints, which can alleviate symptoms of arthritis and prevent injuries. Furthermore, muscle tone enhances posture and balance, which are vital for avoiding falls, a common cause of injury among older adults.

Building and maintaining muscle tone boosts metabolism, making it easier to manage weight and reduce the risk of obesity-related conditions such as diabetes and cardiovascular disease. Strong muscles also play a role in maintaining bone density, decreasing the likelihood of fractures and osteoporosis.

Beyond the physical benefits, engaging in muscle-toning activities improves mental wellbeing, boosts energy levels and enhances confidence. Whether through resistance

training, Pilates, yoga or bodyweight exercises, keeping your muscles toned is an essential part of staying healthy, active and independent in later life.

Here's the good news: Maintaining muscle mass after 50 doesn't require gruelling workouts. Gentle, consistent exercises and activities can effectively build strength, improve flexibility and promote overall wellbeing. And if ever there was a place to support this type of activity, among a group of likeminded participants, it's here in our Palm Lake Resort community, don't you agree? And research shows that the New Year is often the best time to start on this type of exercise regime. Generally, we are physically refreshed after the Christmas holidays and many also enjoy a renewed and enthusiastic outlook on life at this time of the year, making big, bold plans for the coming 12 months. Utilise your New Year headspace/mental vigour to start an exercise routine that has the best chance of sticking!

Here are some of the easiest and most beneficial ways to encourage your muscles to stay strong:

Yoga

Yoga improves muscle tone, flexibility and balance. Gentle styles like Hatha or restorative yoga are accessible for beginners and can help strengthen core muscles while promoting relaxation and mental clarity.

Tai chi

Often described as "meditation in motion", tai chi is a low-impact activity that enhances muscle strength, balance, and coordination. It's particularly beneficial for reducing fall risks and improving joint health.

Pilates

Both mat-based and reformer Pilates are excellent for building core strength, improving posture and toning muscles. The exercises are adaptable to individual fitness levels and focus on controlled movements.

Swimming

Swimming and water aerobics provide full-body resistance training with minimal strain on joints. The water's buoyancy makes it ideal for people with arthritis or other joint issues.

Low-impact sports

Activities like tennis, pickleball or golf encourage muscle engagement and coordination while being gentle on the body. They also foster social interaction and enjoyment. Tick, tick!

Body-weight exercises

Simple exercises such as squats, lunges and modified push-ups can be done at home to maintain strength and endurance without needing equipment.

Resistance bands

Using resistance bands offers a safe, versatile way to strengthen muscles. They are lightweight and allow for various exercises targeting different muscle groups.

Walking with weights

Walking while holding light weights or using weighted wristbands provides a dual benefit of cardiovascular activity and muscle toning.

Gardening

Gardening activities like digging, raking and planting engage various muscle groups, making it a functional way to stay active.

Dance classes

Dance-based fitness classes are fun and effective for improving coordination, muscle tone and cardiovascular health. Think Zumba, line dancing and adult tap dancing, for starters.

The most important thing with maintaining muscle tone is consistency. Starting slowly, listening to your body and gradually increasing intensity will help you maintain muscle mass and support overall health for many years to come.

Please note: Always consult a healthcare professional before beginning a new exercise program.

Six transformative New Year resolutions for all over-50s.

HAVE YOU HAD A CHANCE TO REFLECT ON 2024 AND SET SOME CHALLENGES AND GOALS FOR YOURSELF FOR 2025? SOME FIND THAT TASK SIMPLE, WHILE OTHERS CAN BE OVERWHELMED BY THE THOUGHT. LET US HELP YOU GET STARTED...

Whether your plans and goals are big or small, now is definitely the time to embrace the energy of renewal that abounds this season and set some intentions for the year ahead. If you need some inspo, we've come up with six New Year resolutions, specifically for over-50s, that will help transform your life:

1. Prioritise strength and mobility

Commit to a fitness routine that blends strength training with flexibility exercises like yoga or Pilates. These activities preserve muscle mass, improve balance and reduce the risk of falls.

2. Adopt a Mediterranean-inspired diet

Focus on whole foods like olive oil, fresh vegetables, lean protein and nuts. This heart-healthy eating pattern supports brain health and longevity.

3. Engage in lifelong learning

Pick up a new skill or hobby, or start an online course. Continued learning keeps the mind sharp, boosts self-confidence and provides opportunities to meet likeminded people. There will definitely be scope to find a group of likeminded neighbours here at our resort if you are wanting to start a new activity group. Otherwise, simply head to our Weekly Activities list and see if there's something there that piques your interest.

4. Deepen social connections

Make time for family, friends and community groups. Social engagement improves mental wellbeing, reduces loneliness and even strengthens immunity.

5. Embrace mindfulness practices

Incorporate meditation, tai chi or mindful breathing into your daily life. These practices reduce stress, enhance focus and promote a sense of peace.

6. Declutter and simplify

Start a decluttering journey, focusing on your home and commitments. Letting go of unnecessary possessions and obligations clears space for a simpler, more fulfilling lifestyle.

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!

Palm Lake Group 'Rizes' to the occasion.



OUR
CHRISTMAS
HAUL FOR
THOSE IN
NEED

This year, all seven Palm Lake Care communities, a number of Palm Lake Resorts and our Palm Lake Group Head Office team supported the RizeUp Christmas Appeal. PLC Chief Operating Officer Patricia Heke says the Group collected “a mountain of beautiful presents” (pictured above) that were gifted to children of families in domestic violence situations who otherwise might not have had a gift under their Christmas tree. “Our efforts were for smiles we will never see, but will know were there, on Christmas morning,” Trish says. “A massive thank you to all for your generosity.”



Twenty years young.

Recently, there was a vibrant gathering to mark the 20th anniversary of Palm Lake Resort Mt Warren Park. The day was filled with much fun and celebration. Best of all, it was great to honour Mt Warren Park's original 14 homeowners – those who have proudly called this community home since 2004 (as pictured left). Hip hip, hooray!



Waterford's Toy Boys continue their epic project.

Palm Lake Resort Waterford is home to a delightful group of fellows who adore their time together in the resort workshop. Not only do they use that quality time to chew the fat on all the topics of the world, they also like to build wooden toys for very grateful local children. And they've been doing it for longer than a decade!

The "Toy Boys" spend the whole year crafting gorgeous, high-quality toys from donated materials (and other materials that they purchase with funds raised through resort events and donations). Then, come December,

they put on their Santa hats and gift their toys to local groups. Toy Boys committee president Ray Johnstone says the Beenleigh Special School and Woodmans Mitre 10 Beenleigh's Community Christmas Tree appeal were the two grateful local organisations that received their hand-crafted gifts this past Christmas (all gifts under the Mitre 10 tree were provided to Night Light Outreach who distributed them to needy local families). Among the haul was everything from doll beds to a ride-on digger - all handmade in the Palm Lake Resort Waterford workshop. Bravo boys!



Wedding belles.

Congrats to Palm Lake Resort Beachmere Sands residents Allyson and Graham (pictured top) who tied the knot in a wedding ceremony at the resort's fabulous Beach House late last year.

We also saw Palm Lake Resort Bethania homeowners Dawn and Vern (above) tie the knot in a private function at their resort's Country Club in front of 60 guests.

Doing it for charity, again and again.

You can tell we've just enjoyed the 'season of giving' - not only did our homeowners enjoy giving Christmas gifts to their loved ones, they didn't forget about those less fortunate. We've seen so many great stories of charity fundraisers being held across our resorts in recent months - here's a little snapshot of some of them:

- Cooroy-Noosa hosted a 'pink' event for the McGrath Foundation. More than \$4000 was raised for breast cancer research and patient support.
- Carindale's inaugural jumble sale raised \$3000 for Care Kits for Kids and Beyond DV.
- Beachmere Sands and Beachmere Bay converged for morning tea to raise \$430 for Alzheimers research. The Sands crew also held a Bowls event fundraiser for prostate cancer research and raised another \$800.

Doggie dates.

At Palm Lake Resort Carindale's Home 52, an ever-changing and random assortment of resort doggos gather early each morning to greet each other. Homeowner Betty welcomes these morning gatherings on her front step where she and her dog, Lucy, provide delicious morning treats. There are often 4 or 5 puppies dropping in each morning, she tells us. It's a lovely way for our four-legged community members (and their humans!) to stay connected.



New Year, new you.



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