

FEBRUARY - MARCH 2026



The Sands



A happy and healthy 2026?

If you're chasing wellness this year, you have the power right in your own hands

Singalong, for the benefits

Beyond the beautiful sound, there are wonderful personal benefits of joining a choir

Refer a friend, earn a reward

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



Welcome.



Front cover image
courtesy of Brad Kinross

The year has well and truly begun, and what a start it's been. After a joyful Christmas season filled with catch-ups and plenty of festive cheer, many residents welcomed 2026 in true Beachmere style. Not long after, we gathered again for Australia Day, another opportunity to enjoy great company with food, fun and games (*turn to Page 4 and 5*). And with Valentine's Day just around the corner at the time of writing, love and friendship are very much in the air.

Of course, it hasn't just been blue skies and celebrations. Like much of South East Queensland, we've had our fair share of rain in recent weeks. While the downpours have kept the gardens lush and green, they've also been a reminder of the strength of our community – neighbours checking in on one another, offering a hand, or simply sharing a conversation while waiting for the showers to pass.

Beachmere Sands isn't defined by constant change or turnover. We are an established village, built on familiar faces, shared history and genuine connection. The daily rituals – a wave on a morning walk, a chat at the letterboxes, laughter over a cuppa – are what shape life here and turn houses into homes.

From time to time, a preloved home becomes available, and I'm pleased to share that all homes offered this year have now been sold, with the final settlement to take place in March. Continued interest in our village speaks volumes – not just about our location, but about the pride residents take in their homes and the welcoming spirit that defines our community.

What makes Beachmere Sands special isn't just our facilities or surroundings – it's you. Your kindness, involvement and willingness to look out for one another ensure that community spirit here is lived every day.

As we head further into the year, I encourage everyone to stay connected, join in where you can, and continue shaping the story of our village together. It's a privilege to be part of a community with such heart.

Until next time,

Louise Lawrence and the Sands team

Contact us.

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

Phone: 1800 338 382

Street address:
218 Bishop Road,
Beachmere QLD 4510

Office hours:
10am to 2pm, Monday to Friday
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Email:
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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.

Weekly activities.

MONDAY

7.30am Men's golf
8am Yoga
8.30am Meditation
9am Paper tole
1.30pm Bingo
6.30pm Mixed tennis

TUESDAY

7am Water aerobics
9.30am Scrabble
9.30am Quilting
11am Stamping up
12.30pm Lawn bowls
1pm Canasta
7pm Indoor bowls

WEDNESDAY

6am Golf (away)
8am Dance fitness
9.30am Craft
9.45am Beachmere bus
5pm Women's tennis
6.30pm Mixed tennis

THURSDAY

7am Tai chi
8.30am Pilates
9am Patch work class
12.30pm Bowls
1pm Canasta
1pm Lace making
2pm Line dancing

FRIDAY

7am Golf (away)
7am Tai chi
8am Seniors exercise
8.45am Scroungers Bowls
10am Singing
1.30pm Mah-jong
1.30pm Scrabble

SUNDAY

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

This is Your Time



The Summer 2025 edition of *This is Your Time* magazine harnesses the wonderful festive energy of the holiday season. It's such a great time of the year! While you'll get the most up-to-date information on all of the construction progress across our newest Palm Lake Resort addresses (including Yamba Cove, Paynesville, Pelican Waters and Forster Lakes), you'll also read about how charitable the homeowners are at our established resorts. It was definitely a big year for philanthropic pursuits, proving just how selfless and wonderful our homeowners are. Among the magazine's lifestyle features, readers can enjoy a kaleidoscope of colourful summer ideas across gift giving, recipes, travel and more. You can read the Summer 2025-26 edition online at palllakeresort.com.au

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.

St Patrick's Day celebrations

Mark Wednesday March 18 in your calendar – that's when our resort will be celebrating St Patrick's Day! Don your best green outfits and come along to the Clubhouse for a party the Irish would be proud of. Don't miss the special performance from a talented musical comedy group!

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).



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.



ON MONDAY JANUARY 26, 120 RESIDENTS GATHERED IN THE CLUBHOUSE TO CELEBRATE OUR NATIONAL DAY IN TRUE AUSSIE STYLE...

It was a day for all things Australian – from the food, to the games, to the live entertainment. The talented Billy Guy performed a line-up of Aussie classics, including the national anthem, that had us all up and dancing.

But things went from fun to fierce when the games began. Congratulations to the winners of 'Smash the Rat', dunny throwing and thong throwing. You should all be very proud of your efforts!

A special thank you to the Social Committee for organising the food – the delicious barbecue was thoroughly enjoyed by all in attendance.

Thanks also to those who donned their best Aussie garb, and to Roz and Reg Cannon for expertly organising (as always) such a fun day.





SINGING
TOGETHER
IS BETTER!

Preaching to the choir.

WHETHER YOU LIKE TO HUM IN THE SUPERMARKET, SING IN THE SHOWER OR FOUND YOURSELF ENJOYING CAROLLING WITH FRIENDS AND FAMILY OVER THE FESTIVE SEASON, THERE ARE PLENTY OF REASONS TO JOIN THE CHORUS THIS NEW YEAR – ESPECIALLY IF YOU HAVEN'T TRIED SINGING IN PUBLIC BEFORE.

Ask any of the dozens of choristers who call our Palm Lake Resort communities home, and they'll tell you that being part of a choir just feels good. But better yet, science says it's actually good for you. Research shows that singing together offers extraordinary physical, social, emotional and mental benefits – especially for over-50s.

At first glance, choir practice may not look like physical exercise. But singing is a whole-body activity: it engages the diaphragm, intercostal muscles and core, encourages upright posture, and requires controlled breathing. Multiple studies have found that singing on a regular basis can increase lung capacity, improve respiratory function and even enhance heart-rate variability – a key marker of cardiovascular health.

Deep, steady breathing also stimulates the parasympathetic nervous system, helping the body shift out of 'fight-or-flight' mode. The result? Reduced blood pressure, steadier oxygen flow and that lovely sense of calm that lingers long after practice ends. For older adults, especially those looking for gentle, low-impact ways to support physical wellbeing, choir rehearsals provide a surprising dose of functional fitness. And as Palm Lake Resort Waterford homeowner and Choir Director Les Elborne puts it, "Singing is something we can all do – if you can talk, you can sing."

Many people say they feel better after singing, but the science behind that emotional lift is compelling. Group singing releases endorphins (the "feel-good" hormones) as well as oxytocin, the hormone associated with trust, bonding and reduced anxiety. It's no coincidence that participants in community choirs often report improved mood, greater confidence and a sense of joy that carries through the rest of the week. And for over-50s – especially those undergoing life transitions such as retirement, downsizing or bereavement – the emotional outlet of singing can be profoundly grounding.

Australia is not immune to what experts are calling the "epidemic of loneliness", but choir singing could offer a powerful antidote. For many over-50s, especially those living independently, chronic loneliness can creep in unexpectedly, and the health impacts can be devastating – comparable to smoking 15 cigarettes a day, some reports suggest. A 2015 study out of Oxford University found that group singing not only helps forge social bonds but does so particularly quickly – and among large groups.

But that's not all. Singing is also a powerful cognitive workout, exercising memory pathways and stimulating neural activity in both hemispheres of the brain. The act of synchronising with others – matching pitch, pace and breath – is another

mental challenge that engages attention networks and enhances neuroplasticity. Research from the Monash University found that older adults who regularly engage with music had significantly lower risk of both dementia and cognitive decline.

Across our many Palm Lake Resorts, choirs have become much more than groups who sing – they are pillars of community life. At Palm Lake Resort Waterford, homeowners gather not just to rehearse, but to connect. And they do so outside of their resort gates as well. Palm Lake Care Mt Warren Park residents are among this choir's biggest fans given the regular visits the chorists make to their local aged caring community.

As Choir Director Les will tell you, he has seen countless people, many of whom were told as children they "couldn't sing", discover the joy of blending their voices with others as they've aged.

"It turns out that, if we are invited to sing and can let go of the natural shyness, we can express what is in our heart," Les explains. "When we do that together, it is incredibly powerful."

Then there is the spirited singing group at Palm Lake Resort Bargara. Formed about 10 years ago, the choir now has around 50 members, with 35 attending regularly each week. Entirely funded by members, they proudly add heart and harmony to the resort's Australia Day, ANZAC Day and Christmas celebrations. They also perform at Palm Lake Care Bargara and other local aged-care providers, bringing comfort and connection to residents who delight in their repertoire of Christmas carols.

Also at Bargara, the breakaway men's singing group known as the 'Bargara Barnacles' deserves special mention. Their heartfelt performances have become a cherished part of life at Palm Lake Care Bargara, reminding everyone that music is for all – and that enthusiasm often matters far more than technical skill.

As one of the Palm Lake Resort Bargara choir's favourite songs declares, "The music in my life will set my spirit free." For our Palm Lake Resort choristers, this is more than a lyric – it's a lived experience.

On the back of the festive season, with carols echoing through shopping centres and across community gatherings, consider that your motivation and invitation to sing along with your resort friends in 2026. It might just be the most uplifting, rewarding New Year's resolution you'll ever make.

Join our resort choir in 2026!

If you're interested in making a New Year's resolution to try something new and want to join our Palm Lake Resort Beachmere Sands choir in 2026, simply phone Charles Russell (Home 115). The choir meets weekly on Fridays at 10:30am and are more than happy to answer any questions you might have.

Strength in numbers.

WHEN A NEW YEAR BEGINS, OUR ATTENTION NATURALLY TURNS TO HOW WE'D LIKE TO SPEND THE DAYS AHEAD. HAVE YOU CONSIDERED A NEW HOBBY LATELY? WHILE STARTING SOMETHING NEW CAN BE REWARDING, DOING IT IN A GROUP OFFERS EVEN GREATER BENEFITS.

Just look at our 'Weekly Activities' list. A trademark of Palm Lake Resort community lifestyle, shared activities offer an easy way to stay active, engaged and socially connected. So before you pick up a fresh set of knitting needles or crack open a new book, ask your neighbours if they'd like to join you - especially if your special interest group doesn't yet exist. As Hellen Keller once said, *"Alone we can do so little; together we can do so much."*

Walking group

Walking groups remain one of the most popular ways to combine movement with social interaction. Regular walks support mobility and general fitness, while the group setting provides motivation and routine. Conversations tend to flow naturally, and the walk can become as much about connection as exercise. Ask your immediate neighbours to join you for starters.

Swimming squad

Swimming in a group setting allows us to enjoy the physical benefits of water-based movement while sharing the experience with others. The pool provides low-impact exercise that supports strength and flexibility, and scheduled swim times are often extended by social catch-ups before and/or after a session.

Book club

Book clubs offer mental stimulation alongside meaningful discussion. Sharing thoughts on a book encourages new perspectives and thoughtful conversation, while the regular meeting schedule helps maintain routine. For many, it's a chance to engage with ideas and connect with others through a shared interest. Get a group of neighbours together, choose a book to read at the same time, and you're away!

Art and craft club

Group creative sessions provide space for focus, creativity and relaxed conversation. Activities such as painting, knitting or card-making allow homeowners to work at their own pace while enjoying the company of others. These sessions often balance quiet concentration with easy social interaction. If you have specific art or craft expertise that isn't already covered in our Weekly Activities list, let us know and we might be able to find some likeminded neighbours to join in!

A happy, healthy New Year.

A HAPPY, HEALTHY NEW YEAR DOESN'T HAVE TO MEAN BIG CHANGES – IN FACT, SMALL, EVERYDAY HABITS CAN MAKE THE BIGGEST DIFFERENCE. FROM WEARABLE HEALTH TRACKERS TO MINDFULNESS AND LEARNING APPS, THESE SMART, TECHY TOOLS CAN HELP SUPPORT YOU'RE YOUR MENTAL AND PHYSICAL WELLBEING IN THE YEAR AHEAD.

DUOLINGO APP

Learning a new language is a powerful way to keep the mind active, and Duolingo makes it both accessible and enjoyable. With short, engaging lessons and a game-like approach, it encourages consistency without pressure. Even just a few minutes a day can boost memory, concentration and confidence, and open the door to new cultures and experiences. How long will your streak last?



FITBIT

Fitbit is a simple, motivating way to stay active and mindful of your health throughout the year. From tracking daily steps and heart health to monitoring sleep and offering gentle reminders to move, this small but mighty gadget helps turn good intentions into achievable habits. Progress is easy to follow, goals are personal, and every small win is captured – making it ideal for building consistency, rather than chasing perfection.



KINDLE

A Kindle makes reading easier, more comfortable and wonderfully convenient. With adjustable text size, soft lighting and thousands of books in one lightweight device, it removes the barriers to reading more often. Whether you're revisiting old favourites, discovering new authors or setting a simple daily reading goal, a Kindle supports quiet moments of focus, relaxation and lifelong learning.



HEADSPACE APP

Headspace helps create calm and clarity, with guided practices designed to reduce stress and improve wellbeing. Choose from meditation courses, single-session exercises, breathing techniques, mindful movement and sleep soundscapes to support better rest. There are themed collections for anxiety, focus, relationships and work, plus quick "SOS" meditations for moments of overwhelm. Whether you have five minutes or twenty, Headspace makes prioritising your mental health easy.



ELEVATE APP

Elevate focuses on strengthening everyday cognitive skills such as memory, focus, reading comprehension and problem-solving. Through short, targeted brain-training games, it turns mental fitness into a simple daily habit. Progress is tracked over time, helping you stay motivated while keeping sessions manageable. It's an easy way to challenge your mind, stay sharp and support long-term cognitive health.



OURA RING

Small, discreet and powerful, the Oura Ring offers deep insight into your overall wellbeing. By tracking sleep quality, recovery, activity and readiness, it helps you understand how your body responds to daily routines. Rather than pushing harder, Oura encourages balance – reminding you when to rest, recharge and move mindfully, so your health goals feel sustainable all year long.



TRIED ONE OF THESE TOOLS? LET US KNOW! TO SHARE YOUR EXPERIENCE WITH US, EMAIL BELINDA@BELLEPR.COM.

Homes for sale.

Home 46 - \$670,000



UNDER OFFER



Everything you need.

Located in the coastal town of Beachmere, this 2-bedroom, 2-bathroom villa offers comfort and relaxed seaside living. The master suite includes a private ensuite, while the second bedroom is serviced by a main bathroom with laundry facilities. A functional kitchen with ample storage adjoins the open-plan living and dining area, which flows to an enclosed patio for entertaining or relaxation. Secure internal access is provided via the single garage. Residents enjoy resort-style amenities including a clubhouse, pool, tennis courts, bowls green, gym and more.

Home 57 - \$785,000



UNDER OFFER



Perfectly positions.

This lovely home offers an ideal blend of comfort, privacy, and convenience. Enjoy close proximity to the Sands Clubhouse and undercover bowls green, making it easy to stay connected and active.

The home boasts a wide street frontage with no direct neighbours overlooking the front door, providing added privacy while capturing beautiful sunshine and the warm coastal climate. A wonderful opportunity to enjoy relaxed coastal living in a welcoming retirement community.

WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT? PHONE 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 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS.



The Toy Boys make prime time TV

WE'VE COVERED THE WONDERFUL WORK OF "THE TOY BOYS" AT PALM LAKE RESORT WATERFORD IN THESE PAGES BEFORE, BUT DID YOU KNOW THAT THE BOYS MADE TV HEADLINES OVER CHRISTMAS?

This group of merry toymakers spend all year in their **Palm Lake Resort Waterford** workshop constructing wooden toys for underprivileged local children. At Christmastime annually, they gather a year's worth of handmade goodies and make a large heartfelt donation to Beenleigh Special School as well as The Mitre 10 Beenleigh Christmas tree appeal. And they've been doing this for 15 years!

7News Brisbane heard about The Toy Boys' pending 2025 donation and sent out a camera crew to capture their story. So taken with the Boys' dedication to their cause were producers of the 'Sunrise' television show that they then live-crossed to Palm Lake Resort Waterford to interview the Boys live on air. Workshop President Ray Johnstone says the group was grateful for the recognition and praise, and they look forward to many more years spent in their resort workshop, building wooden treasures for local kids.

HANDMADE
TOYS SPREAD
CHEER TO
NEEDY KIDS

Step inside Santa's Workshop

PALM LAKE RESORT CALOUNDRA CAY HOMEOWNERS PUT THEIR MANY TALENTS TO GOOD USE, COLLECTING (AND MAKING) DONATIONS FOR THE ANNUAL SALVOS CHRISTMAS APPEAL.

In the lead-up to Christmas, **Palm Lake Resort Caloundra Cay** homeowners worked together to assemble 81 Christmas hampers for families in need across the Sunshine Coast. Retired Salvation Army Major and homeowner Maree Strong helped coordinate the effort, which evolved from a simple neighbourly suggestion into a well-organised collection and distribution process.

"What began as one small idea quickly grew into something incredibly meaningful," Maree told Tony Durkin for the Caloundra Cay newsletter, recalling the steady flow of donated food items that filled collection boxes in the library and required regular sorting and storage ahead of final packing.

Adding a new element to this year's appeal, members of the Caloundra Cay Workshop also contributed 40 handmade wooden toys for children from recipient families. Suggested by workshop member Bruce Angus, the project involved hours of sanding, painting and finishing, with each toy requiring several hours of careful work. The toys were distributed alongside the hampers, complementing the food donations and no doubt promising a joyful surprise for recipients with children.



Doing good in The Long Run

Homeowners at **Palm Lake Resort Barga** recently came together for a meaningful fundraising event. As part of Prostate Cancer Awareness Month, homeowners formed a team for 'The Long Run', inviting neighbours to join a ride around the resort grounds to raise funds and spark conversation around prostate cancer awareness.

The ride saw 37 participants cycle a combined distance of more than 300km along the resort's streets, cheered on by fellow homeowners who generously donated along the way. The morning concluded with a well-earned morning tea and a raffle, with the event raising \$1975 for Prostate Cancer Foundation Australia.

The ride also shone a spotlight on the Barga Prostate Cancer Support Group, which now supports men and families across the Coral Coast. Most importantly, it reinforced a vital message: early detection saves lives, and regular conversations with your GP are key.

Think pink, for a cause

Palm Lake Resorts across Queensland turned pink late last year, coming together to raise funds and awareness for the McGrath Foundation and breast cancer.

At **Palm Lake Resort Upper Coomera**, homeowners enjoyed a lively evening event that raised \$1515, thanks to generous donations from homeowners, the Toucan Club, and local service providers. **Palm Lake Resort Bethania** hosted a beautifully curated Pink Morning Tea, led by homeowner Lorraine Sommerville, raising more than \$2000 with the help of volunteers, prizes and home-baked treats. Meanwhile, at **Palm Lake Resort Cooroy-Noosa**, around 70 homeowners filled the Pavilion Country Club with pink, raising \$1152 and enjoying music, food, costumes and plenty of community spirit as well.

Congrats on these big birthday milestones

Best wishes to Palm Lake Resort's latest nonagenarians and even a centenarian, who all celebrated a birthday milestone recently..

Jan Cuskelly from **Palm Lake Resort Barga** marked her 90th birthday alongside 70 of her family, friends and neighbours. Everyone in attendance enjoyed finger food and refreshments in the Ocean Breeze Country Club.

Palm Lake Resort Caloundra Cay's 'Big' John Williams celebrated his 90th birthday with the help of his regular bowling mates, who put together an afternoon of activities in his honour. Cake was eaten, rounds of drinks were shouted (even by the birthday boy himself!) and many laughs were shared.

And finally, **Palm Lake Resort Phillip Island** birthday girl Joan Menzies just turned 100! She spent the day surrounded by family, many of whom she hadn't seen for years, with friends joining in the festivities later on. What a milestone!

A very special visitor

Residents at **Palm Lake Resort Ballina** recently enjoyed a rare wildlife surprise – a Great Bowerbird, well outside its usual Queensland range. The striking visitor built an intricate bower beside the walking track, decorating it with stones, pegs, marbles and even chilli peppers! While no female arrived to admire his efforts, the bowerbird's unexpected stay sparked curiosity, conversation and delight, offering a fascinating glimpse into Australia's extraordinary birdlife.



What's 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? We'd love to include it in the next editions of our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**

Better, together.



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