

JUNE - JULY 2025



The Sands



Adventures await behind the wheel

Autumn provides the perfect opportunity to lock up your Palm Lake Resort home and drive!

Staying fit, even in winter

It's the hardest time of year to find motivation - but also the most important...

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Welcome.



It's been a busy few months - I know I say that every edition, but it's true! There is always something to be done and something to do. The wheels need to keep turning. We are heading towards the Residents' AGM, finalising budgets and getting ready for the next financial year. Can you believe we are just about there already?

The residents have made sure that we have had some wonderful events, including Anzac Day and the Biggest Morning Tea - all in addition to the normal activities that are on in our beautiful clubhouse. Three homes are being reinstated, and we have some new residents coming to join us shortly to begin their retirement journey. We look forward to welcoming them the Palm Lake Resort Beachmere Sands way... through food and drink!

We have said goodbye to one of our delightful gardeners, Sean, and hello to our newest staff member, Zak. We wish them both well.

As the weather cools down and the growing season slows, this is the time of year to catch up on jobs around the resort.

I am starting to host a monthly coffee catch-up and look forward to hearing what our residents would like to discuss: their thoughts, advice and ideas. It's a chance for everyone to relax and share. I hope I can achieve the vision that they have for our beautiful community.

The days are getting shorter and the darkness longer, but it doesn't have to feel like that! Come and see what is going on in the clubhouse and the activities that are being offered around the resort. Rug up and come for a walk to find out.

Take care of yourselves and see you around the resort.

Until next time,

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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Street address:
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Office hours:
10am to 2pm, Monday to Friday
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Instagram (@palllake.resort)

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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.

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.

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).



Around the Grounds

We have been tidying up hedges, mowing lawns and doing our normal gardening duties. Our clubhouse is due for its carpet clean, huge job but worth it. The security lights have been changed to their winter settings, and the pool cover is coming out of hibernation for the winter ahead. Exterior painting is being completed on some homes, and new flags need to be sought to replace the existing cyclone-ravished ones. Busy, busy!



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



Staying fit through winter.

THE DAYS ARE COLD, AND YOUR BED IS SO, SO WARM – HOW ARE YOU SUPPOSED TO FIND THE MOTIVATION TO EXERCISE? HERE, WE SHARE THE TIPS YOU’LL NEED TO STAY FIT AND HEALTHY THROUGH WINTER (AND BEYOND).

Exercise is important all year round, but it becomes especially valuable during the cooler months. Regular physical activity can support your immune system, improve cardiovascular health, and combat the winter blues by encouraging the brain to release endorphins – the body’s natural “happy hormones.”

Staying active also helps maintain muscle balance, enhances bone density, and improves joint mobility, which becomes increasingly important as we age. Whether it’s a daily walk, a game of tennis, water aerobics, or a gentle fitness class, consistent movement builds strength, resilience, and vitality over time. You may even find yourself with more energy for everyday activities and recovering more quickly from illness or injury.

Before you get moving, take time to warm up. Gentle stretches or a short walk can help prepare your muscles and reduce the risk of strains, tears or cramps - which are especially likely in cool weather. After your workout, cool down and stretch to support muscle recovery and reduce soreness.

If it’s too chilly outside, there are plenty of ways to stay active indoors. Try a low-impact routine like yoga, Pilates, or dance-based workouts. Strength training with light weights or resistance bands can also be very effective. And if you do exercise outdoors, be sure to dress appropriately and extend your warm-up to allow your body time to adjust to the cold.

It’s also important to listen to your body, especially if you’re managing persistent injuries or stiffness. With support from heat packs, braces, anti-inflammatories, and a nourishing diet, it’s still possible to stay safely active and even build strength through winter.

Finally, don’t forget to drink plenty of water. You may not sweat as noticeably in cooler weather, but hydration is just as important. Proper fluid intake supports muscle function, joint health, and overall energy levels.

Looking after your body in winter through regular movement is one of the most effective ways to stay strong, mobile, and motivated all year long.



Biggest Morning Tea.

ON WEDNESDAY MAY 14, OUR COMMUNITY CAME TOGETHER IN SUPPORT OF A SPECIAL CAUSE: THE BIGGEST MORNING TEA.

“It was a great day,” says Ros Cannon (Home 34), one of the organisers. “We had 100 in attendance, with residents from Palm Lake Resorts Beachmere Bay and Beachmere Sands.”

The Sands dining room was decked out with yellow daffodils for the event, which raises much needed funds for the Cancer Council. And raise funds they did: an impressive \$3260 in total.

The raffle and auction were both competitive, with great prizes on offer thanks to generous donations from local businesses. Another highlight was the entertainment - thanks to pianist Barry Moore for the lovely music, and guest speaker Sue Manton OAM for sharing your expertise in palliative care. It was very well received.

Thanks to all involved - including the Social Committee, who catered - for such a lovely morning.



Photos courtesy of Brad Kinross.

Drive time.

THERE'S NO DOUBT THE OVER-50s ERA BRINGS WITH IT THOSE HIGHLY COVETED LUXURIES OF RELAXATION AND TIME. A GREAT EXAMPLE OF THIS IS HOW MANY OF US GO FROM PLAYING THE FAMILY TAXI DRIVER FOR BUSY CHILDREN AND GRANDCHILDREN (AND ALL THOSE EXTRA-CURRICULAR ACTIVITIES) TO SIMPLY DRIVING FOR PLEASURE...

LOCK AND
LEAVE YOUR PALM
LAKE RESORT HOME,
WITH TOTAL PEACE
OF MIND



There are so many adventures to be had behind the wheel across our great state. And the freedom of time allows your adventure driving experience to be as 'adventurous' as you choose. You might happen upon a great roadside café and decide to linger a little longer to enjoy a meal. Or there might be an unexpectedly good photo opportunity on your route that deserves a little extra exploration and documentation. Whatever interest your chosen route brings, being behind the wheel allows you the luxury to go at your own speed and potentially also divert off the track where you want to.

Autumn/winter brings with it arguably the best season for a leisurely drive. The temperature is just right to be sitting in a car, and the roads are generally less busy than the summer holiday season. So, guess what? Adventure awaits you right now! Here are our Top 7 ideas for scenic drives around our glorious state. Each route offers unique landscapes and experiences, making them ideal for over-50s seeking leisurely adventures. Some of them will be more easily accessible for you than others but there's nothing stopping you from tacking on some short domestic flights, a hire car and overnight accommodation to turn these ideas from simple driving day trips into memory-making driving holidays.

1. Great Barrier Reef (Cairns to Cape Tribulation)

Distance and time: Approx 140km. Around 3 hours drive time.

Why it's special: This coastal journey along the Captain Cook

Highway offers breathtaking views where the rainforest meets the reef. Travellers can explore the Daintree Rainforest, visit Mossman Gorge and relax on pristine beaches like Four Mile Beach. This scenic route is well-maintained and sealed the entire way, ie. you don't need a 4x4 to drive from Cairns to Cape Tribulation. You will need to take a ferry across the Daintree River over to Cape Tribulation as no land crossing bridge exists. Departures are every 15 to 30 minutes, from 5am to midnight daily, and incur a fee.

Visit: www.weseektravel.com/cairns-to-cape-tribulation-drive/

2. Atherton Tablelands loop

Distance and time: Approx 200km loop. Allow a full day.

Why it's special: Starting from Cairns, this drive takes you through the lush Atherton Tablelands. Highlights include the Curtain Fig Tree, Millaa Millaa Falls and charming towns like Yungaburra. The cooler autumn/winter climate enhances the experience of rainforest walks and local markets.

Visit: www.tropicalnorthqueensland.org.au (and click on "Things to do" and then "Itineraries and road trips" for loads of ideas to suit your interests and available time)

3. Scenic Rim circuit

Distance and time: Approximately 300km loop. Around 3 to 4 days recommended for a relaxed pace.

Why it's special: Just an hour from Brisbane, the Scenic Rim

offers a loop through Boonah, Mount Barney and Tamborine Mountain. Visitors can enjoy vineyard tours, rainforest walks and panoramic views from various lookouts.

Visit: www.visitscenicrim.com.au (and click on "Plan your stay" and then "Weekender itineraries" for some great routes).

4. Glass House Mountains drive

Distance and time: Approximately 40-50km loop. Around 2 to 3 hours, depending on stops.

Why it's special: This drive through the Sunshine Coast Hinterland showcases ancient volcanic peaks and lush landscapes. Stops include the Glass House Mountains Lookout and quaint towns like Maleny and Montville, known for their art galleries and cafes.

Visit: www.australia.com (and click on "Places to go" then "Country" then "Glasshouse Mountains")

5. Carnarvon Gorge drive

Distance and time: Approximately 720km from Brisbane. You can start at Yeppoon and the drive is 460km; four nights will give you ample time to explore.

Why it's special: Located in Central Queensland, the drive to Carnarvon Gorge offers dramatic sandstone cliffs, diverse flora and fauna, as well as Aboriginal rock art sites. Autumn/winter provides pleasant temperatures for hiking and exploring the Gorge's natural beauty.

Visit: www.visitcapricorn.com.au/road-trips-and-drive-journeys for various downloadable itineraries including "Reef, beef and Carnarvon Gorge".

6. Daintree Rainforest drive

Distance and time: Approximately 100km from Cairns to Cape Tribulation. Around 2.5 to 3 hours of driving time.

Why it's special: This route takes you through the heart of the one of the world's oldest tropical rainforests. Travellers can experience river crossings, lush vegetation and the chance to spot unique wildlife.

Visit: www.daintreeinfo.com/info/self-drive/

7. Lamington National Park drive

Distance and time: Approximately 110km from Brisbane. Around 2 hours of drive time.

Why it's special: From Canungra, this drive winds through the Gold Coast Hinterland to Lamington National Park. The journey offers stunning mountain views, rainforest walks and the opportunity to visit O'Reilly's Rainforest Retreat.

Visit: www.parks.desi.qld.gov.au/parks/lamington for full information, maps and other resources.

These drives offer a mix of coastal beauty, rainforest adventures and mountainous landscapes. They provide perfect opportunities for over-50s to explore Queensland's diverse regions at a relaxed pace. So, grab your keys and let's drive!

Homes for sale.

Home 156: POA

SOLD



Perfect balance.

This beautifully presented home strikes the perfect balance between comfort and style. The spacious open-plan living area flows effortlessly to a welcoming outdoor space - ideal for entertaining guests or relaxing in peaceful surrounds. Featuring three well-appointed bedrooms, including a master with walk-in robe, and two modern bathrooms, it's perfectly suited to both downsizers and those who love to host. Ideally positioned within the resort, it offers the ease of both front and rear gate access, while the single garage adds a practical touch to this charming residence.



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



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-55S LIVING. THIS IS YOUR TIME.
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 COMMUNITY OR JOINING FORCES FOR FUN.

Neighbours lend a hand as Alfred comes to town.

The strength of our Palm Lake Resort communities, and the Palm Lake Group as a whole - was put on show when Tropical Cyclone Alfred rolled into Queensland's south-east corner recently. In scenes reminiscent of the Covid pandemic, our Palm Lake Resort homeowners rallied to support one another and ensure their communities were not only prepared for the hit, but also quickly mopped up afterwards.

Palm Lake Resort Carindale Caretakers Wayne and Karen said that while 28 homeowners left the resort to be with their families, more than 200 stayed in the resort throughout the cyclone.

"For the first time ever, the flood waters came into our community from Wright Street (pictured above)," Karen says. "We constantly checked the levels there and in the creek. We had Stuart (Home 168) monitoring the creek and reporting in to us and trusty Ken (Home 113) reporting from the other end of the resort. What an incredible team.

"Those who stayed were in good hands, as we had many many homeowners checking on their older neighbours, boiling them water on gas stoves when they lost power. Our communal halls were left open so homeowners could gather together with other homeowners. Luckily we had arranged some extra food for sandwiches, as well as milk



and water so we could all meet at the Grand Hall and have toasties - mostly made by Bob (Home 98).

"Some homeowners were scared - mainly because of the fast flood waters - as they live on their own, but we made sure that someone kept dropping in on them regularly to keep them in the loop.

"We are actually so proud of our caring homeowner network," Karen smiles. "Our beautiful Palm Lake Resort Carindale community certainly comes together well in tough times."

The same types of stories were heard right across the Palm Lake Group - with our resort homeowners even supporting their local Palm Lake Care aged caring communities. For example, the sleepy seaside town of Beachmere does not have its own local police station, so officers were brought in to keep an eye on local residents during the storm. When the power in that neighbourhood went out, our Palm Lake Care staff returned the favour and offered the police officers hot meals and coffee, which they gratefully accepted. What's more, three volunteers (retired registered nurses) from Palm Lake Resort Beachmere Bay and Beachmere Sands - located just across the road - provided support and personal care to the elderly aged care residents. A lovely gesture of selfless care that embodies the PLR spirit!



Wedding bells ring loud and clear.

THERE HAVE BEEN NEW WEDDING BELLS RINGING ACROSS PALM LAKE RESORT AS WELL AS CELEBRATIONS FOR MARRIAGE LONGEVITY - ALL WE KNOW IS THAT WE LOVE, LOVE STORIES!

Palm Lake Resort Bethania

Pictured above left, check out the new "Mr and Mrs Remy" (also known to homeowners at Palm Lake Resort Bethania as Steve and Kate), who tied the knot on February 15. Their official ceremony was held at their resort - how wonderful! We wish the Remys the best for their future life together.

Palm Lake Resort Yamba

Shirley Foley married Denis Kelly on May 15, 1965, at Tumut, New South Wales. Little did they know, 136km away on that very same day, their future friends (and future neighbours) Carole Wilson and John Joyce were also tying the knot. In the late 1960s, the Joyces moved to Tumut and, sure enough, met the Kellys. The couples have been firm friends ever since. And they have more in common than just their wedding anniversary - nowadays, you'll find Denis and Shirley in Home 4 at Palm Lake Resort Yamba, and John and Carole in Home 63 (all four pictured above right, including a photo of the Kellys on their wedding day).

Palm Lake Resort Eagleby

It all began in Liverpool, England, in the early 1960s. The school dance was in full swing when John, who was working as a roadie for the band that night, spotted Joan across the dance floor. He winked at her and, as he fondly recalls, "that was it". The couple married on March 27, 1965, in Liverpool and in 1976, John and Joan made the bold decision to move to Australia, with their young family in tow. After more than two decades in Sydney, they moved to Queensland in 2000, making Palm Lake Resort Eagleby their home in 2009. Pictured above (middle), six decades on from their wedding day, family remains at the heart of their lives through six grandchildren and six great-grandchildren.

Palm Lake Resort Cooroy-Noosa

Long-time Sunshine Coast locals, David and Nola, just marked 60 years with their proud family, including nine grandies and 11 great-grandies (with more on the way!).

Fiona is 102 years young

One of our oldest homeowners at Palm Lake Resort Willow Lodge is Fiona Ryan. She turned 102 years young in April. The Lodge Country Club hosted a party for Fiona, with many of her family and Palm Lake Resort friends stopping by. What a milestone for this resort matriarch!



Tell us what's happening 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? Are you and/or 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 and include your story in these pages in the next editions of all our resort newsletters.

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

You're always
warmly
welcomed.



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