

APRIL - MAY 2024



The View



Activities galore

There are dozens of weekly activities to do and special interest groups to be part of at our resort. Learn more inside...

Over the back fence

The Palm Lake Group is one big 10,000-strong 'family' - find out what your counterparts are up to in our new regular series

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for fast cash



Welcome.

Greetings once again to all our residents. The year is progressing very quickly isn't it, and the cooler weather will be with us in no time.

I would like to take this opportunity to express my concerns about drivers speeding in our resort grounds - not only visitors and guests, but many residents as well. As you all know, the speed limit within our community is 10km/h. I cannot stress enough the importance of adhering to this speed limit. I would not like to see a resident accidentally hit by a vehicle, but also our beautiful wildlife is in danger when drivers speed. Please, if you have visitors coming into our resort grounds, make them aware of the 10km/h limit and please also adhere to this limit yourselves.

All residents in our community have been given a house code to be able to let their visitors, carers, delivery drivers etc enter the grounds. Please remember to give your code to those people you would like to let in, as we have been receiving a lot of calls through the manager system at the gate from visitors who do not have your house code to punch in at the entry.

Did you know we now have new wheelie bin bags for every resident each week. Please assist us by putting the bag in your bin each week. This helps Phil and the boys handle the garbage more efficiently.

As we mentioned last edition, the 'Refer a Friend' program here at Palm Lake Resort Bethania is a great way for residents to earn a cash bonus. We do have the best over-50s community in town, so why wouldn't prospective homeowners want to come and live here, especially with all the fun and friendly neighbours who make our newcomers feel very welcome! If you know someone who has been talking about joining us, make sure you refer them to the office here because you can score a \$250 cash incentive if your friend buys a home. It's easy money.

Until next time,

**Charna and Phil,
Palm Lake Resort Bethania Caretakers**

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.

Contact us.

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

FREECALL: 1800 774 866

STREET ADDRESS:
43 Goodooga Drive,
Bethania QLD 4205

OFFICE HOURS:
7am to 3pm, Monday to Friday

EMAIL:
bethania@palllake.com.au

ONLINE: Visit our website
palllakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@pall.lake.resort)



News in brief.

Resort facility opening and closing times

Just a reminder of the following opening and closing times for your Palm Lake Resort Bethania community facilities:

Clubhouse:
Weekdays open 7am, close 7pm
Weekends open 8am, close 6pm

Library:
Weekdays open 7am, close 6pm
Weekends open 8am, close 6pm

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 speed 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.

Refer a friend

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 a Palm Lake Resort home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.



It's "Your Time", time

The start of another beautiful Aussie season means another Palm Lake Resort company magazine has just dropped. Our Autumn 2024 edition gives readers their first look at the incredible display homes just unveiled at Palm Lake Resorts Yamba Cove and Pelican Waters. We also explain how you can embrace the 'dopamine decor' trend in your own abode for the ultimate 'happy home'. And we've got some great recipes for you to try when you're invited along to your Palm Lake Resort neighbours' homes and that age-old question crops up: "What can I bring?". Never fear - the answer is here! Grab a copy of the magazine from your letterbox or you can also find it online at palllakeresort.com.au

WIN A
\$200 GIFT
CARD



Get social with us

Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@palllakeresort) and also over on Instagram (@pall.lake.resort) to see what's happening right across our dozens of Palm Lake Resort locations. We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both social platforms (@pall.lake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!

PS. Check out Page 11 of this newsletter for your chance to win a \$200 gift card via Palm Lake Resort's Instagram page.

Green waste dates and bin collection

Pop these dates in your diary to remember to put out your green waste (fortnightly on Mondays):

- Monday, April 15 and 29
- Monday, May 13 and 27

Also, for household weekly bin collections, rubbish bins are to be put out the evening before the rubbish run, ie. Monday nights for Tuesday morning household waste collection. Don't forget to use the new wheelie bin liners.



TO BE SURE,
TO BE SURE!



Green with envy.

THE LUCK OF THE IRISH WAS STRONG AT OUR RECENT ST PATRICK'S DAY EVENT - TO BE SURE, TO BE SURE!

The inherent benefit of living in any Palm Lake Resort is the community of likeminded homeowners who share your neighbourhood. And so when there's an excuse to dress up and get together for some fun, we find many come out of the woodwork to join in. St Patrick's Day here at Palm Lake Resort Bethania was no exception! Dolled up in their greenest finery, our homeowners gathered for some dinner, drinks and dancing. It was a wonderful event that would have any non-Palm Lake Resort residents green with envy!



***Pictured above:** Our Palm Lake Resort Bethania lawn bowlers took on Palm Lake Resort Waterford recently. The game was played at Waterford and although the final score was 102 to 63, it was no indication of the game. Both teams won three rinks each however one Waterford team won 34 to 5 with a very rare score of 9 on one end. This doesn't happen very often - it's a bit like a hole in one in golf. It was a great game that all enjoyed whether playing or just spectating.*

Weekly activities.

MONDAY

8.45am - 11.30am Shopping bus to Browns Plains (meet in the front carpark)
10am Carpet bowls (Clubhouse)
1.30pm Bible Studies (Clinic Room)
1.30pm for 2pm Housie cards (Clubhouse)

TUESDAY

8am Tai Chi with Shane (Clubhouse)
9am - 12 noon Craft (Clubhouse)
9.30am Pool players (Clubhouse)
1.30pm Dr Ting (Clinic Room)
5pm Homeowners' dinner (Clubhouse)

WEDNESDAY

8am start Podiatrist visits fortnightly (Clinic Room)
8.30am start Lawn bowls (Bowling green)
8.45am - 11am Shopping bus to Waterford (meet in the front car park)
6pm Cards and games (Clubhouse)
6pm Pool player competition (Clubhouse)

THURSDAY

7am-12 noon Gym with Aubrey (Gym)
8.45am - 12 noon Shopping at the Logan Hyperdome (monthly, meet in the front car park)
9am - 10am Gentle exercise (Clubhouse)
11.30am - 1.30pm Bistro lunch (Clubhouse)
6pm for 6.30pm Bingo (Clubhouse)

FRIDAY

8.45am - 10am Shopping bus to Beenleigh (meet in the front carpark)
9am - 10am Aqua aerobics (Indoor Pool)
11.30am - 1.30pm Bistro lunch (Clubhouse)
1pm Card making with Lorraine (Bowls Club)

SATURDAY

8.30am Lawn bowls (Bowling green)
12 noon Christian lunch (monthly, Clubhouse)

SUNDAY

9am Church service (Clubhouse)



TRY TAI CHI
HERE AT OUR
RESORT:
TUESDAYS,
8AM



Relaxation matters.

NEVER UNDERESTIMATE THE POWER OF RELAXATION; IT CAN LOWER THE RISK OF DEPRESSION, ANXIETY AND HEART- RELATED PROBLEMS, BOOST OUR IMMUNITY AND IMPROVE OUR MOOD, BRAIN FUNCTION AND MEMORY. BUT WHAT'S THE BEST WAY TO RELAX?

Tai chi

A favourite for people young and old, tai chi is a weight-bearing exercise (that is, one done while on your feet, so you bear your own weight) and a form of Chinese martial art. Much like acupuncture and herbs, it is an important part of Chinese medicine – it is an holistic experience, increasing blood and energy flow through the gentle contraction and relaxation of the muscles, while promoting a state of meditation through deep breathing and concentration. With an emphasis on balance, tai chi works both sides of the body equally and, unlike other forms of exercise, is done very gently. It's relaxing and enjoyable, and will leave you feeling calm, energised and in complete balance by the end of your class.

Yoga

Yoga dates back thousands of years, but it only really gained popularity in the Western world around the 1980s. In layman's terms, yoga is a practice of body postures, meditation and breathing control, and there are a number of different varieties of the ancient discipline, all with different focuses, intensity and methods. Almost all of these varieties, however, focus on some core principles: breathing exercises and simple meditation, and most incorporate poses and stretches to flex and strengthen different muscles. The purported benefits of yoga include improved flexibility and muscle strength, better posture, the prevention of cartilage and joint breakdown, protection of the spine, improved bone health, increased blood flow, draining of lymph fluids and it's also an immunity booster. For those who find it harder to get down on the floor, you can even do yoga in a chair!

Meditation

Lauded as one of the best ways to reduce stress, control anxiety and find calm, meditation has grown increasingly popular as more and more people discover its incredible benefits. You don't require much to meditate – just a few spare minutes, a comfy, quiet spot and maybe (if self-meditation isn't your speed) a meditative audio track or podcast to listen to. Lovers of meditation claim it helps improve their self-image, gives them a more positive outlook on life, enhances self-awareness, lengthens their attention span and even reduces age-related memory loss. Physically, meditation can improve your sleep and help you control pain, while also decreasing your blood pressure. In short, there's no reason not to give meditation a try sometime.

Important phone numbers.

Caretakers' Office, for homeowners' enquiries:
3200 9622

(for after-hours emergencies, leave a message and your phone number)

Police Link (Non-urgent incident report): 131 444

Community flyer: 1300 463 593

Mater Hospital (24-hour emergency):
3840 8111

PA Hospital (24-hour emergency): 3240 2111

QEII (24-hour emergency): 3275 6111

Logan Hospital: 3299 8899

Logan City Council: 3412 3412

Veteran Affairs: 13 32 54

Local snake catcher: 0413 028 081

MHIA Insurance: 1800 676 700

Buses and trains information: 13 12 30

Home Assist: 1300 366 836

Seniors QLD: 1300 135 500

Palm Lake Care: 1800 246 677

Yellow Taxis: 131 924

Doctor Ting: 3807 8588

Origin: 136 262

Cleaning/Dog walking (Andrea): 0407 028 614

Electrician (Cooper @ Coastline): 0422 879 620

Plumber (Rick's Plumbing & Drainage): 0430 162 608

Podiatrist (Cameron): 0404 857 479

Palm Lake Resort Hair Salon: 3805 2617

Handyman (Barry): 0414 686 342

Alterations (Carol): 0412 635 614

JP (Lynne Venczel): 3200 4758

Lawn mowing (Brian): 3299 9405

Phone/Internet problems (Bow Street only)
Comms Co: 3216 5700

Car washing (Cliff): 3299 9421

Painter (Dennis): 0413 643 572

In Style Painting Services (Matt): 0451 920 173

Deep Clean Air Services (Paul): 0407 037 280

Homeowners Committee (Rosa, Secretary): 0419 707 110

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. Easy!

\$250
cash bonus simply for
referring a friend!

For more info or to
refer your friend,
FREECALL 1800 774 866
**T&Cs apply*



THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
palmakeresort.com.au

Homes for sale.

WANT TO BOOK A PRIVATE INSPECTION AND FIND OUT MORE ABOUT OUR RESORT?
FREECALL 1800 774 866 OR EMAIL BETHANIA@PALMLAKE.COM.AU
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU

26 Cedar Court - \$420,000

Beds

3

Bath

2

Living

1

Garage

1











Move-in ready, simply enjoy the lifestyle

This delightful, renovated home is ready for you and your furniture. It offers three bedrooms with built-in robes and an ensuite to the master bedroom. There is air-conditioning in the lounge/dining areas. Newly renovated open-plan kitchen with pull-out pantry. Freshly painted throughout. Beautiful new timber floating floor throughout. Lovely large outdoor entertaining area with enough room for the largest of family celebrations. All of this and you get 20 solar panels on the roof make this property excellent value for money with nothing to do. All offers over \$420,000 considered.

Key features:

- Solar panels
- Internal laundry
- Covered outdoor entertaining area
- Two sheds

17 Rustic Court - \$415,000

Beds

2

Bath

2

Living

1

Garage

1











Renovated and ready for you

This lovely renovated two-bedroom property is complete with an ensuite to the main bedroom, built-in robes in both rooms and ceiling fans.

The home enjoys a beautiful light-filled kitchen with plenty of storage, along with a separate dining area off the kitchen, with an additional small study nook. New floors done in timber laminate are easy to keep clean and tidy and there is an internal laundry with side door to the clothesline.

Key features:

- Lovely undercover entertaining area, very private
- Large shed to the rear
- Lock-up garage
- New flooring

5 Cedar Court

Beds

2

Bath

1

Living

1

Garage

2





SOLD!

10 Fern Court

Beds

3

Bath

1

Living

1

Garage

1





SOLD!

8

9

Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT COMMUNITIES 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 NEW 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 PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!



Our homeowners have charitable hearts.

PALM LAKE RESORT HOMEOWNERS PROVE TIME AND TIME AGAIN THAT THEY HAVE WONDERFUL, CHARITABLE HEARTS. HERE ARE JUST SOME OF THE STORIES WE'VE HEARD LATELY...

Tweed River: Around 150 homeowners and guests descending on the resort's Country Club for a stunning art-deco inspired high tea to raise funds for Tweed Palliative Support and the Wedgetail Retreat. The Country Club looked more like a fashionable hotel lounge, reminiscent of The Ritz in London or The Peninsular Hotel in Hong Kong, as fantastic multi-level platters of cakes, scones and savoury treats were prepared and served by the volunteers. Musicians from the Northern Rivers Symphony Orchestra volunteered their time and musical talent to present an incredible classical string concert (pictured above). The high tea was followed by raffles and a lively auction of kindly donated items resulting in more than \$11,000 being raised! This included a donation from the Residents' Committee plus the proceeds of refunds for bottle and can recycling from throughout the year. This total amount was much more than previous annual fundraiser events and much appreciated by the worthy charitable recipient.

Deception Bay: Just before Christmas, the resort's Quilters Group drove up to the Centre Against Domestic Abuse (CADA) at Caboolture with enough goodies to fill three car boots! The CADA people were stunned and so grateful. Along with all the toys for children and necessities for

women, there were 70 handmade Christmas stockings and more than 80 fabric drawstring bags for the women (pictured above). The group also donated 12 quilts to CADA to hand out to their clients in the New Year. The quilters were amazed by the wonderful response from their fellow homeowners who also donated toys and goods.

Upper Coomera: This resort's Jane McGrath Foundation charity fundraiser "Girls' Night In" event raised \$1060.

Bethania and Waterford: Two neighbouring Palm Lake Resorts came together for the sake of breast cancer research, hosting a charity event that raised more than \$3000 for the McGrath Foundation. Everyone turned out in their best pink outfits and a special visit was made by Federal MP Bert Van Manen who also donated to the cause via some lovely hampers that were raffled.

Carindale: The resort's annual Market and Craft Day saw a variety of stalls selling handicrafts, paintings, bric-a-brac, clothes, jewellery, toys, restored furniture, cakes and more. Through event proceeds, a morning tea and a raffle, Care Kits for Kids Qld (a children's charity that donates backpacks filled with clothes, toiletries and school supplies to disadvantaged children) received a donation from the resort of more than \$1400! This resort's knitters also do good with their spare time. Gathering fortnightly, the knitters produce gorgeous teddy bears for the Red Cross to distribute to needy children (pictured top).

BATTLE
OF THE TWO
BOWLING
BEACHMERES!



Sport brings us together.

OUR SPORTIEST HOMEOWNERS HAVE BEEN HAVING FUN, TAKING ON TEAMS FROM OTHER PALM LAKE RESORT LOCATIONS. HERE'S HOW SOME OF THE MOST RECENT MATCH-UPS HAVE PLAYED OUT...

Tea Gardens vs Fern Bay vs Forster Lakes: Golf has been the inter-resort game of choice recently for these nearby communities. In a three-game series, Forster Lakes was victorious once but Tea Gardens proved too good on the other two competition days. The total points overall were: Tea Gardens 454, Forster Lakes 444 and Fern Bay 423 so it was a close competition all 'round.

Beachmere Sands vs Beachmere Bay: The annual inter-resort lawn bowls competition between our Beachmere neighbours took place late last year. It's always a fierce competition and this one was no different. After a tough afternoon and evening battling it out, Beachmere Bay came out on top.

Best wishes to these legends!

WE LOVE CELEBRATING A MILESTONE MOMENT AND THERE ARE LOADS HAPPENING ALL OVER THE PALM LAKE GROUP EVERY WEEK.

Toowoomba: Pictured right, gorgeous Muriel has just batted her century at Palm Lake Resort Toowoomba. She's been a fixture there since 2011 and her daughter, Lurlene, also calls the resort home.

Mt Warren Park: Congrats to homeowners Don and Yvonne who celebrated their 65th wedding anniversary recently.

Carindale: When homeowner Eric celebrated his 96th birthday in December, we learned there were actually three neighbours in 'Club 1927' at that resort - all born in the same year. There'll no doubt be a big party in 2027 when Eric, Shirley and Mavis all mark their centuries at Palm Lake Resort!



Get social with us and WIN!

Are you following Palm Lake Resort on our various social media platforms? While you can catch up on all the company news on our Facebook page, you may not know that we also have a vibrant Palm Lake Resort Instagram account. During the month of April on Instagram, we are giving away a gift card valued at \$200 in our 'Tag a friend' competition. Entry is easy. All you need to do is be following Palm Lake Resort on Instagram (@palm.lake.resort) and tag your friends in the comments section on any of our posts from April 1 - 30. Every friend you tag counts as one entry and you can enter as many times as you like. Tagging a friend is as easy as placing the @ symbol in front of their Instagram name, for example: @marysmith. We'll announce the randomly drawn winner in our next newsletter and they can collect their prize from their Caretaker. *Note: Instagram is not in any way associated with this competition. Good luck!*



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? Email the details to belinda@bellepr.com

Holiday, everyday.



FREECALL 1800 774 866 | bethania@palllake.com.au
43 Goodooga Drive, Bethania QLD 4205

THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
palllakeresort.com.au