

Bethania.

OCTOBER - NOVEMBER 2023



In the swim

The weather's warming up - now's the perfect time to take advantage of our facilities and activities

Refer a friend

Find out which homes are available - you could even score a cash bonus when you refer a friend





Welcome.

Hello to our homeowners once again. Spring has sprung and the wattle and gum tree flowers are out in force. Even though the mornings are still a little fresh, the days are beautiful and sunny with a touch of summer warmth already in the air.

We have some new homeowners coming into Palm Lake Resort Bethania over the next couple of months, so please make them welcome when you see them around.

It's been a little quiet around the grounds, but Phil and the boys are working hard to get the gardens around the end of the housing rows (and generally all around the grounds) in shape for spring/summer. We have had new plants added to some of the gardens and we would like to thank all those homeowners who have assisted us with gifting spare cuttings. This has assisted in making the gardens look great. Phil and the boys have also fixed some of the irrigation problems around the grounds and now we can get water to some of our new gardens and grass areas.

The bus trip to Twin Towns to see the show "Pommie Day Out" was a sold-out success! All involved had a wonderful day out, with a beautiful lunch being served at Twin Towns after the show. The food was delicious. Thank you to our Social Club for organising such a wonderful event for the homeowners to enjoy. Also a special thank you to "Shaggy", our bus driver from Logan City Coaches, for getting our homeowners there and back safely. There are actually plenty of activities to be enjoyed in the near future, like Melbourne Cup Day, so stay tuned to the noticeboard at the clubhouse for what is happening. Then the festive season will be here before we know it!

Enjoy the sunshine,

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@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

Get social:
Follow us on Facebook
(@pallmlakeresort) and on
Instagram (@pallm.lake.resort)



News briefs.

GREEN WASTE DATES AND BIN COLLECTION

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

- October 2, 16 and 30
- November 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. All bags must be in your bin, not beside it. Please keep your bins clean.

REFER A FRIEND TO COME AND JOIN US

We know your friends love coming to visit your Palm Lake Resort Bethania 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 home, you'll receive \$250 cash. Easy!

MAKING A CHANGE?

Just a note that if you are planning to make any external alterations to your home, could you please let our Caretakers know prior to work proceeding? An 'Alteration and additions' application form can be obtained in the Hall. The application will be actioned within 10 business days of receipt by the Caretakers.

THIS IS YOUR TIME

The Spring 2023 edition of 'Your Time' (our Palm Lake Group quarterly company magazine) has rolled off the printing press and can be found in letterboxes and Palm Lake Resort addresses around the country. This edition keeps readers in the loop on development at our company's latest selling resorts (Pelican Waters, Yamba Cove, Paynesville and more) while also celebrating the re-opening of Pelican Waters Golf Course and the prestigious independent construction industry award wins for Palm Lake Care and our Forster Lakes resort. In our lifestyle section this edition, we look at ageing well and whether age is just a number? If you haven't yet seen a hard copy of the mag, you can always read it at pallmlakeresort.com.au

GET SOCIAL WITH US

Follow Palm Lake Resort on Facebook (@pallmlakeresort) and also on Instagram (@pallm.lake.resort) to see what's happening right across all our Palm Lake Resort locations.

GIVING BACK

Do you have some spare time and want to give back to our local community, while also making a difference in someone's life? Palm Lake Care Mt Warren Park and Bethania (both owned and operated by the Palm Lake Group) are looking for volunteers to either visit their aged caring community and spend time with the residents, or assist the Lifestyle Team members in running some fun resident activities. If this sounds like something you'd like to do, please call Palm Lake Care Mt Warren Park's Lifestyle Coordinator, Leona Counsell, on 3444 6000 or to connect with our Bethania community, phone 3086 3000.



GOING AWAY?

If you're heading away on holidays, don't forget to fill out a form (in the Clubhouse) and drop it into the office to let us know of your travel dates. If your neighbours don't see you around the resort grounds, they get concerned and often contact us. This way, we know if you are away and not fallen ill.

GO SLOW

Sometimes when we are in a hurry, we forget the limits and our speed creeps up but, for the safety of all including our wildlife, please stick to the 10km/h speed limit. Also, to those owners of bikes, buggies and motorised scooters, you also need to respect the road rules whilst moving around our resort grounds.

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

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



Weekly activities.

MONDAY

8.45am Shopping bus to Browns Plains - meet at the Clubhouse

10am Indoor bowls (Clubhouse)

1.30pm Bible Studies (Clinic Room)

2pm Housie cards (Clubhouse)

TUESDAY

8am Tai Chi with Shane (Clubhouse)

9am Craft

1.30pm Dr Ting (Clinic Room)

5.15pm Homeowners' dinner (Clubhouse)

WEDNESDAY

8am start Podiatrist visits fortnightly (Clinic Room)

8.30am start Lawn bowls (Bowls Club)

8.45am Shopping bus to Waterford - pick-up is at 11am

6pm Billiards competition (Clubhouse)

THURSDAY

7am-12noon Gym with Aubrey

8.45am Shopping at the Hyperdome on the second Thursday of the month

9am-10am Gentle exercise (Clubhouse)

11.30am-1.30pm Bistro lunch (Clubhouse)

6.30pm Bingo (Clubhouse)

FRIDAY

8.45am Shopping bus to Beenleigh

9am-10am Aqua aerobics (Indoor Pool)

11.30am-1.30pm Bistro lunch (Clubhouse)

1pm Cards with Lorraine

SUNDAY

9am Church service (Clubhouse)



Pictured above and above right: Our recent musical bingo night was a wonderful evening that saw homeowners from Palm Lake Resorts Bethania and Waterford come together to enjoy music from the 1950s and '60s combined with the excitement and fun of Bingo!

Around the grounds.

WITH SO MANY VIBRANT HOMEOWNERS CALLING OUR LOCATION HOME, THERE'S ALWAYS SOMETHING FUN AND INTERESTING GOING ON AROUND THE RESORT GROUNDS...



POMMIE DAY OUT!

Pictured right: Just a quick note to all homeowners. Please refrain from feeding the wildlife around your homes and our clubhouse deck, especially the ducks and the water dragons. Feeding them bread will actually kill them. Please, let's look after our beautiful wildlife and enjoy them around the lake where there is plenty of natural food for them to forage.

Pictured left: Check out our homeowners who travelled to Twin Towns together recently for a "Pommie Day Out". We hear it was a huge success. We thank the Social Club for organising events like this that allow our homeowners to enjoy each other's company outside the resort grounds - as well as within them!



Spring snacks from the Blue Zones.

THERE ARE FIVE PLACES IN THE WORLD WHERE PEOPLE LIVE EXCEPTIONALLY LONG, HEALTHY LIVES, AND THEY ALL HAVE SOMETHING IN COMMON – DIET IS A HUGE PART OF THEIR SECRET TO LONGEVITY.



Mason jar salads

Ingredients

Take your pick from the following options (or have fun finding your own!)

Dressing: Hummus, pesto, vinaigrette

Hard vegetables: Carrots, cucumbers, peppers, celery, onion

Softer fruits and vegetables: Avocado, berries, tomatoes

Grains, beans, nuts, seeds: Chickpeas, quinoa, black beans, sunflower seeds, brown rice

Greens: Arugula, kale, spinach, romaine, mixed spring greens

Directions

Assemble with dressing on the bottom of the jar. Add a layer of hard vegetables, a layer of softer fruits and veggies, then grains, beans, nuts or seeds. Finally, add in your chosen greens and you're all set.

Have you heard of Blue Zones? Trademarked by author and explorer Dan Buettner, they're the five places in the world where people live the longest, healthiest lives. The five Blue Zones are Okinawa (Japan), Sardinia (Italy), Nicoya (Costa Rica), Ikaria (Greece), and Loma Linda (California). Buettner's Blue Zone theory primarily centres on what and how these people eat. All five diets are mostly plant-based, with beans (including fava and black beans, as well as soy beans and lentils) the cornerstone of many centenarian diets. They also eat no more than three eggs a week, consume minimal dairy and very little meat – when they do, it's usually pork.

We can also learn from how people in the Blue Zones eat. For example, the Okinawans live by an '80 per cent rule' that is inspired by a 2500-year-old Confucian mantra. It reminds us to stop eating when our stomachs are 80 per cent full; the 20 per cent 'gap' is believed to be the secret to weight management and, therefore, better health. People in the Blue Zones will even eat their smallest meal in the late afternoon or early evening, and then won't eat any more for the rest of the day. So, with all of that in mind, here are some Blue Zone-inspired snack recipes that are perfect for spring, courtesy of bluezones.com



Strawberry vanilla chia seed pudding

Ingredients

3 cups unsweetened almond milk

2 teaspoons vanilla extract

3 tablespoons maple syrup

½ teaspoon cinnamon

½ cup + 2 tablespoons chia seeds

3 cups fresh strawberries

Directions

In a bowl, whisk together unsweetened almond milk, vanilla extract, maple syrup, and cinnamon. Pour liquid mixture over the chia seeds and stir until seeds are incorporated. Make sure to stir it well, so that none of the chia seeds are sticking together. This ensures they're all able to absorb the liquid and create a pudding-like consistency.

Let sit for an hour or in the refrigerator overnight. Mixture will thicken substantially. Soaking time is vital for the end product! In the morning, rinse and slice fresh strawberries. Stir chia pudding and top with fresh strawberries.



Vietnamese summer rolls

Ingredients

2 medium carrots, peeled and cut into thin sticks

½ cup of white vinegar 1 tsp of sugar

½ tsp of salt

½ cup of water

10 rice paper wrappers

120g thin rice noodles or rice vermicelli

¾ cucumber cut into thin sticks

½ cup of shredded cabbage

10 small lettuce leaves

1 bunch of fresh mint leaves

1 bunch of fresh cilantro leaves (optional)

Water

For the peanut sauce, combine these ingredients in a bowl:

½ cup of smooth peanut butter

1 ½ tablespoons of soy sauce

1 tablespoon of maple syrup or honey

½ teaspoon hoisin sauce

1 teaspoon of sriracha

1 teaspoon of sesame oil

Directions

First, make the pickled carrots. In a medium bowl, combine the sugar, water, salt and vinegar. Add the carrots to the mixture, toss to coat well and then let the carrots soak for at least 1 hour. In the meantime, prepare the noodles according to the packet's instructions.

Fill a wide, shallow bowl with about 1 inch of warm water. Soak one wrapper at a time in the warm water for 10 to 15 seconds, just until it becomes soft and pliable. Transfer the wrapper to a plate or cutting board and add a lettuce leaf on top in the centre. Next add a few carrot sticks, a few cucumber sticks, some of the shredded cabbage, some of the noodles and then a few leaves of mint and cilantro. Add edible flowers, too, if you like.

Fold one side of the rice paper wrapper over the filling and then the other side. Roll the wrapper up around the filling, making sure it is tight, but being careful not to tear the wrapper. Set the filled rolls on a platter, seam side down. Repeat this process until all of the filling and wrappers have been used up. To serve, cut each roll in half. Garnish with extra herbs and edible flowers, if you like. Serve immediately with peanut sauce for dipping.



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!

\$250

cash bonus simply for referring a friend!

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



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

Spring clean your world.



'TIS THE SEASON FOR NEW BEGINNINGS! WITH WINTER OVER, IT'S TIME TO THROW OPEN YOUR WINDOWS, LET IN THE FRESH AIR AND TURN YOUR ATTENTION TO THE AREAS OF YOUR LIFE THAT YOU MAY HAVE NEGLECTED THESE PAST FEW MONTHS.

Spring clean... your home

Let's start with the obvious – literally spring cleaning your home. We recommend starting with your ceiling fans. Chances are they've been still throughout winter and have gathered a lot of dust, so be sure to wipe them down before you turn them on this spring (lest you scatter that dust all through your home).

Similarly, now is a good time to clean your windows. Wipe away any dust and dirt that has built up on the window sills, blinds and windows over winter. With the curtains back to let in the summer sun, you'll be able to clearly see any marks and dirt during the warmer months.

Next, turn your attention to your lounge room. It's time to wash and then store away your winter throw blankets and add some bright spring colours and accessories to freshen up your space. Light a fruity, fresh candle while you're at it.

In the kitchen, clear out the fridge and pantry, being sure to use up any leftover winter ingredients (cans of soup or winter vegetables for casseroles, for example) before you do. Check the expiration dates on any products you plan to store – they may expire sooner than you think.

Remember: spring cleaning doesn't need to happen all at once. Use spare moments of time in your day to tackle small tasks so that it doesn't become overwhelming. You might be surprised how much you can get done while you wait for the kettle to boil or during a TV ad break.

Spring clean... your health

It's time to shake off the winter blues – luckily, there are many simple yet effective strategies you can incorporate into your daily routine to improve your mental and physical wellbeing.

Make the most of the new season to book in a health check up with your doctor. You might also want to organise a skin check, an eye exam, a trip to the dentist or a hearing check while you're at it.

Now is also the perfect time of year to get back into exercise, or to take your regular exercise regime outdoors instead. You could dive headfirst into a swimming routine, make time to walk or cycle around your resort or organise a game of social tennis or lawn bowls with your friends. Your Palm Lake Resort community is designed with your physical wellbeing in mind, so make the most of it.

One of the most important factors in your physical and mental wellbeing is your diet. The foods you eat provide you with nutrients and vitamins that impact your gut health, immune system, cognitive ability and heart function. So, with that in mind...

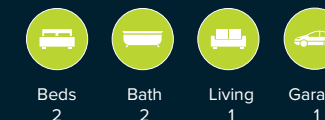
Spring clean... your diet

It can be hard to keep your diet on track, especially during the cooler months when all you want to do is cuddle up under a blanket with your favourite comfort food. But there are so many health benefits to be gained when you eat a diverse diet of fresh, seasonal ingredients. On your next trip to the supermarket, look for spring fruits (banana, blood orange, grapefruit, honeydew, mandarin, papaya, pineapple, strawberry and watermelon) and vegetables (asparagus, avocado, beans, broccoli, cabbage, carrot, cauliflower, leek, snow peas, sugar snap peas and spinach). How can you incorporate them into more of your meals? Studies show that eating home-cooked meals has positive health impacts, so while it can be tempting to go to a restaurant or order takeaway, your body will thank you for making the extra effort.

You can start small by planning a few meals at a time and looking through recipe books for inspiration. If you can, substitute a trip to the supermarket for a morning at your nearest farmers' market. This allows you to talk directly to the farmers and suppliers about what's in season – it's also the perfect way to spend a sunny spring day.

Homes for sale.

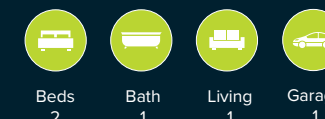
19 Royal Drive - \$390,000



Fully renovated

A property of this calibre does not come along often. As you enter the property through the double entry front doors from the lovely front porch, the high ceilings give a presence of space. Kitchen is only two years old and the internal laundry is perfectly positioned with exit to the delightful outdoor entertaining area. Two bedrooms complete with built-in robes and ceiling fans, large main bedroom also with air-conditioning, two-way bathroom off the main bedroom creates an ensuite without taking up room. With fresh paint, lock-up carport, close to the clubhouse facilities and pet friendly.

15 Cocas Court - \$349,000



High ceilings feature

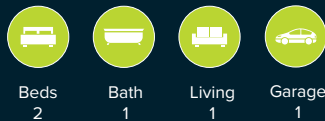
Neat and tidy home with two-way bathroom leading off the main bedroom. Property has wonderful high ceilings which exudes a feeling of space. Two good size bedrooms with built-in robes and ceiling fans. Airconditioning throughout for those warm summer days. Lovely side seating area to take in the outdoors. Separate lounge and dining areas and separate toilet from the bathroom - great if you have guests.

TURN OVER
FOR MORE
HOMES...

Homes for sale.

Want to book a private tour and find out more about our resort?
Phone Charna or Phil on **3200 9622**, email bethania@palllake.com.au
or visit us online at palllakeresort.com.au

2 Cocas Court - \$340,000



Wheelchair ready

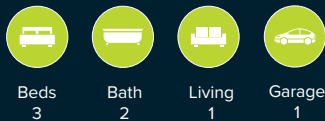
This is a well presented and well maintained two-bedroom home in Cocas Court. Modern kitchen with plenty of cupboard space and a dishwasher for your convenience. High ceilings give a wonderful feeling of space. Modern two-way bathroom, purpose built for wheelchair access. Wide door on the main bedroom also suitable for wheelchair. Call today to arrange a provate inspection.

- Two bedrooms, built-in robes
- Aircon and ceiling fans
- Modern bathroom, separate toilet
- Internal laundry
- Lovely timber deck to the rear



UNDER
OFFER

19 Cocas Court - \$362,000



Won't last long!

This spacious three-bedroom home has a wide frontage and full-length verandah which gives the property great street appeal. The home features three generous bedrooms with built-in wardrobes and the master features an ensuite.

There's a large open-plan lounge and dining area, as well as a quaint kitchen which leads out to the outdoor undercover area and low-maintenance gardens with a garden shed.

Situated in a quiet pocket of the resort within a stone's throw of the heated indoor pool, this home won't last long.

5 Cocas Court

SOLD!

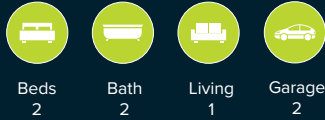


12 Bow Street

SOLD!



25 Cedar Court - Offers over \$355,000



All the hard work is done for you

This lovely two-bedroom home features enough room in the garage to park two vehicles as well as offering a big shed for even more storage space.

There's an ensuite attached to the main bedroom and two robes.

With airconditioning throughout, new ceiling fans, power points, new paint and the latest in smoke detection, this home provides a wonderful opportunity for someone looking for a very tidy abode with nothing to do.

SOLD!

10,000 REASONS TO CELEBRATE

With more than 46 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



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

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