

The Gatsby

JANUARY–FEBRUARY 2022



CELEBRATION CENTRAL

We've had so many great functions lately – check out the memories we've been making inside this edition...

LAST CHANCE HOMES

We've got five of the best designs among the last homes left to buy here at Beachmere Bay before we are sold out

DIVE ON IN TO RESORT LIFE

Our resort pools are magnets for homeowners. Here are some ideas for how to make the most of these prized facilities!

On the cover: Beachmere Bay homeowners, Tony and Elizabeth Brimble, at our Melbourne Cup event.



Welcome

Welcome to our first edition of *The Gatsby* newsletter for 2022 - and Happy New Year! I hope you all had a wonderful Christmas and New Year celebration with family and friends.

While you're planning your bucket list for 2022, you may want to include a beautiful new Hamptons-inspired home at our luxury lifestyle resort? We've spent an exciting few years building our dream over-50s resort and all of our incredible facilities are now complete so it's the perfect time to visit and see our final homes under construction. And remember that while our homes and facilities offer all the tangible things you could ever want, it's the lifestyle on offer here at Beachmere Bay that is what New Year's resolutions are truly made of. Is this New Year offering an opportunity to find a 'new you'?

In this issue, we walk you through the floorplans of our final five home designs (see Pages 4-6). You can also get a taste of what life is like here at Beachmere Bay via our events. We've just enjoyed a lovely 'Cocktails by the Bay' sales event (Page 7), a festive Melbourne Cup celebration as well as our golf club awards (Pages 8-9). Life really is grand here by the Bay.

With just a handful of homes remaining, don't wait too long to book your private inspection. We'd love to see you soon.

Nicole Smith,
Senior Sales Consultant, Palm Lake Resort Beachmere Bay

Contact us

Looking for more information about Beachmere Bay? Here are four places you can reach us:

Online: Visit our website beachmerebay.com.au

Social media: Follow Palm Lake Resort on Facebook (@palm_lakeresort) and Instagram (@palm_lake_resort) to see what's happening right across all our Palm Lake Group locations.

Street address: Palm Lake Resort Beachmere Bay can be found at: 194 Bishop Rd, Beachmere.

Freecall: 1800 338 382. There's no cost to you and you'll have our experienced Sales Team at the other end of the line. Easy.

News briefs



Hot off the press

Our summer 2021-22 edition of "Your time" magazine is out now, circulating the country. In it, we've covered all the latest news from around the various Palm Lake Resort addresses, with other great summer-infused lifestyle reads too. If you didn't receive a hard copy in your letterbox, you can always read it online at palm_lakeresort.com.au

Refer your friends

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 new or established Palm Lake Resort home, you'll receive up to \$500 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.

New digital look

Palm Lake Resort has just unveiled a new-look website. We've got all the information you need on our 25 current resorts as well as those exciting new developments in the pipeline at Pelican Waters (QLD), Old Bar Beach (NSW) and Paynesville (VIC). Check out our new site at palm_lakeresort.com.au



Crafty artisans

Our resort community contains a clever bunch of talented craftspeople and artisans. They all came together recently for our Craft Day and gave their fellow neighbours the opportunity to check out some of their talents and creations. The event was perfectly timed in the lead-up to Christmas. Now that's convenient Christmas shopping!



Manorville



228.20sqm (24.57 squares)

Holbrook



199.38sqm (21.46 squares)

Eastport

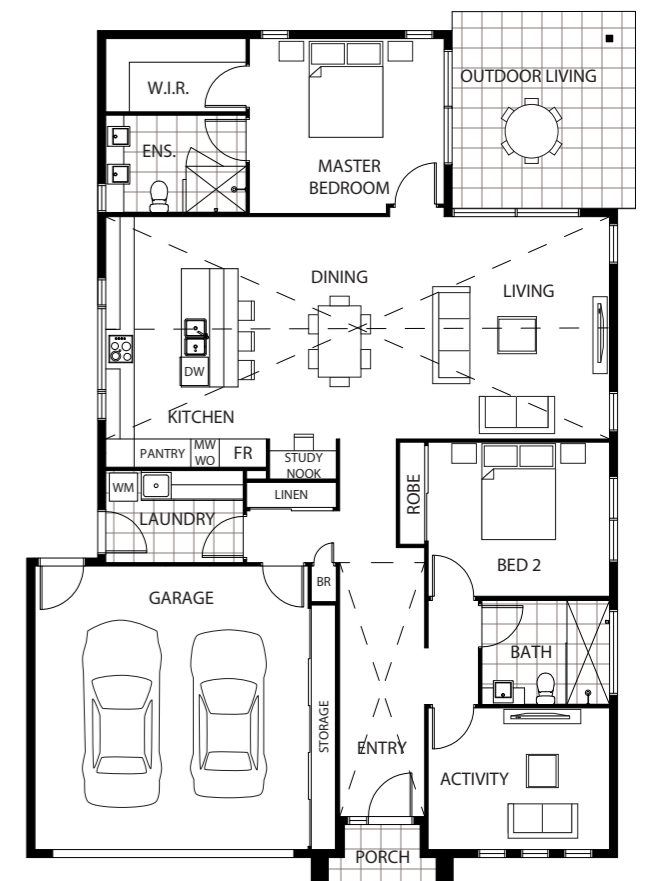
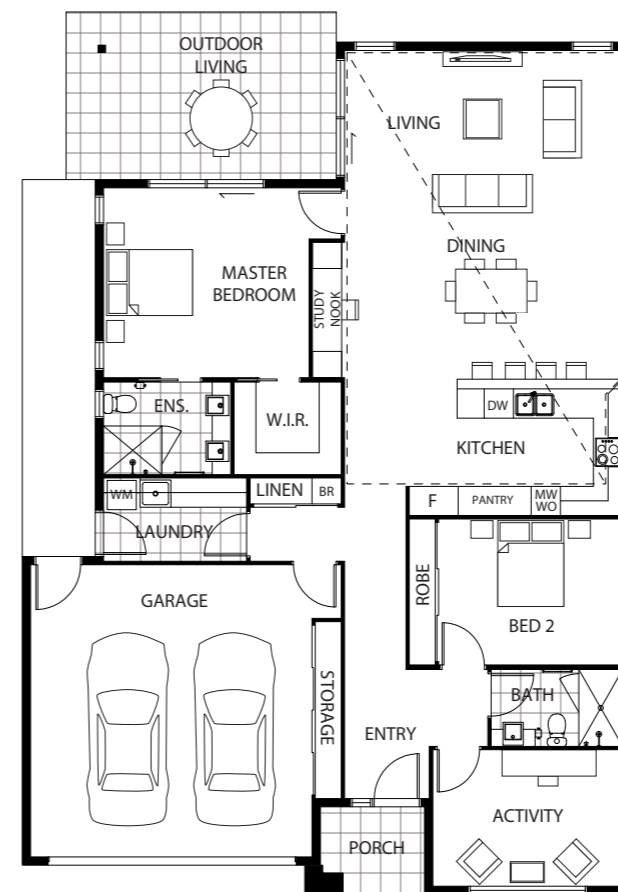
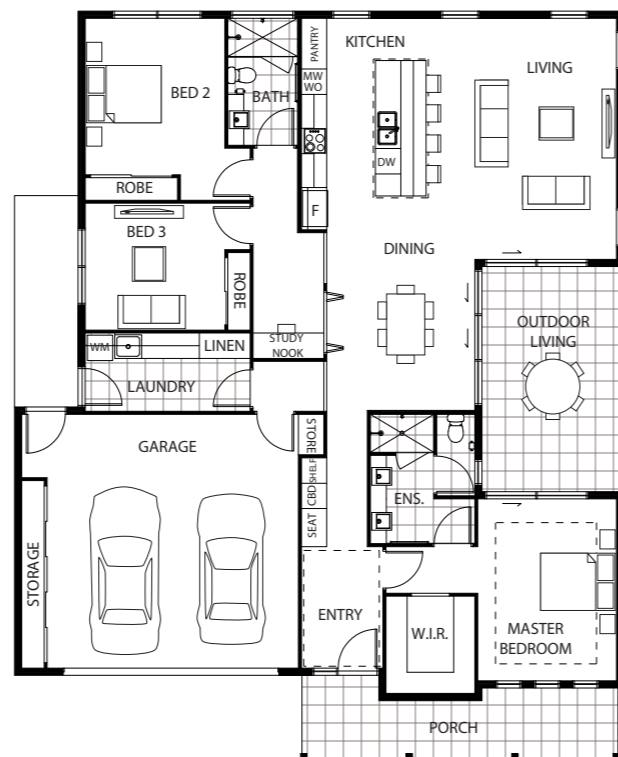


203.40sqm (21.89 squares)

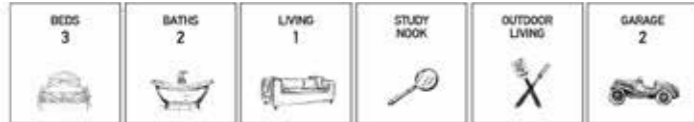
Our very last designs

THERE ARE ONLY A HANDFUL OF HOMES LEFT BEFORE OUR RESORT IS COMPLETELY SOLD OUT. WHICH OF THESE LAST FIVE CLEVER FLOORPLANS FITS YOUR LIFESTYLE BEST?

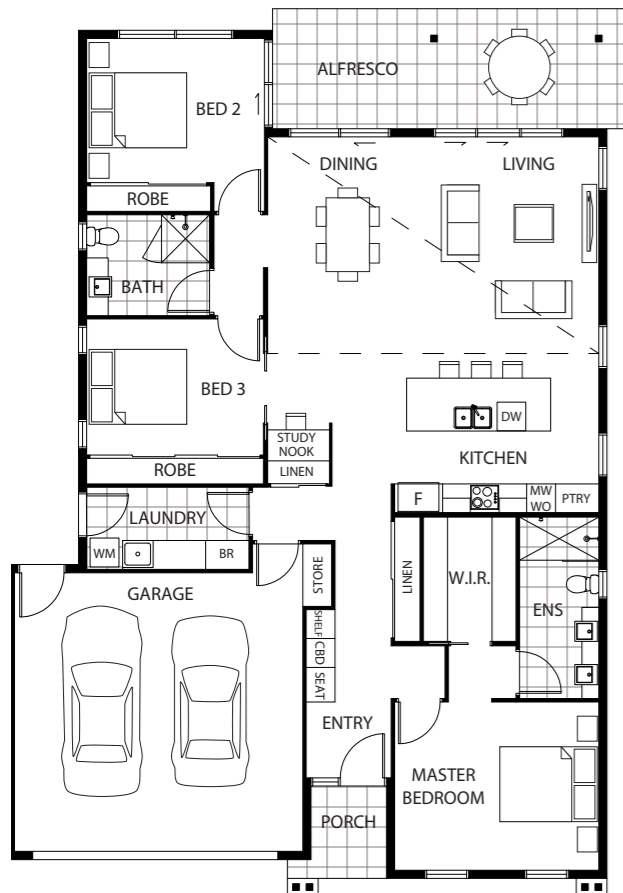
Turn the page for more of our great home designs!



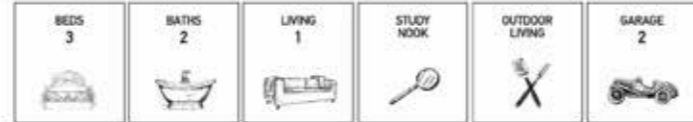
Brightwater



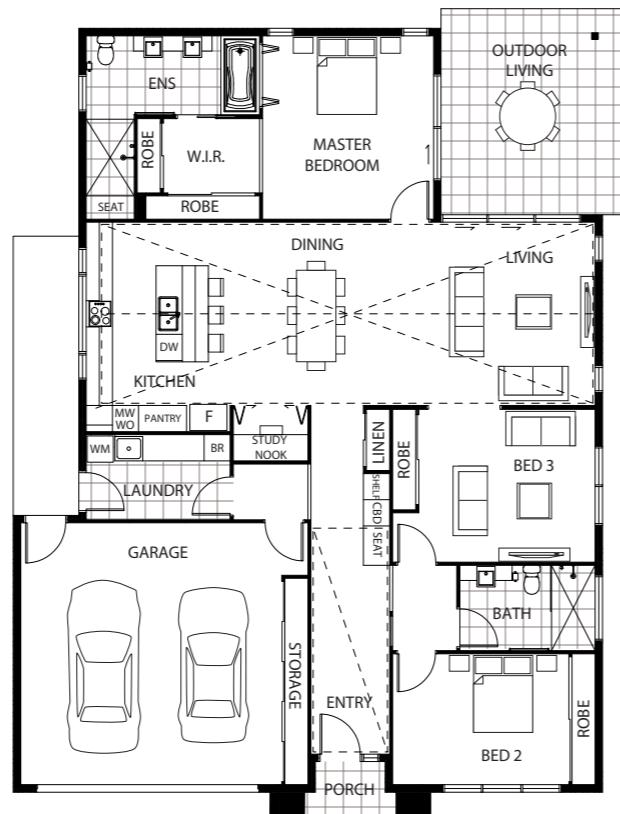
201.60sqm (21.70 squares)



Laurel

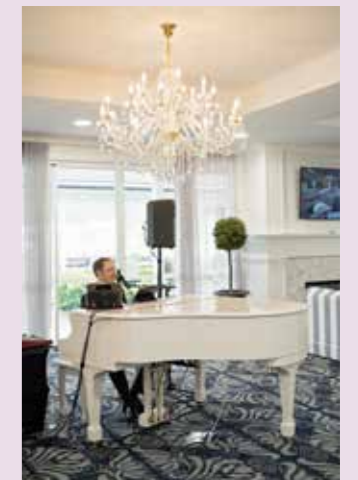


221.29sqm (23.67 squares)



Cocktails by the Bay

WHAT BETTER WAY TO CELEBRATE THE FESTIVE SEASON THAN WITH COCKTAILS BY THE BAY?! LIFE IS DEFINITELY GRAND HERE AT BEACHMERE BAY!



Golfing gongs

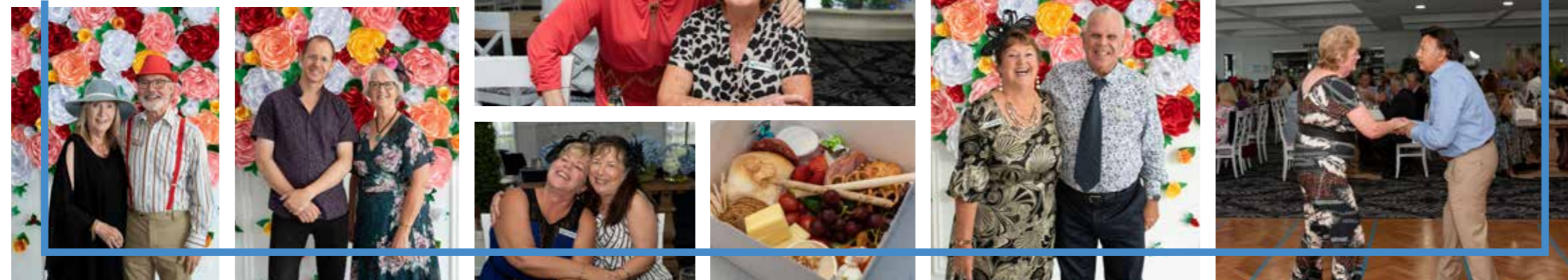
HAVING A NINE-HOLE GOLF COURSE RIGHT HERE AT OUR RESORT IS SUCH A BONUS! CLUB MEMBERS RECENTLY CAME TOGETHER TO PRESENT THEIR ANNUAL PLAYER AWARDS AND THERE WERE SOME GREAT ACHIEVEMENTS AMONG THEM.

For example, there's definitely something in the water at the McInnes household. Heather McInnes took out Ladies' Club Champion while Match Play Champion and Men's Club Champion was Neil McInnes. Well done, Team McInnes (pictured right)!



Fillies, fashion and fun

THERE WAS A VERY FASHIONABLE AND FUN EVENT HELD RECENTLY HERE AT BEACHMERE BAY THAT HAD OUR RESORT IN PEAK PARTY MODE. OH, AND IT COINCIDED WITH A CERTAIN HORSE RACE...



Weekly activities

- MONDAY**
 7.30am Sands golf competition
 9am Zumba
 9am Lawn bowls: Ladies' morning
 10am Mah-jong
 10am Social golf
 10am Yoga
 1pm Cards: Hand & Foot
 1pm Lawn bowls: Triples, Pairs, Mixed social
 2pm Ukelele practise
 5pm Mixed tennis
- TUESDAY**
 8.15am Senior exercise class
 10am Ladies social golf
 10am Book Club (second Tuesday)
 1pm Cards: Hand & Foot
 4pm Pickleball
 4pm Lawn bowls: Scroungers, Mixed social
 7pm Line Dancing
 7pm Cards: 500
- WEDNESDAY**
 All day Social golf
 7.30am Aqua aerobics
 8.15am Mat Pilates
 8.45am Armchair yoga
 12.30pm Lawn bowls: Self-selected pairs
 1pm Duplication Bridge
- THURSDAY**
 All day Social golf
 8.15am Yoga
 9-11am Lawn bowls: Pot luck
 9am Mixed tennis
 1pm Cards: 500
 1pm Supervised Bridge
 1.30pm Craft, coffee and chat
 7pm Lawn bowls: Winners & Losers, Pairs, Triples
- FRIDAY**
 7.30am Social golf competition
 8.30am Mat Pilates
 9.15am Tai chi
 10am Mah-jong
 1pm Social golf
 1pm Line dancing (beginners)
 1-3pm Lawn bowls: Men's
 2pm Line dancing (intermediate)
 4pm Happy Hour
- SATURDAY**
 All day Social golf
 9am Mini Bridge
 9.30-11am Lawn bowls: Beginners' coaching
 10am Remote-controlled boats
 2pm Movies
 4pm Lawn bowls: Scroungers, Mixed social
- SUNDAY**
 All day Social golf
 8am Pickleball
 4pm Croquet
 4pm Happy Hour

Dive on in

NO MATTER WHICH PALM LAKE RESORT LOCATION YOU CALL HOME, OUR POOLS ARE ALWAYS HUBS FOR EXERCISE, RELAXATION AND ENTERTAINMENT. SO VERSATILE ARE THE RESORT POOLS, HERE ARE NO LESS THAN 10 WAYS YOU CAN ENJOY THEM, BE THAT ALONE OR WITH VISITING FRIENDS AND FAMILY...

Group fitness

There is no shortage of group fitness on offer for the residents of Palm Lake Resort, particularly in the pool. Aqua aerobics is one firm favourite among residents and for good reason. It is ideal for those who have issues with weight-bearing exercises and helps you increase muscle strength without straining. Palm Lake Resort personal trainer Di Clapp says, "Aqua aerobics – along with many other styles of water-based fitness – removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler." Keen to try? Here at Beachmere Bay, we have aqua aerobics on Wednesdays at 7.30am.

Soak up the sun

You don't even need to enter the water to enjoy your resort pool – sometimes, just lounging on one of the recliners can prove beneficial. That's because vitamin D plays a significant role in regulating your calcium and blood phosphorus levels to help maintain healthy bones. It is also said to support cardiovascular health, lung function and brain health, and is even believed to help protect against flu and manage diabetes.

Swim laps

You may not have swum laps since the swimming carnival days of your childhood, but there are a few compelling reasons you may want to start. For one, it offers great cardiovascular exercise without putting stress on your body, particularly your joints. Swimming helps you maintain a healthy weight, heart and lungs, increasing your strength and muscle mass all without injury. You can start slow, but you'll be amazed at how quickly you can increase your swimming distance with consistent practice.

Enjoy the fresh air

Rather than catching up with friends in the Country Club, take your party to the outdoor pool to gain the many benefits of fresh air. Spending time in fresh air quite literally makes you happier, stimulating your body's production of serotonin through oxygen inhalation. Experts also say it cleans out your lungs, improves blood pressure, digestive system and heart rate, strengthening your immunity.

Relax and relieve stress

You don't need to go on holiday to relax – our class-leading amenities, in particular our on-site pools and beautiful surrounds help us put the 'resort' in Palm Lake Resort. Head to our sun-soaked outdoor pool to relax by the water and you'll be doing your mind and body a world of good. Studies suggest that just being near water has a psychologically restorative effect, leading to a better mood and less stress – this, in turn, has positive implications for your immune system, heart health and sleep.

Read a good book

Is there anything more relaxing than reading a book by the pool? Or better yet, in the pool?! Modern innovation has made it possible for your book to float alongside you, meaning you can sit on the pool step or lie face down on a pool float and read without your arms getting sore. Genius. You'll not only be sharpening your mind, but also scoring all the (above) benefits of being outdoors.

Catch up with neighbours

At any given Palm Lake Resort, the pool is a hub for social activity too. Enjoy a poolside drink or lunch with your neighbours, organise to swim laps with a friend or participate in one of the group fitness activities to meet new people. Socialisation is said to improve mental and emotional health, boost confidence, reduce blood pressure and even stave off Alzheimer's.

Entertain the grandkids

Palm Lake Resort is designed for over-50s, but with green spaces, a cinema, library and a bowling alley on site, visiting grandchildren love our resort just as much. The resort swimming pool in particular is a magnet for little visitors. Next time you're hosting younger generations, why not play a fun pool game with them? There are classics like Marco Polo as well as Sharks & Minnows but why not have fun making up your own games, too? Maybe even stock up on some diving toys.

Entertain friends

Palm Lake Resort residents are a social bunch, often entertaining visiting friends and family from outside our resort. While those visitors will love our Country Club and your architectural home, they will also love paying a visit to our resort pool for a soak and a chat. Much like having your own backyard pool, our resort pools provide an additional spot to entertain and socialise – without any of the upkeep! You don't even need to swim; just being poolside with your guests is special enough.

Just float

When all else fails, just go for a float. It's the perfect way to cool down, take the weight off and enjoy the great outdoors. According to experts, time spent floating can help to relax your muscles, aid in better sleep, decrease muscle and joint pain, and decrease stress and anxiety. Ace.



Pictured: Beachmere Bay's Hamptons Country Club pool.

Angling for a new boat?

With so many of our resorts located near wonderful waterways, it's only fitting that we'd cast the net a little wider for a 'Welcome home' gift for our newest homeowners.

In 2022, Palm Lake Resort is giving away a Quintrex aluminium boat, valued at over \$30,000, FREE with any new home purchased!

To find out more about how to land this prized catch, phone our Sales Information Centre on 1800 338 382,

**FREE \$30,000
boat with your
new home!**

T&Cs apply



SALES INFORMATION CENTRE OPEN 7 DAYS | 1800 338 382
salesbeachmere@pallake.com.au | 194 Bishop Road, Beachmere QLD 4551

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