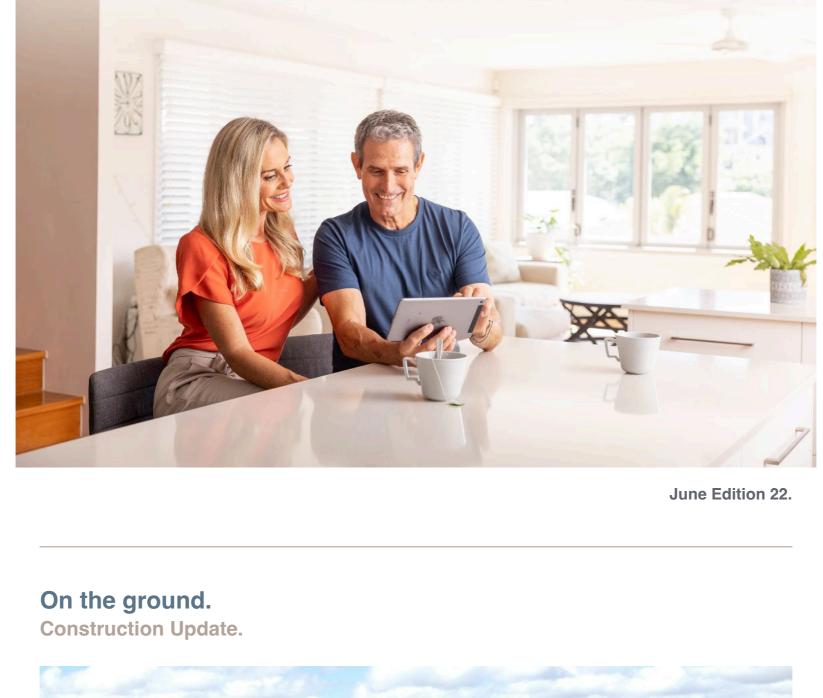
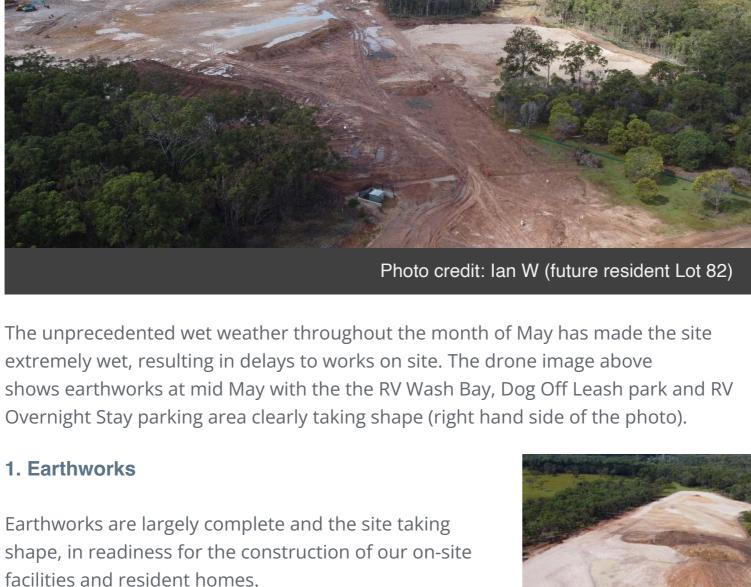
RSS 3

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The Good Mail GOOD LIFE RV AND LIFESTYLE RESORTS

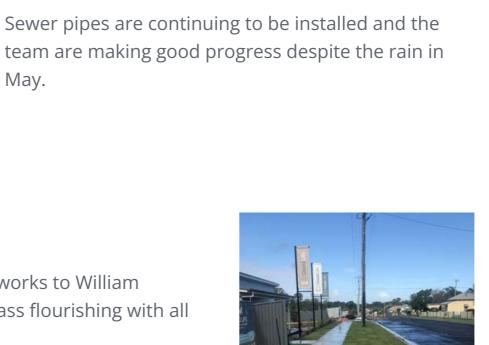
FRASER COAST



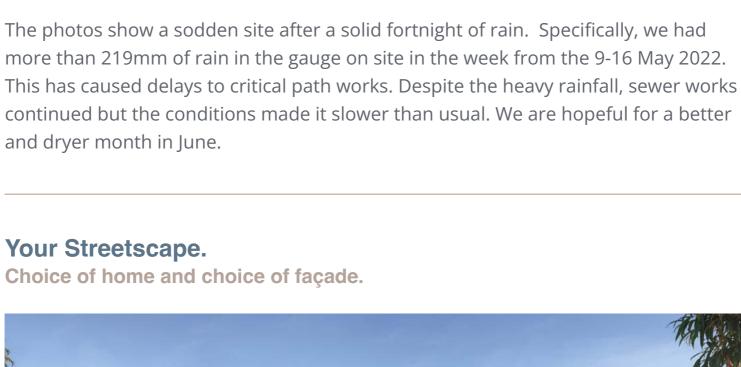


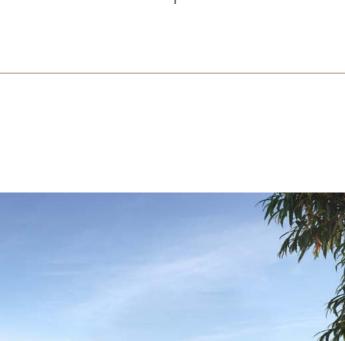
2. Services

May.



Wet Weather.





Good Life Fraser Coast offers a choice of four façade options across its range of home designs. Our homes are beautifully appointed with premium inclusions as standard

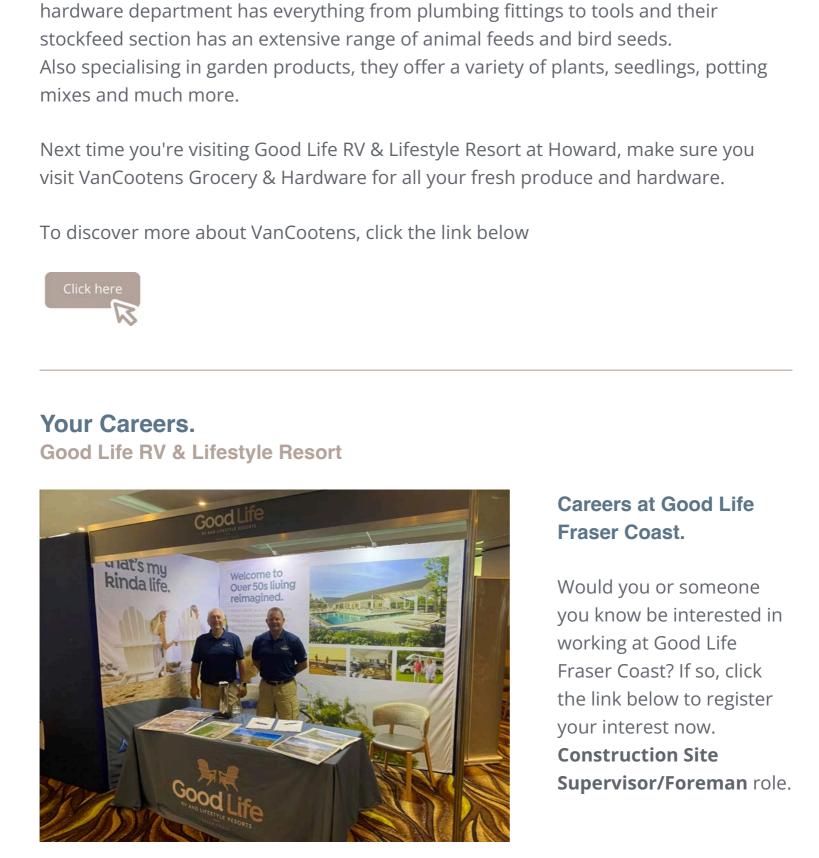
and you also have the choice of three different sized secure garages to

Call 1800 258 369 or click the link below.

- With **29 lots already accounted for**, we can't wait to welcome our first Home Owners and residents to their luxurious new homes later this year.
- Secure your site tour today to find out more about Good Life RV & Lifestyle Resort Fraser Coast.
- Your Local.







Enter Now!



Good Life Winter Recipe

We invite you to take part

click the button below and

asankovic@ahc.com.au for

your chance to win a \$50

30th June 2022 with the

winner announced in our

fuel voucher. Entries close

in our first ever Winter

Recipe Contest! Simply

email your best winter

dish recipe to

July newsletter.

Contest.

Winter is here - the days are shorter and the nights are colder. For some, this is ideal but for others it's not so much. Here are some things to help you beat the Your food affects your mood Boost your mood with good food! Whether its a freshly squeezed orange juice or cooking up your favourite winter soup, a simple change to your food habits can increase your mood in a positive way and ensure you are having a balanced diet.

This is a perfect idea on a winters day! Set up your puzzle on your dining table and enjoy the fun yet challenging experience of putting together a self-rewarding puzzle. • Spend some time in the garden

If you have a garden, winter is the perfect time to maintain and tidy up outdoors.

Upcoming Events in 2022.

Inaugural Good Life RV & Lifestyle Resort Golf Day | Friday, September 16 Howard Food Lovers Market | Saturday, September 17



3. Roadworks Our external footpath and roadworks to William Street are complete, with the grass flourishing with all

the rain.

continued but the conditions made it slower than usual. We are hopeful for a better

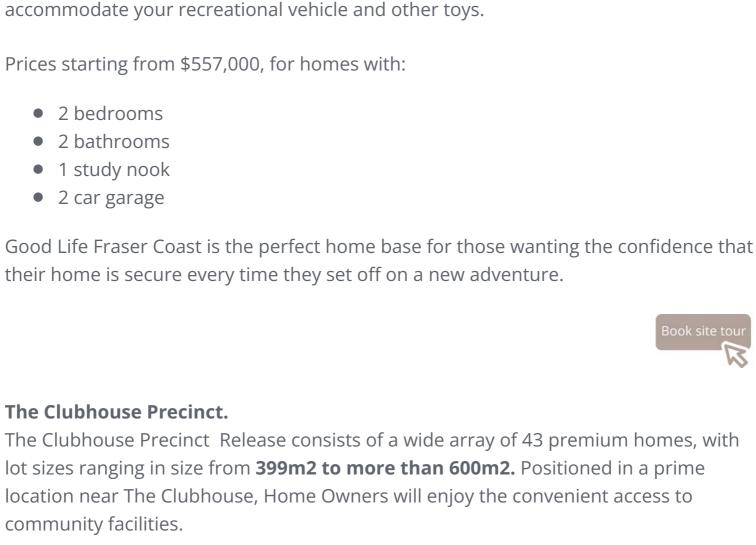


Photo credit: Bob Sinclair Photography. **VanCootens Groceries & Hardware** For all your grocery, hardware and stockfeed needs, VanCootens is a one stop shop situated in Steely Street, Howard, Fraser Coast.

Being part of the Friendly Grocer family for over 140 years, they offer great grocery

weekly specials as well as a big range of fruit and vegetables. Their

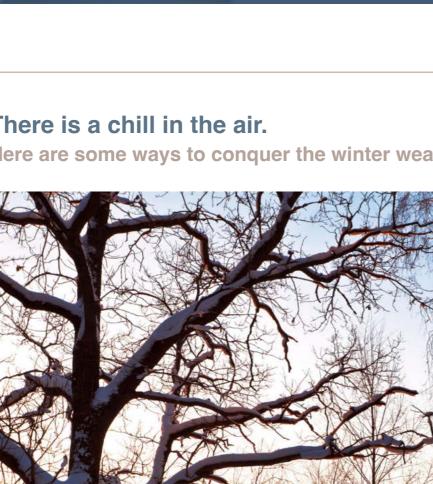
Competition. Enter for your chance to WIN.

To enter your recipe, please

your chance to win a \$50 voucher.

email asankoviceahc.com.au for

Entries close 30th June 2022.



Winter recipe contest

CALLING ALL ENTRIES.

We invite you to send your best winter dish

recipe that you would like to share.

We are seeking recipes that:

~ are a winter dish

~ are unique ~ you love to enjoy with your loved ones

It may seem a little demotivating when the weather is cold and you would rather snuggle up in your pyjamas sipping on a hot tea. However, exercising regularly in the colder months can help keep your heart healthy whilst releasing feel-good chemicals in your daily exercise. Whether it is a 2 hour stroll or a 10 minute walk, get some

Sunshine Coast Retirement Village & Resort Expo | August 21 & 22

cold this winter.

Stay active

Vitamin D in the sunshine!

Do a jig-saw puzzle

You can update your preferences or unsubscribe from this list.