

JANUARY / FEBRUARY 2019

BALLINA

BLISS.



BATHTIME BLISS

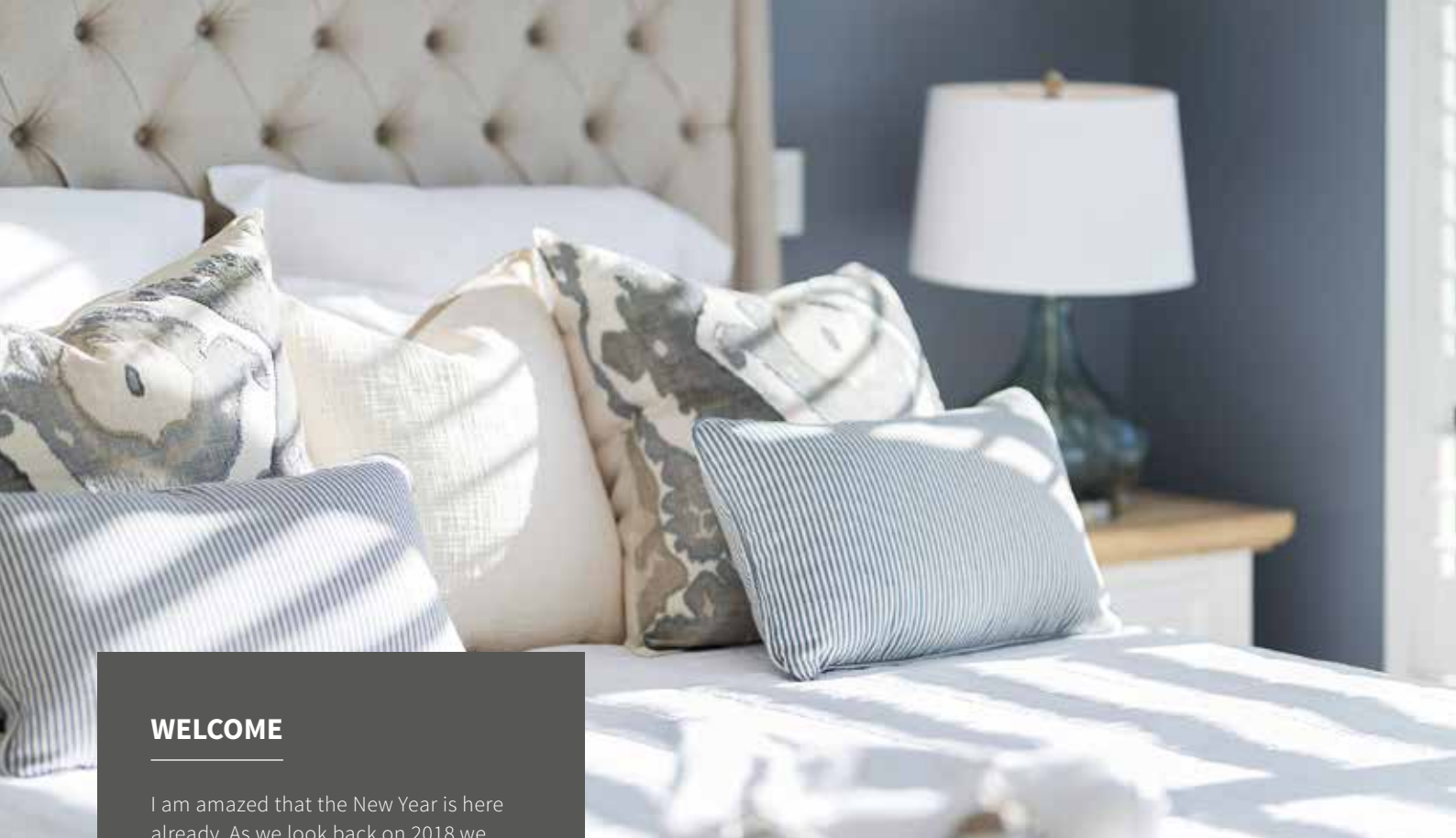
Palm Lake Resort bathrooms are sanctuaries in your own home

COLOUR YOUR WORLD

Dulux unveils key colour trends for 2019

MUSICAL MATES

Our resort band, Speedy and the Tonics, definitely has toes tapping!



WELCOME

I am amazed that the New Year is here already. As we look back on 2018 we can see how much we can be grateful for. The beautiful homes and wonderful new residents that settled in last year are a testament to this beautiful part of Australia that we live in. With the summer holidays nearly over, we can get back to our regular pace. This year, 2019, we look forward to welcoming new residents to Stage 6. There are 18 homes in this stage with construction scheduled to start soon.

The workshop and virtual golf simulator complex is now fully functional with new furniture, fridge and golf clubs – perfect for honing your skills. The luxury cinema has been popular too and the tenpin bowling alley a treat for visiting grandkids over the school holidays. It is lovely to see the grandchildren out and about with their grandparents around the resort. Many residents comment on how they tend to see more of their family now that they live in the resort, as there are so many things to do and see, both in the resort and the local area.

We invite you to pop in to see us at the resort sales office and are happy to show you through the beautiful display homes and the resort facilities. You are always welcome to call into our shop too. It is located in Ballina Fair and is also open seven days. We hope to see you soon!

Jen Nichols

Regional sales manager

COFFEE MACHINE COOKIES

Ingredients

2 cups self raising flour
1 cup sugar
200g butter
1 teasp vanilla
1 egg
Choc bits, cherries, nuts

Method

Melt the sugar and butter together. Sift flour. Add melted ingredients to flour and add vanilla. Stir in egg. Add flavourings. Place small mounds of mixture on a greased tray. Bake at 160C for 10 minutes. Cool. Enjoy.

Note: Residents of Palm Lake Resort Ballina will know (and love!) these cookies, so called “Coffee Machine Cookies” for their availability beside the Oasis Country Club’s coffee machine every week! Yum!

Recipe courtesy of Palm Lake Resort Ballina chef Julie Gilmore



STAY CONNECTED

Here are just some of the regular activities we offer at Palm Lake Resort Ballina:

- Tai chi
- Bridge
- Mah-jong
- Scrabble
- Craft group
- Art group
- Scrapbooking
- Walking group
- Golf simulator
- Tennis
- Table tennis
- Golf
- Golf outings
- Mixed lawn bowls
- Ladies-only lawn bowls
- Aqua aerobics
- Darts
- Gentle exercise
- Gym circuit
- Snooker
- Billiards
- Chess
- Garden Club
- Fully equipped workshop
- Book Club
- Happy Hour!

JANUARY / FEBRUARY

WHAT'S HAPPENING.



WIN OVER THE GRANDKIDS THESE HOLIDAYS

Ballina Brick Event: January 19-20 The biggest and best Lego Fan Expo is coming to town for the very first time in January. The Ballina Brick Event is set to showcase amazing dioramas and custom Lego creations from many talented local brick builders who will be exhibiting creations built entirely from Lego. It’s a Lego fan event for all ages and will be one of the biggest yet, showcasing more than 30 different exhibits. The perfect day out with your visiting grandkids!

www.brickevents.com.au

WHAT’S ON IN BALLINA

North Coast Street Machines Annual Show: January 13 Ballina North Coast Street Machines Car Club will celebrate their 29th annual Show-n-Shine at Ballina Rugby League Grounds. Gates will open at 9am. There will be a variety of street machines, vintage and veteran cars, hot rods and special interest vehicles on show. The event is fully catered and there will be activities all day to keep the kids occupied. **www.northcoaststreetmachines.com.au**

CONTACT US

If you have any questions about Palm Lake Resort Ballina, if you are interested in touring our inspired display homes and world-class facilities, or if you would like to come along to one of our special events, simply contact us!

Freecall: 1800 335 666 **Email:** salesballina@palllake.com.au

Find us at: 120 North Creek Road, Ballina **Visit:** www.over55palllake.com.au/ballina

WHAT THE RESIDENTS SAY

“After raising three sons and having a very active and varied working life, retirement came as a shock to our social activity, so a cruise was taken! A lady on the same cruise had moved into Palm Lake Resort Beachmere and made the suggestion we should look at a new resort in Ballina. After a few months, one more day with nothing to do, we called in at this new resort in Ballina. We were very excited that we could be a part of this community and lifestyle. Over 12 months had passed before our home was sold, but we had gotten to know lots of our future neighbours with so many invites to social events and private functions - we knew this was the place for us.

Our first 12 months as residents is just days away, this time has flown by. We’ve enjoyed tenpin bowling, luncheons, dinner parties, bus trips, movies and live shows, just to name a few. Before we moved to Palm Lake Resort Ballina, we were not old enough for a retirement village! Now we are residents, we wish we could have moved here 10 years ago!”

**– Pam & Mike Marshall
(Villa 265)**





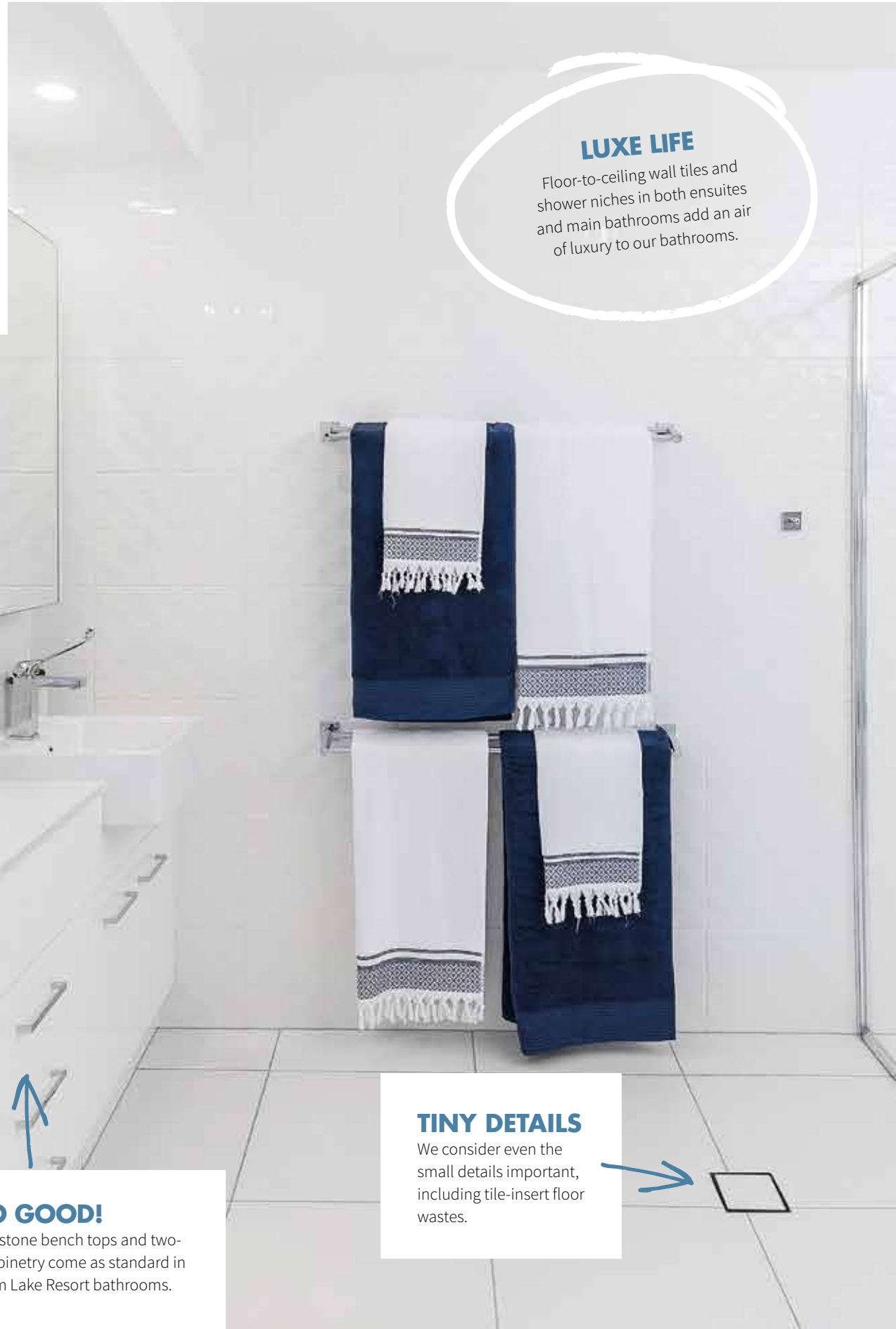
MIRROR, MIRROR

Mirror shaving cabinets provide convenient eye-level storage.



YOUR SANCTUARY AWAITS

The bathroom is where you are able to switch off from all that is going on around you and simply be alone with your thoughts – that's why your bathroom is usually where inspiration strikes!



LUXE LIFE

Floor-to-ceiling wall tiles and shower niches in both ensuites and main bathrooms add an air of luxury to our bathrooms.

TOO GOOD!

20mm stone bench tops and two-pac cabinetry come as standard in all Palm Lake Resort bathrooms.

TINY DETAILS

We consider even the small details important, including tile-insert floor wastes.

CLASSY GLASS

Semi frameless shower screens maximise the feeling of space in our bathrooms.

BATH TIME BLISS.

DID YOU KNOW, YOU'LL SPEND ABOUT 1.5 YEARS OF YOUR LIFE IN THE BATHROOM? THAT'S EXACTLY WHY PALM LAKE RESORT PUTS SO MUCH EMPHASIS ON CREATING IDYLIC BATHROOM SANCTUARIES. HERE ARE JUST SOME OF THE FEATURES.

Pictured, Palm Lake Resort Ballina's Harmony display home. Inclusions vary. Contact the Sales Centre to find out more.



MUSICAL MATES.

THERE ARE EIGHT MUSICAL RESIDENTS BRINGING THE PARTY TO PALM LAKE RESORT – AND THEIR FELLOW NEIGHBOURS COULDN'T BE MORE GRATEFUL!

When it comes to social functions, there's one important element that really brings the party - and that's the music. Have you (literally) heard about the vibrant new resident band bringing good times to Palm Lake Resort Ballina events?

"Speedy and the Tonics" is our relatively new eight-piece ensemble comprising some very talented musical residents. Six months down the track, after weekly practice sessions in the old clubhouse every Tuesday morning, they've played a few major resort gigs to wide acclaim. They have performed at Happy Hour and made a special appearance at the recent Bowls Supper Dance (pictured right) when members of our sister resort at Eagleby Heights travelled south to compete on our resort green.

Among the resident band members, there is:

- Denis Lee and David Day on drums/percussion
- Peter Waugh on the conga drums
- David Taylor on piano
- Steve Fizzell on guitar
- Cheryl Harvey on violin
- Peter Van Iersel on bass guitar, and
- Graham Speed on vocals.

Peter Van Iersel is a life-long muso, playing the pub circuit around Wollongong some 20-30 years ago. He moved to Palm Lake Resort Ballina with his wife, Robin, 12 months ago after retiring from his career in mining engineering. With time on his side, Peter says he has found a rekindled love affair with his guitar alongside his likeminded musical neighbours.

"Denis has been a long-time resident of Palm Lake Resort Ballina and is the driving force behind the band," Paul says. "It was only on my second day after moving to the resort that I bumped into Denis at the office and he asked me if I played an instrument - and that was it!"

Several members of Speedy and the Tonics have played semi-professionally over the years while others are hobbyists. Paul says they play a mix everything from swing and old-time music to The Beatles and the blues.

"I've honestly never played this much music in my life!" Peter enthuses. "We are having so much fun and getting better all the time. We are practicing more and more new songs and have a much bigger range of music than ever before."

When we asked Peter about how successful the eight-piece band has been, he says the best judge of a band's success is in the number of people that band could get up and dancing. Judging by their recent resort performances, Speedy and the Tonics is a proven winner! Peter, who is also Bar Committee chairman and a member of the Residents' Committee (along with Robin who is secretary of the Social Club), encouraged other residents to come out to one of their gigs, which will become more frequent in 2019. He also encouraged other musically inclined residents to step forward and let the group know if they would like to get involved.

"I really enjoy the Palm Lake Resort lifestyle," he says. "You get bored in the suburbs. But you could never get bored here!"

AROUND THE GROUNDS.



SUPPER DANCE DRAWS A CROWD

The recent inter-resort bowls competition was followed by some social fun with a supper dance in the Oasis Country Club, featuring our resident band, Speedy and the Tonics. Their toe-tapping tunes made for a night of dancing, fun and laughter.



WHAT THE RESIDENTS SAY

"We have been residents of Palm Lake Resort for almost two years and believe the lifestyle available here to be the perfect retirement placement for us and our beloved dog, Holly. Having resided in the Lismore, Alstonville and Ballina areas during our business life and subsequent retirement we consider ourselves fortunate to have lived in this beautiful area for so long. Wanting to return to Ballina for our later retirement, our decision was made easy by discovering Palm Lake Resort. We promptly sold and took residence in our lovely 'Eden' design home. Being a tennis player I (Judy) was delighted to find tennis courts available - many occasions of team play and many more friendships are the result. Learning to play bowls in the wonderful facility has extended a busy life. The organised social activities have added so much enjoyment and interaction for us, with so many people. We consider our decision to move to Palm Lake Resort the best choice we could've ever made."

– Wal and Judy Munn

AROUND THE GROUNDS.



GIDDYUP FOR THE CUP!

Pictured above, Melbourne Cup was quite the visual spectacle here at Palm Lake Resort Ballina. What a fun day we all had!

VISITORS GREEN WITH ENVY

Pictured right and below, the Palm Lake Resort Eagleby Heights/Ballina Bowls Shield was held at our Bowls Club recently with our team winning the day! There will be another game in the near future to decide the overall winner of the shield.



BETTER YOUR BOWLING GAME.

TENPIN BOWLING ALLEYS ARE POPPING UP ALL ACROSS THE PALM LAKE GROUP. IT'S A GREAT MULTI-GENERATION GAME TO ENJOY WITH VISITING FAMILY AND AMONG YOUR NEIGHBOURS.

Whether you're a regular strike scorer or can barely manage a spare, any tenpin bowler can do with tips from an expert. We asked Gail Torrens and Dick Ritger from the Ten Pin Bowling Association of Queensland to share their advice for bettering your ten-pin bowling game.

How do I keep the ball in the lane and increase my scores?

After you deliver your ball, continue the swing until your arm is in an 'answer the phone' or a 'having a drink of water' position. If you do this 'follow through' action your ball will stay on the lane for longer and you will be rewarded with higher scores.

Sometimes I release the ball at the bottom of my swing, and other times I release it somewhere else. How can I release at the same point each time? When you are about to release the ball, try to imagine where your forward knee is. Let your thumb out of the ball at this point every time. A consistent release point will allow you consistent scoring ability!

I've noticed that good bowlers seem to bowl without any effort at all – how do I do that? Without holding the ball, lean forward slightly and let your arm drop in a back and forth "Pendulum motion". Concentrate on the gravity feeling from the top of the backswing through to where you would release the ball – at the knee. When you bowl, try to remember that feeling.

All top-average bowlers allow gravity to guide the ball rather than push and pull the ball prior to release. When you bowl, release the ball by just keeping your fingers bent. If you have trouble swinging the ball you may need to lean slightly forward while bending the knee deeply.

Why is my swing crooked? How can I make sure it stays straight? Lower your bowling shoulder, keep your head over the ball to align with your targets, push the ball forward while relaxing your arm but keeping tension in your shoulder, and then relax and swing your arm. Practice without the ball first to get the movement and ensure your swing is straight – this is a must for any good bowler! – and make sure you complete a practise swing every time you bowl, as this pre-swing allows you to maintain a consistent, straight swing feeling. Concentrate on keeping the swing nice and even without pushing and pulling the ball in the swing. This will ensure a straight swing every time.

I have trouble hitting my target – how can I get better? Every time you deliver your ball onto the lane, keep your back toe on the floor and bend your forward knee deeply. By improving the balance of your upper and lower body you will be able to hit your target more often.

RESORT MANAGER'S REPORT.

Well, summer is here finally and the resort is buzzing with activities to suit the climatic conditions. The pools are the new place be, with water aerobics classes keeping everyone moving. For those who enjoy the quieter side of retirement, there is plenty of swimming and dare I say “relaxing” going on, in and around our resort pools.

On to the night-time activities, we’ve enjoyed delights such as the recent “Blues Brothers” performance, with a night of karaoke thrown in, which was a fantastic event in our ample Oasis Country Club. A large number of residents participated in the karaoke sing-a-long, and a great night was had by all. I’m sure everyone had a big sleep-in the next day, as no one wanted to go home after karaoke!

Overall, we have a great community here at Palm Lake Resort Ballina. I really enjoy seeing residents making the most of the resort facilities, and being so proud of their surroundings and where they have chosen to live. It is so nice to hear residents showing their families around and listening to the wonder of how lucky their parents or grandparents are to live here.

Rick Stewart
Manager



RESIDENTS’ COMMITTEE.

Elections of committee members for both the Residents Committee and Bar Committee have been completed and I would like to thank the many residents who took time out of their busy schedules to attend the Annual General Meeting and participate in the voting process. As a side note, next year, elections will take place for Residents’, Social and Bar Committees all on the one day.

The Social Committee have come out firing on all cylinders holding a number of successful events such as the Melbourne Cup luncheon attended by some 190 residents and a Karaoke Night which has unearthed a number of very talented residents who deserve a professional singing career. Bus trips have increased allowing many of our residents to visit a number of local attractions which have included The Boy from Oz at Players, The Channon Markets, Tabulam Races and Robina Christmas shopping, to name a few. A big thanks must go out to the volunteer drivers who take to time and effort to allow our residents the opportunity to visit the many venues we have on offer.

While on the subject of volunteers, I personally would like to thank the number residents who help in the many activities we have on a weekly basis. Without your help it would be impossible to have the functions we have available.

The Bowls Committee have formed a great partnership with Palm Lake Resort Eagleby Heights, holding a bowls competition which (to their effort) Ballina won. The event was followed by a dinner dance at the Oasis Club with guests entertained by our very own band Speedy and the Tonics. Not only can they bowl, but they can dance as well!

On behalf of the Social, Bowls, Bar and Residents’ Committees I would like to wish all residents and their families a Merry Christmas and a great New Year. Please be safe over the holiday period.

Steve H
Chairman, Residents’ Committee

DULUX UNVEILS KEY COLOURS FOR 2019.

IF EVER THERE WAS AN AUTHORITY ON COLOUR, IT’S DULUX. THE PREMIUM PAINT BRAND (WHICH IS ALSO THE PAINT BRAND OF CHOICE FOR PALM LAKE RESORT), HAS JUST RELEASED ITS TOP COLOURS FOR 2019.

Every day we’re bombarded with new ways to shop, eat, work and be our best selves and the effect can be exhausting. With the ever-present glow of screens, rapid taps and swift swipes of our digital devices, our brains are in overdrive. With so much background noise, it’s easy to lose touch with what’s important. According to Dulux, the paint brand of choice for Palm Lake Resort homes and facilities, design trends for 2019 will be influenced by a desire for stillness, simplicity and honesty.

Dulux colour expert Andrea Lucena-Orr says in 2019, we should expect to see organic shapes, frayed edges, contrasting textures and repurposed vintage pieces set against a backdrop of earthy neutrals, saturated greens and citrus brights – “a palette perfect for nurturing and empowering and as diverse as the stories we have to tell”.

Inspired by extensive global trends research, the 2019 Dulux Colour Forecast (entitled ‘Filter’) is a multi-faceted collection that draws together soothing neutrals, exhilarating brights and deep, decadent hues that hint at the grace of a bygone era. It comprises four carefully curated themes – one of which is ‘Wholeself’ which we find a perfect palette for summer and the perfect theme for the New Year. It sees a turn away from pink and into a more sophisticated palette of nudes and warm neutrals, through shades of apricot, with pops of gold and even a mix of mauve-greys.

“From our global research it’s clear there will be an emphasis on wellness and mindfulness in 2019 and the Wholeself palette really plugs into these themes,” says Lucena-Orr. “With its soft, light tones and subtle layerings of texture, it’s a palette to ignite the senses and revive a tired spirit. It’s also easy to decorate with existing whites and cool neutrals, which I believe will make it a popular choice for home enthusiasts.”

If you are craving simplicity and silence, or in search for wellness and ‘wholeself’ to clear the mental clutter, maybe you can take a leaf out of Dulux’s book to make your home a calming, distraction-free temple with some of the 2019 paint colours?



DULUX:
GOLD DUST



DULUX:
LAMA



DULUX:
SHETLAND
LACE HALF

Above: indie art & design “Polka” ceramic bottle, \$32, www.indie.com.au
Cranmore Home “Sentosa” leather chair, \$923, www.cranmorehome.com.au
Zanui “Ezra” table lamp (set of two) \$299.95, www.zanui.com.au



**Display
Homes Open
7 Days**

\$30,000*
of luxury inclusions as standard

At Palm Lake Resort, our homes and resort features are designed to enhance a luxurious over 50's designer lifestyle.

That's why \$30,000* worth of luxury inclusions come as standard with every home at Palm Lake Resort Ballina, Bargara, Beachmere Bay, Caloundra Cay, Cooroy-Noosa, Tea Gardens and Toowoomba Pinnacle. From European appliances, stone benchtops and air conditioning, to landscaped gardens. Our homes come fully finished; simply move in and furnish to begin creating your new resort lifestyle.

Contact us today to arrange your personal tour of our gorgeous display homes and resorts.



Master Builders Association Award Winning Resorts 2017 for Best Resort, Best Country Club and Best Home and 2018 Best Sporting and Leisure Facility

The Best In Designer Living.

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*Subject to change without notice.

- ✓ Stone benchtops
- ✓ European appliances
- ✓ 2 pac cabinetry
- ✓ Bathrooms tiled to ceiling
- ✓ Quality window furnishings
- ✓ Air conditioning
- ✓ Dulux Wash & Wear paint
- ✓ Solar power panels
- ✓ Anticon blanket
- ✓ Flyscreens
- ✓ Fencing, landscaping, pathways and driveways
- ✓ Luxury selection of carpet and tiles

