

MARCH - APRIL 2022

BALLINA BLISS.



BIKING BALLINA

We're so lucky to live in this beautiful corner of the world - it's no wonder our residents love exploring it by bike!

WORKING WONDERS

The rise of digital connectivity has made working from home easy. Set up a successful home office with these tips

CHOC-FUELLED FUN

We've just packed away the Christmas tree and now Easter's here! With visiting grandies expected, share in the Easter eggstravaganza



WELCOME.

Hello to our lovely Palm Lake Resort Ballina residents. I have been given the great opportunity to fill the position of Sales Consultant here at the resort, and I'm so excited to be starting this new role.

Some of you might remember me from my time working at the information centre at Ballina Fair when it was opened. I spent four wonderful years there spruiking the Palm Lake Resort dream.

I had a couple of years off when it closed, but still filled in for Belinda here at the Sales Information Centre.

Now that I am here in a permanent role, I am looking forward to hearing what news and events will be taking place. I have also been very happy to see some familiar faces since I've taken up office.

A reminder that the office hours are 9am to 3.30pm, Monday to Friday, so please feel free to drop in and say hello.

Also, if you have any interesting info to add to the newsletter it would be great to hear from you. Whether you have some great photos from a recent event or would like to notify residents about an upcoming event, or you would like to write a report on behalf of your social group or committee, these pages belong to you – our community. Contact myself or Rick with content.

On the sales front, interest from people wanting to purchase a home here at Palm Lake Resort Ballina remains very high. Recent vendors have made incredible profits – a million dollars is achieved quite easily. The demand is high and availability low so it's definitely a seller's market.

Palm Lake Resort Ballina is certainly a special place and it's the people who make it that way. I am so happy to be here.

Julie D'Arpino
Sales Consultant, Palm Lake Resort Ballina

CONTACT

If you have any questions about Palm Lake Resort Ballina or if you are interested in a private tour of our resort grounds and facilities, simply contact us!

Freecall: 1800 335 666

Visit us:
120 North Creek Road,
Ballina NSW

Opening hours:
Monday to Friday, 9am-3.30pm

Email:
salesballina@pallmlake.com.au

Visit our website:
over55pallmlake.com.au/ballina

Get social: Follow us on
Facebook (@pallmlakeresort) and
Instagram (@pallmlake_resort)



NEWS BRIEFS.

STAY A NIGHT - ON US!

Many of our Palm Lake Resort Ballina enquiries come from people in distant locations right around Australia. If you are coming to visit from out of town, simply freecall us on 1800 335 666 to arrange a resort tour and a complimentary night's accommodation on us. This offer is subject to availability and conditions apply, but there's never been a better excuse to indulge in a Ballina stopover to properly inspect our world-class facilities and welcoming homes.

GET SOCIAL

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @pallmlakeresort
Instagram: @pallmlake_resort



MAKE A DATE

Here are some upcoming dates to note in your diary:

- NSW school holidays: Saturday, April 11 to Monday, April 25 inclusive
- Easter long weekend: Friday, April 15 to Monday, April 18
- Anzac Day (including public holiday): Monday, April 25



READ ALL ABOUT CARE

As part of the Palm Lake Group, Palm Lake Care offers six modern aged caring communities across South-East Queensland. Catch up on all things Palm Lake Care in the company's most recent magazine, The Difference. It features all the winners from our annual caregiver awards, as well as updates on every location. Read it online at: pallmlakecare.com.au

WHAT'S ON IN (AND AROUND) BALLINA

- March 20:** Don't miss the surfing talent on display at the Ripcurl Lennox Longboard One Dayer at Lennox Main Beach.
- April 23:** Head along to the Ballina CWA Market Day, with stalls full of handicraft, food, plants, refreshments and more at the Masonic Hall (65 Cherry St, Ballina).
- April 30:** The Honeysiders will offer an ode to the 'The Beatles' iconic rooftop concert - their last live performance - at the Lennox Head Cultural 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: pallmlakeresort.com.au





BIKING BALLINA.

WITH BIKE PATHS APLENTY, NEW HINTERLAND TRACKS AND A COASTLINE THAT STRETCHES AS FAR AS THE EYE CAN SEE, OUR AREA IS PARADISE FOR CYCLISTS. NATURALLY, A GROUP OF RESIDENTS AT PALM LAKE RESORT BALLINA ARE MAKING THE MOST OF IT.

Stop by the Oasis Country Club at Palm Lake Resort Ballina at 7.30am on a Sunday morning, and you'll likely see a group of lycra-clad residents getting set for their next adventure. The group, which boasts about 20 members, meets up every weekend to explore the Ballina region on their bikes, and resident Steve Horne says there's always room for more.

"I started this group about three years ago with the help of a few others," says Steve. "There were so many residents here with bikes, I figured it was a good opportunity to have a Sunday ride. It's grown over the years, and we always encourage anyone to come along – regardless of their skill level."

The group has different tracks that riders can take depending on their biking abilities, and they try to change it up each week. Sometimes they will even get together for breakfast by the water at their chosen destination – it's a great way to catch up, indulge in Ballina's delicious food and reward themselves for a morning well spent.

"That's the beauty of cycling, and why I have always ridden a bike," says Steve. "It's a good way to get people out and about on a Sunday morning."

On their bikes, the group has explored a lot of the Ballina area. From staying close to home with rides to Sharpes Beach and Lennox Head to crossing the river to South Ballina and South Wall, the group has toured much of the region – but still has more to explore.

"Once the Northern Rivers rail trail opens up, that will definitely be something we do," says Steve. "It's an old rail track that they're doing up through the hinterlands, and we're all looking forward to it."

The new Northern Rivers Rail Trail, which will convert 130km of disused railways between Murwillumbah and Casino into an expansive bike and walking network, only enforces Ballina's reputation as a haven for cyclists.

"I moved here from Gladstone six years ago, and the location was what brought us here – the Ballina Council has done a fantastic job with the cycling tracks around the district," says Steve. "We can leave our gate here at Palm Lake Resort Ballina and be on a track all morning, all the way to Lennox Head, without once being on the road. Why wouldn't we make the most of that?"



Pictured: The cycling group on their travels. Photos provided by Steve Horne.



RESORT MANAGER'S REPORT.

It has been a very busy, wet summer for us here in Northern New South Wales.

Even now that we are officially in autumn, the recent weather events suggest that the rain will continue for a while longer. Thankfully, Palm Lake Resort Ballina remained high and dry during the flooding, with all facilities and events open for residents as normal.

In saying that, we were cut off from the broader community due to road closures and the like. It has been great to see our Palm Lake Resort community rally together to support each other - it is a testament to the community we have built here.

Aside from the flooding, we have been enjoying numerous outings on the resort buses. Residents have been taking trips around the local area and plenty of shopping expeditions, and it has been great for everyone to be able to travel around again - without borders to other states restricting our movements.

Many residents have also hit the road with their caravans and motorhomes to continue their life adventures. They are enjoying heading out on the open road worry-free, knowing home will be here waiting for, exactly as they left it.

Residents are also very excited about our very own in-house, cafe-style eatery, which will be opening sometime this year. Keep an eye on our newsletters, as more will be revealed in the coming months...

Until next time,

Rick Stewart
Resort Manager

FIVE FUN WAYS TO CELEBRATE EASTER.



EASTER IS ALL ABOUT FAMILY, DELICIOUS FOOD AND CELEBRATION. WHETHER YOUR GRAND-KIDS ARE COMING TO TOWN, YOU'RE HEADING OUT TO VISIT THEM, OR YOU'RE ENJOYING A MORE LOW-KEY EASTER CELEBRATION AT HOME, HERE ARE A FEW WAYS YOU CAN SPEND THE LONG WEEKEND.

Easter baking

Baking is one of those skills that is passed on from grandparent to grandchild. With all the extra chocolate going around, this is a great time of year to get your grandkids in the kitchen. Choose simple recipes (with minimal sharp knives and hot surfaces) if you're working with younger kids, or consult your recipe archives to pass on a family favourite if you feel your grandchildren are old enough. The easiest dish to make with children is definitely rocky road – see the opposite page for a simple recipe.

Get giving

Christmas is usually associated with gifting, but who says you can't give out Easter presents, too? The perfect alternative to chocolate (should your gift recipient have allergies or dietary requirements) your Easter gift might include a baked treat, a small card, a cute decoration or craft item or even some potpourri or homemade soaps. If the grandkids are in town, have them help you assemble these small gifts and deliver them around the resort.

Fun crafts

Everyone loves a good craft activity, and Easter is full of inspiration. Why not make a small nest for some faux baby chickens or Easter basket for your next resort egg hunt? For

something a bit more functional, why not make beautiful homemade cards to help you spread the love around your resort? The internet is full of inspiration for Easter crafts of all kinds.

Decorate

Decorating your home is a great way to get into the Easter spirit! Soft pastel tones are the obvious choice, but you could play with fresh flowers and greenery to liven things up a bit too. If you're hosting Easter brunch, lunch or dinner, it's all about your table setting. Light colours will be your best friends, as will natural textures like wicker, rattan and straw. Balance them out with gleaming glass and silverware, add some fresh florals and a beautiful spread and you're sorted.

Sunday fun

How do you spend Easter Sunday itself? Maybe this year is the year to try a new tradition? If you're spending it with your grandchildren, you could start the day with a special Easter breakfast followed by an egg hunt (utilising those baskets they made, of course!). Grandchildren or no grandchildren, you could also spend the day playing fun board games, relaxing with a good book and a cup of tea, or enjoying some time outdoors. Your traditions are exactly that – yours.

HOW TO USE UP ALL THAT CHOCOLATE.

EASTER, OBVIOUSLY, MEANS TONNES AND TONNES OF CHOCOLATE. EVEN WITHOUT THE EASTER BUNNY PAYING YOU A VISIT, YOUR EXTENDED FAMILY MEMBERS, FRIENDS AND NEIGHBOURS WILL LIKELY GIVE YOU A FAIR AMOUNT OF CHOCOLATE THIS WEEKEND. INSTEAD OF ENDING UP IN A CHOCOLATE COMA, PUT YOUR EASTER CHOCOLATE TO BETTER USE WITH THESE CLEVER IDEAS.

Make a bunny milkshake

Those tall Easter bunny-shaped chocolates also make for awesome milkshake holders! Mix up your favourite flavour, bite off the bunny's ears and pour it inside (just be sure to keep most of the wrapping on, to prevent your fingers melting all the chocolate). Then, grab a straw and get sipping! This idea is perfect for the visiting littlies (or the big kids, at heart!)

Chocolate bark

It's so simple, but so tasty. Chocolate bark is simply just melted chocolate poured onto a baking tray, sprinkled with whatever toppings you like and re-refrigerated. Dried fruit and nuts make it ever so slightly healthy, but you can also get experimental and make it taste like your favourite chocolate bars – sprinkle desiccated coconut for a Bounty Bar effect, or caramel and crushed up biscuits if you love Twix.

Chocolate-dipped fruit

Make the most of the fact that you've got a near-endless

supply of quality chocolate and melt it all together to make the most delicious chocolate dip. You can make chocolate strawberries or bananas, or even throw some blueberries, goji berries or raspberries in there and make a tasty, chocolatey snack that everyone will love. Just pop them in the fridge and enjoy them whenever you like!

Homemade chocolate topping

Is there anything better than ice cream and chocolate sauce? Yes – ice cream with Easter egg-flavoured chocolate sauce! Simply melt all that chocolate together and pour it over your favourite ice cream flavour for an easy dessert idea (and an easy way to get through the Easter egg supply).

Hijack your baking

Whether you bake up a batch of cookies, muffins or cupcakes, toss a couple of Easter eggs into the mix to take it to the next level. Your grandkids or neighbours will love biting into their favourite baked goods and discovering an oozy, melted Easter egg inside. Who wouldn't?!

RECIPE: ROCKY ROAD.

Ingredients:

- 100g biscuits, roughly crushed
- 400g dark chocolate, chopped
- 200g milk chocolate, chopped
- 200g strawberries and cream sweets
- 250g pink and white marshmallows, quartered
- 100g milk chocolate hollow eggs
- 100g slivered almonds, toasted (or peanuts, optional)

Method:

1. Line a 20cm square cake pan with baking paper, leaving sides to overhang.
2. Place dark and milk chocolate in a heatproof bowl over a saucepan of simmering water. Stir with a metal spoon until melted and smooth. Remove from heat.
3. Reserve some of the marshmallows, sweets and Easter eggs for decorating. Stir the remaining ingredients into the chocolate until combined.
4. Spoon mixture into pan. Top with reserved sweets and Easter eggs, pressing them into the chocolate. Chill for two hours or until set.
5. Remove from pan by lifting out with paper. Cut into pieces to serve.

SET UP FOR SUCCESS.

PEOPLE ALL OVER THE WORLD HAVE BECOME A LOT MORE FAMILIAR WITH WORKING FROM HOME IN THE PAST FEW YEARS – SOME PALM LAKE RESORT RESIDENTS INCLUDED. HAVE YOU EVER THOUGHT ABOUT SETTING UP YOUR HOME'S SECOND (OR THIRD) BEDROOM AS AN OFFICE? WHETHER IT'S A BASE FOR YOUR BUSINESS OR JUST A DEDICATED PLACE TO GET THOSE HOME ADMINISTRATION JOBS SORTED, HERE'S HOW...

Purge

Before you embark on your office set-up, you need to cull anything you don't need anymore. Be ruthless about the things you hold onto and go digital wherever you can. For example, your smartphone probably has a built-in scanner, so use that instead of finding space for a dedicated desktop scanner. Once you've found a home for everything, invest in a good labeller. Think ahead: which trays, baskets or bins are likely to fill up first? Should you make that one bigger, or commit to culling it more often? Remember that decluttering isn't a 'one time and done' task – you'll need to embark on regular decluttering missions in the future; the aim of your first big one is to make the rest relatively simple.

Feng shui

What if we told you that the way you configure your office could contribute to your productivity? The goal of feng shui is to use energy to harmonise us with our surrounding environment, and there are certain feng shui rules that you should keep in mind when organising your office. Removing clutter – including hiding cords, doing paperwork daily and keeping 50 per cent of your desk space clear – is one example, but you can apply feng shui to how you configure your office furniture, too. You should be able to see the door from your chair, putting you in a powerful, commanding position, and if you are planning to share your office and have two chairs, avoid sitting back-to-back or face-to-face. Where possible, avoid furniture with sharp edges and leave plenty of space between desks for energy to move slowly around your office.

Ergonomics

Tight neck? Sore wrists? Achy lower back? Sounds like you



could use a lesson in ergonomics – and don't worry, you're not alone. Fifty per cent of Aussie workers have jobs that require full or part-time desk work, and studies show that most of us aren't sitting correctly. Find your natural posture by pushing your chair away from your desk and sitting comfortably; your feet should be on the floor in front of you, your shoulders relaxed and your behind should be... well, behind you. This position is the foundation for building an ergonomic desk – from here, your keyboard should be one to two inches above your thighs, your screen should touch the tip of your middle finger and your chair should support your back comfortably. And don't forget to get up and move around regularly.

Colour therapy

Whether or not you believe in colour therapy, there is plenty of science to show that colours can have a psychological impact on our minds and the way we work. You don't have to go out and paint all of the walls in your office – instead, invite the following colours (and their psychological benefits) into your office with rugs, wall art, stationery and more, for example.

Blue is ideal for staying focused – particularly in repetitive industries. Accountants, this is the colour for you.

Yellow stimulates emotion, evoking feelings of happiness and brightening spirits. It's a perfect colour for those who work in the creative industries.

Green is the colour of balance, calm and reassurance. Lawyers and financial workers should 'go green'.



HELPING FRIENDS BECOME NEIGHBOURS.

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, or maybe tell them about our various new resort locations still under construction, and if they purchase a Palm Lake Resort home, you'll receive \$250 cash. Easy!

\$250
for an established home

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 335 666. *T&Cs apply



The best in over-55s living. This is your time.
pallmlakeresort.com.au

FOR SALE HOME 3 - \$980,000



Conveniently located near Palm Lake Resort Ballina's Oasis Country Club, this home is ideal for active retirees looking for the ultimate downsizer. It offers a spacious backyard - partially paved, perfect for entertaining - complete with established lemon and lime trees. The screened alfresco area allows residents to enjoy Ballina's beautiful weather year round. The two bedrooms and bathrooms offer comfort and convenience, as does the two-car garage. Topped off with modern finishes, it truly offers the whole package. In this competitive resort, this home is very good value and won't stay on the market for long.

FOR SALE HOME 256 - \$1,100,000



Palm Lake Resort Ballina homes blend the latest in easy living with architectural elegance. Interiors are graceful and considered, with a timeless design aesthetic accompanied by designer façades and beautifully landscaped gardens to create the perfect retreat. This 'Retreat' design home with its expansive, light-filled open plan living area is a must to inspect. Featuring 2 bedrooms, 2 bathrooms and a double garage, the home is immaculate. The undercover alfresco area opens to a sunny rear and side yard, which is perfect for entertaining and complements the stunning kitchen with European appliances, stone benchtops and quality cabinetry.

FREECALL 1800 335 666 or email salesballina@palmlake.com.au www.palmakeresort.com.au

SOLD HOME 325 - POA



This immaculate two bedroom home is the perfect downsizer, coming complete with a study with extra cupboard space. Effortlessly stylish, it features shutters on most windows and beautiful linen drapes. This home has had outdoor decking added to create an alfresco space off the living/dining area. The established garden has fruit trees that yield passionfruit and lemon, which beautifully complement the antique outdoor furniture. There is also a double garage. It is positioned on a quiet cul-de-sac of the resort, and is just two years old.

SOLD HOME 332 - POA



This spacious two bedroom also features a study, allowing the owner to pursue their passions or host visiting friends and family. Soaked in light, this home encourages owners to make the most of Ballina's temperate climate - especially the outdoor living area and well-established garden featuring unusual plants. The vendor had a definite green thumb! There is even a small shed for garden tools, and a double garage. This home is positioned on a quiet cul-de-sac and is just two years old.

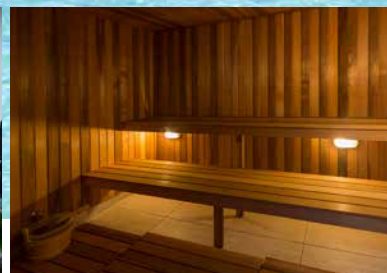
FREECALL 1800 335 666 or email salesballina@palmlake.com.au www.palmakeresort.com.au

Life is cruisy

at Palm Lake Resort.

Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our homeowners have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort.

This is your time.



SALES INFORMATION CENTRE OPEN MONDAY - FRIDAY, 9AM TO 3.30PM | 1800 335 666
salesballina@palmlake.com.au | 120 North Creek Road, Ballina NSW 2478

THE BEST IN OVER-55s LIVING. THIS IS YOUR TIME.
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