

Banora Point.

FEBRUARY - MARCH 2022



Dive on in.

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

Swim laps

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

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Welcome.

Well, here we are into February already, Let's hope all the rain has gone - as we have had our fair share - although we are enjoying the cooler weather that the rain has brought with it.

It's great to see activities in the resort are starting back up for the New Year and post-COVID restrictions. Craft is back. Gentle exercise is back. Table tennis and Bingo are both back in action, too. Now's a great time of the year to pick up a new hobby or try a new sporting pursuit. We encourage you to join in the resort's weekly activities - not only do you get physical benefits out of many of them, you will also be enjoying the additional benefits of the social interaction as well. It's win-win!

With many Palm Lake Resort Banora Point homes turning over in this very hot real estate market, we have welcomed many new residents in recent times. We love watching our community members getting to know each other and learning how wonderful it can be to live in a community lifestyle resort like ours.

Please make a note: Wayne and I are having holidays from April 1 through to Easter. We will be back on April 19. Relief caretakers will be here at in our absence.

Until next time, take care and stay safe.

Wayne and Di
Palm Lake Resort Banora Point Caretakers



CONTACT US

Looking for more info about Palm Lake Resort Banora Point? Here are five ways you can reach us:
Online: palmakeresort.com.au
Social media: Follow Palm Lake Resort on Facebook and Instagram.
Street address: 67 Winders Pl, Banora Point NSW 2486.
Phone: 1800 641 665
Office hours: 9am-11am, Monday to Friday, for residents and 11am-3.30pm for sales.
Email: banorapoint@palllake.com.au



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News briefs.



GET SOCIAL

Follow Palm Lake Resort on Facebook (@pallmakeresort) and on Instagram (@palm_lake_resort) to see what's happening right across our 28 Palm Lake Group locations.

GREEN WASTE COLLECTIONS

Make a note in your diary for the next few green waste collections (and remember to put your green waste out the night before these dates as Wayne makes his collection in the early hours of the morning):

- Monday, February 21
- Monday, March 7 & 21
- Monday, April 4



DEAL 'EM UP

Are you a reasonably good 500 card player? Please join your fellow neighbours (and card enthusiasts!) on Mondays, 1.30-3.30pm, in the Community Hall. Players must be double vaccinated. For more information, phone Gay on 0439 908 738 (Home 115). We require a minimum of four players or more).



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

pallmakeresort.com.au

CHECK OUT OUR 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 pallmakeresort.com.au



FROM YOUR SOCIAL CLUB COMMITTEE

Greetings to all our residents - especially those who have joined us recently. Due to COVID restrictions, the Social Group Committee were unable to hold a dinner dance in February, however the March dinner dance will go ahead providing restrictions are lifted. Dinner dances are held on the fourth Tuesday of each month, except the Christmas Dinner dance.

Due to increases in costs for food and associated expenses, the Committee has had no choice but to raise the price of dinner dances from March 2022. The new prices will be \$18 for Members and \$20 for non-members and visitors. The annual Social Group Membership is now due. It is \$3 per member with payment to Raewyn (Home 116) in an envelope, please. New residents are invited to join the Social Group, saving \$2 for each dinner dance they attend.

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 (which you gain from spending time in the sun) 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 diseases like the flu and manage diabetes.

Enjoy the fresh air

Rather than catching up with friends in the Clubhouse, 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 say it improves blood pressure, digestive system and heart rate, strengthens your immune system and gives you more energy.

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.

Entertain the grandkids

Palm Lake Resort is designed for over-50s, but with all the facilities available for visiting grandchildren to share, it's no

wonder they love our resorts just as much. Our 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?

Catch up with neighbours

At any given Palm Lake Resort location, the pool is a hub for not only exercise but 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 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 Clubhouses and architecturally-designed homes, 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 and the many benefits it has to offer. 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.



Right on cue.

WALK INTO ANY PALM LAKE RESORT COUNTRY CLUB AND YOU'LL LIKELY FIND A GROUP OF RESIDENTS GATHERED AROUND THE BILLIARDS TABLE, WATCHING OR PARTICIPATING IN A NEIGHBOURLY GAME. BUT IT'S A GAME THAT SPANS THE GENERATIONS – SO OUR VISITING FAMILIES LOVE IT TOO.

If there's one thing many Palm Lake Resort residents have in common, it's that they love a good game of snooker – it's the reason most of our resorts across Queensland, New South Wales and Victoria have their own billiards tables. Pool, snooker and billiards are all beloved as social games best enjoyed with a drink and good company, but did you know there are distinct differences between them? Paul Cosgriff, president of the Victorian Billiards and Snooker Association, explained the differences clearly. Paul says billiards is played with only three balls (one red, one white and a yellow cue ball). Both snooker and pool begin with a triangle of 15 balls each - in pool they are multicoloured and divided into solids and stripes, while in snooker they are red. Snooker is also played with an additional six coloured balls. Both of these games also require a white cue ball. "The thing I love most about these games is the combination of physics and artistry," says Paul. "Physics tells you that if you hit the ball a certain way, it will end up in a certain position. Mastering all of the other factors - like side, intentional spin and strength - is where the artistry comes in. The best players will finish exactly where they want to finish, under incredible pressure. That's the beauty of the game."

Paul's tips for bettering your game

1. Although cues are provided, your own cue is always best. Your individual cue gives the best 'feel' and on large professional tables, players fit extensions to their own cue because that familiarity is so important.
2. Two-piece cues are best for ease of transport, and storage.

The join can be at half-way or "3/4" - meaning well down near the butt end of the cue. Under the rules, a cue must be at least three feet in length, so if you take the butt end off a "3/4" cue you could still play a shot. Most cues are 54" in length - generally standing about shoulder height, or just above, or below. Therefore, you could not unscrew the 2-piece cue with a mid-join and play a legal stroke.

3. When purchasing a Cue, play a number of shots hitting 'high' on the cue-ball so that it follows on, or runs through, after the object ball. This translates to 'feel' and helps when comparing cues. The more expensive cue is not necessarily the best feel for you. The tip of the cue is your only means of control for spins on the ball (screw, stun and side) so maintain it well. Good chalk is essential.

4. Persistence is the key to improvement and full enjoyment. Practice, especially for plain ball striking, is essential to eliminate unintentional spins. Later practice allows for intentional spins to manoeuvre the cue ball to the desired position for the succeeding stroke.

5. An adjunct to persistence is maintenance. The cue should be kept clean and dry, with a little wood oil on exposed wood near the tip, and below the ferrule. The billiard table should have a dust cover. When the dust cover is removed, the table should be brushed from the baulk end (the "D") all the way to the top of the table where the black spot is. Never "bang" a ball onto a spot. It can only cause damage. The table should be serviced by a qualified person if there are problems with spots, wear and tear to the cloth, or if the table is out of level.

Residents' Committee round up.

Hello, fellow residents! Well, here we are - two months into the New Year already. With a few less restrictions, we hope to be getting back to our normal activities soon.

One important issue I feel I must bring to your attention is the following. If you are intending to have any work done in or around your home, valued at more than \$1000, please make sure you obtain written quotes before you commence any work. This will safeguard yourself and ensure you do not get any unwanted surprises and you do not end up paying more than you expected. Also, with the summer weather still hanging around, make sure you keep cool and well hydrated. We leave you with memories of our Christmas Dinner Dance last year - a wonderful event.

Desley Harrington, for the Residents' Committee



Bring a plate.



WE ALL KNOW JUST HOW MUCH PALM LAKE RESORT RESIDENTS LOVE A CATCH UP. OUR COMMUNITIES ARE LITERALLY BUILT ON 'COMMUNITY'. WHETHER IT'S A STREET PARTY WITH GARAGES DOORS WIDE OPEN AND FOLD-OUT CHAIRS ENMASSE IN DRIVEWAYS, OR VISITING FAMILY CATCHING UP AROUND A BARBECUE OR OUR RESORT POOL, ONE THING IS FOR SURE – YOU SHOULD ALWAYS BRING A PLATE.

Here in Australia, the weather is always so great that neighbours, friends and family can come together at any time in any place to celebrate, well, just about anything. Even when you're told not to bring a thing, it's nice to not turn up empty handed. Here are our Top 5 easy 'bring a plate' ideas...

Cheese platter

Cheese platters are always crowd favourites and should be your Number 1 go-to. Whatever your taste, there's always something on a good cheese platter that everyone can enjoy. In our opinion, a solid cheese platter should include the following:

- A soft cheese like brie, goats' cheese or camembert
- A hard cheese like cheddar or gouda
- A blue cheese like gorgonzola, Roquefort or stilton
- A mix of crackers and bread
- A selection of dips, both dairy-based (ie, French onion) and dairy free (ie, pesto)
- Quince paste
- Something salty, like olives, cured meats or nuts
- Something sweet, like fruit or chocolate.

Also, note that presentation is key when it comes to a memorable platter. Wooden chopping boards make a great base for your platter and don't forget a cheese knife.

Spinach cob loaf

This Aussie party classic has been on high rotation for more than 100 years (yes, really!). And it's so simple to make. Take a large cob loaf (your choice of white, sourdough or wholemeal bread) and slice off the top, allowing you to remove the soft internal bread – save it for the next steps though. Drain a bag of frozen spinach of all water and mix with sour cream, mayonnaise, red onion and powdered vegetable stock until it forms a dip-like consistency. Scoop the mixture into the hollowed-out cob loaf and, under the grill, toast the bread chunks you tore out of the middle to serve.

Sushi tray

For something a little bit more exotic, you can't go past a sushi tray. Sushi is a lot of fun to make, too! Simply cook some sushi rice (short grain white rice made stickier with rice vinegar, sugar and salt), lay out a bamboo

Up the ante.

Don't just bring a plate to that next soiree - bring a jug as well! Here's a fruity sangria recipe to get you through any festive opportunity! In a large glass pitcher, pour one bottle of white or red wine over ice. Then add four tablespoons of white sugar, 60ml of brandy and two cups of ginger ale. Stir. Add sliced oranges, lemons and limes and muddle slightly with your stirrer. Garnish each glass with a fruit wedge.



sushi mat and a sheet of seaweed (nori). Spread the rice onto the nori evenly, and right to each edge. Have a bowl of water on hand to help you form the sushi without the rice sticking to your hands. Add your preferred fillings along one side – fish, chicken, fresh vegetables, avocado and egg are popular choices – then roll it all together and cut with a super sharp knife.

Skewers

Does anything beat a skewer when it comes to finger food? There are no crumbs, no cutlery needed and plenty of deliciousness – plus, they're a lot of fun! Some exciting chargrilled skewer combinations include:

- Prawn, mango and avocado
- Steak, mushrooms, red onion
- Italian chicken, zucchini, cherry tomatoes, capsicum
- Grilled tofu or tempeh, carrots and mushrooms.

And to extend on your skewer repertoire, why not do fruit skewers? Pick the most colourful seasonal fruit available and chop into bite-sized pieces. For colour, you can't go past a combination featuring watermelon, grapes, rockmelon, honeydew, pineapple and the like. Easy!

Bowls Club report.

Well, the bowls activities didn't last long with COVID restrictions in place for most of the past two months. It has been a trying time for everyone and it seems a lot of our bowlers are still very wary of getting out and about - but we encourage you to please come back!

The weather has also played a part in our lack of bowls in recent times. We cross our fingers for some better playing days over the next few months.

The Club would like to extend an invitation to any homeowners wishing to get involved in our lawn bowls days. Feel free to come up on a Tuesday morning (from 9am to 11am) or any Friday afternoon (from 4pm) and see what it's all about. Even if you haven't bowled before, we have several good coaches in our group who would be happy to assist you through the learning process. We also have sets of bowls that you are welcome to use.

We are going to have sausage sizzle for bowlers and partners, following the bowls, on Friday, March 11. A notice will be put up on the bowlers' noticeboard in due course.

In closing, on a sadder note, one of our bowlers lost her life after contracting COVID recently. Bev Vigurs, you will be missed by many, as you were always a bubbly and enthusiastic lady. May you rest in peace.



LOOKING FOR A NEW PASTIME?

Weekly activities.

MONDAY

11am Gentle exercise, in the Grand Hall

TUESDAY

9am Lawn bowls

TBC Dinner Dance (fourth Tuesday of each month)

WEDNESDAY

10am Table tennis, in the Clubhouse

2pm Craft group meets in the Grand Hall (second and fourth Wednesdays of the month)

THURSDAY

2pm Bingo, in the Grand Hall

FRIDAY

10am Table tennis, in the Clubhouse

4pm Lawn bowls

Important phone numbers.

Caretakers Wayne & Dianne: 5523 1188

Ambulance, Police, Fire: 000

Tweed Heads Police Station: 5506 9499

John Flynn Hospital: 5598 9000

Tweed Heads Hospital: 5506 7000

Electrician (Matt): 5590 5857 or 0409 396 396

Electrician (Richard): 0410 827 040

Plumber (Ryan): 0418 919 050

Massage (Debra): 0408 445 117

Border Locksmith: 5536 1611

Tweed Council: 02 6670 2400

Carpet Cleaning (Frank): 0409 326 688

TV/Antennas (Rob): 0419 796 649

Palm Lake Resort hair salon (Jenny): 5523 3090

Pest Control (Jason): 1300 699 755

Super Clinic Doctors: 5589 7555

Pathology: 5524 8403

Chemsave Super Clinic: 5523 1266 (free Webster packaging and delivery)

Spread the love.

IF THERE'S ONE THING THAT IS FRONT OF MIND DURING FEBRUARY, IT'S LOVE – SPECIFICALLY, ROMANCE. BUT IT'S ALSO A GOOD TIME TO CELEBRATE ALL THE OTHER KINDS OF 'LOVE' IN YOUR LIFE. FROM YOUR PETS TO YOUR NEIGHBOURS, HERE ARE A FEW WAYS YOU CAN SPREAD THE LOVE THIS MONTH (AND BEYOND).

Love thy neighbours

Neighbourly 'love' is often on display at Palm Lake Resort, whether residents are catching up at social events or over the fence, sharing a meal at the Country Club or a drink on their driveways. There are so many ways you can show appreciation to your neighbours – why not offer a hand when you see them outside gardening? Cook an extra-large helping for dinner and drop a plate over to them? Or rally your other neighbours to support someone you know is going through a hard time? Random acts of kindness are some of the best ways to show love.

Love your community

Spread the love beyond your neighbourhood with a charitable project. You could build something, bake something or raise money for a good cause. But if you're in need of specific inspiration, just take a look around your Palm Lake Resort community. Residents across the Palm Lake Group are always doing their bit to help others, and there's no doubt a fundraiser, food drive or charity project underway at your resort.

Love long distance

This is something we've had to become much better acquainted with, as lockdowns and border closures had made it impossible to visit faraway friends and family. Whether you're separated by sea or state borders, there are so many different ways to spread the love across long distances. Why not post your friend or family member a small item or card that made you think of them, send them a delivery of food (Uber Eats vouchers are great!) or flowers, or simply pick up the phone for a spontaneous chat?

Love your pet

It's time to show love to the family member who loves you unconditionally – your pet. Luckily, there are countless ways to do exactly that, from buying them their favourite food every so often as a special treat to taking a moment to give them a good scratch or pay attention to them and them only. If their favourite activity is going for a walk, take them for an extra one some days – or, when all else fails, simply cuddle up with them on the couch.

Love your partner

Showing love to your significant other seems obvious, but if your relationship spans years (decades, even) romance can easily fall to the wayside. Of course, not all couples show love in the same ways – a good way to keep the spark alive is to learn your partner's 'love language'. Finding out which of the five love languages they prefer (words of affirmation, physical touch, gifts, acts of service and quality time - Google it!) will help you understand how they give and receive love. This makes you more able to show them the kind of love they most appreciate and notice when they are showing you love in return.

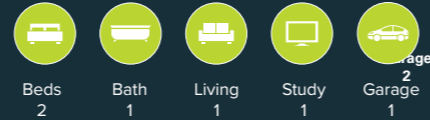
Love yourself

Last but certainly not least, think about how you can show love to the most important person in your life: yourself. You are the person you'll spend the most time with, so it makes sense to nurture that relationship just as you would any other, right? Think about the things that make you genuinely happy – it might be a certain form of exercise, a swim, a relaxing bath, a trip to the day spa or hair salon, even a specific craft activity – and do more of them.



Homes for sale.

Home 36 - \$360,000



UNDER CONTRACT

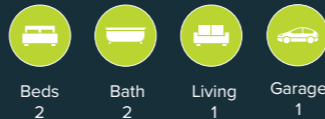
(Sage) green with envy!

Check out this newly-listed two-bedroom home, with study. It offers a steel frame construction with front and back balconies to capture the light at any time of day.

The light-filled kitchen features eye-catching sage green cabinetry. The two-way bathroom is handy for homeowners but there's also a separate toilet.

We invite you to inspect this home to see if it's the perfect fit for you.

Home 142 - \$380,000



UNDER CONTRACT

Already under offer!

The secret is most definitely out - there are so many benefits to community lifestyle resort living, like that offered here at Palm Lake Resort Banora Point.

Homeowners enjoy low-maintenance homes, facilities on their doorstep, weekly on-site and organised activities, welcoming neighbours and that important feeling of security.

To find out more about our community, phone the Sales Information Centre on 1800 641 665 today.



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, and if they purchase one of our established Palm Lake Resort homes, you'll receive \$250 cash. Easy!

\$250
cash incentive when you refer a friend to buy an **established home** at Palm Lake Resort

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 641 665. *T&Cs apply



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palmakeresort.com.au

Want to book a private tour and find out more about our resort? Phone **1800 641 665**
Email banora@pamlake.com.au or visit us online at pamlakeresort.com.au

Eat, drink and be merry.

There's nothing more enjoyable than spending time with friends, and you can do just that here at Palm Lake Resort.

With organised weekly activities on-site as well as other outings in our local community, there are dozens of ways to fill your diary alongside your neighbourly friends. We're all about spending quality time with likeminded friends.

Here, community is everything.



Palm Lake Resort Banora Point: 67 Winders Pl, Banora Point NSW 2486
Freecall 1800 641 665



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

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