

JANUARY - FEBRUARY 2025



Ballina Bliss



Colour your world trendy

The results are in and the experts are telling us there's a trendy new colour in town...

Supporting those less fortunate

Palm Lake Group just made a major charitable donation, with your help

Muscle up, for the New Year

It's important for over 50s to tone your muscles - and it's not as hard as you think



Welcome.



I hope everyone had a lovely time reconnecting with friends and family over Christmas and enjoyed ringing in the New Year. The festive season is always such a special time to reflect on the year gone by and look forward to what's ahead. I trust you all had a wonderful holiday season and are ready to tackle your New Year's resolutions with enthusiasm and positivity.

We were delighted to welcome five new residents late last year and early this year, and things are already in full swing. It's heartwarming to see them settling into the community, enjoying the incredible facilities and making the most of our vibrant social atmosphere. They have been particularly impressed by the amazing restaurant, which offers such a wide variety of delicious meals catering to every taste. The team has done a fantastic job ensuring every resident feels right at home.

On the sales front, it's been a busy time. We've had a number of potential buyers viewing homes, and several are preparing to take the next step. Palm Lake Resort's regular TV advertising campaign has been a huge success, generating increased interest and bringing more inquiries our way. It's exciting to see our community growing steadily and gaining well-deserved recognition.

In addition to welcoming new residents, I'm looking forward to all the events, activities and opportunities that 2025 has to offer. Whether it's a social gathering, group fitness class or simply a moment enjoying the peaceful surroundings we're so lucky to have here, this year promises to bring so much more enjoyment to our community.

Thank you for being part of what makes this resort such a special place. I'm excited to continue building a friendly and supportive environment for all our residents.

Until next time,

Julie D'Arpino
Sales Consultant, Palm Lake Resort Ballina

Contact us.

Looking for more information about Palm Lake Resort Ballina? Here's how you can reach us:

FREECALL: 1800 335 666

Street address:
120 North Creek Road,
Ballina NSW

Office hours:
9am to 3.30pm, Monday to Friday

Email:
salesballina@palllake.com.au

Find us online at:
palllakeresort.com.au

Get social:
Follow us on Facebook (@palllakeresort) and on Instagram (@palllake.resort)

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News in brief.

Weekly activities

MONDAY

7.30am Tennis
9am Art class, Tai chi, Brunch
10.30am Line dancing (general)
2pm Scrabble
3pm Aqua aerobics
5.30pm PLR dinner
7pm Old style dancing (first and third Monday)

TUESDAY

9am Craft and quilting, Brunch
2.30pm Canasta (five players)

WEDNESDAY

7.30am Tennis
9am Bus to shops, Painting Pals, Brunch
10.30am Line dancing
12pm Lunch
2pm Mixed lawn bowls
7pm Cinema

THURSDAY

9am Men's lawn bowls, Line dancing (intermediate), Jonola Canasta
1pm Ladies' lawn bowls
3pm Singing and fun
7pm Sing-along

FRIDAY

8.30am Aqua aerobics
9.30am Aqua aerobics, Gentle exercise
10am BYO morning tea
1.30pm Cards
5pm Happy Hour

SATURDAY

7.30am Tennis
9am Tai chi
1.30pm Mah-jong, Canasta
7pm Cinema

SUNDAY

2pm Mixed lawn bowls

We want to hear from you!

Whether it's photos from a recent event or a new activity you'd like to announce, this newsletter is the place to share the latest and greatest resort happenings. Ask your caretaker about deadlines for upcoming editions and how to submit content.

Go slow

Sometimes when we are in a hurry, we forget the limits and our speed creeps up but, for the safety of all including our wildlife, please stick to the 10km/h speed limit. Also, to those owners of bikes, buggies and motorised scooters, you also need to respect the road rules whilst moving around our resort grounds.

Your summer page-turner

Summer and the end-of-year holiday season are upon us and so we have another edition of Your Time magazine packed full of festive reads. In this edition, you can catch up on the progress we're making at Yamba Cove, Paynesville and more. There's also a wonderful feature story based on a 50-year-old Elliott family scrapbook that contains the most nostalgic newspaper clippings and photos. We've also got plenty of stories in our popular Lifestyle section around how you too can collect your own prized family history - it's the perfect time of the year to be thinking about that. If you haven't received a hard copy in your mailbox, you can always catch up and read it online at palllakeresort.com.au



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: @palllakeresort
Instagram: @palllake.resort

CHECK
OUR WEEKLY
ACTIVITIES LIST
ON PAGE 3

Don't weight.

MAINTAINING TONED MUSCLES IS
QUITE CRUCIAL FOR US OVER-50s AS IT
SIGNIFICANTLY ENHANCES OUR OVERALL
HEALTH AND QUALITY OF LIFE. HERE'S WHY -
AND HERE'S HOW...

As we age, we naturally lose muscle mass and strength — a condition known as sarcopenia. This decline can lead to reduced mobility, increased risk of falls and difficulty performing everyday tasks. Regular muscle-toning exercises help combat this loss, preserving strength and functional independence.

Toned muscles also support joint health by stabilising and reducing strain on the joints, which can alleviate symptoms of arthritis and prevent injuries. Furthermore, muscle tone enhances posture and balance, which are vital for avoiding falls, a common cause of injury among older adults.

Building and maintaining muscle tone boosts metabolism, making it easier to manage weight and reduce the risk of obesity-related conditions such as diabetes and cardiovascular disease. Strong muscles also play a role in maintaining bone density, decreasing the likelihood of fractures and osteoporosis.

Beyond the physical benefits, engaging in muscle-toning activities improves mental wellbeing, boosts energy levels and enhances confidence. Whether through resistance

training, Pilates, yoga or bodyweight exercises, keeping your muscles toned is an essential part of staying healthy, active and independent in later life.

Here's the good news: Maintaining muscle mass after 50 doesn't require gruelling workouts. Gentle, consistent exercises and activities can effectively build strength, improve flexibility and promote overall wellbeing. And if ever there was a place to support this type of activity, among a group of likeminded participants, it's here in our Palm Lake Resort community, don't you agree? And research shows that the New Year is often the best time to start on this type of exercise regime. Generally, we are physically refreshed after the Christmas holidays and many also enjoy a renewed and enthusiastic outlook on life at this time of the year, making big, bold plans for the coming 12 months. Utilise your New Year headspace/mental vigour to start an exercise routine that has the best chance of sticking!

Here are some of the easiest and most beneficial ways to encourage your muscles to stay strong:

Yoga

Yoga improves muscle tone, flexibility and balance. Gentle styles like Hatha or restorative yoga are accessible for beginners and can help strengthen core muscles while promoting relaxation and mental clarity.

Tai chi

Often described as "meditation in motion", tai chi is a low-impact activity that enhances muscle strength, balance, and coordination. It's particularly beneficial for reducing fall risks and improving joint health.

Pilates

Both mat-based and reformer Pilates are excellent for building core strength, improving posture and toning muscles. The exercises are adaptable to individual fitness levels and focus on controlled movements.

Swimming

Swimming and water aerobics provide full-body resistance training with minimal strain on joints. The water's buoyancy makes it ideal for people with arthritis or other joint issues.

Low-impact sports

Activities like tennis, pickleball or golf encourage muscle engagement and coordination while being gentle on the body. They also foster social interaction and enjoyment. Tick, tick!

Body-weight exercises

Simple exercises such as squats, lunges and modified push-ups can be done at home to maintain strength and endurance without needing equipment.

Resistance bands

Using resistance bands offers a safe, versatile way to strengthen muscles. They are lightweight and allow for various exercises targeting different muscle groups.

Walking with weights

Walking while holding light weights or using weighted wristbands provides a dual benefit of cardiovascular activity and muscle toning.

Gardening

Gardening activities like digging, raking and planting engage various muscle groups, making it a functional way to stay active.

Dance classes

Dance-based fitness classes are fun and effective for improving coordination, muscle tone and cardiovascular health. Think Zumba, line dancing and adult tap dancing, for starters.

The most important thing with maintaining muscle tone is consistency. Starting slowly, listening to your body and gradually increasing intensity will help you maintain muscle mass and support overall health for many years to come.

Please note: Always consult a healthcare professional before beginning a new exercise program.

Six transformative New Year resolutions for all over-50s.

HAVE YOU HAD A CHANCE TO REFLECT ON 2024 AND SET SOME CHALLENGES AND GOALS FOR YOURSELF FOR 2025? SOME FIND THAT TASK SIMPLE, WHILE OTHERS CAN BE OVERWHELMED BY THE THOUGHT. LET US HELP YOU GET STARTED...

Whether your plans and goals are big or small, now is definitely the time to embrace the energy of renewal that abounds this season and set some intentions for the year ahead. If you need some inspo, we've come up with six New Year resolutions, specifically for over-50s, that will help transform your life:

1. Prioritise strength and mobility

Commit to a fitness routine that blends strength training with flexibility exercises like yoga or Pilates. These activities preserve muscle mass, improve balance and reduce the risk of falls.

2. Adopt a Mediterranean-inspired diet

Focus on whole foods like olive oil, fresh vegetables, lean protein and nuts. This heart-healthy eating pattern supports brain health and longevity.

3. Engage in lifelong learning

Pick up a new skill or hobby, or start an online course. Continued learning keeps the mind sharp, boosts self-confidence and provides opportunities to meet likeminded people. There will definitely be scope to find a group of likeminded neighbours here at our resort if you are wanting to start a new activity group. Otherwise, simply head to our Weekly Activities list and see if there's something there that piques your interest.

4. Deepen social connections

Make time for family, friends and community groups. Social engagement improves mental wellbeing, reduces loneliness and even strengthens immunity.

5. Embrace mindfulness practices

Incorporate meditation, tai chi or mindful breathing into your daily life. These practices reduce stress, enhance focus and promote a sense of peace.

6. Declutter and simplify

Start a decluttering journey, focusing on your home and commitments. Letting go of unnecessary possessions and obligations clears space for a simpler, more fulfilling lifestyle.

Zoe's favourite banana bread.

OUR RESORT IS HOME TO SO MANY TALENTS - COOKING AND BAKING AMONG THEM. IN THIS EDITION, RESIDENT JUDY BEADLE SHARES A FAMILY FAVOURITE RECIPE FOR BANANA BREAD.

"My 15-year-old granddaughter Zoe is a keen cook!" says Judy. "She has been visiting me at Palm Lake Resort Ballina and is compiling a personal cookbook made up of tried and tested recipes.

"All are easy and tasty, as well as healthy, and have been enjoyed by me, family and friends during her stay. This particular one has proven to be a favourite."

INGREDIENTS

Wet:
3 ripe bananas (mashed)
3 eggs
3 tbs milk
1 tsp vanilla extract

Dry:
2.5 cups almond flour
1/2 cup flaxseed meal
1 tsp cinnamon
1 tsp baking soda
1/2 tsp salt

Chef's note: Include any add-ins you like! If you have had my bread before, you know I like to add nuts and other things.

METHOD

1. Preheat oven to 180°C
2. Line a bread pan with baking paper
3. In one bowl, mix all dry ingredients together
4. In another bowl, mix all wet ingredients together
5. Combine both mixtures into the same bowl
6. Pour mixture into bread pan
7. Bake for 50 minutes
8. Let cool for about 10 minutes
9. Enjoy!

Do you have a family recipe to share? Email it to us!



Eat, drink and be merry!

AT THE END OF LAST YEAR, OUR DEDICATED TEAM CAME TOGETHER AT THE RAMADA TO CELEBRATE THE FESTIVE SEASON. THEY ENJOYED GREAT FOOD AND DRINKS, AND EVEN BETTER COMPANY.



Pictured clockwise from top left:
1. Liriel linen/cotton throw, 130 x 170cm, \$149, freedom.com.au
2. Form vase in mocha, 15 x 18 x 5cm, \$35, middleofnowhere.com.au
3. Ceduna planters, 30cm/39cm/43cm, from \$89.95, freedom.com.au
4. Ombeo cushions in 'Smoked wood', \$35, freedom.com.au
5. Country Road cross body bag, \$99.95, countryroad.com.au

Mocha mousse is on the menu in 2025.

AROUND THIS TIME EACH YEAR, THE EYES OF THE DESIGN WORLD FOCUS ON THE PANTONE COLOUR INSTITUTE TO SEE WHAT THIS YEAR'S COLOUR TREND WILL BE...

For 2025, the Pantone Colour Institute has named PANTONE 17-1230 Mocha Mousse their Colour of the Year.

This warming, rich brown is described as "nurturing us with its suggestion of the delectable qualities of chocolate and coffee, answering our desire for comfort" — and it's easy to see why.

Mocha Mousse brings a sophisticated, earthy elegance that works beautifully on its own or as a versatile base. Whether you're drawn to minimalist vibes or love designs with rich detail, this hue is ready to enhance palettes across every colour-focused industry and homes the world over - including (no doubt) Palm Lake Resort interiors.

According to the Executive Director of the Pantone Color Institute, Leatrice Eiseman, their decision on this year's colour was "underpinned by our desire for every day pleasures".

"Mocha Mousse expresses a level of thoughtful indulgence," Leatrice explains. "Sophisticated and lush, yet at the same time an unpretentious classic, PANTONE 17-1230 Mocha Mousse extends our perceptions of browns from being humble and grounded to embrace aspirational and luxe."

Pantone Color Institute Vice President Laurie Pressman agrees.

"For Pantone Color of the Year 2025, we look to a mellow brown hue whose inherent richness and sensorial and comforting warmth extends further into our desire for comfort, and the indulgence of simple pleasures that we can gift and share with others," Laurie says.

Did you know that colour also plays an important role in our mood? According to colour therapy, every hue has its own subliminal energy. In colour therapy, browns (like Mocha Mousse) are associated with grounding, stability and security. Browns represent a connection to the earth, providing a sense of comfort and resilience. Brown energy fosters practicality, reliability and balance, making it helpful for those seeking to feel rooted, calm and centered in their lives.

There's no doubting that Mocha Mousse is a colour of warmth and comfort - just like the components of its name: delicious mocha and delectable mousse! This is, in fact, a colour that is accessible to all and can be easily incorporated into most interior schemes. Think Mocha Mousse-inspired throws and cushions on your lounge or an inviting feature armchair in the corner of your living space or bedroom (as pictured above). Equally, Mocha Mousse is quite the wearable colour.

How will you jump onboard this 2025 colour trend?

Homes for sale.

Home 170 - POA

Beds

3

Bath

2

Living

1

Alfresco

1

Garage

2



A relaxed lifestyle awaits.

A highly sought-after modern spacious 3-bedroom home for the discerning buyer. The Mirage design home is attractively tiled throughout with lush carpets in the bedrooms. The home is ideally northeast facing allowing the morning sun into the open plan lounge, living, kitchen area and the master bedroom.

The front bedroom comes with an 800mm TV and includes custom blinds for added privacy. The second bedroom has entry access to the main bathroom and a sliding door leading out to the tiled spacious alfresco area..

Home 322 - \$1,350,000 neg.

Beds

3

Bath

2

Living

1

Alfresco

1

Garage

2



Highly sought-after.

This beautiful three-bedroom, highly-sought after home is in a quiet location of the resort and is only four years old. Featuring tiles throughout with lush carpets in the bedrooms, as well as double glazed doors and windows alongside the dining area - which leads out to the relaxing alfresco area. Pull down screens and two extra ceiling fans allow you to enjoy complete comfort all year round. Ducted air conditioning and extra fans provide quality temperature control. This home is beautifully maintained and will attract the discerning buyer.

Home 166 - \$1,120,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

1

Garage

2



Everything you need.

This home has only had one owner, and has been taken care of lovingly. Tinted windows and blinds have been added to the front room keeping it nice and cool, plus extra-large awning alongside the master bedroom. There are aluminium white shutters in the alfresco area and a spacious back lawn overlooking bird attracting trees.

Home 158 - \$1,120,00

Beds

2

Bath

2

Living

1

Study

1

Alfresco

2

Garage

2



This lovely two bedroom home with study has vaulted ceilings allowing lots of light into the home. Tiled throughout the home with lush carpets in the bedrooms. The alfresco area alongside the lounge room has a ceiling fan for extra comfort through the summer months, plus artificial turf on the back lawn. The home is situated just five minutes from the clubhouse.

Home 22 - \$950,000 neg.

Beds

2

Bath

2

Living

1

Study

1

Alfresco

1

Garage

2



Lots of open space.

This tidy two-bedroom home with study features an enormous backyard with a great rural outlook. Well-established trees and plenty of room for pets to run. Fully refurbished internally with new timber vinyl flooring, carpets in bedroom and study, fresh paint, new curtains, kitchen appliances, split-system air con and fans.

Home 66 - \$880,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

2

Garage

2



Homely feel.

This delightful two-bedroom home with study has a lovely cottage appeal, especially with an outlook from an enclosed alfresco area onto trees and a waterway. The front alfresco area overlooks the well-maintained garden with a hedge for privacy.

WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT?
FREECALL 1800 335 666 OR EMAIL SALESBALLINA@PALMLAKE.COM.AU.
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU

Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT ADDRESSES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL OUR PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!

Palm Lake Group 'Rizes' to the occasion.



OUR
CHRISTMAS
HAUL FOR
THOSE IN
NEED

This year, all seven Palm Lake Care communities, a number of Palm Lake Resorts and our Palm Lake Group Head Office team supported the RizeUp Christmas Appeal. PLC Chief Operating Officer Patricia Heke says the Group collected “a mountain of beautiful presents” (pictured above) that were gifted to children of families in domestic violence situations who otherwise might not have had a gift under their Christmas tree. “Our efforts were for smiles we will never see, but will know were there, on Christmas morning,” Trish says. “A massive thank you to all for your generosity.”



Twenty years young.

Recently, there was a vibrant gathering to mark the 20th anniversary of Palm Lake Resort Mt Warren Park. The day was filled with much fun and celebration. Best of all, it was great to honour Mt Warren Park's original 14 homeowners – those who have proudly called this community home since 2004 (as pictured left). Hip hip, hooray!



Waterford's Toy Boys continue their epic project.

Palm Lake Resort Waterford is home to a delightful group of fellows who adore their time together in the resort workshop. Not only do they use that quality time to chew the fat on all the topics of the world, they also like to build wooden toys for very grateful local children. And they've been doing it for longer than a decade!

The "Toy Boys" spend the whole year crafting gorgeous, high-quality toys from donated materials (and other materials that they purchase with funds raised through resort events and donations). Then, come December,

they put on their Santa hats and gift their toys to local groups. Toy Boys committee president Ray Johnstone says the Beenleigh Special School and Woodmans Mitre 10 Beenleigh's Community Christmas Tree appeal were the two grateful local organisations that received their hand-crafted gifts this past Christmas (all gifts under the Mitre 10 tree were provided to Night Light Outreach who distributed them to needy local families). Among the haul was everything from doll beds to a ride-on digger - all handmade in the Palm Lake Resort Waterford workshop. Bravo boys!



Wedding belles.

Congrats to Palm Lake Resort Beachmere Sands residents Allyson and Graham (pictured top) who tied the knot in a wedding ceremony at the resort's fabulous Beach House late last year.

We also saw Palm Lake Resort Bethania homeowners Dawn and Vern (above) tie the knot in a private function at their resort's Country Club in front of 60 guests.

Doing it for charity, again and again.

You can tell we've just enjoyed the 'season of giving' - not only did our homeowners enjoy giving Christmas gifts to their loved ones, they didn't forget about those less fortunate. We've seen so many great stories of charity fundraisers being held across our resorts in recent months - here's a little snapshot of some of them:

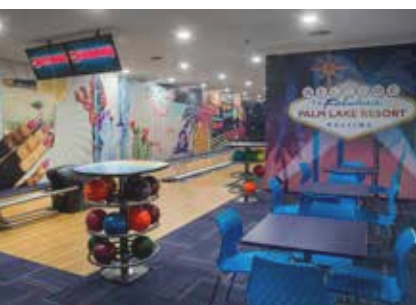
- Cooroy-Noosa hosted a 'pink' event for the McGrath Foundation. More than \$4000 was raised for breast cancer research and patient support.
- Carindale's inaugural jumble sale raised \$3000 for Care Kits for Kids and Beyond DV.
- Beachmere Sands and Beachmere Bay converged for morning tea to raise \$430 for Alzheimers research. The Sands crew also held a Bowls event fundraiser for prostate cancer research and raised another \$800.

Doggie dates.

At Palm Lake Resort Carindale's Home 52, an ever-changing and random assortment of resort doggos gather early each morning to greet each other. Homeowner Betty welcomes these morning gatherings on her front step where she and her dog, Lucy, provide delicious morning treats. There are often 4 or 5 puppies dropping in each morning, she tells us. It's a lovely way for our four-legged community members (and their humans!) to stay connected.



New Year, new you.



FREECALL 1800 335 666 | salesballina@palllake.com.au
120 North Creek Road, Ballina NSW

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