

MARCH - APRIL 2023

BALLINA BLISS.



FILL YOUR DIARY

Our Weekly Activities program is full to the brim with things to keep you active and social. Turn to Page 5 for our current Weekly Activities List.

TIPS AND TRICKS

If the changing season and upcoming holidays have you styling up a new-season storm, read our tips for rugs and art before sprucing up your space

REFER A FRIEND

Do you know someone looking to make the move into our resort? Refer them, for fast cash! Turn to Pages 10-11 for our homes for sale



WELCOME.

Hello everyone, and welcome to the March-April edition of the Ballina Bliss newsletter. We are already into the third month of the year and are welcoming in the lovely autumn weather – it is making it very pleasant to enjoy the outdoors and still take a dip in the ocean.

We have welcomed some lucky new residents into Home 173 and Home 14. They have already started to enjoy the amazing lifestyle on offer here at our resort and say they have felt right at home from the start.

A typical day for them could include a late breakfast at Danny's restaurant, followed by a game of tennis and a swim the pool. Then, it's back to Danny's for lunch before heading to the clubhouse for a game of snooker and a round of ten-pin bowling. Afternoon tea, perhaps some reading or a board game in the library, then a movie at night – those are just some of the many choices available to you as a resident at our beautiful resort.

Just a reminder that if you refer a friend to buy a Palm Lake Resort home, you will receive a \$250 referral bonus when they purchase. It sure pays to spread the word.

We currently have some great homes on the market here at Palm Lake Resort Ballina (turn to Pages 10 and 11) so, if you have a friend that is considering selling up and moving in, come and see me at the Sales Office from Monday to Friday, 9am until 3.30pm.

Until next time,

Julie D'Arpino
Sales Consultant, Palm Lake Resort Ballina

CONTACT

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@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

Get social:
Follow us on Facebook
(@pallmlakeresort) and on
Instagram (@pallm.lake.resort)

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NEWS BRIEFS.



WHAT'S ON IN TOWN

March 25: The second annual Rip Curl Lennox Longboard One Dayer is set to take place this month, seeing surfers battle it out on the famous break for a chance at the top honour. Expect entertainment, that's for sure.

April 6 - 10: Since 1990, the Easter long weekend has seen Bluesfest showcase music from around the world just north of Byron Bay. This year, don't miss Bonnie Raitt, Gang of Youths, Beck, Counting Crows and so many more.

April 29: Don't miss the 10th Anniversary Byron Coastal Charity Walk, coming up on Saturday April 29. Walk 12, 24 or 36km along the beautiful Byron coastline and raise funds for the Westpac Rescue Helicopter in Northern NSW in the process.

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: @pallm.lake.resort

REFER A FRIEND

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 a new or established Palm Lake Resort home, you'll receive up to \$250 cash. Easy! Ask about our 'Refer a friend' incentive at the Sales Information Centre.



WELCOME HOME

We have been delighted to welcome a few new residents to our Palm Lake Resort Ballina community – including Jen and Alan Stone, who moved into Home 173.



GET A MOVE ON.

THERE IS NO SHORTAGE OF PHYSICAL ACTIVITY TO BE TRIED HERE AT PALM LAKE RESORT BALLINA – JUST TAKE A LOOK AT OUR WEEKLY ACTIVITIES LIST. IF YOU’RE OVERWHELMED BY THE CHOICES ON OFFER, TRY ONE OF THESE TWO CLASSES RECOMMENDED BY OUR RESORT TRAINER, KATE HEWITT.

AQUA CLASS

We have not one but two aqua classes on at the resort each week – Mondays from 3pm until 3.45pm, and Fridays from 8.30am until 9.15am.

“Aqua classes are suitable for any level,” says Kate. “They’re designed to build balance, strength, coordination, core activation and cardiovascular fitness. Exercising in the water is easy on your joints meaning it is great for rehabilitation.”

Kate adds that water-based fitness can help to increase your metabolism, improve your flexibility and range of movement, strengthen your core, improve your body awareness and also boost your mood and your cognitive function – just to name a few of its many benefits.

“For just \$10 per class, our aqua classes are a fun way to exercise, move your body and socialise!” she adds.

EXERCISE CLASS

Looking for something out of the water? Our exercise classes (also \$10) are held in the dining hall on a Friday morning, from 9.30am until 10.30am.

“These classes start with some breathing, relaxation and stretching, followed by exercises and movements that target balance, strength, co-ordination and spatial awareness,” says Kate.

It is also great for core activation, range of movement and confidence.

“Since the class is predominantly done in the chair, we use exercise bands, dumbbells and balls to add some challenge and fun,” says Kate. “This class is suitable for any level as any exercise can be modified to suit.”



WEEKLY ACTIVITIES LIST.

MONDAY

- 7.30am** Tennis
- 9am** Art class, Tai chi, Brunch
- 10.30am** Line dancing (general)
- 2pm** Scrabble
- 3pm** Aqua aerobics
- 5.30pm** PLR Dinner

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** Cinema, Mixed lawn bowls

THURSDAY

- 9am** Men’s lawn bowls, Line dancing (intermediate), Jonola Canasta
- 1pm** Ladies’ lawn bowls
- 3pm** Singing and fun

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

RESORT MANAGER'S REPORT.



Well, autumn is here which means the end of a good old-fashioned summer... one of hot sunny days and afternoon breezes to cool you down. We have missed those over the past three years or so. We welcome the return to our regular seasons – beautiful Ballina is back to its former glory.

Our resort is looking great and fresh, with our team working hard to maintain the vast array of gardens and facilities here. It is a real credit to the entire team, as well as all the residents who lend a hand. You make this place not only look great, but create a homely feel about it.

Our in-house restaurant has been going great guns with lunches, dinners and now a takeaway menu available. The Palm Lake Dining restaurant staff have been doing a great job looking after us all. Specialty nights for international flavours and cultures have been featuring on the theme nights, as well as the usual celebration events – Australia Day, St Patrick’s Day and the upcoming and Easter and Anzac Day celebrations. We can’t wait

With one or two of our current staff members moving away from the area, we have a couple of new staff members starting soon. We look forward to welcoming those new faces to our team and look forward to having them as part of the Palm Lake Resort Ballina family.

We also welcome a few new residents who have been fortunate enough to snap up some available homes. We hope you are all settling in nicely.

Until next time,

Rick Stewart
Resort Manager



HANG TIME.

YOU DON'T NEED TO BE AN EXPERT TO KNOW HOW TO DISPLAY ART PROPERLY AND SAFELY, BUT IT DOES HELP TO KNOW A FEW BASICS. FROM WHERE TO HANG YOUR CHOSEN ARTWORK TO HOW, KEEP THESE MUST-KNOW TIPS IN MIND.

PICK THE PERFECT POSITION

Generally, pictures should be hung at eye level – about 1.5m up the wall – and away from direct sunlight or heat sources, as these can damage them. When hanging pieces behind furniture, aim for the base of the frame to sit four to six inches above the highest point of the piece of furniture. If you are hanging multiple artworks together (like a gallery wall) treat the group as one piece of artwork and apply these same rules.

DECIDE HOW YOU WILL HANG IT

If you are hanging a heavy picture on a plaster wall, find a stud on which to safely anchor the wall hook. Lightweight pictures can simply be hung with adhesive hooks, which can typically be removed from the wall without damaging the paint. Will your painting be hung by picture wire or a metal hook? Wire will need screw eyes to be attached to the frame, and these screw eyes should be positioned on the inner right and left-hand edge of the frame a third of the way down from the top of the frame.

GET TO WORK

Though you will be more accurate using a stud finder to hang your large or heavy pictures on, you can go without. Simply tap your knuckles along the wall until you feel and hear a solid backing – this will be your stud. To hang your picture, hold it up where you would like it and mark a line along the top of the frame. Then, on the frame, measure the distance from the top of the frame to the hook or picture wire (be sure to pull the picture wire taught to determine where it will sit when the frame is hung). Measure down that distance from the pencil mark you made on the wall to find where your chosen picture hook needs to be secured. Hang your picture and behold your home art gallery.

RUG RULES.

A WELL-CHOSEN RUG CAN BE ONE OF THE HARDEST WORKING PIECES IN YOUR HOME, TYING A ROOM TOGETHER, CREATING NEW SPACES AND ELEVATING YOUR HOME'S DESIGN. HERE ARE FIVE EASY HACKS FOR PERFECT RUG PLACEMENT.

GO BIG WHERE YOU CAN

A good rule of thumb when choosing a rug is to make sure it will extend beyond the key pieces of furniture you will place on it. For a dining room, this means it should be bigger than your table and chairs, even when they're tucked in. In a bedroom, this will typically mean it should be bigger than your bed and bedside tables. If this isn't possible – for example, if you have a particularly large couch – just place the front legs of the furniture item onto the rug. Just ensure the entirety of all smaller pieces of furniture will fit on the rug.

AIM FOR EQUALITY

If possible, try to make sure your rug has equal distance on all sides. Interior design expert Darren Palmer says you should aim for 30cm on each side of your rug. This will usually mean placing it in the exact centre of your room or chosen space. With diagonal walls or large furniture items surrounding it, this can be tricky – it may be worth investing in a slightly smaller rug in this case, or opting for an irregularly shaped rug instead of a classic square or rectangle.

CONSIDER YOUR COLOURS

A rug really can make or break a room, especially when it comes to colour. Take a look at the largest textured items in your room – your couch, bed linen and curtains, for example – and consider whether a printed or plain rug would complement them better. Plain items may look better with a printed rug, and vice versa. Consider also how warm or cool the colours in your room are. A good rule of thumb is that warm colours will 'come towards you', and cool ones will move 'away from you'. Having a balance of both can elevate your room, so keep this in mind when choosing a rug.



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 a Palm Lake Resort Ballina 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. FREECALL 1800 335 666. *T&Cs apply

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



STEP BACK IN TIME.

WE'RE ALWAYS BEING TOLD NOT TO LIVE IN THE PAST, BUT DID YOU KNOW THAT CERTAIN TYPES OF REMINISCING CAN ACTUALLY BE GOOD FOR YOU? FROM REDUCING THE IMPACTS OF DEMENTIA TO PROMOTING POSITIVE PERSONAL GROWTH, FIND OUT WHY AND HOW TO GET A HEALTHY DOSE OF NOSTALGIA.

Dwelling on the past is no longer seen as a sign of senility – in fact, therapists have harnessed the power of reminiscing to treat people with Alzheimer's and other kinds of memory loss. In 1963, psychiatrist Robert Butler first introduced the idea that reminiscing in old age could be positive. Since then, 'reminisce therapy' has been developed as a non-pharmacological intervention for seniors, especially those with impaired short-term memory. Here's why...

IT CAN IMPROVE YOUR DAY

According to Psychology Today, researchers from Loyola University found that thinking of good memories for just 20 minutes a day can make you more cheerful than you were the previous week. Just think about the feeling that comes over you when you see, smell or hear something familiar, or when you look back through photos from happy times.

IT CAN MAKE YOU FEEL SAFE

Nostalgia is often associated with melancholia, but it can also make us feel comfortable. Next time you're in a new place or experiencing feelings of displacement, try thinking or writing about your favourite people and places. Psychologist Tim Wildschut found that people who write about a nostalgic event are more cheerful after the exercise, and feel more positively about their friendships and close relationships. This gives us a comforting sense of belonging.

IT BRINGS YOU CLOSER TO YOUR LOVED ONES

Reminiscing on memories is an important way to ground yourself and stay true to your roots. This is because your special memories almost always feature special people. Studies have shown that

people with nostalgia-prone personalities cope with problems more effectively as they are more likely to receive social support after experiencing stress, and see their families more often.

IT CAN MOTIVATE YOU

Drawing from memories of your past accomplishments is a common way to stay motivated – you may not even realise you're doing it. Have you ever thought to yourself, "If you got through that, you can get through this"? Of course, try not to ruminate too long on difficult times – focus instead on how you got through them, and how you felt on the other side.

IT CAN BENEFIT THOSE AROUND YOU

We gain wisdom from our own experiences, but also from the experiences of others. Reminiscing on your past can shine a light on important lessons you learnt – lessons that you can pass on to your children, grandchildren and even friends. Flipping through old photo albums can be a helpful way to spark these conversations; turn to the following page to find out how to best document your memories.

Remember: reminiscing is all about how you perceive the past. The same memory can promote positivity or pain depending on how you look at it. Psychologist Sonja Lyubomirsky says it best: "It's what you focus on. Do you focus on how positive it was then, or that it's over now?". As some people say, 'Don't cry because it's over, smile because it happened' – it's cheesy, but it's true.

DO YOU REMEMBER?

Residents at Palm Lake Resort's over-50s communities all lived through the '70s and '80s. But how much can you recall from that time period? Whether you were closer to 10 years old or 30, you'll likely remember these moments and memories from 1975 to 1985. There are some great conversation starters here for our next weekly meal!

ON THE BIG SCREEN...

These were among the highest grossing movies released from 1975 to 1985. Did you see them in the cinemas, and have you watched them since? Perhaps a nostalgic screening is in order!

- Jaws (1975)
- Rocky (1976)
- Star Wars (1977)
- Grease (1978)
- The Amityville Horror (1979)
- Star Wars: The Empire Strikes Back (1980)
- Superman II (1981)
- E.T. the Extra-Terrestrial (1982)
- Risky Business (1983)
- Ghostbusters (1984)
- Back to the Future (1985)

ON THE RADIO...

Billboard magazine named these as the number one songs from 1975 to 1985. How many can you remember the words to? Can you remember your favourite songs from those years?

- 'Love Will Keep Us Together' by Captain & Tennille (1975)
- 'Silly Love Songs' by Wings (1976)
- 'Tonight's the Night' by Rod Stewart (1977)
- 'Shadow Dancing' by Andy Gibb (1978)
- 'My Sharona' by The Knack (1979)
- 'Call Me' by Blondie (1980)
- 'Bette Davis Eyes' by Kim Carnes (1981)
- 'Physical' by Olivia Newton-John (1982)
- 'Every Breath You Take' by The Police (1983)
- 'When Doves Cry' by Prince (1984)
- 'Careless Whisper' by Wham! (1985)

ON THE FRONT PAGE...

Can you remember these history-making moments that took place between 1975 and 1985? Or, better yet, can you remember where were you when you first heard about them?

- In 1975, the Vietnam War ends with the surrender of South Vietnam to Communist forces.
- In 1975, Nadia Comaneci wins three gold medals at the Montreal Olympics with seven perfect scores.
- In 1977, Elvis Presley dies at the age of 42.
- In 1978, the first test tube baby is born in the United Kingdom.
- In 1979, Sony releases the Walkman.
- In 1980, John Lennon is assassinated at age 40.
- In 1981, NASA launches the very first Space Shuttle mission.
- In 1982, the first episode of Late Night with David Letterman debuts on NBC.
- In 1983, the first mobile phones are introduced by the public by Motorola. The final episode of 'M*A*S*H' airs to a record 125 million viewers.
- In 1984, the first Apple Macintosh personal computer goes on sale.
- In 1985, the Rainbow Warrior is sunk by French foreign intelligence services off the coast of New Zealand.

ORGANISING YOUR MEMORIES.

LIFE IS FULL OF PHOTO-WORTHY MOMENTS – SO MUCH SO, MOST OF US END UP WITH A BAZILLION HAPPY SNAPS SPREAD ACROSS A HANDFUL OF DEVICES, ALBUMS AND HARD DRIVES.

Thankfully, website and app developers know the struggle, so there are a number of programs you can use to help you on your photo-organising quest. And with the holiday season upon us and family generally around, why not sort out your memories once and for all - for everyone's benefit.

GATHER THEM UP

Before you can organise your photos, you need to see them all in one place. This may mean scanning physical photos to create digital copies, which you can either do using a scanner or via your smartphone – a quick Google will explain how. You can then save them directly to your camera roll or to an app like Dropbox. You'll also want to find old CDs, USBs or hard drives that could house more pictures. Don't forget to go through your smartphone and any of its backups to find additional images, and check your camera's SD cards if you have one.

FIND THE PERFECT PLACE

Where you store your photos is up to personal preference, but using a cloud-based service is generally the safest, most convenient place. If you use an iPhone and computer, iCloud may be your best bet – it works with your phone to sync images across all devices, and it's relatively affordable if you need to upgrade your storage. Alternatively, Dropbox or Google Drive can be used on the computer and your phone via the app. If you're not a fan of cloud storage, consider an external hard drive for your computer. They're relatively inexpensive but localised – meaning you can only access those photos when you're at your computer.

SET UP A SYSTEM

Depending on your needs, every system has its benefits. While some people prefer to create folders for different events – like, say, 'Japan trip' or 'Emma's first birthday' – this may not lend itself to the more spontaneous snaps. It may be better to create a folder for each year, then a folder for each month. If a particular event happened in a certain month, you could then create a folder solely for that event in the month's folder; for example, your "2019" folder will include a "May" folder, which will include a "Mother's Day Lunch" folder with photos from that event.

MAKE PHYSICAL MEMENTOS

If you love the idea of having each of your children's baby photos in one place, or a holiday album from a family trip, why not make photo books? Websites like Snapfish, Chatbooks, Blurb and Picture Postie make it super easy to turn your photo collections into physical photo albums, which you can proudly put on display or give as gifts to your children, parents or relatives.

FOR SALE HOME 270 - \$1,400,000

BEDS	BATHS	LIVING	OUTDOOR LIVING	GARAGE
2	2	1		2



This well-appointed two-bedroom home (plus study) is situated in a quiet location, just a five-minute walk to the Oasis Country Club with all the amenities, including our newly appointed restaurant. The home itself comes with a large backyard – highly sought-after, especially for pet owners – which is lined with a low-maintenance garden. It even includes a raised veggie garden to make it easy to pick your produce. The open plan home features vaulted ceilings to allow in lots of light, plus tinted windows in the lounge/dining area and kitchen. The alfresco area can be enjoyed while overlooking the wide expanse of the backyard – it is truly a rare find to have such a large space.



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FOR SALE HOME 29 - \$1,200,000

BEDS	BATHS	LIVING	OUTDOOR LIVING	GARAGE
2	2	1		1



This delightful two-bedroom features a study, plus a large walk-in wardrobe and ensuite in the master bedroom. The home has been freshly painted, and comes complete with carpet in the bedrooms and vinyl flooring throughout the home.

Being situated on a corner block, this home offers an easy-to-care-for garden and a paved courtyard at the home's rear for easy entertaining. It is in close proximity to the resort clubhouse as well as the resort's exit, offering maximum convenience for busy residents.

SOLD HOME 14 - POA

BEDS	BATHS	LIVING	OUTDOOR LIVING	GARAGE	ACTIVITY ROOM
2	1	1		1	



This delightful home has a cottage feel and is very homely. One of the original homes in the resort - built prior to the establishment of Palm Lake Resort Ballina - this home is in a very quiet location, close to the main exit of the resort and a short walk to the clubhouse.

Two bedroom with study. Dining area next to kitchen with lounge area upon entering the home. One main spacious bathroom. Screened alfresco area leading out from the dining area. Small shed and good sized garden for growing veggies. Split system air con. Carpets in bedrooms and vinyl flooring throughout.

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10,000 REASONS TO CELEBRATE

With more than 45 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



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120 North Creek Rd, Ballina NSW 2478

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