

Ballina.

NOVEMBER - DECEMBER 2023



Garden gurus

Our garden series continues, with more residents eager to show off their beautiful outdoor spaces inside...

Sing-a-long

Our resort cinema isn't just for movie marathons - a new social group gathers there weekly for a fun activity...





Welcome.



As we come to the close of another busy year, now is the time to start thinking about Christmas and the festive season. It's just around the corner and preparations are starting to rev up. How will you be spending the holidays?

This is my favourite time of year – mainly for the food! However, I also enjoy driving around our resort and the greater Ballina community at night, seeing the effort that so many households put into their decorations. The result is a light-filled Christmas bonanza, with amazing displays of Santa and his reindeers, not forgetting his little elf helpers. I know there are many great contributions here at the resort, too, with many residents putting in time and effort to create spectacular displays. It is lovely to see.

There has been a selection of great homes for sale here at the resort during recent weeks. I am particularly proud to share that a three-bedroom home reached a record sale price of \$1.5 million! The new owners will move in just before Christmas, and we're sure that their life here at Palm Lake Resort Ballina – not to mention their beautiful home – will be a lovely gift for them.

Sales like this reiterate the incredibly high demand for homes here at our resort. There are so many people wanting to live in this wonderful establishment – if you have had a change of circumstance and are considering moving, know that there will be many eager buyers waiting for you. Please stop by the Sales Office during opening hours if you would like to discuss.

In saying that, I would like to remind you all that the Sales Office will be closed for Christmas from December 22 to January 1. We will be enjoying a well-deserved break after a wonderful (and busy) year, and we hope you all do the same.

I would like to wish our lovely residents a very happy Christmas and prosperous new year. I look forward to seeing you all again in 2024.

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:
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Ballina NSW

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9am to 3.30pm, Monday to Friday

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

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News briefs.

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.



ANGELIC CREATIONS

Were you tempted by Elyna Angelic's creations in the last edition of our newsletter? Due to overwhelming response, we are sharing Elyna's contact details so that you can purchase her beautiful soaps. Phone her on 0416 560 911 to purchase some - just in time for Christmas!



POPPY JOINS THE PACK

Not one to be left out, Poppy enjoyed reading about the other dogs of Palm Lake Resort Ballina in our July-August edition and decided she wanted to get in on the fun. The companion of Raelee Garner, Poppy is a Bichon Frisé/Poodle cross who loves life here at the resort. She especially enjoys cuddles with Raelee and her puppy preschool sessions, where she is learning a few more manners!



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 Cinema, Mixed lawn bowls

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



And, they're off!

CATCH UP ON ALL THE FUN OF OUR RECENT MELBOURNE CUP DAY CELEBRATIONS, WHICH WAS EXPERTLY CAPTURED BY RESORT MANAGER, JULIE.

From Fashions on the Field to the iconic sweep, Palm Lake Resort Ballina's Melbourne Cup Day festivities had it all. Residents got all dressed up for the party, which was held in our resort clubhouse on Tuesday November 7.

But it wasn't all about the fashion. Friendly competition was the order of the day, with residents getting involved in a competitive sweep, placing bets on which horse they thought would win the 'race that stops the nation'. Congratulations to all who backed the winner, Without a Fight, and commiserations to those who missed out.

As is typical of our resort get-togethers, the great food and delicious drinks were in high supply. Thank you to all who organised the nibbles and refreshments, and who decorated the clubhouse. Your efforts did not go unnoticed! We can't wait to do it all over again next year.



Resort manager's report.



Well, another spring has passed us and wow, how good is the resort looking! The unexpected rains and a little bit of sunshine have brought all our resort gardens to full bloom this year, seemingly more so than other years. The birdlife seems to have doubled, too.

We at Palm Lake Resort Ballina have welcomed a couple of new staff members to our grounds team recently. They have been able to make an impact straight away, and we are certainly grateful for their help.

With a few very positive and fast home resales recently, we have also been able to welcome some locals from the Northern Rivers into our community. We have even been joined by a few couples from Sydney and beyond, coming to our beautiful region for a sea change. All I hear is how great a choice they made and how welcoming everyone is, which is a credit to the great mix of residents have here at Palm Lake Resort Ballina.

All the staff and volunteers are working towards Christmas parties for volunteer groups, resident street parties and end of year celebrations. I would like to thank everyone involved for all the efforts to help make our community such an enjoyable place to live.

Have a great Christmas time everyone!

Until next time,

Rick Stewart
Resort Manager



Singing for fun.

ONE OF OUR RESORT'S NEWEST SOCIAL GROUPS IS CALLING FOR INTERESTED RESIDENTS TO JOIN THEIR GROWING CHORUS, SINGING THE PRAISES OF GETTING TOGETHER AND MAKING MUSIC – JUST FOR FUN.

Palm Lake Resort Ballina's recently formed singing group meets up every Thursday afternoon in the cinema. Now, they are calling on anyone interested to come along and join them.

"Oh, but I can't sing," is the standard reply. But the group wants you to know that, actually, you don't have to be able to sing. The bouncing ball on the screen covers the lyrics for you, and you can sing in your range (and pretty much to yourself, if need be).

Attendance each week varies from about 15 to 25 residents and their guests, though the group is keen to see more come along. Here are a few reasons why...

Benefits of singing for health and wellbeing

Researchers have discovered that singing boosts your mood and immune system. It reduces stress that is directly linked to many common health conditions – especially those that become more troubling as we age.

The breathing that is necessary for singing lowers blood pressure, improves lung function, strengthens the diaphragm, and stimulates overall condition.

The same researchers say that, to get benefits, a singing session should have a warm-up and last at least 14 minutes (preferably longer) with concentrated bursts within.

And it turns out, our resort singing group has the anecdotal evidence to back up the science! They say their participants report going home on a high on Thursday evenings after a good singing session.

How did the group come about?

Palm Lake Resort Ballina has always enabled singing for residents. In the very early days, some residents travelled to Lennox to join in with the choir there. Here at the resort, we have burnt out a few choir directors, formal choirs, carol singers and karaoke performers along the way.

More recently, some of the attendees at our Happy Hour (along with a few others) began to call for a new singing group. "Nothing formal," they requested, "We just want to have fun!"

As a result of these requests – and the fundraising and pioneering efforts of Jacqui Baskerville – we have now set up the 'follow the bouncing ball' approach to group singing. The words and music are displayed up on the screen in our very own cinema, and it has been a big success so far.

Robert Siddle has further improved Jacqui's Spotify/computer set up which, in turn, has allowed Chris Shevellar, Peter Turvey and Ray Morgan to put together a regular sing-along session. This session lasts about an hour and a half every Thursday from 3pm and consists of popular songs to suit a wide range of tastes and abilities. The group encourages song suggestions and have a lot of fun in the process.

The message is clear: "You can't be unhappy and sing at the same time."

Meet your neighbour.

OUR RESORT IS HOME TO SOME PRETTY INCREDIBLE PEOPLE, AND WE RELISH EVERY OPPORTUNITY TO SHARE THEIR STORIES. THANK YOU TO ONE SUCH RESIDENT, COL LEE OAM, FOR DOING EXACTLY THAT.

Leaving our idyllic property at Tintenbar five years ago – overlooking picturesque tranquil valleys, the Pacific Ocean and surrounded by great neighbours – was not an easy decision for my wife Julie and I to make.

We had lived there for 20 wonderful years and had never really contemplated moving. That was until Julie visited a pop-up shop in Ballina Fair that was advertising a whole new way of living for us, in an over-55s community called Palm Lake Resort. The concept really appealed to us. We could see the reasoning behind a sound, long term, sensible way to continue our busy community lifestyle, especially in a modern, secure resort. Not having the responsibility of constantly maintaining our one and half acre property was also appealing.

We could see that downsizing at our age would free us up and give us more time to be active and affective in our community volunteer work. It would also allow us to enjoy more leisure time together (especially travelling in our caravan), meet a whole lot of likeminded friends and engage in several social activities within the resort. All in all, it would allow us to start a new chapter in our lives.

Well, we were right! This has proved to be one of the best decisions we have ever made. Palm Lake Resort ticks every box for us and, importantly, has given us the freedom we had been looking for. During our time here at Palm Lake Resort we have had the opportunity to join the fishing club, play tennis, be involved with the Oasis Bar and join others on social outings and caravan trips. We spend time in our garden and enjoy the many social get-togethers with our wonderful neighbours and groups we are associated with. This lifestyle change really suits us as we have met many new people who we now value as close friends.

My main interests are gardening, fishing and riding my motorbike. I have just purchased a new Harley Davidson and have recently returned from a 5000-kilometre trip to central Victoria and South Australia. It was a wonderful experience with our motorbike mates – Julie was pillion most of the way. We enjoy the freedom of long rides like this, plus our regular breakfast Sunday morning rides that take us all around the Northern Rivers.

Due to the devastating floods that impacted our region in February 2022, I have been kept very busy as Flood Crisis Recovery Coordinator at my Rotary Club (Rotary Club of Ballina-on-Richmond). I am a Charter member of this club, having been part of it since it was formed in 1986. In my role I am responsible for raising money for and assisting the many



flood affected residents all along the Richmond River.

We are just finishing off the erection and fit outs of 30 temporary homes in Ballina, Richmond Valley, Lismore, and Byron Shires. This has been the single biggest project ever undertaken by our Rotary Club, worth around \$600,000. We are so proud to have been able to provide flood survivors, particularly farmers, a safe, secure, warm place to live while they are getting their properties liveable and sustainable.

During this work I have been very fortunate to have the help of members of the Rotary Satellite Club of Ballina Lifestyle, which comprises predominately Palm Lake Resort residents. They have assembled the kitchens in the workshop and assisted with the fit outs in the temporary homes. Their assistance has really sped up the delivery process of these homes.

After some persuading and the able assistance of a wonderful, clever and capable ex-journalist living here in Palm Lake Resort, I am writing a book on my flood experiences and my time with the Rotary Club of Ballina-on-Richmond and the Satellite Club of Ballina Lifestyle.

I am also currently working on establishing a mental health program for flood affected residents in the region. The program would specifically focus on those aged 50 to 80 who are struggling from the disastrous effects of the 2022 floods. This program will be facilitated and run by a qualified team of specialised professionals who are skilled at working with an older demographic dealing with trauma.

Outside of my rotary club work, I enjoy my role as Chairman of the Ballina Hot Meal Centre which I have held since 2020. The meal centre provides wholesome meals to elderly, homeless, sick, disabled, and lonely people in Ballina. We have 32 wonderful volunteers, some from Palm Lake Resort, who assist with food pick-ups, cooking, serving and providing social interaction for the many disadvantaged people living in our town. This centre provides up to 300 meals each day it is open, which is a vital service to our town's most vulnerable.

When the flood recovery work is complete, I look forward to involving myself more in the many activities in Palm Lake Resort. I might even take up bowls on the indoor bowling green, which I find enjoyable. Next year we have a long caravan trip planned across Australia.

Even more garden goodness.

IF YOU ENJOYED STROLLING THROUGH THE GARDENS OF PALM LAKE RESORT BALLINA IN OUR LAST EDITION, WE'VE GOT GOOD NEWS. WE HAVE EVEN MORE GARDEN GOODNESS TO SHARE!



PHIL



ROBBIE



ROY AND MARG

Roy and Marg have mastered the art of maintaining a lovely garden with easy care. Roy says just a few throws of lawn fertiliser per year gives him the results he wants from the lawn with minimal effort, so he can spend the free time with his lovely wife.

ROBIN AND PETER

They both love working in their garden (mostly) native garden, but Robin says Pete does the bulk of it!



JUDY

Photos expertly captured by fellow resident Julie Pallant, who is completing her Diploma of Photography.



VERN AND CATHERINE

YVONNE

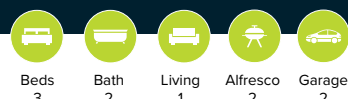


BUT WAIT, THERE'S MORE!

Due to an overwhelming response from our passionate resident gardeners, we will continue this series in the next edition of the newsletter. Stay tuned for the third instalment of 'Garden Goodness' in the January-February issue...

Homes for sale.

Home 40 - POA

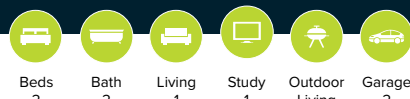


Ready to move in.

This well maintained home has a very spacious living/ lounge area with two alfresco areas leading out from the lounge room. The alfresco area at the front is enclosed with windows and screened doors giving an extra room to relax and view the garden. The double garage has an extra storage room added with extra car space at the side of the garage. A minimalistic garden with creative pebbled and stone paths surrounds the home.



Home 166 - \$1,285,000



In excellent condition.

This lovely home has had one owner. Tinted windows and blind added to the front room keeping it nice and cool, plus extra-large awning alongside the master bedroom. Aluminium white shutters in the alfresco area and a spacious back lawn overlooking bird attracting trees. Tiled throughout with vaulted ceilings adding a great sense of space. Two TVs are included in the sale and a handy key safe at the entrance of the home.



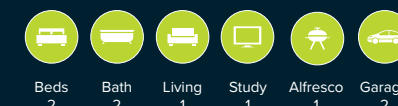
Home 270 - \$1,300,000



Resort living at its best.

This home comes with a large backyard – highly sought-after, especially for pet owners – lined with a low-maintenance garden. It 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.

Home 235 - \$1,400,000



SOLD

A lot to offer.

This home features two bedrooms plus a study. An immaculate residence, there are beautiful landscaped gardens front and back with three rows of irrigation, installed with timers. There are also a total of 19 extra solar panels. Beautiful white shutters have been added in most rooms along with tinted windows. The landscaped garden features a well-established lemon tree and a creative stoned path around the home.

Home 194 - \$1,475,000

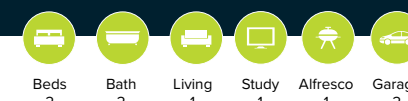


Highly sought-after.

This Mirage style home is tiled throughout, with lush carpets in the bedrooms. The spacious open-plan kitchen/lounge/dining area offers a lovely modern style of living. The tiled alfresco features remote-controlled screens and leads out from the lounge area. This space is perfect for outdoor entertaining, overlooking the lovely garden. The very large ensuite has a bath and separate shower. This home has had one owner.



Home 262 - POA



In excellent condition.

This Serenity design home features two bedrooms, plus a study and alfresco area (with added roll-down blinds) leading out from the dining room. The vaulted ceilings let in plenty of light. The home also has tinted windows, additional cupboard space in the laundry, a stone path around the home, and an easy-care garden. It occupies a corner block and is in very close proximity to the Oasis country club and exit from the village.



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 **palmakeresort.com.au**

10,000 REASONS TO CELEBRATE

With more than 46 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.



FREECALL 1800 335 666 | salesballina@palllake.com.au
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THE BEST IN OVER-55s LIVING. THIS IS YOUR TIME.
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