

NOVEMBER - DECEMBER 2024



Ballina Bliss



Fun that spans generations

Make the most of this holiday season to rediscover some childhood favourites

Giving the gift of family memories

We share tips for capturing your family's history to create meaningful gifts

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Welcome.



It's hard to believe that Christmas is just around the corner! This really is my favourite time of year – warmth, joy and togetherness are truly in the air.

Looking back on 2024, we've certainly had an exciting and eventful year here at Palm Lake Resort Ballina. Our community has welcomed several new residents, and we hope they're feeling right at home.

There continues to be a lot of interest in our resort, and we have a list of buyers ready and waiting to purchase. Some lovely homes are already under offer, and we look forward to seeing even more friendly faces joining us in the new year.

With the holiday season upon us, many of you are likely preparing to spend this festive time with family and friends. Whether you're getting ready to travel to be with loved ones or hosting guests in your own home, we wish you safe travels, wonderful gatherings, and cherished memories.

For those who will be staying local, know that there will be plenty of holiday excitement to join in on here at the resort. Be sure to keep an eye out for all the details. We're especially excited for the festive meals our talented chef Etienne will prepare – these special holiday dishes are sure to be a hit!

As we move into the festive season, let's not forget to spread the word about our wonderful community. Many of us already enjoy sharing our special Palm Lake Resort Ballina lifestyle with friends and family, but the holidays are a perfect opportunity to let others know about all that we offer – the lifestyle, the camaraderie and the supportive, welcoming environment we have here.

Here's to a joyful Christmas season filled with happiness and good company, and to a bright new year with exciting new beginnings for our resort community. Have a wonderful festive season, everyone!

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:

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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

Retraction notice

In our previous edition, there was an error in the listed prices for Home 290 and Home 166. We apologize for any confusion this may have caused. Please contact our sales team directly for the correct pricing and any additional information. Thank you for your understanding.



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

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.

Don't forget to check your speed!

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.



Refer your friends!

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 an established Palm Lake Resort Ballina home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.

It's the season of giving... memories.



THIS FESTIVE SEASON, WHY NOT CELEBRATE THE GIFTS WE ALREADY HAVE? OUR FAMILY, OUR PAST, OUR HAPPY MEMORIES – THESE ARE THE THINGS THAT MAKE LIFE SO SPECIAL. HERE ARE A FEW WAYS YOU CAN TURN YOUR FAMILY HISTORY INTO CHERISHED GIFTS.

Handmade scrapbooks

A handmade scrapbook filled with photos, notes, and keepsakes from the past is a beautiful way to bring your family's history to life. You can curate themed pages adorned with photos, ticket stubs or mementos to reflect special memories – think family holidays, childhood memories or important milestones. Alternatively, consider a scrapbook frame to display a single page or a collection of items that tell a story. These frames can hold vintage photographs, concert tickets or handwritten letters, creating a piece of art that blends memories with home decor. A perfect solution if you're creating gifts for more than one person.

Memory books

We each have a seemingly endless well of memories, but it can be hard to recall them all on our own. Memory books are a wonderful way to share stories from our lives – and you can find them just about anywhere. Of course, there are digital alternatives, too. Websites like Storyworth allow users to answer questions about their past (including questions submitted by their friends and family members). At the end of the year, the answers are compiled into a book. These stories offer insight into family traditions, adventures and life lessons. Can you think of a better gift for the next generation?

Photo albums and books

Curating a photobook is a great way to tell a visual story. Gather up your pictures from over the years, from family vacations to simple moments at home. Many online services

offer easy-to-use templates to create beautiful albums that will be cherished for generations. For tech-savvy grandparents, digitising old photos and videos is a special touch – turning fading images into high-quality digital files that can be shared easily across devices.

Digital frames

A modern twist on a classic present, a digital frame allows you to share hundreds of photos in a rotating display. Certain frames allow you to preload a selection of family snapshots, while others can be added to remotely (via cloud technology) for a display that changes as your family does. If a picture tells a thousand words, we can't think of a better way to keep your memories alive.

Furniture with meaning

Furniture may not be the first thing that comes to mind when you think about sentimental gifts, but restoring or passing down a cherished piece can have great significance. Whether it's a rocking chair that's been used by generations or a coffee table where family game nights took place, these pieces allow memories to live on – even when the walls around them change. For a personal touch, inscribe meaningful dates or messages on the furniture, or write a letter explaining its history to your gift's recipient.

Sentimental jewellery

As some of our most treasured possessions, pieces of jewellery can carry deep of nostalgia – especially when they have been passed down through the generations. That necklace or watch that has been gathering dust in your nightstand could become a cherished gift for your child or grandchild. Or how about creating a custom piece from a broken or dated item? You can incorporate birthstones, engravings or even handwriting – with sentimental jewellery, the possibilities are endless.

Keeping the past alive.

THE HOLIDAYS USUALLY PROVIDE MANY OPPORTUNITIES TO SIT AROUND A TABLE WITH LOVED ONES. WHY NOT USE THESE PRECIOUS MOMENTS TO SPARK NEW CONVERSATIONS ABOUT OLD MEMORIES? THIS IS YET ANOTHER WAY TO KEEP THE PAST ALIVE. JUST MAKE SURE YOU DOCUMENT THESE VALUABLE CHATS – YOU COULD MAKE VOICE OR VIDEO RECORDINGS OR TAKE NOTES AND TURN THEM INTO A KEEPSAKE BOOK. TO MAKE THINGS EASY, WE'VE COME UP WITH A FEW QUESTIONS, BELOW, TO HELP GET THE BALL ROLLING ON DOCUMENTING YOUR FAMILY HISTORY...

Questions about childhood

- What was your favourite game to play as a child?
- What was your favourite item in your childhood bedroom? Did you have a special toy?
- Who were your best friends, and what did you like to do together?
- Did you have any pets? What were they like?
- What's a memory from school that stands out to you?
- What was your favourite meal growing up, and who cooked it?

Questions to compare experiences

- What was school like when you were a kid, and how is it different from school today?
- How did you celebrate your birthdays growing up?
- What was traveling like when you were younger compared to now?
- What are some things you did that you think kids today don't get to experience?
- How was life different when you were my age, and how is it the same?

Questions about family traditions

- What special traditions did your family have for holidays like Christmas or birthdays?
- How did your family celebrate big milestones, like weddings or graduations?
- Was there a family recipe that was passed down to you? Are there any family meals special to you? Why?
- Did your family have any unique or funny traditions?
- What was your role during family gatherings when you were younger?

Questions about life events

- What was one of the most important decisions you made in your life?
- Can you tell me about the day you met (spouse/partner)?
- What was your first job, and what things did you learn from it?
- What's the best piece of advice you've received?
- What's a challenge you faced that taught you a lot about yourself?

Questions about the different eras

- What did you do for fun when you didn't have modern technology?
- How did you communicate with your friends or family before the internet and mobile phones?
- What kind of music did you listen to? How did you hear about new bands or songs?
- What major world events or historical moments do you remember clearly?
- How did people dress when you were my age?

Questions about family and ancestors

- Can you tell me about your parents or grandparents?
- What is the most interesting thing you've heard about our family history?
- Did your family have any special heirlooms or items that were passed down?
- What do you know about where our family originally came from?
- Are there any funny or memorable stories about our family that I haven't heard before?



Meet the team.

WITH THREE THERAPISTS IN ONE SPACE, PALM LAKE MESSAGE IS READY TO HELP PALM LAKE RESORT BALLINA RESIDENTS FEEL THEIR BEST. THEY'RE ALSO OFFERING DISCOUNTED MASSAGE THERAPY FOR HOMEOWNERS.

MELANIE MILLER

Remedial Massage Therapist and owner

Mel is an experienced therapist who uses an holistic whole body approach in her treatments, integrating a special blend of techniques including deep tissue, trigger point, muscle energy technique, kahuna, holistic pulsing, manual lymphatic and stretching. Mel will help you reconnect with your body, promoting general health and aiding healing and recovery to help you return to your natural holistic state of balance and harmony.

Phone: 0449 524 284

DANIEL WILKINSON

Remedial Massage Therapist

Daniel has 6 years industry experience assisting the elderly with post-surgery rehabilitation, post-acute injuries and conservative management of chronic pain. Treatments often incorporate a combination of trigger point therapy, guided breathing, assisted stretching, myofascial release and joint mobilisations with the aim of improving posture and mood.

Phone: 0413 689 752 (direct) or 0449 524 284 (Palm Lake Massage)

SUE ANDERSON

Remedial Massage Therapist

With a sleuth-like ability for getting to the root cause of aches and pains, tension and discomfort of a musculoskeletal origin, Sue is your partner in gaining better movement, renewed vitality and love for life. In her remedial toolbox, she has a number of innovative techniques including massage therapies, stretching, myofascial cupping, manual lymphatic drainage and reflexology. She will equip you with simple self-care strategies to suit your lifestyle and activities so you can keep doing what you love every day. Experience the power of remedial massage for yourself and book in today.

Phone: 0449 524 284



Denise's salmon and rice pie.

IN THIS EDITION, DENISE THOMAS (HOME 80) SHARES HER RECIPE FOR HER GO-TO SALMON AND RICE PIE. SERVES 4 PEOPLE.

INGREDIENTS

- 1 cup rice
- ½ teaspoon saffron or turmeric powder
- 2 eggs, beaten
- 1 cup grated cheese
- 1 small onion, chopped
- 1 small red capsicum, chopped
- 30g butter
- 2 large tablespoons flour
- 1 cup milk
- ½ to ¾ tin salmon
- ½ tin pineapple pieces in juice
- Paprika, to season

METHOD

For the base

1. Cook rice in 2 ½ cups water with saffron or turmeric powder
2. Cook on high (stirring in between) for 15 minutes
3. Mix in 1 beaten egg and half the grated cheese
4. Press into microwave proof dish

For the filling

5. Cook onion and capsicum in butter for 2 to 3 mins
6. Thicken with flour
7. Cook for 2 minutes
8. Gradually add 1 cup of milk
9. Mix in salmon, pineapple pieces and remaining egg
10. Pour over rice base
11. Sprinkle with paprika and remaining grated cheese
12. Cook in microwave oven for 8 min



Resort manager's report.



Well, the weather is off and racing like the Melbourne Cup winner! We've certainly transitioned into a glorious spring and early summer weather pattern here in Ballina. It's almost as if a big switch has been turned on. Everything is blooming; flowers are in full, vibrant bloom, and the native birds have returned in droves. We've also been fortunate to have a few refreshing evening rain showers to wash away the winter dust and make everything shine.

Our recent Melbourne Cup lunch was a hit again this year, with around 150 residents dressed up for the annual event. It was a big day out for everyone, and some residents made their way home with full bellies - and a lucky few with a sweepstakes win!

In other exciting news, our lawn bowlers are celebrating a lighting upgrade to the covered lawn bowls arena. We've recently replaced the old lighting with energy-efficient LED lights, making the bowls area just a little greener.

Overall, Palm Lake Resort Ballina continues to set the standard for retirement living in our region. Our residents know they're in a great place, with so much to do and a wonderful quality of life - it's what we're all about.

Until next time,

Rick Stewart
Resort Manager





Fun that stands the test of time.

ARE YOU HOSTING YOUNGER GENERATIONS THIS HOLIDAY SEASON? TAKE A TRIP DOWN MEMORY LANE WITH THESE OLD SCHOOL FAVOURITES, WHICH WILL BRING AS MUCH JOY TO YOUR CHILDREN AND GRANDCHILDREN (AND EVEN GREAT-GRANDCHILDREN?) AS THEY DID YOU...

Movies

- Mary Poppins (1964): Watch it on Disney+
- A Charlie Brown Christmas (1965): Watch it on Apple TV
- The Love Bug (1968): Watch it on Disney+
- The Pink Panther (1963): Watch it on Apple TV
- The Parent Trap (1961): Watch it on Disney+

TV shows

- The Beverly Hillbillies (1962-1971): Watch it on Prime Video
- Bewitched (1964-1972): Watch it on Apple TV
- I Dream of Jeannie (1965-1970): Watch it on Apple TV
- The Munsters (1964-1966): Watch it on Foxtel Now
- The Addams Family (1964-1966): Watch it on Apple TV

Songs

- ‘God Only Knows’ by The Beach Boys (1966)
- ‘I Want You Back’ by The Jackson 5 (1969)
- ‘Like A Rolling Stone’ by Bob Dylan (1965)
- ‘Be My Baby’ by The Ronettes (1963)
- ‘You Can’t Hurry Love’ by The Supremes (1966)

Indoor games

Dominoes: Each player starts with seven dominoes. The remaining dominoes are placed face down. The first player places a domino with a matching number of dots (e.g., a 6-6). The next player must add a domino that matches one of the numbers on the open ends of the chain. If a player cannot play, they must draw from the pile until they find a playable piece. The game continues until one player uses all their dominoes or no more plays can be made. The winner is the person who runs out of dominoes first.

Knuckles/Jacks: Scatter the knuckles on the ground. The first player tosses the ball into the air, quickly picks up one knuckle, and catches the ball before it hits the ground. The player continues picking up one knuckle at a time. After clearing all knuckles, the player moves on to picking up two at

a time, then three, and so on. The game ends when a player fails to pick up the right number of knuckles or drops the ball.

Marbles: Draw a circle (about one metre wide) on the ground and place a few marbles inside. Players take turns flicking their "shooter" marble (a larger marble) at the smaller ones, aiming to knock them out of the circle. If a player knocks a marble out, they get to keep it and take another turn. The game continues until all the marbles have been knocked out. The player with the most marbles wins.

Outdoor games

Yo-Yo: To start, hold the yo-yo in your hand with your palm facing up and the string wrapped around your middle finger. Throw the yo-yo downward with a flick of your wrist, letting it unwind and "sleep" (spin) at the bottom. Give the string a small tug to bring the yo-yo back to your hand. As you get comfortable, you can try simple tricks like "Walk the Dog" (letting the yo-yo roll along the ground) or "Around the World" (spinning the yo-yo in a circular motion).

Handball/Four Square: Stand a few feet away from the wall and hit the ball against it using the palm of your hand. The ball must bounce once on the ground before hitting the wall, and the other player must return it after it bounces once on the ground. Play continues as long as players can keep hitting the ball back and forth. If a player misses, lets the ball bounce more than once or hits the ball out of bounds, the other player earns a point.

Elastics: Tie a long piece of elastic into a loop. Two people stand inside the elastic, stretching it around their legs at ankle height to form a rectangle. The third player jumps over and on the elastic in a sequence, chanting a rhyme (e.g., "England, Ireland, Scotland, Wales..."). As the player succeeds, the elastic is moved higher, first to knees, then hips, etc. The aim is to complete the jumping pattern without touching the elastic incorrectly or missing a jump.

Homes for sale.

Home 170 - POA

Beds
3

Bath
2

Living
1

Alfresco
1

Garage
2

A relaxed lifestyle awaits.

This well presented Mirage design home has many added features for the discerning buyer. Two beautiful bespoke stained glass panels created specifically for the resident are placed in a panel at the hallway entry and in the lounge room. Refined details throughout, including teardrop lights above stone kitchen bench.



Home 322 - \$1,395,000

Beds
3

Bath
2

Living
1

Alfresco
1

Garage
2

Highly sought-after.

Tucked away in a quiet corner of the resort, this home boasts open views of beautiful trees from the large back yard. The home features a study nook and double glazed doors and windows alongside the open plan lounge dining area that leads out to the restful al fresco area.



Home 22 - \$995,000 neg.

Beds
2

Bath
2

Living
1

Study
1

Alfresco
1

Garage
2

Lots of open space.

This tidy 2 bedroom home with study features an enormous back yard with a great rural outlook. It has well-established fruiting lemon and orange trees with lots of room to grow more produce. An ideal area, also, for pet owners with plenty of room to run free. Carpeted throughout with air conditioning 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!

Deception Bay quilt club turns 20.

Palm Lake Resort Deception Bay's quilters have just celebrated an impressive milestone: 20 years of togetherness AND an incredible number of quilts produced for charity...

"Our numbers have waxed and waned over the years, but we've always had around 12 regulars to our Saturday morning get-togethers," explains quilt group members Dawn and Jan. "In the early days, we all just shared our knowledge of quilt making and enjoyed the chats. But in 2008, we began handing out quilts to homeowners within our resort who we had been advised had moved into care. We also gave some quilts to Palm Lake Care when they first began operating.

"In early 2020, we became aware of the dreadful fires down in the Bega area of New South Wales. A call out for some more members to make quilts for those affected resulted in over 100 quilts making their way down to fire victims."

While COVID limited things in 2020 and 2021, members continued to quilt at home. They also made hundreds of masks that were sold both within the resort and outside, helping to raise funds for the purchase of backing fabrics, wadding and other requirements.

"For some time now we have also been donating quilts to various charities and we will continue to keep spreading the goodwill," the pair says.

And you won't believe the numbers. Here's a snapshot of the almost ONE THOUSAND quilts that have been produced and donated by the group over the years:

- Deception Bay Neighbourhood Centre: 350
- Drought Angels, Chinchilla (now "Farm Angels"): 260
- Palm Lake Resort homeowners going into care: 170
- Palm Lake Care: 30
- Bega Fires: 100
- Centre Against Domestic Abuse Caboolture: 75

Dawn and Jan sent out a special thank you to their fellow Palm Lake Resort Deception Bay neighbours who support the group's monthly dinner raffles and their annual quilt show.

"We'd also like to thank the homeowners who donate fabric for us to make into quilts. Our cupboard is filled with fabrics, all waiting to become part of some more colourful quilts!"



When you're on a good thing...

Did you know that almost the whole team at Palm Lake Resort Eagleby are long-time employees? It's quite the achievement to have all of these long-timers in one resort and most likely reflects the strong sense of community there. The superstars include:

- **Micky:** Caretaker, 15 years
- **Anne:** Cook, 10+ years
- **Kate:** Kitchen hand, 10+ years
- **Lauren:** Administrator, 10 years
- **Daguy:** Assistant Caretaker, 10 years



Eric's birthday tradition

There's a fun tradition at Palm Lake Resort Toowoomba that always makes us smile. Homeowner Eric Gibbons owns a bright yellow motorcycle with sidecar and when a fellow homeowner celebrates a milestone birthday, Eric takes them for a spin! Most recently Annette Walker had the delight of a cruise with Eric on her 80th birthday.

Gold medal-winning Olympian brings celeb flavour to Cooroy-Noosa.

There's no doubt about it – when Palm Lake Resort Cooroy-Noosa homeowners get together, they go for all-out fun! So, of course, when the Olympics are on – you have to have your own Mini Olympics. It helps, of course, when the daughter of one of the homeowners happens to be none other than gold-medal-winning former heptathlete Glynis Nunn-Cearns.

The resort's very vibrant Social Committee of 22 volunteers got their heads together with Glynis and arranged for some fun activities.

Six teams organised themselves for competition, complete with uniforms and table decorations – Australia, England, Italy, Scotland, Switzerland and the USA. Spectators were not left out, with games organised for them as well.

Some very tricky games were embarked upon with much enthusiasm and determination, with co-operation the key to success. Gold, silver and bronze medals were awarded to the winners on the day, with Scotland ultimately the victorious team.

We like to come together for fun.

There's no doubting that each of our resort communities offer fun for their homeowners - it's when multiple Palm Lake Resort communities come together that the magic happens. Here's a snapshot of the most recent inter-resort events we've seen...

Palm Lake Resorts Bethania and Waterford converged at Bethania for a McGrath Foundation 'pink' breast cancer fundraiser. A raft of local dignitaries attended and \$4000 was raised for charity (pictured right).

On the sporting pitch, 66 Beachmere Bay bowlers and friends travelled to Bargara for a two-day tournament. Many spectators also attended - vantage points were at a premium. Team Bargara came out on top.

Still on lawn bowls, the third game in the annual "Across the tracks" competition saw Palm Lake Resort Bethania come out on top, over their friends at our Waterford resort. Waterford actually won the series, two games to one, but Bethania took home the trophy on points.



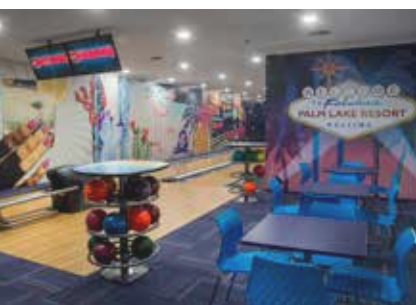
Tell us what's happening over your back fence.

Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? Are you and/or your neighbours doing something special that you're proud of - and you know we'd be proud of too?

We'd love to hear from you and include your story in these pages in the next editions of all our resort newsletters.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com

Entertain your friends.



FREECALL 1800 335 666 | salesballina@palllake.com.au
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