

SEPTEMBER - OCTOBER 2025



Ballina Bliss



Steve's mountain adventure

Find out what happened when resident Steve Horne tramped the mountains of Ladakh

Meet the Sundance Kids

Our resort theatre group is about so much more than just watching movies...

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for fast cash



Welcome.



Spring is finally here – and doesn't it just put a smile on your face? The sunshine and fresh blooms around the resort seem to lift everyone's mood, and it feels like the perfect time to enjoy everything our community has to offer, whether that's a morning walk, a catch-up with neighbours, or simply sitting outside with a cuppa.

A big thank you to all the residents who have shared their stories for this edition of Ballina Bliss. They make the newsletter such an enjoyable read – and hopefully they'll encourage a few more of you to contribute next time too. Everyone has a story to tell, and it's always wonderful to learn a little more about the people who make our resort so special.

We've also had lots of visitors through the resort lately, and it's always lovely to hear their first impressions. I never get tired of hearing the "wows" as people look around and discover just how well presented the resort is. Many even mention that after doing their research, Palm Lake Resort still stands out above the rest – which is always wonderful feedback to hear.

On top of that, we've had a few residents take advantage of the Refer a Friend program recently – and I'm sure they'll enjoy putting that \$250 reward to good use. It's such a great way to welcome new faces to our community while rewarding those who already call it home.

I'm looking forward to seeing more of your stories and ideas for upcoming newsletters. In the meantime, enjoy this beautiful season, make the most of the sunshine, and most importantly – have fun!

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 briefs.



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
1pm 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

We have had a busy couple of months with resort business, budgets and preparing our resort for the new financial year. We are looking good - with existing projects on track to be completed and new ones about to be started, the resort will continue looking and feeling five-star. We have recently finished mulching every single garden and parkland here, as well as refreshing buildings with a fresh lick of paint. These projects are just some of the many spring refreshments we have put into place, along with the servicing of all air conditioners in anticipation of the summer days ahead.

Palm Lake Resort Ballina recently welcomed a number of new

residents to our community. I see many happy faces around the resort, enjoying their new surrounds and all that we have to offer here. We look forward to seeing our springtime flower gardens flourish and the vast native bird population busily preparing their nests. They're certainly enjoying life to the fullest - much like we do here.

We are fortunate to welcome a couple of new staff members this month. The entire team welcomes them to our resort.

Until next time,

Rick Stewart
Resort Manager



Bingo!

After dinner at our wonderful Palm Lake Café, our diners were delighted to stay on for a few games of bingo. Over 70 residents decided to try their luck with the bar staff also playing along. Winner of the first round was Pat Buckley, one of our hard working bar volunteers, who was playing from behind the bar and very grateful for her \$20 prize. That's 20 times more than she gets paid working on the bar! Winners continued to drop from then on with some games hotly contested for that first prize. We look forward to another round in the next few months.



Journey through Ladakh.

FIND OUT WHAT HAPPENED WHEN A GROUP OF ADVENTUROUS RIDERS – PALM LAKE RESORT BALLINA RESIDENT STEVE HORNE AMONG THEM – EMBARKED ON AN UNFORGETTABLE MOTORCYCLE EXPEDITION THROUGH THE MESMERISING LANDSCAPES OF LADAKH.

The trip to India took them through one of the highest and most remote regions of the world. The goal was to tackle the three highest motorable roads in the world: Fatulatop (13,479ft), Khardung La (17,982ft) and Umling La (19,024ft).

The journey began with winding roads surrounded by snow-covered peaks and valleys. Riding sturdy Royal Enfield Himalayan motorcycles, the group pushed their limits, climbing the world's highest roads. The accomplishment was just not physical but deeply emotional.

"Along the way, we encountered the warm and vibrant local communities – women and men dressed in traditional Ladakhi attire, adorned with floral headdresses, and villagers radiating hospitality," says Steve, adding that these interactions brought insight into the ancient traditions still alive in the valley of Ladakh.

From riding double-humped Bactrian camels in the high-altitude sand dunes of Nubra Valley to witnessing the surreal blue reflections of Pangong Lake, every destination added a new shade to their travel palette.

"On our return to Leh, the capital city, our group celebrated our travels, sitting under Tibetan prayer flags and soaking the spirit of the Himalayas," says Steve. "We knew we had shared something truly extraordinary."



Lights, camera, action!

PALM LAKE RESORT BALLINA'S SUNDANCE THEATRE GROUP CONTINUES TO BRING HOLLYWOOD MAGIC TO THE COMMUNITY, WITH RESIDENTS STEPPING INTO THE SPOTLIGHT FOR THEIR LATEST THEMED SCREENINGS.

Residents have embraced a wide range of characters in recent months – from witches and showgirls to tailors and timekeepers – bringing classics like 'Wicked', 'Chicago', 'The Pajama Game' and 'High Society' to life on and off the screen.

With costumes, props and plenty of imagination, these theatre goers have transformed their screenings into something much more than movie nights. Whether it was Leonie turning green as Elphaba, Ian playing the smooth-talking lawyer, or Denis appearing as both a dapper gentleman and Father Time, the cast never failed to entertain.

The Sundance Theatre group is proving time and time again that the magic of cinema isn't just on the screen – it's in the fun, friendship and creativity shared along the way.





The Rotary Satellite Club.

DID YOU KNOW THAT OUR RESORT IS HOME TO A SATELLITE CLUB SPONSORED BY THE ROTARY CLUB OF BALLINA? HERE'S WHAT THEY GET UP TO...

The Satellite Club was established in March 2021, with a major objective to provide residents of Palm Lake Resort Ballina with an opportunity to participate in community service projects and activities, as well as promoting friendship, fellowship and fun in the wider Ballina community.

Membership is not restricted to Palm Lake Resort residents – however we currently only have one member who resides outside the resort. While the Rotary Club of Ballina on Richmond is our sponsor Club, the Satellite Clubs operates totally independently, and our membership is geared to retirees.

The Club meets on the fourth Tuesday of the month in the resort cinema. Following the meeting we enjoy lunch in the Oasis. Apart from the usual formal business we generally invite a guest speaker to address our members. When the topic may be of interest to the wider Palm Lake Resort Ballina, we open the meeting to any resident who may wish to attend. We also enjoy a monthly social outing between meetings – this may be to a local attraction, a lunch/morning tea or an entertainment event. Again, residents are often invited to join us.

Since its establishment, the Satellite Club has...

- Embarked on a major recycling program in partnership with three local holiday parks in Ballina. Since its introduction in 2021 we have earned over \$25,000 which has enabled us to provide financial assistance to worthy community projects/activities in Ballina such as the Marine

Rescue Service, Suicide Prevention and Mental Health Awareness.

- Conducted workshops for residents of Palm Lake – two “On the Road” workshops covering a range of issues relating to seniors’ use of the road and a “Falls Prevention” workshop conducted over 3 weeks with a 90-minute session each week. This workshop provided participants with a range of exercises, dietary advice and general information to reduce the risk of falls.
- Participate in “Stoma Mates” – an ongoing project which sends essential medical equipment to Papua New Guinea.
- Conducted sausage sizzles at Bunnings, the profits of which also benefit local projects/activities.
- Staffed the “Breakfast Club” at Ballina Public School.
- Assisted the Rotary Club of Ballina on Richmond by assembling over 30 IKEA kitchens to be installed in PODS for flood affected residents in the Ballina region.
- Initiated the “Poppy Project” in partnership with the Ballina RSL, the Ballina RSL Sub-branch and the Ballina Shire Council to enhance the annual ANZAC Day March by making thousands of crocheted poppies which were placed on large wreaths which were installed on light posts along River Street along with large Anzac themed banners. Poppies were also sold to the general public to raise funds for Veteran services.

Should anyone like further information or would like to join our club, please contact Sue Nunn (ph. 0457 597 637).

A whimsical look at life through the eyes of a Stinno.

OUR RESORT IS HOME TO SO MANY STORIES - RESIDENT DOUG STINSON DECIDED TO WRITE HIS.

My wife Lesley and I have spent the last eight or so years living at Home 252 in Palm Lake Resort Ballina – and I have to say, they have been some of the best years of my life.

On encouragement from my family and friends, I decided to write a story about my fulfilling life and the many experiences I have encountered. The story is not your usual biography, but an effort to document the comical side of life as a hospital manager, a failed farmer, a fisherman of questionable ability, an overseas traveller and a regular “Jo Jinx” when it came to getting into trouble. My associates at the Table of Knowledge on Friday nights will undoubtedly confirm this, if you have any doubts.

As is mentioned on the back cover, “Some people measure success in terms of wealth, others through academic or sporting achievements, and some through health and fitness. My measurement of success simply relates to laughter and if you can laugh at yourself, that is an even better indication of being truly happy and successful.”

I managed to put pen to paper during the COVID pandemic and had the story published through Amazon. It is available for purchase through Amazon, but as I never had any desire to be paid for the book I purchased 30 copies to be distributed free to friends and relatives. I put some 10 copies out for circulation in Palm Lake Resort Ballina but as I never recorded their distribution, I don’t know exactly who has them. Anyone who has finished reading a copy might return it to me for further distribution.

I have also donated a couple of copies to the resort library if you wish to read it. Alternatively look me up at Home 252 or call me on my mobile 0412 663 872.

Doug Stinson



Come one, come all!

CATCH UP ON ALL THE FUN OUR RESIDENTS HAD DURING THEIR JULY REVOLVING DINNER!



Homes for sale.

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

Home 131 - \$1,150,000

Bed

2

Bath

2

Study

1

Living

1

Alfresco

1

Garage

2



Home 163 - \$1,200,000

Bed

2

Bath

2

Study

1

Living

1

Alfresco

1

Garage

2



UNDER OFFER



Home 62 - \$990,000

Bed

3

Bath

2

Living

1

Alfresco

2

Garage

2



Home 66 - \$799,500

Bed

2

Bath

2

Study

1

Living

1

Alfresco

1

Garage

2



Home 119 - \$1,190,000

Bed

2

Bath

2

Study

1

Living

1

Alfresco

1

Garage

2



Home 1 - \$950,000

Bed

2

Bath

1

Study

1

Living

1

Alfresco

1

Garage

2



UNDER OFFER



Home 193 - \$1,390,000

Bed

3

Bath

2

Study

1

Living

1

Alfresco

1

Garage

2



Refer a friend,
earn a reward.

A \$250
CASH BONUS
FOR YOU



Do your friends love it here?

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase one of our established homes you'll receive \$250 cash. Easy! Terms and conditions apply. For more information or to refer your friend, phone 1800 335 666.

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Over the back fence.

THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 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 'FAMILY MEMBERS' HAVE BEEN UP TO - WHETHER JOINING FORCES TO DO GOOD IN THE COMMUNITY OR JOINING FORCES FOR FUN!



Care cookbook shares the culinary love

Palm Lake Resort's sister company, Palm Lake Care, has just published a lovely commemorative cookbook, "From our hearts to your table", filled with special family recipes gratefully shared by residents and various team members. It was quite a lengthy process collecting all the special 'ingredients' for the 52-page cookbook, but now it's time for this highly anticipated project to be plated up and served to our excited community.

"Here we share a passion for food and use it as a bridge to connect generations, cultures and cherished moments," the book's production team members state, in the Foreword. "We're engaging residents and employees by celebrating their culinary memories, personal tastes and shared traditions. This cookbook turns mealtime into a meaningful experience, filled with flavours that comfort, inspire and bring back fond memories of home and childhood."

Every recipe reproduced in the book comes complete with a photo of the recipe's owner and the story as to why their particular recipe is so meaningful to them. For example, Palm Lake Care Deception Bay resident Johanne Visser shared his recipe for Traditional African Oxtail Stew. Johanne says this recipe was passed through three generations of his family. Children within the village where he lived would all bring the ingredients to his door and beg Johanne's wife to make this stew for them - and she'd happily oblige. Palm Lake Care Bethania resident Helen Jutte also shared a recipe that took her back to her childhood. She described her 'Dutch Stampot with Rookworst' as "One dish and a thousand memories".

"When I was 13, I moved to Holland to live with my grandmother on a farm filled with animals - even a cow that lived inside the house!" Helen recalls.

"She introduced me to new foods like Stampot Boerenkool, which we'd enjoy in winter with sausage, always saying 'Eet lekker!' which translated to 'eat well'. This dish still brings back warm memories of my time on the farm."

Palm Lake Care Bethania Service Manager Bernice Cowley shared her recipe for Malva Pudding - a beloved South African dessert, rich in nostalgia and flavour served warm and best enjoyed with custard, cream or ice cream. And our Chief Operating Officer Trish Heke's humble Cheesy Scones also got the call up!

"Making a fresh batch of scones is a tradition in my family, and while the recipe has had a modern twist put on it, the meaning remains - they are a treat from the heart," Trish smiles.

"My great grandmother made fresh scones for family when they visited. It was viewed as an honour to both serve and be served, always with a pot of tea. Naturally, I have taught my family to make them but... it still seems to fall to me to produce a batch. The team at Central Support Office don't mind when I bring some in either!"

Copies of the "From our hearts to your table" recipe book are just \$20 each. To purchase your copy, simply stop by the Reception desk of your closest Palm Lake Care community (see palllakecare.com.au for contact details).

Ian walks for charity



Palm Lake Resort Cooroy-Noosa homeowner Ian Bates has collected close to \$5000 and walked 114km for the 'Walk For Him' campaign, in support of prostate cancer research. "Many of us in the resort have been affected by the scourge of prostate cancer and we have lost too many good friends to it in the few years the resort has been open," Ian says. "By the end of the fundraiser, the donations I had received - both in cash and online - totalled \$4734, placing me eighth out of 1215 participants on the national leader board." Nice work, Ian!



Inter-resort good sports

Palm Lake Resort Tea Gardens homeowners joined Palm Lake Resort Forster Lakes homeowners at Palm Lake Resort Fern Bay recently, to slug it out on the tennis court all in the name of good sports. As is always the case when we bring multiple resorts together for 'sport', there was an equal amount of fun reported on the sidelines as was had on the courts. The event's hosts went above and beyond for their Palm Lake Resort 'cousins' - purchasing a heater and lots of blankets to keep the crowds warm on what shaped up to be one of the area's coldest days on record! After a few games, some of the tennis players decided it was warmer to go inside and play table tennis - luckily, Forster Lakes had four table tennis players in their midst! With a delicious soup lunch enjoyed, no one really cared what the scores on the courts ended up being! The next matches will be played at Tea Gardens at the end of October.

What's 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? We'd love to include it in the next editions of our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**

Merran is an Aussie champ!



Palm Lake Resort Yamba homeowner Merran is the Australian Three-Day Orienteering Champion (Women's 85A). While not competing for four years due to a hip replacement and recovery from a fractured pelvis, Merran came second on Day One, first on Day Two and second on Day Three but she was ultimately fastest over the three days and took out the Australian championship. Well done, Merran!

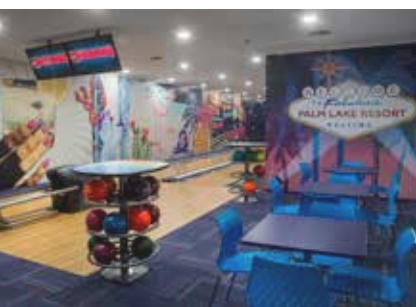


Kindness grows, and grows

Palm Lake Resort Forster Lakes homeowners have rallied behind their local area's flood relief effort with thanks to two key charitable neighbours, Dee and Carol. The pair wanted to help via a collection drive and with the guidance of the Pacific Palms Rural Fire Service, the social media-savvy ladies put a call out to their fellow resort neighbours and were soon inundated with donations of things like food, nappies, toilet paper and animal food. With all hands on deck, they loaded up the resort bus as well as a car trailer and headed to Pacific Palms RFS (as pictured above) to sort and then deliver the haul to the Community Flood Relief Hub in Taree. Still on their charitable high some weeks later, the group heard there was additional need for clothes and bedding. They collected, sorted and labelled another trailerload that went to hubs in Taree and Wingham the following day.

Knowing their charitable efforts were really making a difference, the Forster Lakes homeowners looked for further ways to continue spreading the love. Through Pacific Palms RFS they met two families to sponsor. They worked directly with the family members to find out what exactly they needed to get their homes and even a farm back up and running - and happily obliged with more donated kitchen and household items as well as a monetary donation. After all of the effort and success, the homeowners have decided to 'adopt' the Pacific Palms RFS and have been helping to stock their fridge with meals, cakes etc for when they are out and about looking out for the rest of the local community. As Dee and Carol say, "Helping these helpers makes us feel great!". Well done to all the selfless Palm Lake Resort Forster Lakes homeowners who contributed in some way.

Home to your best years.



1800 335 666 | salesballina@palllake.com.au
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