

Banora Point.

APRIL - MAY 2023



Fill your diary

Our Weekly Activities program is full to the brim with things to keep you active and social.

Fit and well

As the weather cools, make the most of our resort facilities to stay healthy. Find out how on Pages 8 & 9.

Welcome home

You could call our special community home... Turn to Pages 10 and 11 to see our available listings.



Welcome.

Welcome to the April-May edition of the Palm Lake Resort Banora Point newsletter. It's been a busy couple of months with lots to celebrate, including Easter and Anzac Day. We hope you all enjoyed the public holidays and were able to spend time with friends and family.

In this edition of our newsletter, you will read updates from the social bowls group and the Homeowners Committee. We thank them for their contributions, and would like to remind all homeowners that you are welcome to submit your own content for the newsletter – happy snaps and anecdotes from around the resort, notices about past and upcoming events and other pieces of resort news are all most welcome.

As we head into winter, it is particularly important to focus on our health and fitness. Turn to Pages 8 and 9 for two stories about ways to stay fit during winter, and check out our Weekly Activities list on Page 5 to see if anything takes your fancy.

The fire brigade will be here to change the batteries in the smoke alarms on Sunday May 14, between 9.30am and 11.30am. If you wish to take up the offer, please put your name down on the list in the hall.

Another important event will take place on Sunday May 14: Mother's Day! We would like to wish a very happy Mother's Day to all the mothers and grandmothers who call our resort home. Enjoy your day.

Until next month, take care,

Wayne and Di
Palm Lake Resort Banora Point Caretakers

CONTACT US

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

FREECALL: 1800 641 665

Street address:
67 Winders Pl
Banora Point NSW 2486

Office hours:
9am-11am, Monday to Friday for residents and 11am-3.30pm for sales

Email:
banorapoint@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.



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

GREEN WASTE COLLECTIONS

Make a note in your diary for the next few green waste collections (and remember to put your green waste out the night before these dates as Wayne makes his collection in the early hours of the morning):

- May 8
- May 22

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 Banora Point home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.

AUTUMN EDITION, OUT NOW

The Autumn 2023 edition of our quarterly company magazine, Your Time, is circulating our country. Have you received a copy in your mailbox yet? If not, you can always check it out at palllakeresort.com.au (from the home page, simply click on the 'News' tab). In this current edition, we celebrate all things people. Did you know that 10,000 people call a Palm Lake Group address home? You'll get to meet some of our longer-term homeowners and staff in the pages. You can also walk through some of our latest construction projects at Forster Lakes and Willow Lodge, read recipes from our residents at Beachmere and catch up on all the Palm Lake Group company news.



WHAT'S ON

Here are some fun local events to note in your diary:

April 29 – 30: Join swimmers from all over Australia for the Gold Coast's premier ocean swim, the Cooly Classic. Regardless of which distance you choose (1km, 2km, 3km or 5km) you're guaranteed to experience the crystal clear waters of the Southern Gold Coast in autumn.

May 7: The Byron Bay Ocean Swim Classic returns for another year, drawing hundreds of participants all keen to take on the 2.2-kilometre swim from beautiful Wategos to Main Beach.

May 7 – 13: Snapper Rocks, the famed right-hand point, will host the Boost Mobile Gold Coast Pro in the high-quality surf month of May, igniting the WSL Challenger Series schedule each season moving forward.

May 2 – May 14: Catch the Flotsam Festival as it rolls across the Gold Coast with surf film and photo pop up events from Burleigh to Coolangatta. Flotsam's two-week pixel party hosts free and ticketed events.

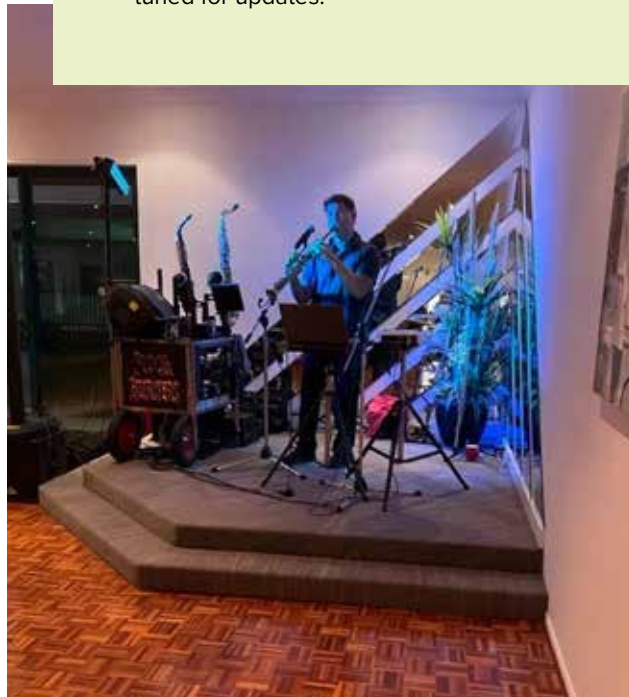
Social butterflies.

There were 71 guests and visitors in attendance at the recent April dinner dance. It was a great event, complete with a tribute to the Anzacs presented by members of the committee at the beginning of the event. Vicky and Carmel presented a delicious meal, which was followed by cheesecake and cream. Entertainers were Tarrina and Paul who played some really great music. See the photos below.

The next dinner dance will take place on Tuesday May 23, and the theme will be black and white masquerade. We will welcome back entertainers Toucan Twang, who have not played at our resort for the last three years. It's sure to be a great night.

We would also like to invite all residents and visitors to come along to the Biggest Morning Tea fundraiser at 10.30am on Saturday morning, June 3. The event will cost \$5 and will be held to raise funds for the Cancer Fund of Australia. Please put your name and phone number on the list in the Grand Hall for catering purposes.

Looking ahead to the end of the year, the committee will be holding a Melbourne Cup Luncheon for all residents and visitors. Stay tuned for updates.



From the Homeowners Committee.

Firstly, a thank you to those residents that attended the Annual General Meeting in March.

Since the AGM, approval has been given for the security system (cameras) to be updated. On the subject of security, we are all aware that the main gates are open 24/7 at the moment due to repairs needed. This is not going to be a fast fix, so we encourage you all to make sure that your cars are lock at night – even if they are in the garage – and all doors secured.

Some of the other issues raised at the AGM have also been attended to. Most of the artificial plants in the tubs have been removed, the low brick wall by the medical centre gate has been repaired and the painting of the mailboxes is underway.

Happy Mother's Day to all the mothers and grandmothers.

Have a lovely day,

Raewyn Wright
Secretary



From the Bowls Group.

We haven't had much to report due to the number of days we have been able to play bowls. We are still looking at another indoor bowls day at Club Tweed and will put up a notice with all of the details in the next couple of weeks. We look forward to a good turnout.

Our bowls numbers have improved, especially on Fridays, which is great. We would like to extend a warm welcome Ken and David to our social group, and a huge welcome back to Tony and Maria.

Now that the weather is cooler, it is the right time to enjoy a game of bowls. The starting list is on the bowls noticeboard, in the hallway nearest the back door. We are on the green on Tuesdays at 9am, and Fridays at 3pm. Please arrive at least 20 minutes prior to starting times to allow for any late no shows or cancellations.

For any enquiries, please contact John (0412 905 712) or Glenda (0413 615 970).

COMING UP...

Friday May 12 Pie night with mushie peas following bowls, for bowlers and partners

Weekly activities.

MONDAY

11am Gentle exercise, in the Grand Hall

TUESDAY

9am Lawn bowls

TBC Dinner Dance (fourth Tuesday of each month)

WEDNESDAY

10am Table tennis, in the Clubhouse

2pm Craft group meets in the Grand Hall (second and fourth Wednesdays of the month)

THURSDAY

9.30am Folk dancing, in the Grand Hall

2pm Bingo, in the Grand Hall

FRIDAY

10am Table tennis, in the Clubhouse

2pm Lawn bowls

SUNDAY

4pm Croquet, at the front of the resort

Important phone numbers.

Caretakers Wayne & Dianne: 5523 1188

Ambulance, Police, Fire: 000

Tweed Heads Police Station: 5506 9499

John Flynn Hospital: 5598 9000

Tweed Heads Hospital: 5506 7000

Electrician (Matt): 5590 5857 or 0409 396 396

Electrician (Richard): 0410 827 040

Plumber (Ryan): 0418 919 050

Massage (Debra): 0408 445 117

Border Locksmith: 5536 1611

Tweed Council: 02 6670 2400

Carpet Cleaning (Frank): 0409 326 688

TV/Antennas (Rob): 0419 796 649

Palm Lake Resort hair salon (Jenny): 5523 3090

Pest Control (Jason): 1300 699 755

Super Clinic Doctors: 5589 7555

Pathology: 5524 8403

Chemsave Super Clinic: 5523 1266 (free Webster packaging and delivery)

Puzzle power.

DON'T THINK OF A BOX OF JIGSAW PUZZLE PIECES AS A TIME-CONSUMING CHORE – IT'S ACTUALLY AN ACTIVITY THAT WILL PROVE MORE BENEFICIAL THAN YOU THINK.

Building jigsaw puzzles is a pastime that spans the generations. You might remember your own children, as babies and toddlers, joining a handful of large format puzzle pieces to make a simple picture. As they grow, the pieces get smaller, the image gets more detailed and number of pieces in a box rises through the hundreds and eventually, into the thousands.

Building puzzles as a fun family activity can also 'join' you in other ways - the bonding experience and time shared is invaluable. Jigsaw puzzles should definitely be on the activity list when the smallest members of your family come and visit or stay. However, building jigsaw puzzles in the latter years of life, and especially so with likeminded friends, actually has more benefits than you'd think. Here are just some of them:

1. Left brain meets right brain to prevent cognitive decline. Puzzles are a whole-of-brain activity as they exercise both the right and left sides. Our brain's right side sorts creativity, emotion and intuitive thinking while the left side is the logical, objective and methodical side. When you complete a puzzle, both sides communicate and work together, increasing cognitive function. The occipital lobe is the area where the brain connects colours and shapes and it is also activated during puzzle building. Exercising the mind helps prevent cognitive decline.

2. Memory improvement. Picking up a puzzle piece and scanning the rest of them for a match strengthens neural

connections and increases the generation of new connections. This, in turn, increases mental speed and thought processes. You've also got to be visualising the completed image, but in small sections, and when you exercise the part of the brain in charge of storing this kind of information, you're also working a muscle that will ultimately improve your short-term memory.

3. Problem solving and IQ increase. It's true. You can actually become smarter by completing puzzles - and there's research to prove it. A group led by Dr Susanne Jäggi at the University of Michigan found that spending just 25 minutes a day solving puzzles can raise your IQ by four points. Nice. Beyond the brain boost, these enhanced problem-solving skills can be transferred and applied to other areas of life to make you more innovative and adaptive as well as a more critical thinker.

4. Mood enhancement. Solving puzzles increases the brain's production of dopamine. This neurotransmitter is responsible for regulating mood and optimism. It also affects learning, memory, concentration and motivation. Dopamine is released every time we put a puzzle piece in the right place. This encourages us to challenge ourselves and continue to find more and more puzzle-piece matches (many of us know that feeling of becoming 'addicted' to completing a puzzle and finding it hard to walk away from an uncompleted one!).

Jigsaw puzzle mat, \$26.95,
templeandwebster.com.au

Kmart puzzle sorting trays,
\$10, kmart.com.au



Deluxe jigsaw puzzle board
and zip-up storage/carrier (for up
to 1000-piece puzzles), \$73.99,
theboardgamer.com.au



5. Decreased stress through the meditative process of completing a puzzle. When assembling a puzzle, our brains go from 'beta' (or awake) to a state of 'alpha' (which is similar to the state we are in when we are dreaming). This shift in consciousness comes with many benefits, including improvements in mood and self confidence, lower blood pressure and heart rate, as well as stress relief.

6. Better visual-spatial reasoning.

7. Greater attention to detail.

8. Increased productivity.

9. Delaying symptoms of dementia and Alzheimer's disease.

10. Better ability to collaborate and work in a team (when you join friends in puzzle-building).

If you don't have your own puzzles or have done them so many times that you know them too well, head to our resort library and check out the collection there.

And here's a nifty idea: Similar to a Book Club, you could even round up some likeminded puzzle-lovers here within our community and share resources or, more importantly, join forces and puzzle together regularly. Now that sounds like fun!

Do your friends love it here, too?

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!

\$250

cash bonus simply for
referring a friend!

For more info or to
refer your friend,
FREECALL 1800 641 665.
*T&Cs apply



THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
palmakeresort.com.au





Staying fit through winter.

THE DAYS ARE COLD AND YOUR BED IS SO, SO WARM – HOW ARE YOU SUPPOSED TO FIND THE MOTIVATION TO EXERCISE? PALM LAKE RESORT PERSONAL TRAINER WENDY MUNDAY SHARES THE TIPS SHE HAS LEARNED OVER 30 YEARS IN THE FITNESS INDUSTRY.

Exercise is important all year round, but when it comes to things like staving off sickness and battling the winter blues, it is particularly important during the cooler months.

“Exercise improves your whole lifestyle, helping you maintain muscle balance, boost your bone density and encouraging your brain to produce endorphins, or happy hormones,” says PT Wendy Munday. “From your immune system to your cardiovascular system, you become healthier when you regularly exercise.”

Before you (literally) hit the ground running, Wendy says there are certain precautions you should always take before exercising. A good warm up will prepare your muscles and reduce your chances of straining, tearing or cramping, so take time to do some dynamic stretches or go for a light walk before you exercise. When you’ve finished working out, be sure to cool down and stretch.

“COVID has taught us that we can do just about anything indoors, so if you aren’t feeling motivated to go outside and exercise, try a workout like Zumba, yoga,

Pilates or even weight training,” says Wendy. “If you do decide to exercise outside, make sure you do a longer warm up.”

While everyone’s exercise routines look different, Wendy says you should aim for 30 minutes of consistent movement – be it a walk, a round of golf or a workout class – each day.

“It’s all about consistency and just doing a little bit every day,” says Wendy. “You’ll soon notice the benefits – you may find you’re less tired when performing day-to-day tasks, or that you recover faster from illness.”

For some, persistent injuries may discourage exercise – particularly during winter. But Wendy says that, with the support of heat packs, braces, anti-inflammatories and proper diet, you can still improve your fitness, even in the cooler months.

“One of the biggest things I tell my clients during winter is to ensure you stay hydrated – drink more water than you think you need,” says Wendy. “You may not feel your sweat as much as you do in summer, but you are still working hard. Look after your body, and you’ll soon feel the benefits.”

Some ideas for ways to get moving this season include line dancing (Mondays, 10am) and aerobics classes (Tuesdays and Saturdays, 10am). These classes are part of our Weekly Activities schedule, hosted here at the resort. See Page 5 for more.



Pull up a seat.

BELOVED BY PALM LAKE RESORT RESIDENTS, YOGA IS A GREAT WAY TO KEEP YOUR BODY FLEXIBLE - ESPECIALLY SO AS WE AGE. HERE'S ONE WAY TO MAKE IT EVEN MORE ACCESSIBLE.

The popularity of yoga is undeniable, but there are many who feel that they can't enjoy its benefits due to injury or mobility issues. For those who may not be able to as easily get down onto the floor for their practice, chair yoga is emerging as an effective modified version of traditional yoga that ditches the mat in favour of, you guessed it, a chair.

“The asanas – the physical movements – are adapted to become more accessible to a wide variety of ages and abilities,” says Amanda Boreham, who has been a Palm Lake Resort yoga instructor for almost five years. “You still get most of the benefits of mat yoga, without the added worry of falling over or overexertion.”

With chair yoga, there is no need to move quickly or through a variety of different positions. Most poses are performed either seated or standing – using the chair for support – making it an ideal form of exercise for those with low movement.

“We still do all the same poses in a modified variation, along with the breathing and mind/body connection that is so beneficial in traditional yoga,” says Amanda. “I teach people of all ages - from children to 94-year-olds, it’s

suitable for everyone.”

A chair yoga class typically runs for an hour. They begin with a five-minute pranayama, or yogic breathing, which encourages participants to focus on the present moment and let go of anything going on outside the class. This practice also helps to connect the mind and the body, ensuring residents are guided by a greater awareness of their body during the class.

“Any form of yoga enables people to become more aware of how they move not only during the workout itself, but throughout the day,” says Amanda. “You will begin to notice those erroneous patterns of using, say, your back to compensate for a shoulder injury when you perform certain movements.”

Beyond the strength, balance, cardiovascular and memory benefits chair yoga offers, there are also a few surprising benefits this fitness activity can provide. Residents may experience greater reaction times, improved sleep, better respiratory function, a more stable nervous system, better joint motion and dexterity.

“The benefits of yoga outweigh a lot of other forms of exercise in that way,” says Amanda.

One of the best features of chair yoga is that it's easy to practice in your own home. All you need is a chair! Consider looking up a video tutorial (there are many on YouTube for free) or chat to your resort yoga instructor to learn some simple moves.

Homes for sale.

Home 61 - \$430,000

UNDER OFFER

Beds

2

Bath

1

Living

1

Garage

1



All ready to move in.

This light and airy home is positioned close to resort facilities so that you can make the most of life at Palm Lake Resort Banora Point.

It features two good-size bedrooms and a large lounge area, as well as a big kitchen with plenty of cupboard space.

The addition of tinting on the windows will help to keep the summer heat out. The backyard is fully fenced and private.

Home 19 - \$420,000

SOLD

Beds

2

Bath

1

Study

1

Garage

1



Prime position.

With two bedrooms plus a study, there is plenty of space for you to host friends and family or pursue your passions – there are even built-in wardrobes for additional storage. The big kitchen boasts plenty of cupboard space, too.

There is air conditioning, and the lounge and dining rooms both have new fans.

This home is in prime position within Palm Lake Resort Banora Point, promising a fantastic outlook for its new owners.

CASH BUYERS AWAIT.

There has been an unprecedented level of enquiry on homes at Palm Lake Resort Banora Point in recent months - so much so that we are short on properties to sell! It seems our secure resort grounds, the low-maintenance/high- quality homes, world-class facilities, myriad of weekly activities and our welcoming coastal community have made Palm Lake Resort Banora Point a very sought-after local neighbourhood. If you're a homeowner here and your situation has changed so you are contemplating a move, please let our Sales and Information Centre know.

Our Sales Consultants can inspect your home and give you an appraisal to help you make up your mind. Did you know that if you are a resident of any Palm Lake Resort and relocate to a brand new home in a different Palm Lake Resort location, you won't pay any agent's commission on the sale of your original Palm Lake Resort home?

To find out more, FREECALL 1800 641 665 or stop by the Sales and Information Centre anytime from 9am-3pm, Monday-Friday.

Want to book a private tour and find out more about our resort? FREECALL 1800 641 665 or email banora@palllake.com.au or visit us online at palllakeresort.com.au

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11

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.



FREECALL 1800 641 665 | banorapoint@pallmlake.com.au
67 Winders Pl, Banora Point NSW 2486

THE BEST IN OVER-50s. THIS IS YOUR TIME.
pallmlakeresort.com.au