

APRIL - MAY 2024



The Point



A magical Mother's Day

Catch up on the fun and festivities of our recent Mother's Day celebration

We're all social butterflies

Our resort has been a hive of activity this year, thanks to our busy Social Committee

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them for a cash reward



Welcome.

We are coming to the end of autumn, and it's nice to see the sun again after all the rain we've had lately. Hopefully we have plenty of clear, blue skies in the months ahead - they offer all the more reason to get out and about and explore our beautiful corner of the world!

There has been a lot on here at Palm Lake Resort Banora Point, after a relatively slow start to the year. Our active Social Committee has been working tirelessly to put on fun events for our community. We recently had our Mother's Day breakfast (turn to Page 4) as well as our 'Bad Taste' dinner dance. Looking ahead, we are particularly excited for the Biggest Morning Tea and the Portofino Fashion Parade. You can read more from the Social Group on Page 6.

If you are looking for a relaxed way to catch up with your fellow homeowners, don't miss the fortnightly coffee club! These get-togethers have been very successful so far, and everyone is welcome to come along in the future. The more the merrier. Read all about them on the opposite page.

We would like to take this opportunity to issue a friendly reminder to all dog owners of their responsibilities within the resort. Please keep your dogs on a lead and don't let them soil on other homeowners' grass - we have had a few reports of this happening, unfortunately. Please also ensure that your pet does not interfere with the peace, comfort or privacy of other homeowners. For more, please refer to the Residential Park Rules (July, 2017).

Another friendly reminder to our homeowners that anything you do outside of your home must have prior approval. Come along to the office to discuss any plans you may have.

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 in brief.



Get social

Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@palllakeresort) and also over on Instagram (@palllake.resort) to see what's happening right across our dozens of Palm Lake Resort locations. We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both social platforms (@palllake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!

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.



It's "Your Time", time

Another beautiful Aussie season means another Palm Lake Resort company magazine has dropped. Our Autumn 2024 edition gives readers their first look at the incredible display homes just unveiled at Palm Lake Resorts Yamba Cove and Pelican Waters. We also explain how you can embrace the 'dopamine decor' trend in your own abode for the ultimate 'happy home'. And we've got some great recipes for you to try when you're invited along to your Palm Lake Resort neighbours' homes and that age-old question crops up: "What can I bring?". Never fear - the answer is here! Grab a copy of the magazine from your letterbox or you can also find it online at palllakeresort.com.au

Fortnightly coffee club

These get togethers have been well received, and we would welcome many more homeowners to come along and have a chat, coffee/tea and a sweet treat. Cost is just \$1.

Please note: the Coffee Club meets every second Wednesday at 10.30am (not the second and fourth Wednesdays, as previously advised in the last newsletter). The dates for the next few meetings are...

- May 22
- June 5
- June 19 (Biggest Morning Tea that day)
- July 3
- July 17 (Portofino Fashion Parade on that day)
- July 31

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):

- April 1, 15 and 29
- May 13 and 27



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.

Here's to the mums!

We hope everyone enjoyed our recent Mother's Day breakfast event. It was great to see so many of our homeowners in attendance. With six men 'volunteering' to cook, serve and wait on the ladies, it was a great morning for celebrating mothers and motherhood. We had 44 homeowners in attendance, all enjoying the great company and delicious breakfast of gourmet egg and bacon rolls. Small gifts were presented to each lady and the 'guess the number of chocolates' raffles was drawn.

Thanks to the volunteer gents: Keith and Ray (chefs) and David, Doug, Ken, Trevor and John (assistants). And thanks also to the many enthusiastic helpers - both before and on the day.



Compact yard, big plans.

DOWNSIZING YOUR FAMILY HOME DOESN'T MEAN GIVING UP ON A BACKYARD THAT IS THE ENVY OF YOUR VISITORS. YOU'VE JUST GOT TO THINK A LITTLE MORE CREATIVELY.

Go green

It's the obvious thing but a lush, green garden is ever so welcoming. Speak to your local nursery staff about what types of plants suit your home's position (closely observe how the sun falls on your various garden beds before you head to the nursery) and also take into account how green your thumb actually is. Choose hardy plants if you're a plant newbie, to avoid disappointment! A simple irrigation system is worth the expense when setting up your garden – many systems can be controlled via an app on your smartphone when you're away on holidays. Layering your plants is also important – choose a few taller feature specimens, add mid-level lushness and then also consider groundcovers for full effect. Choosing a few key varieties and planting them enmasse can have greater impact than a random assortment of loads of different plants. When done, mulching your garden beds is equal parts function and form, finishing off the project neatly.

Game on

You don't need a huge backyard to have a huge amount of backyard fun – in fact, there is a whole range of yard-friendly games on the market. Classic Bocce can't be beaten. All you need is a Bocce set and you're on your way! Lawn bowls lovers will love Bocce as the objective is similar: get your team's balls closer to the pallino (the first ball put into play) than the other team's. Alternatively, you may want to invest in a Finska set. This game involves throwing a wooden block at a cluster of 12 wooden cylinders, which are marked with the numbers one to 12. Your score is based on the total of the numbers on the cylinders you knock over. The first to exactly 50 points wins, but if 'accidentally' you score above 50, your score drops back to 25 and you start accumulating points again. You can even seek out jumbo backyard versions of those classic indoor family games like Jenga, chess and Yahtzee.

Grow your own

A small vegetable patch can reap big rewards, especially when it comes to the pride felt when eating your own homegrown produce. Even the smallest of garden beds can be utilised for a veggie patch or you could group together a few larger decorator pots filled with premium potting mix. Lettuce is an easy veg to grow that is also quick to reach harvest. There are also many dwarf tomato varieties that grow to roughly 50cm, which is perfect for a small veggie patch. Shallots, French beans and spinach are compact growers.

Beetroot and onions don't take up too much space and are fun for the kids to dig up when mature. Snow peas will only need a small climbing frame from Bunnings to produce glorious results. Preparing your ground is key – use rich composted soil. Water and fertilise regularly for fast results. This is one project that's perfect to share with the grandies – for the educational aspects as well as the bonding. And it's always good to work with your likeminded neighbours to ensure a wide variety of produce is grown which can then be shared around.

Wriggling wonders

If you've committed to a veggie patch, another cool addition to a small backyard is a worm farm. For around \$150, you can set yourself up with a neat and compact worm farm and all the things you'll need to support your new little wriggly pets. Worms will compost your kitchen scraps while also producing worm 'tea' fertiliser and the richest composted soil for your plants. When a worm farm is working efficiently, there's no smell. And they will sit unobtrusively in a shady spot in your yard. It's another one of those backyard beauties that the grandkids will LOVE! And, trust us, your neighbours will want some of your magic worm tea for their gardens too – bottle it up and share it around!

Garden art

Another way to bring wow factor to your backyard is via garden art. There are endless options but have you considered:

- Decorative screens/panels: They're widely available at hardware stores and look great installed against a plain fence or among plants
- Statues and sculptural figures: Subtly installed among the greenery for a surprise 'pop' of interest
- Water features: The sound of gentle running water is soothing and relaxing

Take a seat

A commonly overlooked element of backyards is seating. Create places to stop and take in the vista you've created. The more unexpected, the better. Maybe you can install a bench near your veggie patch that doubles as storage for a few small garden tools? Or position a couple of chairs and a small table to overlook the water feature? Sitting among the plants in your backyard, with the sun on your back, is proven to be an amazing form of therapy.

From the social group...

Dinner dances

The dinner dances have been well attended. Here are a few photos from our recent 'Bad Taste' dinner dance. Your committee welcomes you to the next one on Tuesday May 28, which will be a 'Roaring 20s' theme. Please keep a lookout for the details on the RSVP flyer in your letterbox - coming to you next week.



Portofino Fashion Parade

Ladies, put the date in your diary: Wednesday July 17. View, buy or just admire the many new fashion items that are displayed and paraded - and enjoy a delicious morning tea, too.



Cancer Council Biggest Morning Tea

This will be held on Wednesday, June 19. We are now putting a call out to everyone, requesting any of the following:

- Donations for raffle prizes
- Donations to add to the 'Bring & Buy' stalls
- Plants, etc. for the garden stall
- Items for the craft stall
- Items for the unwanted gifts stall (must be in 'as new' condition)

Have a think and a hunt, and let's see if we can make this event our best ever! All donations are to be brought along to the morning tea on June 19.



A new activity for you: Line dancing!

Please put your name down on the expression of interest form in the Grand Hall. If you've never done this before, or it's been a while since you have, line dancing is fun, great for your brain (remembering the moves!) and good for your fitness. See Page 7 for more.

Future activities

Although the committee has plans for numerous events/activities, we would also like to hear from you. Do you have something that you would like to take place at Palm Lake Resort Banora Point? If so, pop it down and drop the idea into Box 116 and it will be discussed at future committee meetings. Please include your name so that we can chat to you about it.



Boot scootin' benefits.

A NEW ACTIVITY IS COMING TO THE PALM LAKE RESORT BANORA POINT WEEKLY ACTIVITIES LIST: LINE DANCING. HERE ARE A FEW REASONS YOU SHOULD GIVE IT A TRY...

Dancing. It's the simple, fun and cost-free fitness that science says benefits us in more ways than one. According to multiple studies, dancing can help us combat depression and anxiety, improve our strength, balance and mobility, and even reduce our reliance on pain medication.

In 2013, a team from the University of New England in New South Wales and Australian National University in Canberra recruited 41 people aged up to 73 years old with complaints of stress, anxiety and depression. Twenty participants then took eight tango sessions of 90 minutes each over a two-week period, while the 21 in the control group were put on a waiting list for classes. At the end of the study, participants showed significant reductions in depression, anxiety, stress and insomnia. Satisfaction with life and self-efficacy were significantly increased. At the one-month follow-up, depression, anxiety and stress levels remained reduced. The research team concluded that a brief program of tango dance was shown to be an effective strategy in alleviating mood disorders.

Young or old – or somewhere in between – dancing regularly has also been proven to improve confidence, positivity and even social skills. Line dancing is a favourite pastime among residents of many Palm Lake Resorts across the country, and it's just been added to the weekly activities on offer right here on-site at Palm Lake Resort Banora Point. See opposite for the latest weekly activities list.

Line dancing instructor and Palm Lake Resort homeowner Libby Jensen says line dancing allows participants of all levels to join in without feeling separate or standing out.

"Learning together while having fun is a great way for our neighbours to form friendships," Libby says. "As we age, issues of balance when changing direction and concentration arise. Line dancing is an excellent and fun way to maintain these skills."

"Then there are the social aspects, the camaraderie, following directions - and it's fun! The whole reason that dancing in particular is good is because of the rhythm and music and the endorphin release. It's taking your mind to a different place and you're able to cope better with everything."

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
- SATURDAY**
9.30am Yoga, in the Grand Hall
- 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 Valley Hospital: 07 6677 2000
Electrician (Matt): 5590 5857 or 0409 396 396
Electrician (Richard): 0410 827 040
Plumber (Ryan): 0418 919 050
Border Locksmith: 5536 1611
Tweed Council: 02 6670 2400
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)



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 one of our established Palm Lake Resort homes, you'll receive \$250 cash. Easy!

\$250

cash incentive when you refer a friend to buy an **established home** at Palm Lake Resort

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 641 665. *T&Cs apply



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

Cash buyers await.

Listings wanted
 Word has spread about our secure resort grounds, low-maintenance/high-quality homes, world-class facilities, myriad weekly activities and welcoming coastal community - so much so, we have a number of buyers looking to purchase at Palm Lake Resort Banora Point.

If you're a homeowner here and your situation has changed, call our Sales Team for a free market appraisal. We have qualified buyers waiting to hear about any new homes as they hit the market. To find out more, FREECALL 1800 641 665 or stop by the Sales and Information Centre between 9am-11am, Monday to Friday for residents and 11am-3.30pm for sales.

Commission-free transition
 Did you know that if you are a resident of any Palm Lake Resort and relocate to a 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?



Marketing and advertising services include:

- Professional photography of your home
- Listing on realestate.com.au
- Listing on Palm Lake Resort website
- Presented in our sales newsletter
- Printed professional flyers included in our information packs
- Homes for sale emailed to potential buyers on our database

ONLY \$550

Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT COMMUNITIES 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 NEW 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 PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!



Our homeowners have charitable hearts.

PALM LAKE RESORT HOMEOWNERS PROVE TIME AND TIME AGAIN THAT THEY HAVE WONDERFUL, CHARITABLE HEARTS. HERE ARE JUST SOME OF THE STORIES WE'VE HEARD LATELY...

Tweed River: Around 150 homeowners and guests descending on the resort's Country Club for a stunning art-deco inspired high tea to raise funds for Tweed Palliative Support and the Wedgetail Retreat. The Country Club looked more like a fashionable hotel lounge, reminiscent of The Ritz in London or The Peninsular Hotel in Hong Kong, as fantastic multi-level platters of cakes, scones and savoury treats were prepared and served by the volunteers. Musicians from the Northern Rivers Symphony Orchestra volunteered their time and musical talent to present an incredible classical string concert (pictured above). The high tea was followed by raffles and a lively auction of kindly donated items resulting in more than \$11,000 being raised! This included a donation from the Residents' Committee plus the proceeds of refunds for bottle and can recycling from throughout the year. This total amount was much more than previous annual fundraiser events and much appreciated by the worthy charitable recipient.

Deception Bay: Just before Christmas, the resort's Quilters Group drove up to the Centre Against Domestic Abuse (CADA) at Caboolture with enough goodies to fill three car boots! The CADA people were stunned and so grateful. Along with all the toys for children and necessities for

women, there were 70 handmade Christmas stockings and more than 80 fabric drawstring bags for the women (pictured above). The group also donated 12 quilts to CADA to hand out to their clients in the New Year. The quilters were amazed by the wonderful response from their fellow homeowners who also donated toys and goods.

Upper Coomera: This resort's Jane McGrath Foundation charity fundraiser "Girls' Night In" event raised \$1060.

Bethania and Waterford: Two neighbouring Palm Lake Resorts came together for the sake of breast cancer research, hosting a charity event that raised more than \$3000 for the McGrath Foundation. Everyone turned out in their best pink outfits and a special visit was made by Federal MP Bert Van Manen who also donated to the cause via some lovely hampers that were raffled.

Carindale: The resort's annual Market and Craft Day saw a variety of stalls selling handicrafts, paintings, bric-a-brac, clothes, jewellery, toys, restored furniture, cakes and more. Through event proceeds, a morning tea and a raffle, Care Kits for Kids Qld (a children's charity that donates backpacks filled with clothes, toiletries and school supplies to disadvantaged children) received a donation from the resort of more than \$1400! This resort's knitters also do good with their spare time. Gathering fortnightly, the knitters produce gorgeous teddy bears for the Red Cross to distribute to needy children (pictured top).



What's happening over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the greater Palm Lake Resort community? Whether it's an amazing volunteer effort, an exciting sports competition or an important milestone, we would like to hear about it.

Simply email the details to belinda@bellepr.com.

Sport brings us together.

Tea Gardens vs Fern Bay vs Forster Lakes: Golf has been the inter-resort game of choice recently for these nearby communities. In a three-game series, Forster Lakes was victorious once but Tea Gardens proved too good on the other two competition days. The total points overall were: Tea Gardens 454, Forster Lakes 444 and Fern Bay 423 so it was a close competition all 'round.

OUR SPORTIEST HOMEOWNERS HAVE BEEN HAVING FUN, TAKING ON TEAMS FROM OTHER PALM LAKE RESORT LOCATIONS. HERE'S HOW SOME OF THE MOST RECENT MATCH-UPS HAVE PLAYED OUT...

Beachmere Sands vs Beachmere Bay: The annual inter-resort lawn bowls competition between our Beachmere neighbours, Beachmere Sands and Beachmere Bay, took place late last year. It's always a fierce competition when these two resorts meet, and this one was no different. After a tough afternoon and evening battling it out, Beachmere Bay came out on top.

Best wishes to these legends!

WE LOVE CELEBRATING A MILESTONE MOMENT AND THERE ARE LOADS HAPPENING ALL OVER THE PALM LAKE GROUP EVERY WEEK.

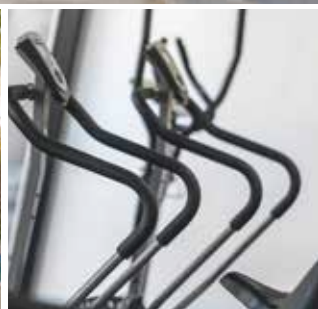
Toowoomba: Pictured right, gorgeous Muriel has just batted her century at Palm Lake Resort Toowoomba. She's been a fixture there since 2011 and her daughter, Lurlene, also calls the resort home.

Mt Warren Park: Congrats to homeowners Don and Yvonne (pictured far right, bottom) who celebrated their 65th wedding anniversary recently. They received congratulations from King Charles (pictured far right, top), the Governor General and the Prime Minister, as well as many local politicians and council members.

Carindale: When homeowner Eric celebrated his 96th birthday in December, we learned there were actually three neighbours in 'Club 1927' at that resort - all born in the same year. There'll no doubt be a big party in 2027 when Eric, Shirley and Mavis all mark their centuries at Palm Lake Resort!



Holiday, everyday.



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

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