

AUGUST - SEPTEMBER 2024



The Point



Staying socially connected

Socialising isn't just about keeping up appearances - it's vital for your wellbeing, too

Around the grounds

There has been so much happening here these past few months - catch up inside...

Over the back fence

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



Welcome.

The last few months here at Palm Lake Resort Banora Point have been lots of fun – thanks in part to our busy social calendar, and also to the wonderful winter weather we’ve been enjoying. We certainly haven’t been missing the summer storms! Clear, blue and slightly crisp days are the perfect conditions to enjoy this beautiful part of the world.

From our Christmas in July dinner dance to the new monthly Happy Hour, as well as the Portofino Fashion Parade, there has been plenty to see and do around the resort. Take a look through the following pages to catch up on the fun.

Of course, there have been a few low points, too – like bidding a sad farewell to our resort hairdresser, Jenny. After an impressive 24 years, Jenny has retired from the hairdressing salon and is taking a well-deserved holiday, travelling with her husband in their caravan. We wish her all the best and will certainly miss her smiling face – and expert hairdressing. Thank you, Jenny, from all your Palm Lake Resort Banora Point customers.

But fear not, because the lovely Chontel has taken over the salon and comes with many years of experience. The salon will be open Tuesday through to Friday, from 8.30am by appointment only.

A reminder that we have a courtesy bus to Tweed City every Wednesday at 9am. The bus will pick you up at your door. If you would like to use this service, please put your name down on the list in the Grand Hall by Monday afternoon.

Resurfacing of the bowling green has begun. As such, it will be out of action for about a month.

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 (@pall.lake.resort)

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News in brief.



Your Time, out now

Grab your copy of the Winter 2024 edition of our company magazine, Your Time, now. In it, we celebrate the progress of our newest resort locations, including Yamba Cove, Pelican Waters and Forster Lakes. You can also read about Fern Bay's 10th birthday and our features on active ageing, pickleball and more. If you haven't received a copy in your mailbox, you can always catch up online. Simply head to palllakeresort.com.au

Green waste collection

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):

- August 5
- August 19



Pet owners

A friendly reminder to please ensure your pet is always on a leash and under your control when out of the house. Droppings must be picked up and disposed of and are not permitted in or close to the communal facilities (all buildings, pools, etc.). Please ensure 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).

We want to hear from you!

Whether it's photos from a recent event or there's a new activity you'd like to announce, this newsletter is the place to share the latest and greatest resort happenings. Chat to your caretaker about how to submit content and to find out deadlines for upcoming editions.



Get social

Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@palllakeresort) and also over on Instagram (@pall.lake.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 (@pall.lake.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.

Fortnightly coffee club

The Fortnightly Coffee Club continues to attract a following. It's an opportunity to catch up with new or old friends for a chat and a coffee, for just \$1. Held in the Grand Hall, the dates for diary are:

- July 31
- August 14 and 28
- September 11 and 25
- October 9 and 23

Please note: the Coffee Club meets every second Wednesday at 10.30am.



Around the grounds.

IT'S BEEN A BUSY FEW MONTHS HERE AT PALM LAKE RESORT BANORA POINT. LET'S CATCH UP ON THE FUN...

Monthly Happy Hour

The first monthly Happy Hour in July drew 20 attendees, despite the extreme weather conditions. The overall response was great! Happy Hour will continue in August and September, and possibly beyond. These are held on the first Thursday of the month at 4.30 in the Grand Hall with a BYO drinks, nibbles and glasses. All residents are warmly welcome to attend this informal gathering. Dates for next two are Thursday August; 1 and September 5.

Twilight Trivia

Trivia at Twilight will be held on Sunday August 18 at 4.30pm, with BYO drinks and nibbles. This will be a fun-filled couple of hours, so get your groups together in tables of six. If you don't have a table of six, we're very happy to welcome you and place you into a group. Watch out for the flyer in your letterbox.



Our bowls group enioing 50cent lunch at the golf club

Fine fashions on show

There was an impressive turnout for the Portofino Fashion Parade, which took place at our resort on July 17. Attendees enjoyed a delicious morning tea of scones, jam and cream, which was served before the parade began. Five local ladies volunteered to model some of the very colourful and stylish outfits, and there was time at the end to browse the clothes and accessories. We're sure several ladies went home with a few new purchases, and we can't wait to see them wearing their new pieces around the resort! All in all, a very enjoyable morning was had and we look forward to the next one.



Christmas in July

More than 60 homeowners came together to celebrate Christmas in July, the theme for our latest monthly dinner dance. The good food and company were second only to the costumes – our homeowners are always well dressed, but this night was particularly exceptional!

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**
2pm 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 (Chontel): 5523 3090
- Pest Control (Glenn): 0412 497 281
- Super Clinic Doctors: 5589 7555
- Pathology: 5524 8403
- Chemsave Super Clinic: 5523 1266 (free Webster packaging and delivery)

The importance of staying socially connected.

MAKING THE DECISION TO MOVE INTO A PALM LAKE RESORT STARTS BY FINDING JUST THE RIGHT HOME. BUT LONG-TIME PALM LAKE RESORT HOMEOWNERS WILL BE QUICK TO TELL THEIR NEWBIE NEIGHBOURS THAT THEIR DECISION WILL ULTIMATELY PROVE TO BE LESS ABOUT THE PHYSICAL 'BRICKS AND MORTAR' AND MORE ABOUT THE LIFESTYLE COMMUNITY THAT COMES ALONG WITH IT.

The benefits of buying into a Palm Lake Resort community extended well beyond what you can physically see. Yes, your home will be a low-maintenance safe haven in a gated community with caretakers to support you on a day-to-day basis. And, yes, you'll also have access to a raft of onsite community facilities strategically chosen for the over-50s demographic. But one of the greatest returns on your Palm Lake Resort investment will, in fact, be something a lot less tangible - and that's your 'membership' into this welcoming, likeminded community.

Scientific research proves we humans live longer, happier, healthier lives when we feel part of something bigger than just ourselves – that is, part of a social/community group. There has been much research completed and reported across the last decade about the benefits of staying socially connected as we age. Here are just some of them:

Improved cognitive function: Social engagement can help maintain and even improve cognitive functions. Studies have shown that social interaction can help protect against cognitive decline. Engaging in social activities stimulates the brain, which can enhance memory and cognitive skills.

Reduced risk of mental health issues: Social connectedness significantly reduces the risk of depression and anxiety among older adults. Having a strong social network provides emotional support, which is crucial for mental health. Interacting with others can also provide a sense of purpose and belonging.

Enhanced physical health: Older adults with strong social ties in general have lower risks of chronic illnesses such as heart disease, hypertension and diabetes. Studies show that socially engaged individuals are also more likely to be physically active, which contributes to overall health. Having a team of friends to inspire you to go for a walk together, play sport, join in a group training session or even just try activities that you would otherwise overlook is motivating.

Longevity: Socially active individuals tend to live longer. Research has indicated that loneliness and social isolation are linked to higher mortality rates. Having a robust social network can encourage healthier behaviours and provide emotional support, both of which contribute to a longer life.

Improved immune function: Funnily enough, social engagement can strengthen the immune system. Positive social interactions can reduce stress and its negative impact on immune function. Reduced stress levels are associated with better immune responses and lower inflammation.

Greater emotional wellness: Being socially connected can enhance emotional wellbeing. Regular interactions with friends and family can increase feelings of happiness and decrease feelings of loneliness. Emotional support from social networks can also help individuals cope with life's challenges more effectively.

Increased sense of purpose and belonging: Engaging in social activities can provide a sense of purpose and belonging. Volunteering, participating in community events, or simply spending time with likeminded friends and loved ones can give older adults a meaningful role and a reason to stay active and involved.

So, now that we know why it is beneficial to stay social as we age, let's look at how we can achieve and maintain those all-important social connections. As a homeowner in a Palm Lake Resort, you've made the biggest and most important first step by joining our community. Congrats, you! But don't expect the benefits to simply come flowing in through your front door – some definitely will, but you've also got to invest a little time and effort to chase down those social opportunities.

Here's how you can very easily bolster your social connections at Palm Lake Resort:

Join a club, find your tribe: Everyone has some kind of passion, hobby, interest or creative streak within them. Maybe there was something you enjoyed in your earlier years before life and work and family commitments got in the way? Maybe you just want to learn something brand new (there are additional cognitive benefits to being a lifelong learner!). Start by taking a look at our resort's Weekly Activities list to see if something there resonates. You can also stop by our Caretakers' office and ask them if they know of any other homeowners interested in the same thing you are interested in. Beyond that, simply ask around your neighbourhood, at weekly meals, in the resort's private Facebook group etc. We guarantee you'll find a likeminded neighbour with just a little digging and if our resort isn't already supporting your chosen hobby, we'd love to know how we can start!

Play a sport: This is the obvious one. We've got the resort facilities to support many different sporting pursuits. Not only will you benefit from being physically active, you'll find strong social

connections among likeminded sporting friends. We've seen likeminded sporting neighbours join forces to play their chosen sport outside the resort grounds (inter-resort games, played across multiple local Palm Lake Resort addresses are all-too common). Some have even organised group holidays interstate and internationally to indulge a shared sporting passion. Trust us, sometimes the post-match drinks can be more fun than the match itself!

Volunteer: If you've got time on your hands, volunteering will no doubt connect you with likeminded neighbours. Maybe you are a social butterfly with a background/flair for event planning? Our resort Social Committee would love to have you onboard. Maybe you enjoy driving and could help shuttle our homeowners around on the resort bus? Maybe your calling is even bigger than that? Maybe there's a charitable organisation that would benefit from you and your neighbours' combined volunteering support? It might be knitting or sewing items in groups to support a local hospital or the underprivileged? Or maybe you could organise a resort fundraiser for a charity? If this kind of work tickles your fancy, finding others who share the same interest will definitely uncover wonderful social connections for you, beyond the feel-good bonus of selflessly helping others.

Jump online: It can be nerve-wracking for some to make new friends in real life. Maybe, also, you're not as mobile as you used to be? Either way, the internet has the power to bring social connections right into the palm of your hand so you have no excuses not to stay socially connected from wherever you are. If you're new to social media, our Palm Lake Resort community's private Facebook group might be just the (safe and secure) place to uncover a Palm Lake Resort neighbour with similar interests? Beyond our resort gates, you could try searching Facebook for community groups based in our geographic area? You could even find a Facebook group dedicated to your particular interest or hobby? The sky really is the limit here.

Get a dog: It's amazing how dog owners automatically connect with one another over their beloved pooches! If you haven't already got a four-legged best mate in your life, maybe now is a great time to get one? Palm Lake Resorts are dog friendly so there's no drama there. You'll also find yourself more physically active as a dog owner, given the extra walking (and playing!) that you'll do. And you'd be surprised just how many incidental social connections you'll make when you're out and about with your pooch. A dog is the gift that keeps on giving, in so many different ways.

FIND OUR
WEEKLY
ACTIVITIES LIST
ON PAGE 5





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 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!

A man of many talents.

You will have read about Palm Lake Resort Fern Bay's 10th birthday in the current edition of our company magazine, *'This is Your Time'*. While the 10th birthday party was a celebration of the resort as a whole, the unofficial 'man of the hour' was homeowner Steve Carroll. Some 86 years young, Steve wrote two poems about his time at Palm Lake Resort Fern Bay (read aloud at the party by Lloyd Hynd) and completed portraits of event guest speakers Amanda Clements (Palm Lake Group's Executive Manager People & Operations) and Meryl Swanson (Federal Member for Paterson). Both were delighted to receive their portraits at the end of the ceremony.

But Steve's talents don't stop at poetry and portraiture. Having served in four wars, he is passionate about working alongside his fellow veterans



to better the lives of those abroad – particularly in Laos, which is home to 15,000 amputees thanks to landmines leftover from the Vietnam War. Steve began collecting prosthetic limbs from clinics in Australia (discarded because regulations say they can't be reused) and sending them to Laos. For the first five years, he did this on his own dime – which, at around \$700 in postage for three boxes soon added up. More recently, he has linked up with another

veteran in Queensland who helps him send the prosthetics to Laos for free. As part of their local Rotary Club, Steve and his wife Doreen have also taken on impressive fundraisers – namely, a motorbike ride around Australia. They rode 20,000 kilometres, slept on the ground of countless Rotary Clubs and raised \$30,000 for malaria research. Yes, the people of Palm Lake Resort really are very special indeed. Well done, Steve and Doreen.

Sharing a cuppa, for charity.

Right across our 27 Palm Lake Resort addresses, we bet there's a jug boiling right now! Coming together over a piping hot cup of tea or a reinvigorating mug of coffee is what we all love best. It's not so much the drink itself as it is the enjoyment when the moment is shared with friends, family and likeminded neighbours. So, it's little wonder why the Cancer Council's annual 'Biggest Morning Tea' fundraiser seems to strike a chord across all our resorts, year after year. Not only do we all know someone who has been affected by cancer, we know that supporting a worthy cause like this will support the future of cancer research and patient care. And to do it by sharing a cuppa? Too easy!

At the time of printing this newsletter, more than \$14 million has been raised across Australia at Biggest Morning Tea events in 2024 alone. Here are just some of the fundraising results we've seen across our own Palm Lake Resort addresses that helped to raise that \$14 million total figure:

- **Banora Point:** \$1700
- **Bargara:** \$5138
- **Beachmere Sands:** \$5977
- **Carindale:** \$2906
- **Cooroy-Noosa:** \$1000
- **Eagleby:** \$6000
- **Forster Lakes:** \$8000
- **Mt Warren Park:** \$2000
- **Phillip Island:** \$2272
- **Truganina:** \$2320
- **Upper Coomera:** \$1790
- **Waterford:** \$1700
- **Willow Lodge:** \$3500 (pictured, right)

**\$44,300+
RAISED FOR
CANCER RESEARCH
WITH THANKS
TO PALM LAKE
PEOPLE!**



Our Thelma reigns supreme.

When it comes to volunteering, there's one Palm Lake Resort homeowner who is quite literally top of the pops - and that's Thelma Hansen of Willow Lodge. Thelma has been at the resort since 2000 and has clocked up 23 years of volunteer work in that time. While this queen of volunteering is 95 years young, she's quite happily living on her own and heading to The Lodge Country Club on Tuesday and Saturday mornings each week to lend a helping hand. Thelma is a true inspiration, selflessly giving back to her community for more than two decades, which is why she's the inaugural winner of her resort's new Volunteer Recognition prize. Keep up the great work, Thelma! We appreciate you.

Green and gold for grandie.

There's going to be one proud Palm Lake Resort Tweed River homeowner with her eyes glued to the television come the 2024 Olympic Games. Laurie Galloway's granddaughter, Kaitlyn Torpey (pictured right), has been selected to play for the Australian Matilda's soccer team at the Paris Olympics. Well done to Kaitlyn! The whole of Palm Lake Resort will be cheering you on.

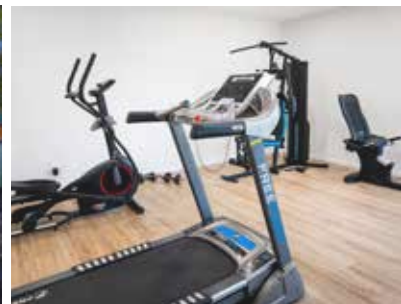


What's happening over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the greater Palm Lake Resort community? Are you and 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.

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

Where friends become family



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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