

Banora Point.

AUGUST - SEPTEMBER 2022



Bring your
best mate.

PALM LAKE RESORT BANORA POINT IS PROUDLY PET FRIENDLY. READ OUR TIPS INSIDE FOR KEEPING YOUR BEST MATE IN TIP-TOP SHAPE DURING THESE COLDER MONTHS - AND BEYOND.



Welcome.

Welcome to the August-September edition of the Palm Lake Resort Banora Point newsletter. Can you believe it's almost spring already?! The days are finally getting longer, and the cool weather is finally retreating.

Of course, the warm days aren't here just yet. To stay warm, we have noticed a number of you out and about exercising around the resort – we just love seeing you all making use of our beautiful facilities. We also love seeing your dogs enjoying resort life. Pet owners may want to turn to Pages 8 and 9 to find out how to keep your smallest family members happy and healthy during these last weeks of winter (and beyond, of course!).

We would like to take this opportunity to say a warm welcome to our new community members. We trust that you will be welcomed with open arms and settle easily into resort life – we are so happy to have you.

Until next time, take care and stay safe,

Wayne and Di
Palm Lake Resort Banora Point Caretakers

CONTACT US

Looking for more info about Palm Lake Resort Banora Point? Here are five ways you can reach us:
Online: palmakeresort.com.au
Social media: Follow Palm Lake Resort on Facebook and Instagram.
Street address: 67 Winders Pl, Banora Point NSW 2486.
Phone: 1800 641 665
Office hours: 9am-11am, Monday to Friday, for residents and 11am-3.30pm for sales.
Email: banorapoint@palllake.com.au



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News briefs.



WHAT'S ON

August 26 – 28: The Gold Coast Show returns once again, bringing fun and frivolity to the Broadwater Parklands for one weekend only! Don't miss the arts, crafts, animals, camel rides, live music and fireworks.

September 9 – 18: Queensland's largest outdoor sculpture exhibition is coming back to Currumbin Beach. Come face-to-face with amazing sculptures by local, national and international artists set against a beautiful beachy backdrop.

September 10: Twin Towns is known for its impressive entertainment, and Greg Andrew's 'Elton John Experience' will be no different! A must for all fans of the Rocket Man.

READ ALL ABOUT IT

If you haven't already received a copy of the Winter 2022 edition of our company magazine, Your Time, you should check it out online. In the Winter edition, we have a special feature on the "Pets of Palm Lake" – a collection of stories on our amazing residents and their amazing pets. You'll also catch up on all the news from around our many locations, find tasty winter recipes and discover a few fun ways to spice up your life. To read the edition online, visit www.pallmakeresort.com.au and click on the 'News & Events' tab in the menu.



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.

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!):

- August 1
- August 15
- August 29
- September 12
- September 26

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: [@pallmakeresort](https://www.facebook.com/pallmakeresort)
Instagram: [@pall_lake_resort](https://www.instagram.com/pall_lake_resort)

REFER YOUR FRIENDS FOR FAST CASH!

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.

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

2pm Bingo, in the Grand Hall

FRIDAY

10am Table tennis, in the Clubhouse

2pm Lawn bowls

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)

Bowls club report.

We have enjoyed some good bowls this past month, with only a small number of days lost to rain. Tuesday July 12 was a little windy and very cold, but eight dedicated bowlers gritted their teeth, rugged up and played some good games.

Our Tuesday numbers are down, but we're sure the cold mornings and ill health are the causes. Hopefully everyone is back to good health and on the green soon.

We would like to extend a warm welcome to Liz who has joined our bowls group and is bowling really well. She hadn't bowled before and is a testament to the fact that you don't need prior experience to catch the lawn bowls bug! Come on prospective bowlers and have a go. It really is good fun.

Our recent bowls survey received 22 responses - thank you to all who participated. The results will be posted on the bowls notice board soon.

A reminder that starting times are on the notice board for each day, but we ask that players arrive at least 20 minutes prior. This will allow you time to pay the game fee, and to check the group you are playing with and the rink number.

Our pie night on July 8 was a success, although the pies could have been a little hotter. These cool temperatures demand steaming hot dishes!

Bowlers and partners, please see the notice on the opposite page for information about our upcoming bowls club events. Keep an eye on the bowls notice board for all future booked events. There is a lot to look forward to!

Cheers and good bowling to all,

Glenda Ballard
Bowls Club Secretary



Pictured: The amazing Trauma Teddies our Craft Club created!



We don't play with fire.

Saturday July 16 saw our local fire brigade pay us a visit, both to change the batteries in our residents' smoke alarms and to teach us some very important facts about fire safety.

The Banora Point and Tweed Heads firefighters teamed up to conduct safety visits around our area, including Palm Lake Resort Banora Point. Three fire trucks and a dozen firefighters paid us a visit to replace smoke alarm batteries, install new smoke alarms and talk fire safety.

"Nearly 50 percent of house fire fatalities are aged 65 and over," said a representative of the Banora Point Fire and Rescue NSW Station in a Facebook post. "Our goal

is to prevent fires and minimise the impact of them, shall they occur. We'd like to thank all residents for inviting us into their homes and talking fire safety with us. A big thank you to all firefighters involved and 468 C Platoon for planning this excellent initiative."

In turn, we would also like to thank the firefighters for their time, patience, and efforts in keeping us safe. We are all so grateful.

Our craft group made the most of the opportunity and donated 20 Red Cross Trauma Bears to the firefighters.

We trust they will be distributed to those in need.

Want to join the club?

Calling all bowlers - both existing and prospective! The bowls club has some exciting events coming up in August and September, and they're not to be missed. On August 12 we will have a fun pizza night (with a spider) while the September 9 meet up will offer a sausage sizzle to bowlers. Don't forget, our Friday bowls start at 2pm.





Fashion forward.

Our resort fashion show took place on Wednesday July 6, and it was quite the spectacle. Queensland brand Portofino Fashion came by with a selection of stylish threads, which were expertly modelled by our equally stylish residents.

The show received an impressive turn out, with 80 residents and visitors in attendance. The parade itself ran for about an hour and was followed by a morning tea and a unique shopping experience, where residents could purchase items to take home. All in all, it was a very successful day and was enjoyed by those in attendance. We're looking forward to the next one!



Don't stop the music.

IT MAY HAVE BEEN DECADES SINCE YOUR PARENTS INSISTED YOU TAKE PIANO LESSONS, BUT DON'T THINK YOUR MUSICAL DAYS ARE BEHIND YOU. THERE ARE PLENTY OF REASONS TO PICK UP A MUSICAL INSTRUMENT IN YOUR ADULT YEARS.

It boosts brain power

Much like puzzles or playing chess, learning to play music is a great way to improve your cognitive ability. Reading and playing music is believed to stimulate the brain in a way that benefits your memory retention and also helps you retain new info. Experts believe that, when it comes to brain power, you 'use it or lose it'. In particular, learning to play a musical instrument has been associated with a lower risk of developing dementia. Why? Musical training and performance are believed to increase your brain's resiliency – so much so that musicians are 64 per cent less likely to develop mild cognitive impairments and dementia.

It relieves stress

Listening to music is a great stress reliever, but did you know that playing a musical instrument also has calming powers? According to studies, playing an instrument can help us refocus negative feelings into something not only positive, but enjoyable. Whether you are banging out a rhythm on the drums or plucking a melody on the guitar, making music is believed to have a unique ability to reduce your blood pressure and heart rate. This act can also contribute to the release of 'happy hormones' (endorphins) into the bloodstream, leaving you feeling relaxed.

It makes you more patient

Many of our Palm Lake Resort residents will agree that life doesn't slow down in retirement – in fact, with so much to do, things move at a faster pace than ever before! Learning a musical instrument is one fantastic way to chill out, slow down and enjoy the moment. Patience is an essential skill for any budding musician to master as they learn to read and play the notes, and many report finding themselves employing more patience when they interact with the people and things around them.

It's good for your body

You may not break a sweat, but playing an instrument promises a host of physical benefits that you may not have thought about. Moving your fingers along the keys of a piano or the strings of a guitar enhances your hand-eye coordination and fine motor skills – two skills that can easily be transferred to almost any other activity, be it crochet or croquet. Wind instruments, too, improve the function of your respiratory system by ensuring you breathe properly. Need we go on?

It's a great way to make friends

Looking to widen your social circle? Playing a musical instrument could help! A number of Palm Lake Resort locations have resident music groups where like-minded musos can come together and jam out. From choir to the ukulele to all-out Rock 'n Roll bands, our residents make use of the time and resources available to them in retirement to live out their dreams of musical stardom.



Vet's winter caution.

YEP, IT'S STILL COLD. WHILE YOU'VE BEEN PULLING ON YOUR LAYERS AND DIGGING OUT EXTRA BLANKETS, DON'T FORGET THAT YOUR PET NEEDS SPECIAL CARE DURING WINTER, TOO. KEEP THESE TIPS IN MIND FROM PET-STOCK VET DR KATHY MACMILLAN.

Beating the winter blues

Just like humans, pets are also at risk of developing the winter blues. Household pets, especially cats and dogs, are highly intuitive and can sense when owners are feeling lazy or unmotivated. Despite being covered in fur, even for our pets it can be tempting to stay cooped up indoors throughout winter. As an owner, staying motivated to maintain your pet's daily exercise regime is critical during the winter months for your pet's mental and physical wellbeing. Playing with your pet indoors or mixing in training sessions is also recommended.

Hydration

Keeping your pet hydrated is always important but it is usually something that pet owners are more aware of during the warmer months. Make sure that your pet always has access to fresh water even if it's cool.

Drinking standing water

This winter has brought more rain than we're used to and, therefore, more puddles. When you're on your daily walks, monitor your dog closely and avoid letting them

drink any standing water. Leptospirosis is an infectious disease that can be contracted by dogs that drink or swim in contaminated water, such as puddles, ponds, rivers or dams. It can cause them to become extremely sick and, in some cases, be fatal. Symptoms include fever, vomiting, diarrhoea, refusal to eat, weakness, depression and stiffness. Always take a fresh bottle of water and a travel bowl with you on all outdoor adventures – that way your pet will stay hydrated and will be less likely to pick up unwanted, harmful diseases.

Sleeping indoors

No matter their age, consider allowing your pet to sleep indoors during winter. Not only will they be more comfortable, but they will use less energy maintaining their body temperature. Chilly nights can make the joints of pets suffering from arthritis more painful and breathing cold air can exacerbate respiratory problems such as bronchitis or collapsed trachea. If you have a puppy, this is the perfect opportunity to try indoor crate training and, if you have a senior pet, winter is a great time to invest in a soft, thick bed that will be easy on their joints.

Heater safety

While it is encouraged to keep your pet indoors more often than not during winter, it is important to ensure they stay safe. If you have a gas heater, have it serviced at the start of the season, prior to using it, to ensure it is not leaking carbon monoxide. And, of course, whether you're using a gas or electric heater, make sure it is always in a safe place where Fido won't knock it over.

Don't weight too long.

UH OH – YOUR DOG'S BODY WEIGHT HAS CREPT UP. BEING OVERWEIGHT CAN PREDISPOSE PETS TO JOINT INJURIES, BREATHING PROBLEMS, HEART ISSUES AND SOME CANCERS. HERE'S HOW TO GET THEM FIGHTING FIT ONCE AGAIN.

Just like humans, dogs can be at risk of a plethora of health problems if they're overweight. If your pooch is showing signs of a podginess, don't stress. You are not alone. Research shows that around 40 per cent of Aussie pets are overweight. The most important thing you can do for your pet is to acknowledge the problem before it gets out of hand and start them on a path to better health. Here are some tips to help your dog lose weight healthily and gradually.

Determine your dog's weight loss target

If your dog is generally healthy and only mildly overweight, the first thing you should do is determine their current Body Condition Score (BCS) and implement a weight loss program around this. BCS is a number assigned to your pet based on evaluation of fat at a few key areas on their body. A BCS can range from 1 to 5, with 1 being severely underweight and 5 being dangerously overweight. You can Google some very helpful BCS charts online that will help you assess your pet's silhouette from above and from the side – evaluating the ribs, spine, hip bones, waist, abdomen, muscle mass and overall fat covering. At an ideal weight you should be able to see your pet's waistline (an hourglass shape) when standing above them, looking down. And your pet's abdomen should be tucked up behind their rib cage when viewing them from the side. You should also feel your pet to evaluate their weight. Place your thumbs on their backbone, spreading both hands across the ribcage. You should be able to feel each rib under a thin layer of fat – just like you can feel the bones on the back of your hand. Be sure to reassess them every week or two until they're at their ideal condition.

Of course, if you're feeling unsure, or if your dog is significantly overweight or has pre-existing health issues, book in a consultation with your vet for further assessment and advice.

Adjust their diet

Mildly overweight pets may be able to lose weight with adjustments to their regular diet, such as cutting out most treats and any unhealthy table scraps, and reducing their meal portions by 10 to 20 per cent. Significantly overweight pets are generally best switched to a prescription weight-loss diet. Not only do these diets provide helpful staged feeding guides, but they also help ensure your pet will not suffer any nutrient deficiencies or excessive feelings of hunger whilst their calories are being restricted.

Encourage regular, appropriate exercise

Whilst weight loss will largely rely on your pet's diet, regular healthy exercise is important for keeping their metabolism chugging, and helping them to maintain strong muscle support. Gentle-to-moderate intensity, low impact daily exercise (such as walking or wading in shallow water) is safest. If your pet is panting heavily, stop them for a rest and offer water. Avoid exercising your pet in hot or humid conditions, as this puts them at risk of heat stress. Remember that what your dog loses in grams, they'll gain in health and vitality!



PALM LAKE RESORT IS PET FRIENDLY!

Homes for sale.

Home 158 - \$370,000

SOLD!



Solar powered style.

The secret is most definitely out - there are so many benefits to community lifestyle resort living, like that offered here at Palm Lake Resort Banora Point.

Homeowners enjoy low-maintenance homes, facilities on their doorstep, weekly on-site and organised activities, welcoming neighbours and that important feeling of security.

To find out more about our community, phone the Sales Information Centre on 1800 641 665 today.



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.
pallmlakeresort.com.au



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? Phone **1800 641 665**
Email banora@pallmlake.com.au or visit us online at pallmlakeresort.com.au

Life is cruisy

at Palm Lake Resort.

Living at Palm Lake Resort has been compared to living the cruise ship lifestyle everyday. Just like cruising, our homeowners have everything they need, right on their doorstep. Think resort-style pools, gymnasiums, a wealth of activities and entertainment, social gatherings, food and drink, and more. But you can captain your own ship, here at Palm Lake Resort.

This is your time.



Palm Lake Resort Banora Point: 67 Winders Pl, Banora Point NSW 2486
Freecall 1800 641 665



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

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