

Banora Point.

DECEMBER 2022 - JANUARY 2023



Home comfort

Spruce up your space ahead of the holiday season with our tips for decorating and hosting on Pages 8 and 9.

Memory lane

Reminiscing is good for you, so we're looking back. How many of these 70s and 80s moments do you remember?

Fill your diary

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



Welcome.



Another year nearly over, and what a year it's been. We like to take this time to look back on the past 12 months and encourage you to do the same. What were the high points? What would you have done differently given the chance? What would you like to have more of and less of in 2023? So much to think about over this holiday period.

In this edition of our newsletter, we hear from three of our thriving resort groups (turn to Pages 4 & 5 to read their reports). We would like to remind all homeowners that we are always looking for more resident stories, photos and announcements to include in this newsletter. Whether you have a particularly interesting life story to tell - or you know of someone in our resort who does - or you are looking to start a new group, host an event or get help from your neighbours with a project, this newsletter is the place to share it. Please email all contributions to banorapoint@pallmlake.com.au.

Wayne and I would like to wish everyone a Merry Christmas and a happy, healthy New Year. We will be going on holidays, but we are leaving you in the very capable hands of our relief caretakers Enza and Mark. We know they will do an excellent job and we look forward to seeing you all upon our return.

We would like to take this opportunity to say a huge thank you to our wonderful volunteers. You have worked so tirelessly throughout the year to make our resort a comfortable and, most importantly, fun place to live, and we couldn't do our jobs without you. We really do appreciate all that you do.

A reminder that the office will be closed over the Christmas break, and again on New Year's Day. Have a wonderful festive season – see you in 2023!

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@pallmlake.com.au

Find us online at:
pallmlakeresort.com.au

Get social:
Follow us on Facebook (@pallmlakeresort) and on Instagram (@pallml.lake.resort)

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.



News briefs.



WHAT'S ON

December 31 - January 2:
Falls Music & Arts Festival returns to the North Byron Parklands, bringing national and international musicians along with it.

Now - January 27: On now at the Tweed Regional Gallery, the Art of Flowers brings together some of the finest examples of Margaret Olley's much celebrated flower paintings, spanning five decades, from public and private collections.

Now - January 27: Don't miss 'Capturing Nature: Early photographs at the Australian Museum 1857-1893', an exhibition that travels back to a time when photography was revolutionising science, art and society. On now at the Tweed Regional Museum.

READ ON...

Palm Lake Resort's Summer 2022-23 edition magazine is available now for a read. If you haven't yet seen a physical copy floating around the resort grounds, you can also read it online at pallmlakeresort.com.au



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: @pallmlakeresort
Instagram: @pallml.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.



Home Owners' Committee report.

Well, another year has almost gone. It has been nice that, after the last two years, we have been able to see our family and friends again this year.

The Home Owners' Committee would like to wish everyone a very Merry Christmas and a wonderful 2023.

We would also like to thank Wayne and Di for their continuing support during the year. Through them, we have been able to achieve some improvements around the resort. Although there are still ongoing projects, we hope that these will happen in 2023.

We had a wonderful time at the December Dine and Dance. It was especially great to see our new residents.

Again, we would like to wish everyone a Merry Christmas and great New Year.

Until next time,

Raewyn Wright
Secretary



Bowls Club report.

Where has 2022 gone? This year has had wings and now, suddenly, 2023 is just around the corner.

On a good note, we are pleased and happy to welcome new residents John K and Jane who have joined our social bowls group. It is so great to see some new faces – not that there is anything wrong with all our old and loyal faces!

On Friday November 18, we had 18 players join us, which was our best number for some time. Please keep it going as it was wonderful to see so many enjoying themselves.

We enjoyed a sausage sizzle following bowls on Friday November 11. These nights are always a lot of fun, and that one was no different.

The bowls Christmas and 50 cent club lunch was held at the Coolangatta Tweed Golf Club on Tuesday November 29, kicking off at 12 noon. It was yet another great day, and such fun for everyone to come together.

For our last Friday (December 16) before we break for Christmas, we will finish the year with another sausage sizzle. Bowls will resume on January 13, 2023.



Social Group report.

Merry Christmas and a Happy New Year to all of our members, non-members and visitors. The November dinner dance went off very well. Craig Shaw pumped out many a fine rock tune but added some slow waltzes here and there. The dance floor was chockers time and time again. Craig and his offsider Vicky prepared a meal for 75 guests, though unfortunately there were some residents who were unwell at the time and could not attend.

The Christmas dinner dance took place on Tuesday December 13, and was a wonderful event. We would like to thank Dianne for organizing the supply of the ham and turkey again this year. Thank you to the Social Group Committee for presenting the dinner dances for everyone to enjoy. They are a great addition to our social calendar.

The AGM for the Social Group is on Tuesday January 31 starting at 1.30pm in the Grand Hall. Nomination forms are pinned to the notice board in the hall and close on Tuesday January 17. A reminder that your annual subscription to the Social Group is due after December 31, 2022. Membership is only \$3 per year – please make payment to Raewyn (Box 116). New residents are encouraged to join the Social Group. Remember that you will save \$2 for each dinner dance you attend.

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)



Step back in time.

WE'RE ALWAYS BEING TOLD NOT TO LIVE IN THE PAST, BUT DID YOU KNOW THAT CERTAIN TYPES OF REMINISCING CAN ACTUALLY BE GOOD FOR YOU? FROM REDUCING THE IMPACTS OF DEMENTIA TO PROMOTING POSITIVE PERSONAL GROWTH, FIND OUT WHY AND HOW TO GET A HEALTHY DOSE OF NOSTALGIA.

Dwelling on the past is no longer seen as a sign of senility – in fact, therapists have harnessed the power of reminiscing to treat people with Alzheimer's and other kinds of memory loss. In 1963, psychiatrist Robert Butler first introduced the idea that reminiscing in old age could be positive. Since then, 'reminisce therapy' has been developed as a non-pharmacological intervention for seniors, especially those with impaired short-term memory. Here's why...

It can improve your day

According to Psychology Today, researchers from Loyola University found that thinking of good memories for just 20 minutes a day can make you more cheerful than you were the previous week. Just think about the feeling that comes over you when you see, smell or hear something familiar, or when you look back through photos from happy times.

It can make you feel safe

Nostalgia is often associated with melancholia, but it can also make us feel comfortable. Next time you're in a new place or experiencing feelings of displacement, try thinking or writing about your favourite people and places. Psychologist Tim Wildschut found that people who write about a nostalgic event are more cheerful after the exercise, and feel more positively about their friendships and close relationships. This gives us a comforting sense of belonging.

It brings you closer to your loved ones

Reminiscing on memories is an important way to ground yourself and stay true to your roots. This is because your special memories almost always feature special people.

Studies have shown that people with nostalgia-prone personalities cope with problems more effectively as they are more likely to receive social support after experiencing stress, and see their families more often.

It can motivate you

Drawing from memories of your past accomplishments is a common way to stay motivated – you may not even realise you're doing it. Have you ever thought to yourself, "If you got through that, you can get through this"? Of course, try not to ruminate too long on difficult times – focus instead on how you got through them, and how you felt on the other side.

It can benefit those around you

We gain wisdom from our own experiences, but also from the experiences of others. Reminiscing on your past can shine a light on important lessons you learnt – lessons that you can pass on to your children, grandchildren and even friends. Flipping through old photo albums can be a helpful way to spark these conversations; turn to the following page to find out how to best document your memories.

Remember: reminiscing is all about how you perceive the past. The same memory can promote positivity or pain depending on how you look at it. Psychologist Sonja Lyubomirsky says it best: "It's what you focus on. Do you focus on how positive it was then, or that it's over now?". As some people say, 'Don't cry because it's over, smile because it happened' – it's cheesy, but it's true.

Do you remember?

Homeowners at Palm Lake Resort's over-50s communities all lived through the '70s and '80s. But how much can you recall from that time period? Whether you were closer to 10 years old or 30, you'll likely remember these moments and memories from 1975 to 1985. There are some great conversation starters here for our next weekly meal!

Continued on Page 7 >>

<< Continued from Page 6

On the big screen...

These were among the highest grossing movies released from 1975 to 1985. Did you see them in the cinemas, and have you watched them since? Perhaps a nostalgic screening is in order!

- Jaws (1975)
- Rocky (1976)
- Star Wars (1977)
- Grease (1978)
- The Amityville Horror (1979)
- Star Wars: The Empire Strikes Back (1980)
- Superman II (1981)
- E.T. the Extra-Terrestrial (1982)
- Risky Business (1983)
- Ghostbusters (1984)
- Back to the Future (1985)

On the radio...

Billboard magazine named these as the number one songs from 1975 to 1985. How many can you remember the words to? Can you remember your favourite songs from those years?

- 'Love Will Keep Us Together' by Captain & Tennille (1975)
- 'Silly Love Songs' by Wings (1976)
- 'Tonight's the Night' by Rod Stewart (1977)
- 'Shadow Dancing' by Andy Gibb (1978)
- 'My Sharona' by The Knack (1979)
- 'Call Me' by Blondie (1980)
- 'Bette Davis Eyes' by Kim Carnes (1981)
- 'Physical' by Olivia Newton-John (1982)
- 'Every Breath You Take' by The Police (1983)
- 'When Doves Cry' by Prince (1984)
- 'Careless Whisper' by Wham! (1985)

On the front page...

Can you remember these history-making moments that took place between 1975 and 1985? Or, better yet, can you remember where were you when you first heard about them?

- In 1975, the Vietnam War ends with the surrender of South Vietnam to Communist forces.
- In 1975, Nadia Comaneci wins three gold medals at the Montreal Olympics with seven perfect scores.
- In 1977, Elvis Presley dies at the age of 42.
- In 1978, the first test tube baby is born in the US.
- In 1979, Sony releases the Walkman.
- In 1980, John Lennon is assassinated at age 40.
- In 1981, NASA launches the first Space Shuttle mission.
- In 1982, the first episode of Late Night with David Letterman debuts on NBC.
- In 1983, the first mobile phones are introduced by the public by Motorola. The final episode of 'M*A*S*H' airs to a record 125 million viewers.
- In 1984, the first Apple Macintosh personal computer goes on sale.
- In 1985, the Rainbow Warrior is sunk by French foreign intelligence services off the coast of NZ.

Organising your memories.

LIFE IS FULL OF PHOTO-WORTHY MOMENTS – SO MUCH SO, MOST OF US END UP WITH A BAZILLION HAPPY SNAPS SPREAD ACROSS A HANDFUL OF DEVICES, ALBUMS AND HARD DRIVES.

Thankfully, website and app developers know the struggle, so there are a number of programs you can use to help you on your photo-organising quest. And with the holiday season upon us and family generally around, why not sort out your memories once and for all - for everyone's benefit.

Gather them up

Before you can organise your photos, you need to see them all in one place. This may mean scanning physical photos to create digital copies, which you can either do using a scanner or via your smartphone – a quick Google will explain how. You can then save them directly to your camera roll or to an app like Dropbox. You'll also want to find old CDs, USBs or hard drives that could house more pictures. Don't forget to go through your smartphone and any of its backups to find additional images, and check your camera's SD cards if you have one.

Find the perfect place

Where you store your photos is up to personal preference, but using a cloud-based service is generally the safest, most convenient place. If you use an iPhone and computer, iCloud may be your best bet – it works with your phone to sync images across all devices, and it's relatively affordable if you need to upgrade your storage. Alternatively, Dropbox or Google Drive can be used on the computer and your phone via the app. If you're not a fan of cloud storage, consider an external hard drive for your computer. They're relatively inexpensive but localised – meaning you can only access those photos when you're at your computer.

Set up a system

Depending on your needs, every system has its benefits. While some people prefer to create folders for different events – like, say, 'Japan trip' or 'Emma's first birthday' – this may not lend itself to the more spontaneous snaps. It may be better to create a folder for each year, then a folder for each month. If a particular event happened in a certain month, you could then create a folder solely for that event in the month's folder; for example, your "2019" folder will include a "May" folder, which will include a "Mother's Day Lunch" folder with photos from that event.

Make physical mementos

If you love the idea of having each of your children's baby photos in one place, or a holiday album from a family trip, why not make photo books? Websites like Snapfish, Chatbooks, Blurb and Picture Postie make it super easy to turn your photo collections into physical photo albums, which you can proudly put on display or give as gifts to your children, parents or relatives.



Hang time.

YOU DON'T NEED TO BE AN EXPERT TO KNOW HOW TO DISPLAY ART PROPERLY AND SAFELY, BUT IT DOES HELP TO KNOW A FEW BASICS. FROM WHERE TO HANG YOUR CHOSEN ARTWORK TO HOW, KEEP THESE MUST-KNOW TIPS IN MIND.

Pick the perfect position

Generally, pictures should be hung at eye level – about 1.5m up the wall – and away from direct sunlight or heat sources, as these can damage them. When hanging pieces behind furniture, aim for the base of the frame to sit four to six inches above the highest point of the piece of furniture. If you are hanging multiple artworks together (like a gallery wall) treat the group as one piece of artwork and apply these same rules.

Decide how you will hang it

If you are hanging a heavy picture on a plaster wall, find a stud on which to safely anchor the wall hook. Lightweight pictures can simply be hung with adhesive hooks, which can typically be removed from the wall without damaging the paint. Will your painting be hung by picture wire or a metal hook? Wire will need screw eyes to be attached to the frame, and these screw eyes should be positioned on the inner right and left-hand edge of the frame a third of the way down from the top of the frame.

Get to work

Though you will be more accurate using a stud finder to hang your large or heavy pictures on, you can go without. Simply tap your knuckles along the wall until you feel and hear a solid backing – this will be your stud. To hang your picture, hold it up where you would like it and mark a line along the top of the frame. Then, on the frame, measure the distance from the top of the frame to the hook or picture wire (be sure to pull the picture wire taught to determine where it will sit when the frame is hung). Measure down that distance from the pencil mark you made on the wall to find where your chosen picture hook needs to be secured. Hang your picture and behold your home art gallery.

Rug rules.

A WELL-CHOSEN RUG CAN BE ONE OF THE HARDEST WORKING PIECES IN YOUR HOME, TYING A ROOM TOGETHER, CREATING NEW SPACES AND ELEVATING YOUR HOME'S DESIGN. HERE ARE FIVE EASY HACKS FOR PERFECT RUG PLACEMENT.

Go big where you can

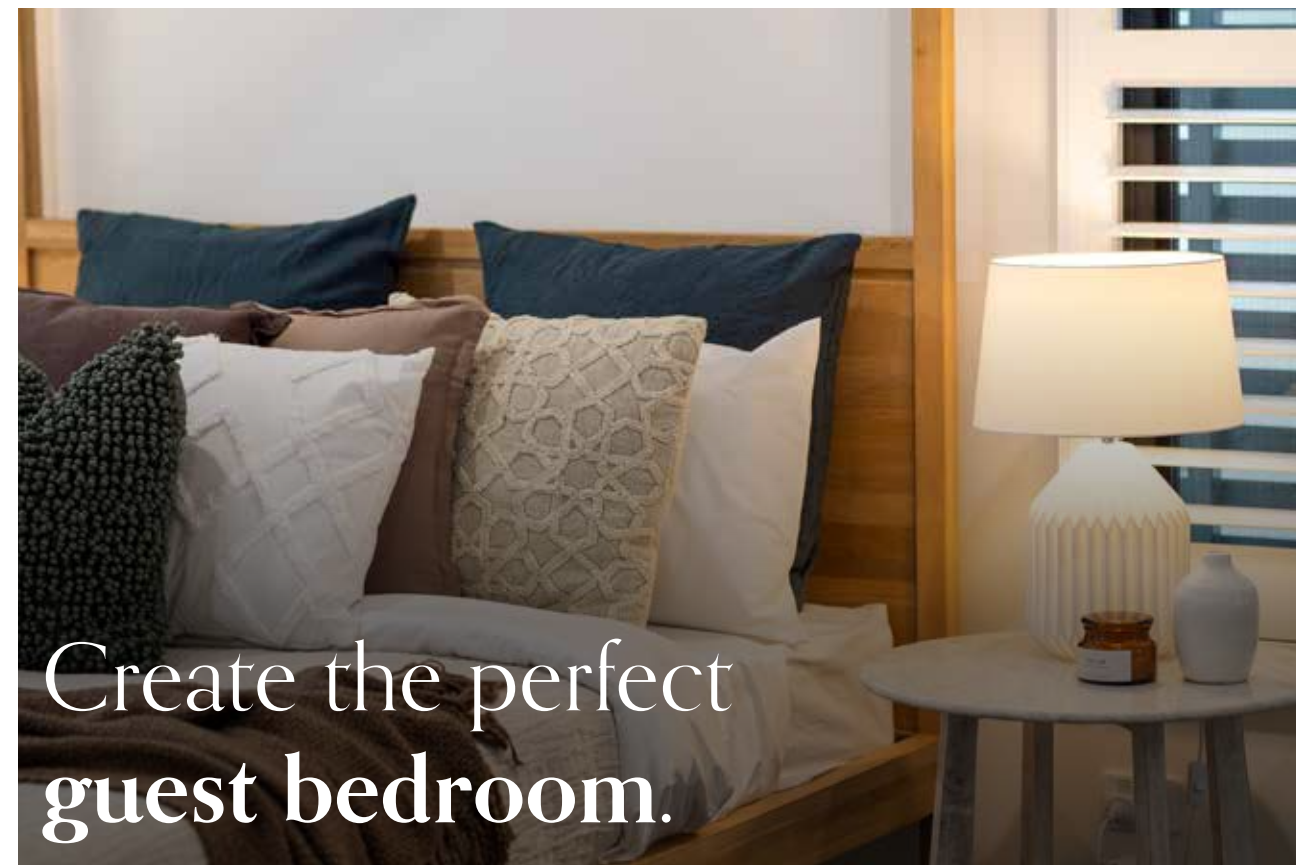
A good rule of thumb when choosing a rug is to make sure it will extend beyond the key pieces of furniture you will place on it. For a dining room, this means it should be bigger than your table and chairs, even when they're tucked in. In a bedroom, this will typically mean it should be bigger than your bed and bedside tables. If this isn't possible – for example, if you have a particularly large couch – just place the front legs of the furniture item onto the rug. Just ensure the entirety of all smaller pieces of furniture will fit on the rug.

Aim for equality

If possible, try to make sure your rug has equal distance on all sides. Interior design expert Darren Palmer says you should aim for 30cm on each side of your rug. This will usually mean placing it in the exact centre of your room or chosen space. With diagonal walls or large furniture items surrounding it, this can be tricky – it may be worth investing in a slightly smaller rug in this case, or opting for an irregularly shaped rug instead of a classic square or rectangle.

Consider your colours

A rug really can make or break a room, especially when it comes to colour. Take a look at the largest textured items in your room – your couch, bed linen and curtains, for example – and consider whether a printed or plain rug would complement them better. Plain items may look better with a printed rug, and vice versa. Consider also how warm or cool the colours in your room are. A good rule of thumb is that warm colours will 'come towards you', and cool ones will move 'away from you'. Having a balance of both can elevate your room, so keep this in mind when choosing a rug.



Create the perfect guest bedroom.

THE HOLIDAY SEASON IS UPON US WHICH, FOR SOME OF US, MEANS HOSTING FRIENDS AND FAMILY WHO ARE IN TOWN FOR THE FESTIVITIES. MAKE THEIR STAY WITH YOU COMFORTABLE AND MEMORABLE WITH THESE SIMPLE TIPS FOR TURNING YOUR SPARE BEDROOM INTO THE PERFECT GUEST RETREAT.

Lounging in luxury

If you want to give your guest room a luxurious hotel atmosphere, pay close attention to the bedding. Ensure sheets, pillowcases and duvets are crisp and fresh, but also high quality. Feel free to add a cosy throw blanket or decorative cushions but keep them to a minimum to avoid crowding. On the bedside table, provide a lamp and an alarm clock, and not much more – ask yourself what would be on offer in a hotel room, and stick to that.

All the necessities

Ensure your guest room has everything your visitors will need during their stay. Freshly washed bath towels, hand towels and a bathmat should be ready and waiting on arrival, along with soaps, lotions and even a few spare toothbrushes and other toiletries in case they've forgotten anything. Also, be sure to leave space in your guest room's ample wardrobes for your guests' things and provide coat hangers for them to hang their clothes.

Loving touches

Remember: it's the little things that will ensure your guests' have a memorable stay. Chocolates on pillows, a carafe of water or a fruit platter on the bedside table and fresh flowers are just some of the ways you can make them feel welcomed as soon as they walk through the door. A selec-

tion of your favourite books or magazines will make your guest feel like you have gone the extra mile to ensure their stay is enjoyable.

Keep it simple

No one likes feeling as though they are intruding in someone else's home, so make your guest bedroom feel separate from the rest of the house – this means keeping the personal knickknacks and photographs to a minimum, and ensuring the space is free from any of your clutter. If you want to add a personal touch for a close friend or relative, a photo frame or two holding a picture of a special place or time spent together will always be appreciated, but make sure your guest's space feels like their own.

Heavenly scents

Nothing makes a space more inviting than how it smells. If your guest room doesn't get much use throughout the year, ensure that you open the windows and doors prior to your guests' arrival so that it doesn't feel stuffy when they walk in. An essential oil diffuser with a selection of oils – a fresh, daytime one and a calming sleep oil are two must-haves – and drawer sachets will keep the room smelling luxurious throughout your guests' stay, and be sure to use a scented fabric softener to wash towels and linens before their arrival.

Homes for sale.

Home 114 - \$450,000

SOLD!

Beds

2

Bath

1

Living

1

Garage

1



It's all ready for you.

There will be no need to spend time or money updating this neat and tidy home - everything has already been done for you.

The bathroom has been renovated, the kitchen updated, the living areas tiled and the bedrooms carpeted, making this home quite covetable indeed.

It has two bedrooms - both with built-in wardrobes - and plenty of outdoor space. Not to mention, you have facilities like a pool, lawn bowling green and plenty of recreational areas right on your doorstep.

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

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.
palllakeresort.com.au

10

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.



To find out which homes are available right now, **FREECALL** 1800 641 665
email banorapoint@palllake.com.au or **visit us** at 67 Winders Pl, Banora Point NSW 2486



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

palllakeresort.com.au