

FEBRUARY - MARCH 2025



The Point



So much festive fun

Catch up on all the fun we had during the Christmas/New Year's season, inside...

Supporting the less fortunate

Palm Lake Group just made an incredible donation to an incredible organisation

Muscle up, for the New Year

It's important for over 50s to keep your muscles toned - and it's not as hard as you think



Welcome.

It's been a busy start to the new year. The AGM for the social group was held on January 20, which saw a new committee formed. We would like to say thank you to the previous social committee for all their hard work over the years, and congratulations to the new committee. We're sure it's going to be a wonderful year.

Wayne and I are taking holidays at the end of February and back on March 11. The very capable Palm Lake Resort Tweed River team will be looking after the resort and will have our office phone for any calls. Mark will also be around the resort while we are away.

We have all been enjoying the latest update to our resort - the new vinyl in the Grand Hall. It really does look great and has made such a difference to the area.

This month we farewelled a few of our homeowners: Keith and Jackie Curtis (Home 45) and Tony (Home 19). However, it wasn't all goodbyes! We have also welcomed two new homeowners: Barb (Home 45) and Kaye (Home 19). We hope you both are settling in nicely, and trust that your new neighbours are making you feel very welcome

Please see the opposite page for this month's green waste dates.

If you would like to contribute something to our newsletter, please be advised that the cut-off date for content is Monday March 24.

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)

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 in brief.



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).

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 your diary are:

- February 12 and 26
- March 12 and 26

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

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.

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.



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):

- February 3 and 17
- March 10 and 17

Stay up to date

To keep up to date with the man social activities that are happening at Palm Lake Resort Banora Point, make sure you check the whiteboards in the letterbox area.



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

Around the Grounds.

CATCH UP ON ALL THE FUN WE'VE BEEN HAVING HERE AT PALM LAKE RESORT BANORA POINT, RIGHT HERE...

2025 is off and running! Many homeowners enjoyed our 'Recovery Day' Happy Hour on January 1, followed a few weeks later by our Australia Day barbeque on January 26.

Our fortnightly Coffee Club and weekly line dancing have also resumed. The next Monthly Dinner Dance will be on Tuesday February 25, so make note of that date and come along and join us.

Sip and shop fashion parade

Another date to jot into your diaries, ladies, is our fashion parade and 'sip & shop' on Wednesday April 2. U&I Designs will be setting up in the Grand Hall, with fun and fine fashions on offer from 3pm. With fashion styles specifically designed for the over-55s, it's a perfect opportunity to 'sip' your preferred drink and 'shop' for your wardrobe. Bring your good friends for companyM1 ore details to come, but please save the date.



Our resident yogis came together to celebrate their Christmas break-up.



Collection of bottles and cans

As most of you know by now, Robbie and I have been collecting bottles (wine and beer) and cans (soft drink and beer) and taking them to designated sites for refunds. The money collected will be used for another defibrillator for the small hall.

We now have a defibrillator in the Grand Hall which has been supplied by Palm Lake Resort. Our intention is to keep collecting bottles and cans, and putting the money toward extras that are not presently covered by Palm Lake Resort, but will benefit the community.

I am happy to collect your cans and bottles on a weekly basis, or when required, If I am unavailable to take your call, then leave a message with your name and house number. Please feel free to contact me.

Arthur Smith (ph. 07 5523 4326)



Fun at our Christmas dinner dance!



Do your friends love it here, too?

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase one of our established homes you'll receive \$250* cash. Easy!

\$250
cash bonus simply for
referring a friend!

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



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

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 Clubhouse (second and fourth Wednesdays of the month)
- THURSDAY**
9.30am Folk dancing, in the Grand Hall
10am Line dancing
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)

CHECK
OUR WEEKLY
ACTIVITIES LIST
ON PAGE 5

Don't weight.

MAINTAINING TONED MUSCLES IS
QUITE CRUCIAL FOR US OVER-50s AS IT
SIGNIFICANTLY ENHANCES OUR OVERALL
HEALTH AND QUALITY OF LIFE. HERE'S WHY -
AND HERE'S HOW...

As we age, we naturally lose muscle mass and strength — a condition known as sarcopenia. This decline can lead to reduced mobility, increased risk of falls and difficulty performing everyday tasks. Regular muscle-toning exercises help combat this loss, preserving strength and functional independence.

Toned muscles also support joint health by stabilising and reducing strain on the joints, which can alleviate symptoms of arthritis and prevent injuries. Furthermore, muscle tone enhances posture and balance, which are vital for avoiding falls, a common cause of injury among older adults.

Building and maintaining muscle tone boosts metabolism, making it easier to manage weight and reduce the risk of obesity-related conditions such as diabetes and cardiovascular disease. Strong muscles also play a role in maintaining bone density, decreasing the likelihood of fractures and osteoporosis.

Beyond the physical benefits, engaging in muscle-toning activities improves mental wellbeing, boosts energy levels and enhances confidence. Whether through resistance

training, Pilates, yoga or bodyweight exercises, keeping your muscles toned is an essential part of staying healthy, active and independent in later life.

Here's the good news: Maintaining muscle mass after 50 doesn't require gruelling workouts. Gentle, consistent exercises and activities can effectively build strength, improve flexibility and promote overall wellbeing. And if ever there was a place to support this type of activity, among a group of likeminded participants, it's here in our Palm Lake Resort community, don't you agree? And research shows that the New Year is often the best time to start on this type of exercise regime. Generally, we are physically refreshed after the Christmas holidays and many also enjoy a renewed and enthusiastic outlook on life at this time of the year, making big, bold plans for the coming 12 months. Utilise your New Year headspace/mental vigour to start an exercise routine that has the best chance of sticking!

Here are some of the easiest and most beneficial ways to encourage your muscles to stay strong:

Yoga

Yoga improves muscle tone, flexibility and balance. Gentle styles like Hatha or restorative yoga are accessible for beginners and can help strengthen core muscles while promoting relaxation and mental clarity.

Tai chi

Often described as "meditation in motion", tai chi is a low-impact activity that enhances muscle strength, balance, and coordination. It's particularly beneficial for reducing fall risks and improving joint health.

Pilates

Both mat-based and reformer Pilates are excellent for building core strength, improving posture and toning muscles. The exercises are adaptable to individual fitness levels and focus on controlled movements.

Swimming

Swimming and water aerobics provide full-body resistance training with minimal strain on joints. The water's buoyancy makes it ideal for people with arthritis or other joint issues.

Low-impact sports

Activities like tennis, pickleball or golf encourage muscle engagement and coordination while being gentle on the body. They also foster social interaction and enjoyment. Tick, tick!

Body-weight exercises

Simple exercises such as squats, lunges and modified push-ups can be done at home to maintain strength and endurance without needing equipment.

Resistance bands

Using resistance bands offers a safe, versatile way to strengthen muscles. They are lightweight and allow for various exercises targeting different muscle groups.

Walking with weights

Walking while holding light weights or using weighted wristbands provides a dual benefit of cardiovascular activity and muscle toning.

Gardening

Gardening activities like digging, raking and planting engage various muscle groups, making it a functional way to stay active.

Dance classes

Dance-based fitness classes are fun and effective for improving coordination, muscle tone and cardiovascular health. Think Zumba, line dancing and adult tap dancing, for starters.

The most important thing with maintaining muscle tone is consistency. Starting slowly, listening to your body and gradually increasing intensity will help you maintain muscle mass and support overall health for many years to come.

Please note: Always consult a healthcare professional before beginning a new exercise program.

Six transformative New Year resolutions for all over-50s.

HAVE YOU HAD A CHANCE TO REFLECT ON 2024 AND SET SOME CHALLENGES AND GOALS FOR YOURSELF FOR 2025? SOME FIND THAT TASK SIMPLE, WHILE OTHERS CAN BE OVERWHELMED BY THE THOUGHT. LET US HELP YOU GET STARTED...

Whether your plans and goals are big or small, now is definitely the time to embrace the energy of renewal that abounds this season and set some intentions for the year ahead. If you need some inspo, we've come up with six New Year resolutions, specifically for over-50s, that will help transform your life:

1. Prioritise strength and mobility

Commit to a fitness routine that blends strength training with flexibility exercises like yoga or Pilates. These activities preserve muscle mass, improve balance and reduce the risk of falls.

2. Adopt a Mediterranean-inspired diet

Focus on whole foods like olive oil, fresh vegetables, lean protein and nuts. This heart-healthy eating pattern supports brain health and longevity.

3. Engage in lifelong learning

Pick up a new skill or hobby, or start an online course. Continued learning keeps the mind sharp, boosts self-confidence and provides opportunities to meet likeminded people. There will definitely be scope to find a group of likeminded neighbours here at our resort if you are wanting to start a new activity group. Otherwise, simply head to our Weekly Activities list and see if there's something there that piques your interest.

4. Deepen social connections

Make time for family, friends and community groups. Social engagement improves mental wellbeing, reduces loneliness and even strengthens immunity.

5. Embrace mindfulness practices

Incorporate meditation, tai chi or mindful breathing into your daily life. These practices reduce stress, enhance focus and promote a sense of peace.

6. Declutter and simplify

Start a decluttering journey, focusing on your home and commitments. Letting go of unnecessary possessions and obligations clears space for a simpler, more fulfilling lifestyle.

Homes for sale.

Home 41 - \$557,000


Beds
2


Bath
1


Living
1


Garage
1



Freshly painted.

This lovely home features brand-new floor coverings, creating a modern and welcoming feel. The remodelled kitchen boasts stylish finishes and quality appliances, offering both functionality and elegance - perfect for everyday cooking or entertaining guests. Flooded with natural light, the spacious living areas provide a warm and inviting atmosphere, ideal for relaxing or socialising. A dedicated study adds versatility, whether you need a home office, reading nook, or creative space. Situated in a sought-after location within the resort, this home offers a peaceful setting with easy access to exclusive amenities.



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

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

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!

Palm Lake Group 'Rizes' to the occasion.



OUR
CHRISTMAS
HAUL FOR
THOSE IN
NEED

This year, all seven Palm Lake Care communities, a number of Palm Lake Resorts and our Palm Lake Group Head Office team supported the RizeUp Christmas Appeal. PLC Chief Operating Officer Patricia Heke says the Group collected “a mountain of beautiful presents” (pictured above) that were gifted to children of families in domestic violence situations who otherwise might not have had a gift under their Christmas tree. “Our efforts were for smiles we will never see, but will know were there, on Christmas morning,” Trish says. “A massive thank you to all for your generosity.”



Twenty years young.

Recently, there was a vibrant gathering to mark the 20th anniversary of Palm Lake Resort Mt Warren Park. The day was filled with much fun and celebration. Best of all, it was great to honour Mt Warren Park's original 14 homeowners – those who have proudly called this community home since 2004 (as pictured left). Hip hip, hooray!



Waterford's Toy Boys continue their epic project.

Palm Lake Resort Waterford is home to a delightful group of fellows who adore their time together in the resort workshop. Not only do they use that quality time to chew the fat on all the topics of the world, they also like to build wooden toys for very grateful local children. And they've been doing it for longer than a decade!

The "Toy Boys" spend the whole year crafting gorgeous, high-quality toys from donated materials (and other materials that they purchase with funds raised through resort events and donations). Then, come December,

they put on their Santa hats and gift their toys to local groups. Toy Boys committee president Ray Johnstone says the Beenleigh Special School and Woodmans Mitre 10 Beenleigh's Community Christmas Tree appeal were the two grateful local organisations that received their hand-crafted gifts this past Christmas (all gifts under the Mitre 10 tree were provided to Night Light Outreach who distributed them to needy local families). Among the haul was everything from doll beds to a ride-on digger - all handmade in the Palm Lake Resort Waterford workshop. Bravo boys!



Wedding belles.

Congrats to Palm Lake Resort Beachmere Sands residents Allyson and Graham (pictured top) who tied the knot in a wedding ceremony at the resort's fabulous Beach House late last year.

We also saw Palm Lake Resort Bethania homeowners Dawn and Vern (above) tie the knot in a private function at their resort's Country Club in front of 60 guests.

Doing it for charity, again and again.

You can tell we've just enjoyed the 'season of giving' - not only did our homeowners enjoy giving Christmas gifts to their loved ones, they didn't forget about those less fortunate. We've seen so many great stories of charity fundraisers being held across our resorts in recent months - here's a little snapshot of some of them:

- Cooroy-Noosa hosted a 'pink' event for the McGrath Foundation. More than \$4000 was raised for breast cancer research and patient support.
- Carindale's inaugural jumble sale raised \$3000 for Care Kits for Kids and Beyond DV.
- Beachmere Sands and Beachmere Bay converged for morning tea to raise \$430 for Alzheimers research. The Sands crew also held a Bowls event fundraiser for prostate cancer research and raised another \$800.

Doggie dates.

At Palm Lake Resort Carindale's Home 52, an ever-changing and random assortment of resort doggos gather early each morning to greet each other. Homeowner Betty welcomes these morning gatherings on her front step where she and her dog, Lucy, provide delicious morning treats. There are often 4 or 5 puppies dropping in each morning, she tells us. It's a lovely way for our four-legged community members (and their humans!) to stay connected.



New Year, new you.



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.
palllakeresort.com.au