

JUNE - JULY 2024



The Point



Meditation in motion

You don't always need to break a sweat to get the benefits of exercise

A big effort, for a good cause

This year's Biggest Morning Tea event was a big success, thanks to our homeowners

Refer a friend, earn a reward

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



Welcome.

Winter has arrived, and while the mornings have been quite chilly, the days do warm up nicely, making for pleasant afternoons.

It was wonderful to see so many of you take advantage of the free service provided by our local fire brigade to change the batteries in your smoke alarms.

I did receive some feedback from the fire captain, who noted that several homes need their smoke alarms replaced as they are over 10 years old. Please remember that smoke alarms are a critical component of home safety, especially during the winter months when the risk of fires is higher. If your smoke alarms are outdated, don't delay in getting them replaced.

In lighter news, it has also been fantastic to witness so many homeowners participating in the exciting new activities happening around our resort. Your enthusiasm and involvement in social activities is the reason for our community's vibrant energy.

For your convenience, you can find the green waste collection days for June and July on the opposite page. Mark these dates on your calendars to ensure your green waste is ready for collection.

Thank you for making our community a safe and enjoyable place to live.

Until next month, take care and stay warm,

Wayne and Di
Palm Lake Resort Banora Point Caretakers

Contact us.

Looking for more information about Palm Lake Resort Banora Point? Here's how you can reach us:

FREECALL: 1800 641 665

Street address:
67 Winders Pl
Banora Point NSW 2486

Office hours:
9am-11am, Monday to Friday for residents and 11am-3.30pm for sales

Email:
banorapoint@palllake.com.au

Find us online at:
palllakeresort.com.au

Get social:
Follow us on Facebook (@palllakeresort) and on Instagram (@palllake.resort)

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News in brief.

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.



Get social

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

Fortnightly coffee club

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

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

- July 3
- July 17 (Portofino Fashion Parade on that day)
- July 31

Green waste collections

Make a note in your diary for the next few green waste collections (and remember to put your green waste out the night before these dates as Wayne makes his collection in the early hours of the morning):

- July 8
- July 21

Croquet? Okay!

We've been having a blast trying out some new sports lately - especially croquet.



Get in line!

We had a very happy and enthusiastic group for our first line dancing lesson. It was so much fun with lots of laughter. Don't miss out! Classes are held each Thursday morning at 10am. New participants are welcome.

Around the grounds.

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

The Biggest Morning Tea

This year's Biggest Morning Tea was very well attended, with 60 homeowners and friends coming together in the clubhouse for a good cause.

Morning tea was supplied by the Palm Lake Group, and everyone enjoyed the delicious food and beverages (especially the warm ones!).

The real excitement, though, was the raffle. Congratulations to the lucky winners! An impressive \$1700 was raised on the day, to help The Cancer Council continue their lifesaving research and care.



A few happy snaps from our Roaring 20s Dinner Dance...

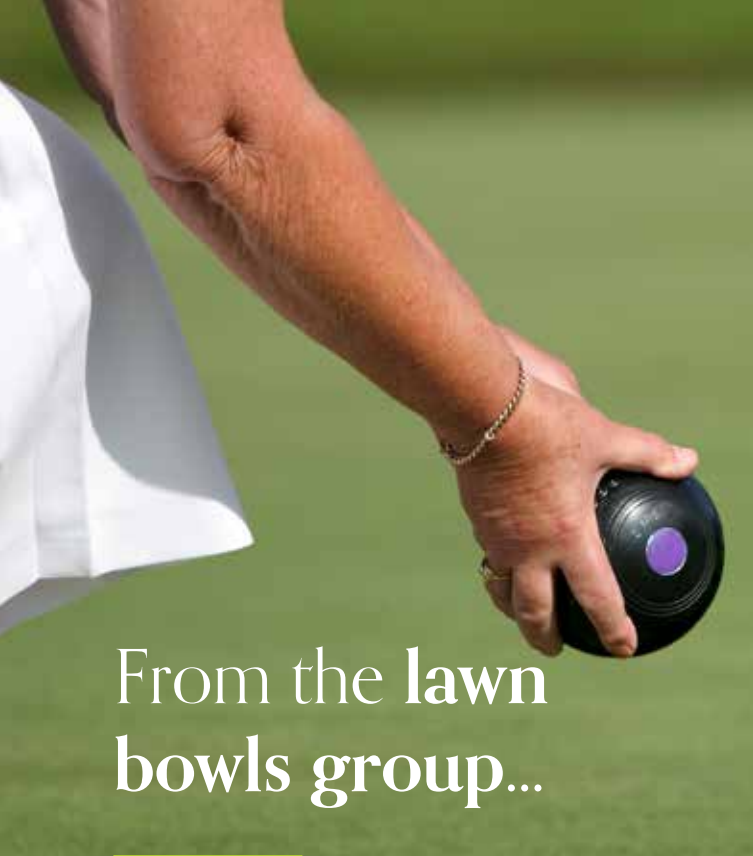


Weekly activities.

- 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 (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)



From the lawn bowls group...

Well, we are now into the winter months. It is also June, which is when we had hoped to see our green replaced! As a group we have placed our faith in the Palm Lake Group to achieve a new green, which was to be in May/June. We are all eagerly waiting for this to come to fruition though, understandably, the weather we had this year was not favourable for bowls – nor for building greens. Fingers crossed double for this to happen soon.

The weather gods have been with us this past month. We have managed to get quite a few games in, so hopefully that will continue.

Any person wishing to play bowls (no experience required) can come up on a Tuesday for morning tea following bowls, at around 10.30am, to chat with the group. You could also come on a Friday afternoon – we commence at 3pm and normally finish around 4.30pm or 5pm. Although the present green is in bad state, learners can practice and get an idea of whether they would like to join our bowls group.

We will now be taking the bowls sheets down on Mondays at 4pm for Tuesday bowls, and 11am Fridays for afternoon bowls. This is to allow the draw to be done earlier.

Contact numbers are listed on the sign on sheets, so please call Keith Curtis, John or Glenda if you have forgotten to put your name down, or if you have to cancel out for any reason.

The bowls group will be having lunch at the Coolangatta/Tweed Golf Club on Tuesday July 16. This is our half-yearly 50c club outing. Bowler's partners are welcome. There will be a notice on the bowls notice board shortly.

Keep warm now that winter is here and let us enjoy some good bowls.

Relaxation matters.

NEVER UNDERESTIMATE THE POWER OF RELAXATION; IT CAN LOWER THE RISK OF DEPRESSION, ANXIETY AND HEART- RELATED PROBLEMS, BOOST OUR IMMUNITY AND IMPROVE OUR MOOD, BRAIN FUNCTION AND MEMORY. BUT WHAT'S THE BEST WAY TO RELAX?

Tai chi

A favourite for people young and old, tai chi is a weight-bearing exercise (that is, one done while on your feet, so you bear your own weight) and a form of Chinese martial art. Much like acupuncture and herbs, it is an important part of Chinese medicine – it is an holistic experience, increasing blood and energy flow through the gentle contraction and relaxation of the muscles, while promoting a state of meditation through deep breathing and concentration. With an emphasis on balance, tai chi works both sides of the body equally and, unlike other forms of exercise, is done very gently. It's relaxing and enjoyable, and will leave you feeling calm, energised and in complete balance by the end of your class.

JOIN US FOR
YOGA AT 9.30AM
ON SATURDAYS

Yoga

Yoga dates back thousands of years, but it only really gained popularity in the Western world around the 1980s. In layman's terms, yoga is a practice of body postures, meditation and breathing control, and there are a number of different varieties of the ancient discipline, all with different focuses, intensity and methods. Almost all of these varieties, however, focus on some core principles: breathing exercises and simple meditation, and most incorporate poses and stretches to flex and strengthen different muscles. The purported benefits of yoga include improved flexibility and muscle strength, better posture, the prevention of cartilage and joint breakdown, protection of the spine, improved bone health, increased blood flow, draining of lymph fluids and it's also an immunity booster. For those who find it harder to get down on the floor, you can even do yoga in a chair!

Meditation

Lauded as one of the best ways to reduce stress, control anxiety and find calm, meditation has grown increasingly popular as more and more people discover its incredible benefits. You don't require much to meditate – just a few spare minutes, a comfy, quiet spot and maybe (if self-meditation isn't your speed) a meditative audio track or podcast to listen to. Lovers of meditation claim it helps improve their self-image, gives them a more positive outlook on life, enhances self-awareness, lengthens their attention span and even reduces age-related memory loss. Physically, meditation can improve your sleep and help you control pain, while also decreasing your blood pressure. In short, there's no reason not to give meditation a try sometime.



THERE'S A NEW CRAZE SPREADING THROUGH PALM LAKE RESORT. IT'S NOT QUITE TENNIS, NOT QUITE BADMINTON AND NOT QUITE PING PONG – IT'S PICKLEBALL, AND IT'S TAKING THE WORLD BY STORM.

The latest addition to many a Palm Lake Resort activities calendar might also be its most unusual. Pickleball, a sport that is played competitively in the USA but relatively unheard of everywhere else, has captivated a small group of residents – and they want everyone to join in the fun.

"Pickleball was first suggested in early 2020, but of course COVID brought our plans (and everything else) to a halt," says pickleball group member Rosslyn. "One of our residents had seen it played on a trip to the Gold Coast, and she thought it would be perfect for Palm Lake Resort. We were able to get a pickleball group going about six months ago and, safe to say, we're hooked!"

Across the Palm Lake Group, homeowners are meeting up at their resort tennis courts for a game or two of pickleball, and a good laugh.

"There is so much to do here, so we try to fit it in around all of the other activities," says Rosslyn, who is one of the pickleball-mad residents at Palm Lake Resort Tea Gardens.

Their group's sessions include a 20-minute warm up and a handful of pickleball games, with a break for a sit down and a chat in between.

"We're certainly not competitive – I'm sure it could be, but it's more of a social exercise for us," says Rosslyn. "None of us have ever played the sport before, but it's very easy to pick up. We actually discourage running so it's not as strenuous as tennis, but it's still active."

Pickleball is played on a small court – around 6 by 13 metres, roughly half the size of a tennis court – so can be played at a

slower pace. You can play in singles or doubles, and only need sneakers, a pickleball and a paddle (which you can borrow from the existing group members) to play.

"The equipment is minimal, which is the beauty of the sport," says Rosslyn. "We find that people become so taken with the game that they go out and buy their own."

How to: speak pickleball

- Ace:** A serve that cannot be returned, winning the server a point.
- Dillball:** A live ball.
- Falafel:** A shot that falls short – also known as a dead paddle.
- Kitchen:** The non-volley zone, a seven-foot section of the court where players are not allowed to volley the ball.
- Pickle!:** What a server shouts before they hit the ball.
- Smash:** An overhead shot.
- Volley llama:** An illegal move or fault where a player hits a shot in the Kitchen (non-volley zone).



Helping friends become neighbours.

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

\$250

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

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



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

Cash buyers await.

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

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

Commission-free transition
 Did you know that if you are a resident of any Palm Lake Resort and relocate to a new home in a different Palm Lake Resort location, you won't pay any agent's commission on the sale of your original Palm Lake Resort home?



Marketing and advertising services include:

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

ONLY \$550

Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT COMMUNITIES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS NEW REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!

Resort workshop put to amazing charitable use.

IT HAS BEEN A BUSY 12 MONTHS FOR A DEDICATED GROUP OF PALM LAKE RESORT BALLINA RESIDENTS WHO HAVE BEEN HELPING THE ROTARY CLUB OF BALLINA-ON-RICHMOND WITH THEIR TEMPORARY HOUSING PROJECT FOR PEOPLE DISPLACED BY THE BIG 2022 FLOOD.

The waters may have subsided long ago, but many people still remain in very poor living conditions after the severe flooding of 2022. Thankfully though, a project from the local Rotary Club is providing warm, safe, secure and compact homes for people to live in while they are either waiting to have their original homes restored or until they find alternative accommodation.

Palm Lake Resort Ballina resident Col Lee is the coordinator of the Rotary Club of Ballina-on-Richmond's Flood Recovery group. He engaged members of the Ballina Satellite Club, based at Palm Lake Resort Ballina, to assemble kitchenettes in the resort workshop and help with the fit outs of the temporary homes across the Northern Rivers region. All up, 38 homes have been erected, housing more than 100 people across seven affected local government areas.

The satellite assembly team – led by resident Michael Sherlock, a former cabinetmaker – put together the kitchen packs, adding plumbing, sink and hardware to the cupboards. The well-equipped Palm Lake Resort workshop made the job much more efficient and less confined than it would be in a normal garage. Once completed, the kitchenettes are then installed into the temporary homes to



make them ready for occupancy. Under State Government legislation, each temporary home can be occupied for up to five years and must have running water, some form of electricity and a working toilet. A development application is not required, being a temporary dwelling.

Palm Lake Resort Ballina's Resort Manager, Rick Stewart, says it is wonderful to see our residents engaging in such a worthwhile community project.

"The fellowship and sense of commitment among the members has given everyone so much pleasure in our workshop," says Rick.

"Projects such as this give a genuine purpose to all involved in our Resort where we strive to have a close connection to major community projects."

The last of the six homes were erected in the Nimbin area, which many feel has been forgotten by government authorities. This area was very badly affected by landslides – landholders' properties and homes were swept into sunken valleys and roads were covered with up to 15 metres of rock, soil and trees. Their homes and contents have been totally destroyed, never to be seen again. This Palm Lake Resort-based project has been a life changer for those who have suffered severely from the total devastation of their properties and livelihood – finally, thanks to this dedicated, community-focused group, they can begin to move forward. Through their work and expertise, these volunteers have lifted the morale and self-esteem of many people who had all but given up hope. Well done, all!



Leona is driven.

GOSH, WE HAVE A VIBRANT COMMUNITY OF RESIDENTS ACROSS BOTH OUR PALM LAKE RESORT AND PALM LAKE CARE COMMUNITIES - AND OUR TEAM MEMBERS ARE PRETTY VIBRANT THEMSELVES!

Case in point: Leona from Palm Lake Care Mt Warren Park. When she's not heading up the Lifestyle Team, she's generously giving her time to others, including charity. Leona has just returned from the "Shitbox Rally" - an aptly named annual Cancer Council fundraiser that requires participants to drive a car valued at less than \$1500 across various states of Australia. The rally saw her and husband Scott drive a 1989 VN Commodore from Brisbane to the starting line in Adelaide, through the centre of Australia, and over to Perth. Although the rally finished in Perth, the pair managed to complete a return trip and got their 'shitbox' back home to Brisbane - some 12,000km in total! This was Leona's fifth time in the Shitbox Rally, which has raised \$45 million for the Cancer Council in its 14-year history (Leona and her fellow Autumn 2024 rally participants raised \$3 million alone this trip!). Incredible! Leona's residents at Palm Lake Care Mt Warren Park followed her progress throughout the trip online, via a tracker she had in her car. There was loads of excitement across the community as she and Scott made it to each checkpoint. Bravo Leona - what fun, and what a great cause!

Inter-resort good sports.

Palm Lake Resort Eagleby hosted a team from Palm Lake Resort Waterford who put up a good fight, with some great lawn bowls played. However, Eagleby proved to be too strong and ran out winners 91 to 55.

Our Palm Lake Resort Cooroy-Noosa bowlers also took on visitors from Palm Lake Resort Beachmere Sands in a recent inter-resort bowls comp. After the morning session, Cooroy-Noosa were only up one point and one game. After a bit of banter and encouragement over lunch, the Cooroy teams lifted and won six out of eight games and scored 99 to 58 points to comfortably win the day. Final results were: Games won 10.5 to 5.5 and Points won: 196 to 154

Finally, Palm Lake Resort Bethania lawn bowlers took on their counterparts at Waterford recently. Although the final score was 102 to 63, it was no indication of the game. Both teams won three rinks each however one Waterford team won 34 to 5 with a very rare score of 9 on one end. This doesn't happen often - it's a bit like a hole in one in golf. It was a great game that all enjoyed whether playing or spectating.

They're sew good.

The talented crafters at Palm Lake Resort Deception Bay held their 10th annual Quilt Show in recent weeks. A few of the handmade quilts went home with lucky raffle winners – the rest are to be donated to local charities. Special mention to quilter Coral Welham, who turned fabric that wasn't suitable for quilting into pouches for rescued wildlife. Our Deception Bay homeowners really are sew good.



Cindy trains pups to empower.

Palm Lake Resort Beachmere Bay homeowner Cindy is spending her free time in a brilliant way - training pups to become Assistance and Therapy Dogs. Cindy has opened up her Beachmere Bay home to support this fantastic cause and has an ever-changing variety of the most gorgeous pooches staying with her, via the "Empower Assistance Dogs" organisation. Well done, Cindy!

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? We'd love to hear from you! **Simply email the details to belinda@bellepr.com**

We're all good sports.



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

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