

SEPTEMBER-OCTOBER 2021

BALLINA

BLISS.



MUSIC ALL AROUND US

Did you play an instrument at school? Blow the dust off that clarinet because did you know that playing music is actually good for you?

SMALL YARD, BIG FURRY LOVE

Looking to add a new (furry, four-legged) member to the family? Find out the Top 5 dog breeds for small yards.

MEET YOUR NEIGHBOUR

Talented homeowner Rhonda has never been busier than in her retirement years, when her artistic talent was given a chance to really flourish...





Pictured: One of the roads to beautiful Bangalow.



WELCOME.

Spring is well and truly upon us which is a lovely feeling now that our shire is out of lockdown. For me, lockdown was not all so bad. I kept myself busy riding my horses, walking my dogs on the beach and attempting the dreaded home-schooling stuff! I'm lucky to have ample space, so my crazy four year old can run around. Hendrix mostly did a lot of PE classes during home schooling - ha! I can tell our Palm Lake Resort Ballina residents also kept themselves very busy during lockdown too. There are so many lovely new front gardens and everyone looks fit and healthy when I see them out and about within our resort grounds.

Just before lockdown, we managed to secure a record-breaking price for one of our two-bedroom homes - \$910,000. I still have a waiting list of clients a mile long wanting to buy into our wonderful resort. I can see us cracking the one million dollar mark soon if one of our three-bedroom homes comes on the market for sale. If there are any resort homeowners whose situation has changed, don't forget that we offer an obligation-free appraisal service to find out the current market value of your home. It's as simple as making an appointment time.

Being a local, I thought I'd give you some ideas for ways to capitalise on the amazing spring weather we are having right now. One of my favourite things to do on the weekend is head to a local market. We are blessed with many options here in our area but my absolute favourite market is Bangalow. The atmosphere is welcoming, food is great and the shopping is amazing. There's always a local band playing which is lovely to listen to while sipping on a morning coffee.

As far as beaches go, my favorite strip of sand is Seven Mile Beach at Lennox Head. There is literally miles of beach for my dogs to run on, and plenty of room for everyone.

On a Sunday, you can usual find me at Newrybar, where I adore Harvest and their yummy sourdough Saturdays and Sundays. And a new coffee nook that you must try while there is the 'The Little General' right where you fill up your car. The coffee is amazing! If you're looking for more to do, the www.visitnsw.com website is a wealth of info. Just search "Ballina" and "events".

Until next time.

**Belinda Van Berkel and the Sales Team
Palm Lake Resort Ballina**

CONTACT

If you have any questions about Palm Lake Resort Ballina or if you are interested in a private tour of our resort grounds and facilities, simply contact us!

Freecall: 1800 335 666

Visit us:
120 North Creek Road,
Ballina NSW

Opening hours:
Monday to Friday, 9am-3pm

Email:
salesballina@pallmlake.com.au

Visit our website:
over55pallmlake.com.au/ballina

Get social: Follow us on
Facebook (@pallmlakeresort) and
Instagram (@pallmlake_resort)



NEWS BRIEFS.

ART EXHIBITION POSTPONED

In light of the current Covid restrictions, the Palm Lake Resort Ballina art exhibition has been postponed to October 14-16. Keep your eye out for event updates as they come to hand. This postponement comes on the back of the unfortunate cancellation of the resort Garden Competition, also due to Covid restrictions.

GREY IS THE NEW BLACK

Did you know that, annually, October 1 is the International Day of Older Persons? It's a celebratory event decreed by the United Nations and is an opportunity to highlight the important contributions that older people make to society and raise awareness of the issues and challenges of ageing in today's world. It was a resolution passed by the United Nations General Assembly on December 14, 1990. This year's special theme is 'Healthy Ageing'.

IS YOUR PET CALENDAR-WORTHY?

Silly question, right? Everyone's own pet is the cutest pet in the world! Here's your chance to have your pet (whether that be a dog, cat, bird or more) feature on a proposed Palm Lake Resort Ballina calendar. Calendar project organiser Jacqui Baskerville is on the hunt for both interested pet owners and potential calendar purchasers to ensure the project gets off the ground in time for a Christmas delivery. Calendars will cost just \$15. You can email her on jacquib71157@gmail.com for more info.



EXTRA, EXTRA!

The Spring 2021 edition of the Palm Lake Group's company magazine has officially hit the news stands, and it's full of the latest and greatest news from Palm Lake Resort and Palm Lake Care. If you haven't received a hard copy in your mailbox, you can also read it online at our website pallmlakeresort.com.au/news



HOMEWARD BOUND

Those most majestic of annual visitors to our neighbourhood, the humpback whales, are at the end of their migration trek, and are heading home. As the season wraps up (which happens around November), make sure you take the time to catch a last glimpse. The most popular vantage points for whale watching in the Ballina, Byron area include:

- Ballina North Wall
- Ballina Lighthouse Hill car park
- Angels Beach viewing platform
- Flat Rock viewing platform
- Skennars Head
- Boulders Beach headland or Rocky Point
- Pat Moreton Lookout at Lennox Headland
- Broken Head
- Cape Byron Lighthouse.



SMALL YARD, BIG FURRY LOVE.

DOWNSIZERS DON'T TYPICALLY MOVE TO PALM LAKE RESORT WITH CHILDREN IN TOW, BUT FUR KIDS ARE A WHOLE OTHER STORY! IF YOU'RE CONSIDERING GROWING YOUR FAMILY, TRY THESE SMALL-YARD BREEDS.

If there's one type of resident we love here at Palm Lake Resort it's the furry four-legged variety. When the actual kids grow large enough to fly the coop, pets can fill in a big void left by the children's departure. The joy of owning a pet isn't new to most Australians - we have one of the highest rates of pet ownership in the world.

Here at Palm Lake Group, we've built our resorts to be pet friendly because we know just how important pets are for the majority of our over-50s residents, too. Palm Lake Resort Ballina pooches can roam free in our dog run, enjoying a spot of exercise while also getting that important social interaction with their four-legged neighbours.

What we've found right across the Group, however, is that our off-leash dog runs are magnets for likeminded residents. Neighbours congregate to let their furry friends enjoy time together but for the humans themselves, it's

a great social outlet. And the regular walks to and from the off-leash areas are providing our residents with that all-important incidental exercise (with fresh air and vitamin D the cherries on top).

Our resorts are pet friendly, because we know just how important pets are to you!

Dachshund

Dachshunds are energetic, loveable and loyal, promising to be the perfect companion for any retiree. Their medium-level exercise needs mean they prefer homes with a small backyard, but also enjoy daily walks and space to run outside the confines of your home. They are highly playful and likely to bark but are certainly trainable, showing intelligence and energy. You just need to consider that though their coats are short, they can still shed.

Cavalier King Charles Spaniel

Small and sophisticated, don't let the Cavalier King Charles Spaniel's petit size fool you - this regal breed is tough to beat. With an even temper and gentle disposition, the Cavalier will often adapt easily to its owner's lifestyle; they can be active and inactive in equal measure. Bred to be a beloved lap dog, they are also descendants of sporting breeds and will enjoy moderate exercise and outdoor activities. You'll find a Cavalier enjoys an afternoon walk just as much as an evening on the couch.

Yorkshire terrier

The Yorkshire Terrier, affectionately known as a 'Yorkie,' is small and quiet, making them the perfect housemate. Their friendly nature means they don't mind company and are typically relaxed around other pets and people, making them perfect for social owners who would enjoy spending time at the dog park. While they have a lot of energy, it can be well spent in a small backyard - though they will never say no to an afternoon stroll. Bonus: they look like puppies for most of their life, making them perfect for owners who never want their fur babies to grow up.

Boston terrier

Commonly confused with a French Bulldog, the Boston Terrier boasts tall, upright ears and a flat face, with black and white markings sometimes referred to as a 'tuxedo jacket'. Originating from, you guessed it, Boston, the Boston Terrier requires active exercise (throwing a ball or a toy, or agility training) and can become frustrated when left alone for long periods of time. Considering adopting your very own? Be warned: their big, round eyes will surely win you over, promising love at first sight.

Maltese

Small but mighty, don't be fooled by the Maltese's prim and proper appearance - behind the white, fluffy exterior is a dog you're sure to love. Their small stature makes them ideal for small backyards, while their soft coat is unlikely to shed, making them a great choice for indoor living. Their coat is even considered hypoallergenic, meaning they will fit seamlessly into almost any family. Your Maltese will love running around in your backyard but will also never say no to a trip to the dog park or a walk.

WEEKLY ACTIVITIES LIST.

MONDAY

7.30am Tennis
9am Art class
9am Tai chi
10.30am Line dancing (general)
2pm Aqua aerobics
3pm Aqua aerobics

TUESDAY

9am Craft and quilting
2.30pm Walking group (meet at dog park)

WEDNESDAY

8am Tennis
9am Bus to shops
9am Painting pals
1.30pm Line dancing (beginners' practice)
2pm Cinema
2pm Mixed lawn bowls
3pm Line dancing (intermediate)

THURSDAY

9am Men's lawn bowls
9am Line dancing (general)
1pm Ladies' lawn bowls
2.30pm Walking group (meet at dog park)

FRIDAY

9am Aqua aerobics
10am Aqua aerobics
10am BYO morning tea
11am Gentle exercise
1.30pm Cards

SATURDAY

8am Tennis
9am Tai chi
1.30pm Mah-jong
7pm Cinema

SUNDAY

2pm Mixed lawn bowls



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, or maybe tell them about our various new resort locations still under construction, and if they purchase a Palm Lake Resort home, you'll receive up to \$500* cash. Easy!

\$500

for a brand new home

\$250

for an established home



For more information and to refer your friend, simply contact our Sales Information Centre on 1800 335 666. *T&Cs apply

The best in over-50s living. This is your time.
palmakeresort.com.au



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.

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 likeminded 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.

TRAVEL IN A NEW WORLD.



PALM LAKE RESORT RESIDENTS ARE KNOWN FOR THEIR ADVENTUROUS SPIRIT, SO THE PAST 18 MONTHS HAVE BEEN PARTICULARLY TRYING FOR THOSE EAGER TO GET BACK OUT ON THE ROAD AGAIN. AS THINGS (SLOWLY) BEGIN TO OPEN UP, HERE ARE THE TIPS TO KEEP IN MIND.

Mask up

Just as you do in your own neighbourhood, when you travel around Australia – and soon, the world – you will often have to wear a mask, so it's a good idea to keep a few spares close at hand. While many of us are well-versed in the general rules of mask wearing, it's always a good idea to stay up to date on the etiquette. According to the Australian Government's Department of Health, remember to always wash or sanitise your hands before putting it on or taking it off, ensure it covers your nose and mouth and fits snugly around your face, and do not allow the mask to hang around your neck or under your chin. Don't reuse single-use masks – instead, opt for a sustainable, reusable version (just make sure you wash and dry them after use and store them in a clean, dry place).

Get vaccinated (if you can)

Many states and countries are feeling the effects of new strains and new waves of COVID outbreaks, so expect hypervigilance when you try to cross any borders. In some places, in the future, entrance may be refused without proof of vaccination. While your holiday may be your number one priority, remember that for certain regions, avoiding the risk of another outbreak will always take precedence. This won't necessarily be restricted to government authorities, either; it's very likely that some airlines, tour groups and accommodation providers will turn away unvaccinated travellers. Beyond making it easier for you to travel, experts assert that higher vaccination rates make outbreaks less likely and reduce the need for preventative measures like border closures and travel restrictions – saving lives and livelihoods in the process.

Stay vigilant

The past few months have proven just how quickly things can change in this COVID climate. No matter where or when you travel, it is essential that you keep an eye on the restrictions in place where you're visiting and also back home. Staying up to date could spell the difference between making it back home in time and spending two weeks in quarantine. If you are road tripping interstate – as so many of our Palm Lake Resort residents love to do – this can prove challenging. Government resources include:

- The Coronavirus Australia app, which stays up to date with official information and advice
- The Australian Government WhatsApp channel, where you can learn the latest and send messages (message WhatsApp number +61 400 253 787 to join)
- Your state's COVID hotline.

Book with flexible providers

Once upon a time, planning a holiday well in advance was the best approach. Now, with most states unsure where they will be, COVID-wise, in a month, let alone six months, it can be more practical to book your travel within a shorter timeframe. Experts are already beginning to predict that COVID will change our traditional 'travel seasons', and the windows of travel opportunity will be days or weeks long, not months. Wherever possible, book with travel providers who offer free cancellation, date changes and credits or refunds. When it comes to travel insurance, check whether your usual provider includes COVID-related claims. And, if worse comes to worst and you can't get back the money you spent on a cancelled trip, see your investment as a donation to the struggling travel industry.

COMMUNITY MIND AND SPIRIT.

THERE'S NO DOUBT THAT YOU GET OUT WHAT YOU PUT INTO ANYTHING IN LIFE, AND LIVING IN A COMMUNITY LIFESTYLE RESORT LIKE PALM LAKE RESORT BALLINA IS JUST LIKE THAT, AS RHONDA RAWSON WILL TELL YOU...

Rhonda Rawson and her husband, Ron, have a story very typical of many who pass through Ballina on holidays – and never want to leave. Previously from Victoria, the pair were travelling in their caravan when life took a left turn about three years ago.

"Our caravanning journey brought us to a nearby park at Skenners Head," Rhonda recalls. "The climate was just right and we said to each other that this would be a lovely place to live. By chance, Ron happened to be investigating over-55s' villages via his phone and discovered Palm Lake Resort in Ballina.

As Rhonda recalls, it was a Sunday when the eager pair landed in the Palm Lake Resort Ballina Sales Information Centre and were cheerfully met by the sales team.

"We were ushered on to view the display homes and my reaction was 'Wow, wow and wow!'. I always said that the properties had to have the 'wow factor' and these sure did," she says.

"By Monday we had paid our expression of interest fee and then ventured home to Victoria to see if we could really leave our lovely home there and move 1600km north."

Turns out, they most definitely could. And the rest, as they say, is history.



Rhonda says among the things that please her most about their decision include the nature of resort living here, our town's facilities and the beachside setting.

"The residents here are more than neighbours - they are our friends. We all have a mutual respect for each other's privacy. We are united in our support of one another's welfare and have a strong social grouping. We can't imagine living anywhere else!"

Rhonda says that since she's moved in, her main interest has been around the resort's art studio where a small group meets weekly to paint for pleasure.

"We conducted a very successful Art Show in our resort function/dining room in 2019 and now hope to repeat this event later in 2021," Rhonda says.

On top of her artistic outlet, Rhonda also loves being associated with the resort Social Committee.

"We have been fortunate in re-establishing a healthy team of volunteers to once again bring back the enjoyment of Happy Hours, raffles, outings and entertainment that we've all missed," she says. "We have a committee of seven members now and we are excited to introduce additional events to the social calendar such as inviting local musicians to entertain for us, monthly pizza nights and a monthly outing to local restaurants. Many more bus outings are planned as we hope to accommodate everyone's requests."

Keep your eye on the Social Club calendar to see more of the joy that Rhonda and the committee are planning to bring to our resort. We really appreciate the support of community-minded homeowners such as Rhonda. Our whole resort applauds you.

CASH BUYERS AWAIT.



There has been an unprecedented level of enquiry on homes at Palm Lake Resort Ballina 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 Ballina 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 Centre know. Our Sales Consultant Belinda can inspect your home and give you an appraisal to help you make up your mind. We have qualified buyers waiting to hear about any new homes as they hit the market. To find out more, freecall 1800 335 666 or stop by the Sales Centre anytime from 9am-3pm, Monday-Friday.

RESORT MANAGER'S REPORT.

Spring is definitely in the air at lovely Ballina. Our immense native gardens are in full bloom and a large number of birds have appeared to enjoy the fruits and flowers on offer.

The resort is booming and is a hive of activity, after recent lockdowns in our region, with everyone now out enjoying a walk around for exercise or making the most of the pools on these warm days.

It has been great to see the resilience of all our residents during these 'different' times. I hear often how lucky we all are to be living here at Palm Lake Resort with such a caring community all around us. Everyone has been enjoying the feeling of belonging, and supporting those who need it - whether that's a call, a call

in, or swapping a book. It's all part of being good neighbours and supporting all around us.

Our local council has also been progressing with their upgrades of the surrounding land and roads near our resort, which will further enhance the area and hopefully make trips away, and out shopping etc, a little easier.

Residents have also supported an upgrade of solar panels onto our little clubhouse, to make us that little bit more environmentally friendly and reducing our power consumption from the grid. Another great initiative from all involved.

Rick Stewart,
Palm Lake Resort Ballina Resort Manager

FOR SALE VILLA 103: \$890,000



SOLD!

Beautifully presented with your lifestyle in mind, this modern open plan home is available for immediate sale. Extensive upgrades are seen in this home with shutters on every window and doors. The enclosed alfresco is very sizeable and sunny and the study is large enough to make into a 3rd bedroom or activity room. High ceilings to the living areas that open out to the well-established gardens. There is a huge kitchen with ceasarstone benchtops, filtered water on tap, plumbing for your fridge and Smeg appliances. The home consists of ducted and zoned air conditioning and fans throughout.

FOR SALE VILLA 10: \$765,000



Welcome to the easy living lifestyle that Palm Lake Resort Ballina has to offer. This easy to maintain, light-filled home boasts two bedrooms (including a master with ensuite), a living room that backs onto a lovely easterly facing alfresco, and a formal dining/study area. The second bedroom easily fits a queen-size bed and has built-in robes. There is a split system air-conditioning unit. The single car garage has enough room for a work bench at the back. If gardening is your thing, there is ample space to make the yard your own and with the added bonus of a water tank, your plants will never go thirsty.

FREECALL 1800 335 666 or email salesballina@palllake.com.au www.over55palllake.com.au



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A community where you can find yourself again, at your own pace. It's Ballina time.

Book a Private Inspection today and learn more about the life you could live at Palm Lake Resort Ballina.

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*Subject to availability. Conditions apply.