

JULY / AUGUST 2018

TEA TIME.



PICTURE PERFECT

Our Van Gogh III display home
will leave a bright impression

CHARITABLE NEIGHBOURS

Our residents are raising
funds for charity while
having a great time!

WHAT'S ON

Our latest events and
all the social news



WELCOME

Our Palm Lake Resort Tea Gardens resort reached a milestone in June with the final luncheon being held for deposit holders in Stages 17 and 19. The event was a delightful experience for all, giving our incoming residents the opportunity to make friends with their neighbours before they move in. A delicious lunch was served by Lee and her team and an entertaining and informative talk was given by John Davies, President of the Residents' Committee. A big thank you must go out to all those residents who participated and helped to welcome our new residents into this blossoming community.

With the auspicious occasion of our last deposit holder's luncheon being held and with construction coming to an end, it is certainly easy to see how wonderful the Tea Gardens resort is. We are all so grateful for the vision of the pioneers of "The Hermitage" (as our resort was previously known) and to Palm Lake Group for surpassing that vision. I was there for the first lunch and grand opening back in 2007 and am still amazed by the outstanding quality and beauty of our resort. The magnificent Promenade Country Club has turned out better than we had ever imagined it could be!

Despite being close to completion of construction, the sales team is still busy attending expos and holding functions at the resort. We still have a handful of homes that are available and so will be continuing our sales events and activities until these are sold. We have recently sold two of our beautiful display homes, however we still have both two-bedroom and three-bedroom display homes that are open for viewing seven days a week. You are always welcome to come and have a tour of our beautiful resort and homes. We hope to see you soon!

Jen Nichols
Regional sales manager



WHAT'S ON AROUND TEA GARDENS

Loosely Woven concert: Loosely Woven is an ad-hoc troupe of musicians, based on Sydney's northern beaches. They will be performing at Palm Lake Resort Tea Gardens on Saturday, July 28, and at the Grange on the Sunday.

History presentations: Resident and historian Alan Barr has offered to run another series of presentations after his interesting series on the Tudor period. Watch this space for details of Alan's upcoming presentations.

Summer fashion parade: Fashions from Ella's Boutique will take centre stage at an upcoming event. Again, keep your ear out for details.



PROGRESS UPDATE

It's a bitter sweet time for Palm Lake Resort Tea Gardens with the resort almost complete. Construction has commenced on the very last home in our resort (Villa 208), although progress has been delayed slightly due to the rain.

The caravan storage area is now also under construction as we finalise the delivery of facilities along with homes.

JULY / AUGUST

WHAT'S HAPPENING.



MARK IT IN YOUR DIARY!

The Palm Lake Resort Tea Gardens sales team will bring our resort to you!

The Hills District Retirement Village Expo

When: July 29 - 30

Where: Castle Hill RSL Club, 77 Castle Street, Castle Hill

Castle Hill RSL Club has multiple outdoor parking areas and provides free car parking for guests.

Admission is FREE.

KNOW YOUR COMMITTEE

For those newer residents of Palm Lake Resort Tea Gardens, the Social Committee is one of a number of committees and Special Interest Groups that come under the umbrella of the Residents' Committee. The seven members are all volunteers and they organise social events for the benefit of residents. If you are interested in lending a hand or participating in an upcoming social event, check in with these committee members:

President: Susan Farrar **Vice President:** Marlene Stokes

Secretary: Helen O'Harae **Treasurer:** Elizabeth Buckpitt

Committee: Jan Coomer (currently in Western Australia), Suzanne Mathews, Lyn Ridge and Lorna Vaessen (standing in for Jan).

TENNIS ANYONE?

Interested in playing tennis? 'Hit and giggle' players as well as regular players are welcome to join our tennis fanatics. All levels are catered for. Contact John or Sheila (Villa 268) for more information.



STAYING CONNECTED

Here are just some of the regular activities we offer at Palm Lake Resort Tea Gardens:

- Yoga & Meditation
- Tai Chi
- Line dancing
- Ballroom dancing
- Zumba
- Beginners' Canasta
- Mah-jong & Cards
- Sewing & Craft
- Art
- Ten-pin bowling
- Tennis
- Sailing
- Kayaking
- Aqua aerobics
- Lawn bowl: Social, Ladies', Twilight
- Snooker
- Darts
- Residents' dinners
- Happy Hour
- Movie nights
- Bus outings





High ceilings make a bright impression on Van Gogh III

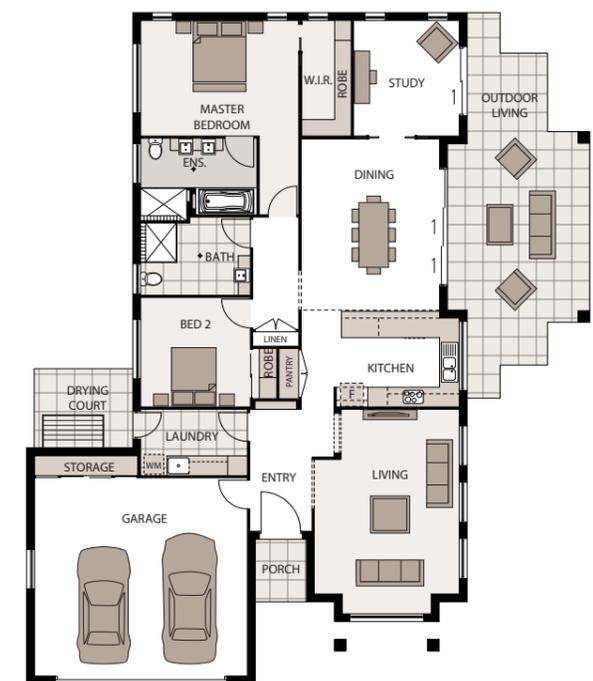
VAN GOGH MAKES BIG IMPRESSION.

Palm Lake Resort Tea Garden's Van Gogh III homes are just as commendable as the artist's own impressionist paintings. Designed with elegant lines to create spacious interiors, our Van Gogh IIIs are illuminated by natural light. Throw in some luxury fittings and finishes such as Smeg appliances and ducted air conditioning, and these homes become irresistible options. In fact, the features list is extensive. Visit our resort to experience it all for yourself - our Sales Centre is open seven days a week for convenience. See you here soon!



KEY FEATURES

- Designer façade with awning windows, brick veneer with textured finish
- Colorbond fully insulated roof
- Termite resistant structural timber framing
- 1200mm entry doors with translucent glass
- Ducted air conditioning
- Ducted vacuum system
- Fibre optic internet and telephone
- Solar hot water with electric booster
- Insect screens
- Stacker doors to outdoor living
- 24 hour emergency care buttons



Floorplan and façade images are indicative only, conceptual in nature and subject to change.

BEDS 2	BATHS 2	LIVING 2	OUTDOOR LIVING	GARAGE 2
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VAN GOGH III
254.46 m² / 27.39 SQUARES

MEET YOUR NEIGHBOUR.

KARREN NASH HAS LIVED IN SOME EXOTIC LOCATIONS AROUND THE WORLD IN HER LIFETIME, BUT NEVER HAS SHE FELT MORE AT 'HOME' THAN SINCE HER MOVE TO PALM LAKE RESORT TEA GARDENS LAST YEAR.



Karren Nash admits that she had never even thought of moving into a lifestyle community after her husband passed away some 10 years ago. She was planning to simply downsize from her family home on the south coast into a smaller apartment, or the like. It was a friend in Nelsons Bay who suggested Palm Lake Resort Tea Gardens to Karren and the idea immediately piqued her interest.

"It was funny – I ran into an old school friend who I hadn't seen in years and it turns out that she had moved into Palm Lake Resort Tea Gardens just six weeks before. She said to me that she was in heaven here – but didn't have to die to get in!" Karren laughs.

While Karren is living the solo lifestyle here at Tea Gardens, with her beloved 15-year-old 'moodle' Ollie, Karren says she has never felt excluded or isolated in this community.

"I actually can't believe how well I am included in things within

the bigger community group," she says. "I'm not religious at all, but I feel very, very blessed."

Throughout her career, Karren has worked for various airlines in a ground crew capacity. She lived in Papua New Guinea and worked for Air New Guinea, lived in Hong Kong while working for United Airlines and has also done a long stint with Qantas here in Australia.

Nowadays though, it's the Palm Lake Resort Tea Gardens choir, the resort pool, cardmaking crafters and players' group that keep her days filled. And she's busy with Ollie, of course. He gets twice daily outings, if not more, and has melted the hearts of many of Karren's neighbours who always offer to help Karren look after him when she needs to be away from home.

"The local neighbours here are very, very nice. I love that we can do as much or as little as we like. I'm very happy."

AROUND THE GROUNDS.

MEET YOUR NEIGHBOURS

More than 50 Palm Lake Resort Tea Gardens deposit holders attended our VIP Luncheon recently, getting the chance to mingle with their soon-to-be neighbours. Our guests were treated to a beautiful two-course meal by resort cook, Lee, and enjoyed soaking up the Palm Lake Resort Tea Gardens lifestyle while checking on the progress of their homes. Exciting times!



RESORT MANAGER'S UPDATE

Hi all,

Winter has arrived bringing a drastic drop in temperature and loads of rain, however, life continues at a steady pace for residents here at Palm Lake Resort Tea Gardens.

There are so many activities on offer from aqua aerobics, yoga, bowling and line dancing to concerts, bus outings and comedy sketches. Not to mention all that goes on in the broader Tea Gardens community. It's no wonder residents proclaim they are busier than ever now they are retired!

The winter conditions have brought a reprieve from the maintenance of our beautiful gardens and with that, we free up time to concentrate on preventative maintenance of our homes. This annual flurry of activity includes air conditioner servicing, pest treatments and external cleaning of homes.

The construction of our remaining homes is just about finished. Within a couple of months we will say goodbye to the construction staff who have been part of life here for the last four years or so. On the flipside, there will be less trade traffic, less noise and less dust!

As is it stands we now have 245 occupied homes and more than 450 residents! By the time spring arrives it's very likely we will be a fully occupied resort of 275 homes.

Until next time. Stay safe.

Katie Ambrose
Resort manager

CHARITABLE NEIGHBOURS.

PALM LAKE RESORT TEA GARDEN WAS THE SETTING FOR A WONDERFUL AUSTRALIA'S BIGGEST MORNING TEA EVENT AT THE PROMENADE LATE IN MAY.

Organised and hosted by the Social Committee, the event is held annually right across Australia to raise funds for the Cancer Council. Admission was a \$5 donation, and all residents were asked to bring a plate to share - the Social Committee providing warm beverages. Some 200 residents, family and friends attended and brought a magnificent array of food - needless to say, noone required lunch after the feast! According to secretary Helen O'Harae, there was a wide array of musical entertainment, including the local choral group, small singing groups and instrumentalists.

"A number of residents and local businesses donated prizes for our monster raffle - 30 in total!" Helen says. "We are very appreciative of all the donations. The Bar Committee also donated \$500."

The total amount raised through this one event was in excess of \$3800. Well done to all those who volunteered their time and/or attended on the day and gave generously.



Pictured above: The Biggest Morning Tea event was a great success - charity was the real winner on the day! Photos courtesy Myall Coast News Of The Area.

LET'S GET SOCIAL.

PALM LAKE RESORT TEA GARDENS' SOCIAL COMMITTEE BRINGS FUN AND FESTIVITIES TO THE RESORT COMMUNITY.



HISTORY IN THE GARDENS

One of our talented residents with a passion and in-depth knowledge of the Tudor period, Alan Barr, entertained us every second Sunday recently, with his presentations of the Tudor period and personalities. Far from boring history lessons featuring a long list of dates, Alan brought the era to life with his personal understanding of the personalities - Henry VIII, Bloody Mary, Elizabeth I and Mary Queen of Scots.

FASHIONABLE FRIENDS

Ella's Boutique provided 36 outfits for our local resident models to run down the catwalk at our recent fashion parade event, enjoyed by more than 100 guests. The afternoon kicked off with a glass of bubbly and a pleasant afternoon tea was enjoyed halfway through the show. Janelle donated exceptional prizes of branded products, leaving six of our residents particularly happy that they attended. Maggie provided commentary and music, while Chris ably assisted our ladies down the steps from the stage. It was a great fun event with some very enthusiastic residents realising that they might have missed their calling in life - to model!



YOU'RE GETTING WARMER.

THE WEATHER HAS COOLED RIGHT DOWN AND MANY OF US ARE LOOKING FOR THE PERFECT WAY TO KEEP WARM. AND IT'S NOT JUST A MATTER OF COMFORT WHEN IT COMES TO STAYING TOASTY – KEEPING WARM IS KEY TO KEEPING YOUR IMMUNE SYSTEM FIGHTING STRONG, SO HEATING REQUIRES SERIOUS CONSIDERATION, ESPECIALLY AS WE AGE.

There are so many options when it comes to heating your home and they each come with pros and cons – cost being the biggest consideration. EnergyAid's Anne Armansin has spent more than 20 years in the appliance and energy industries including managing a home energy advisory service servicing one million households. So she knows a thing or two about the best way to keep your home warm while also keeping costs down.

"It's easy to just reach over and turn the heating up," Anne says. "While that's fine a few times, it's easy to forget about the impact that will eventually have on your next power bill."

Using a heating device for about five hours a day, for example, Anne explains that the running costs can vary greatly depending on the option you choose:

Heated throw rug (purchase price approx. \$69) at 150 watts costs about \$0.18 per day = \$1.30 a week to run.

A five-fin oil heater (purchase price approx. \$45) at 1000 watts costs about \$1.20 per day = \$8.40 per week.

A fan heater (purchase price approx. \$49) at about 2300 watts costs about \$2.76 per day = \$19.30 per week

An 11-fin oil heater (purchase price approx. \$99) at about 2400 watts costs about \$2.88 per day = \$20.20 per week.

Many believe air conditioners are an expensive household appliance to run. However, did you know a reverse-cycle air conditioning unit can be less than half the cost to run compared to a small, portable, electric fan heater?

Anne encourages consumers not to be swayed by the seemingly cheap purchase price of a heater – check the compliance plate of all new appliances to see how much power they use before you commit to the purchase and, beyond that, "make some house rules for how often you'll use the heaters, and try to stick to it," she says.

The key to any heating plan is making sure your home is sealed from any cold wintry drafts that might blow in. Ensure all your doors and windows are closed tightly. One of the best investments you may make this winter is a cheap 'door snake' that, when placed along the bottom edge of your door, blocks any cold air from entering under it. And don't forget to close your curtains and/or blinds once the sun starts to set, to keep the glass insulated.

Your bedroom (and your bed) is where you might also feel the cold the most. Ensure you are using flannelette sheets in the wintertime and that you have swapped your lighter summer doona for a heavier winter version. Pull out your electric blanket (just remember that you should only use an electric blanket to heat your bed before you get into it – once you retire for the night, your blanket should be switched off). And don't forget that a good old-fashioned hot water bottle can also be a nugget of (warm) gold on a cold night.

Beyond all this, make sure you are suitably rugged up for winter. If you don't like the feel of layers and layers of bulky jumpers, look for thin thermal undergarments. Keep socks on your feet. Add a trendy scarf to your ensemble.

"Remember it's almost always cheaper to warm yourself than the whole room," Anne says.



HOT INCLUSIONS

Palm Lake Resorts are designed with solar orientation top of mind. Most of our Tea Gardens homes have north-facing living areas to catch the winter sun and also have slat fencing which lets the summer breeze flow through.

Beyond this, our homes and facilities are constructed with quality insulation top of mind that, while keeping our residents comfortable, also helps with reducing electricity requirements to therefore keep heating (and cooling) costs down.

Anticon blanket

Homes at Palm Lake Resort Tea Gardens have roofs insulated with an Anticon blanket which sounds literally toasty but also provides temperature and noise control in buildings with metal roofs. The Anticon blanket is a layer of glasswool adhered to an impermeable reinforced reflective foil facing. The lightweight blanket reduces radiant heat entering a home during summer, and in winter it keeps heat in and helps prevent condensation. Basically, the Anticon blanket works as an extra layer between you and the cold weather, keeping your Palm Lake Resort home warm all winter long.

Reverse-cycle air conditioning

If you really feel the cold and the insulation efforts of Anticon (as well as a steaming cup of tea) still aren't enough to satisfy you, your reverse-cycle air conditioner will be the thing you'll need to further control the ambient temperature of your home this winter. Many falsely believe that it is expensive to run air conditioning units but comparative data shows it's cheaper to run a reverse-cycle air conditioning unit throughout winter than an oil-burning heater or a small electric floor heater.



Award winning luxurious living.

Our portfolio of 25 communities across Australia has been richly rewarded, including winning Master Builders Association awards for our resort, country club and exhibition home.

This is the culmination of 40 years worth of Palm Lake Resort expertise and first hand knowledge in crafting designer resort living. Proudly family owned and Australian, we create communities that are friendly, exciting and inspirational. Our resorts are the new gold standard in luxurious resort living for a new generation of vibrant over 50s.



The best in designer living.



Master Builders Association Award Winning Resorts
For Best Resort, Best Country Club And Best Home

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