

JULY-AUGUST 2021

TEA TIME.



WINTER? NO WORRIES!

Don't let your exercise regime suffer just because it's cold outside – here's how we can help...

FOOD FOR THOUGHT

Freshly prepared meals, by a professional chef, here onsite at our resort? Yes, please!

CHARITABLE NEIGHBOURS

Resident Peter Stenson will hit the road again to raise money for cancer research.



WELCOME

Here at Palm Lake Resort Tea Gardens, we are proud to offer some of the most luxurious and upmarket homes in the Palm Lake Group's portfolio. Situated just one hour north of Newcastle near the north shore of Port Stephens, Palm Lake Resort Tea Gardens brings together the best of retired living for over 55s.

Our impressive Water Lillies Clubhouse, overlooking a glorious lake, is a favourite meeting point for residents who enjoy coming together there for a beverage or some friendly competition. The tennis court and pavilion, too, are always being used by our active residents.

When residents aren't spending time at the clubhouse, you'll find them at the country club. Our Promenade Country Club includes both indoor and outdoor swimming pools, two tennis courts, a gymnasium, dance floor, luxury cinema, library, billiards room, craft room, large bar and entertaining area – just to name a few of the class-leading inclusions! Yes, it's all here at Palm Lake Resort Tea Gardens.

Our residents will all agree that Palm Lake Resort Tea Gardens is a community where you can find yourself again – and at your own pace. You are at peace with yourself, having finally reached a point where freedom, individuality and personal growth can be your focus.

Be sure to make an appointment for a guided tour of this beautiful resort. The sales office is open five days a week, and weekends by appointment.

Lisa Weir
Palm Lake Resort Tea Gardens Sales Team

CONTACT

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

Freecall: 1800 756 740

Visit us: 50 Spinifex Ave, Tea Gardens

Email:
salesteagardens@palmlake.com.au

Visit our website:
www.over55palmlake.com.au/teagardens

Get social: Follow us on Facebook (@palmakeresort) and on Instagram (@palm_lake_resort)

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NEWS BRIEFS.

STAY A NIGHT – ON US

Many of the sales enquiries we receive about homes at our resort come from people in distant locations right around Australia. Did you know that if you are coming to visit us from out of town, you can freecall our Sales Information Centre to arrange your resort tour and a complimentary night's accommodation - on us! This offer is subject to availability and conditions apply, but there's never been a better excuse to indulge in a stopover to properly inspect our world-class facilities and welcoming homes, as well as our fantastic location area.

REFER A FRIEND

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 a new or established Palm Lake Resort home, you'll receive up to \$500 cash. Easy! Ask about our 'Refer a friend' incentive at the Sales Information Centre.

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: @palmakeresort

Instagram: @palm_lake_resort

BOWLERS VICTORIOUS!

Sunday, June 6, saw two Palm Lake Resort locations – Tea Gardens and Fern Bay – go head-to-head in a lawn bowls competition like no other. The tournament, now in its fifth year, had been won consecutively by Tea Gardens for over 18 months, but Fern Bay managed a narrow win this day – 145 to 123 – to take out the shield. Both teams duelled hard on the eight-lane course, encouraged by a passionate team of supporters from each side. The after-bowls lunch and beverages were enjoyed by all, and residents from both sides are looking forward to the next competition in September.



Pictured above: Henry Dallas presents the shield to Robert Hill.

Pictured below: Our victorious Palm Lake Resort Tea Gardens bowls team. Photos by Irene Roberts.





ON THE ROAD AGAIN.

WHEN PALM LAKE RESORT TEA GARDENS RESIDENT PETER STENSON WAS DIAGNOSED WITH INCURABLE MESOTHELIOMA, HE NEVER THOUGHT HE WOULD BE ABLE TO RIDE 200 KILOMETRES ON HIS BIKE – BUT A FEW MONTHS LATER, THAT’S EXACTLY WHAT HE DID. NOW, HE IS GETTING READY TO DO IT AGAIN.

Peter Stenson says you learn a lot about life in the oncology suite. Following a shock cancer diagnosis last year, Peter was forced to spend a lot of time at the Lake Macquarie Hospital – and it led to an emotional realisation.

“When you have to spend four hours with chemotherapy and immunotherapy getting pumped into your arm, you have a lot of time to reflect,” says Peter. “I noticed that so many other patients were doing it really tough.”

While coming to grips with the gravity of his own diagnosis – there is currently no cure for mesothelioma – Peter began thinking about the many young children who were going through the same kind of treatment.

“I was 77 at the time, and a lot of these kids may not even make seven,” Peter says. “They are scared and traumatised, and doing it heaps tougher than me.”

When Peter saw a Facebook post about the Starlight Foundation’s Tour de Kids, it was almost fateful. Still in the depths of his cancer treatment but fuelled by a want to help

those he had encountered in the oncology suite, Peter was up for the challenge.

“I committed to ride my pushbike 200 kilometres in one month, and raise \$500 in donations,” says Peter. “I spoke to some of my fellow bike riding friends here at Palm Lake Resort Tea Gardens, and several of them volunteered to ride with me to keep me safe.”

Even in good health, 200 kilometres on a bike is no mean feat. Peter had to plan his ride around his ongoing chemotherapy treatments, and he admits he greatly underestimated the effects of the chemotherapy on his body. But he still managed to complete the ride twice as fast as he had planned – in just 14 days – and smash his fundraising goal in the process.

“The truly amazing thing was that the 400 residents of Palm Lake Resort Tea Gardens donated over \$5000,” says Peter. “I also learned how many people here at the resort have lost grandchildren to cancer and sickness, and how many residents are affected by or battling cancer or serious illnesses.”

Given the success of his efforts last year, Peter is getting ready to do the Tour de Kids a second time around - and he hopes to have the backing of both the Palm Lake Resort Tea Gardens community and the wider Palm Lake Group once again.

“I still have the cancer, but it’s now dormant,” says Peter. “I figure: no chemotherapy, no excuses. It was hard work, but it was a lot of fun, too - I can’t wait to do it all over again.”

HELP IS AT HAND.

IF THERE ARE TWO THINGS GORDON ROWE LOVES DOING, IT’S MAKING THINGS AND HELPING OTHERS. THROUGH THE PALM LAKE RESORT TEA GARDENS WORKSHOP, HE HAS FOUND A WAY TO COMBINE THESE TWO PASSIONS – AND BRING TOGETHER THE RESORT COMMUNITY AT THE SAME TIME.

Gordon Rowe has been building things since he was 13. A former farmer, handiwork has always been part of his day-to-day routine, but it wasn’t until he moved to Palm Lake Resort Tea Gardens five years ago that he discovered a way to use his skills to help others.

“I have always been involved in charity work and fundraising – I was the district governor for Rotary for a while,” says Gordon. “I figured we should use the talents and connections we have here at Palm Lake Resort Tea Gardens to do some good, so we’ve done a number of great projects.”

A talented model boat maker, Gordon regularly donates his works to Sail for Cancer and to the bar committee at the resort’s Promenade Clubhouse, which helped to raise money for Meals on Wheels and the clinic bus. And while Gordon has made a number of things for people in his grove, he finds it most rewarding undertaking projects for the less fortunate.

“We do whatever we can for anyone who needs assistance in the village, but a lot of our work has centred around helping people outside the community,” says Gordon. “Some time ago, I was watching a TV programme about a man who was severely injured in Afghanistan, and the way that they had him opening tiny windows and putting nuts on bolts got me thinking.”

This is how the workshop’s current project, making domino boxes for people with disabilities in the Newcastle area, began. So far, they’ve made about 10 – an impressive accomplishment, considering each box takes a couple of weeks to make.

“There are two or three of us who go down on a Wednesday and a Saturday to make the boxes,” says Gordon. “I was very fortunate to be able to run across a joinery company in Heatherbrae, and we procured a lot of their offcuts. These donations enable us to do most of our projects.”



Once completed, the boxes will go to an organisation in Newcastle that oversees over a dozen homes for people with disabilities. Gordon is excited to see the impact they make.

“I am hoping to give them all to one young lady in particular, and she will give them to each of the homes,” says Gordon. “We don’t look for accolades, but it’s nice to be able to contribute. The way I see it, we are fortunate to be able to live in a place like this.”

Having farmed until he was 80, Gordon still finds ‘downtime’ to be a foreign concept, so he’s grateful for the many activities on offer at Palm Lake Resort Tea Gardens. Much of his time is spent making his model boats in the garage of his home, though he enjoys getting together with the other members of his community – especially in the workshop.

“It’s interesting, isn’t it? Throwing all these people, who have never seen each other, into the same place – the life experience they have is amazing,” says Gordon. “We have some very capable people in the workshop with a wealth of knowledge, and I’m always amazed at what these people can do.”

The workshop has around 100 members, but Gordon insists they are always welcoming more.

“There is a course that we need to do for safety and competency, but once people are accredited, they really throw themselves into it,” says Gordon. “We’re all happier when we’re helping others, and it’s nice to have that opportunity through the workshop here at the resort.”



FOOD FOR THOUGHT.

OUR COUNTRY CLUB IS A MAGNET FOR SOCIAL AND SPORTING ACTIVITIES, REST AND RELAXATION. BUT IT'S ALSO HOME TO A FULLY EQUIPPED COMMERCIAL KITCHEN THAT'S ANSWERING THE CALL OF RAVENOUS RESIDENTS!

Palm Lake Group is in the business of building homes and world-class facilities, but our company is also in the very important business of building great communities. Our resorts are places where people buy a physical abode but also get a wonderful lifestyle among likeminded neighbours.

While we know sporting pursuits, creative hobbies and social interests bring people together, equally so does a great meal. According to Palm Lake Group founder/director Walter Elliott (who has been at the helm of this family company for 44 years), the joy he gets from his role nowadays is in seeing Palm Lake Resort residents enjoy each other's company – generally around a table of food, with a wine bottle in tow.

Each Palm Lake Resorts offers a fully equipped commercial

kitchen, within that resort's Country Club, allowing our very experienced resort chefs to pull together some great weekly menus that are completely prepared here on site. Our resident meal sittings provide the perfect excuse for neighbours to come together and enjoy a catch up over a delicious lunch or dinner (and maybe even a frothy/bubbly beverage or two!).

Lee Romstein has been the chef at Palm Lake Resort Tea Gardens for five years and worked in the industry for almost three decades. No stranger to the Tea Gardens area – she owned a café here with her husband many years ago and used to visit on family holidays as a child – Lee feels lucky to be able to work in the hospitality industry while also enjoying the beautiful surrounds.

"I've worked both front of house and in the kitchens in my time, so I like being able to cook and also interact regularly with the residents," says Lee. "Keeping them happy is part of my job, so I try to provide as much as I can for them."

One of Lee's favourite parts about working at Palm Lake Resort is being able to create menus that deliver both creativity and comfort. She has implemented a suggestions box where residents can request their favourite meals – usually, roast lamb and chicken schnitzel. She also tailors her menus to suit different celebrations, be it a beef bourguignon for Bastille Day or a Christmas feast.

"The original idea behind the on-site kitchens was so that residents could enjoy a weekly roast and a dessert," says Lee. "In some ways I have stuck to that, but I also try to offer plenty of other options. My goal is to offer the highest quality meals I can and deliver something for everyone."

ANZAC BISCUITS.

Palm Lake Resort chef Kay Smoothy has eight years' experience feeding hungry residents across a number of our resort locations including Eagleby, Cooroy-Noosa, Deception Bay, Carindale, Beachmere Sands and now Beachmere Bay. This is following a 15-year stint running her own catering company – the girl loves to cook!

Kay says that one of her 'old faithful' recipes is the Anzac biscuit. Residents are lead by their noses on those Mondays that Kay has batches of Anzac biscuits in the oven! Here's how you can recreate her popular bikkies at home...

INGREDIENTS

1 cup plain flour
1 cup rolled oats
1 cup caster sugar
½ cup coconut
125 grams butter
1 tbsp boiled water
½ tsp bicarbonate of soda
2 tbsp golden syrup

METHOD

Mix all dry ingredients together bar the bicarbonate of soda. Mix it with water then add to butter with golden syrup. Mix these wet ingredients into the dry ingredients. Roll mix into balls and flatten slightly. Bake at 180 degrees Celsius for 12 minutes. Enjoy!



RESORT MANAGER'S COLUMN.

Winter has arrived, bringing a drop in temperature and regular rain to keep our gardens watered and lawns green.

The winter conditions have brought a reprieve from the maintenance of our beautiful gardens, freeing up time for us to concentrate on some preventative maintenance of our homes. This annual flurry of activity includes air conditioner servicing, pest treatments and smoke detector battery replacement, all due to commence shortly.

Life continues at a steady pace for our Palm Lake Resort Tea Gardens residents, even in these trying times with COVID restrictions across NSW. The health and safety of our residents remains our top priority, and we thank you for your support.

Until next time. Stay safe.

Kym Bellamy, Resort Manager



BREAK BREAD WITH US

Here at Palm Lake Resort Tea Gardens, our weekly resident meal sittings include:

- Dinner on Tuesday and Wednesday from 6pm (bar open from 5pm)
- Bistro lunch on the first Monday of the month, from 12 noon
- Roast Sunday lunch on the fourth Sunday of the month, from 12 noon

Don't forget to book your spot at the table each week via the resident portal.



PULL UP A SEAT.

THE BENEFITS OF YOGA ARE MANIFOLD; IT IMPROVES STRENGTH, FLEXIBILITY, MEMORY AND EVEN COMMUNITY CONNECTEDNESS. BUT IF YOU CAN'T DO TRADITIONAL MAT YOGA, DON'T DESPAIR – YOU CAN GET THE SAME BENEFITS JUST BY ADDING A CHAIR.

Beloved by Palm Lake Resort residents everywhere, yoga is a brilliant way to keep your body flexible and moving - especially so as we age. But for those who may not be able to as easily get down onto the floor for their practice, chair yoga is emerging as an effective modified version of traditional yoga that ditches the mat in favour of, you guessed it, a chair.

“The asanas – the physical movements – are adapted to become more accessible to a wide variety of ages and abilities,” says Amanda Boreham, who has been a Palm Lake Resort yoga instructor for almost five years. “You still get most of the benefits of mat yoga, without the added worry of falling over or overexertion.”

With chair yoga, there is no need to move quickly or through a variety of different positions. Most poses are performed either seated or standing – using the chair for support – making it an ideal form of exercise for those with low movement.

“You can still do all the same poses in a modified variation, along with the breathing and mind/body connection that

is so beneficial in traditional yoga,” says Amanda. “I teach children to 94-year-olds - it’s suitable for everyone.”

One key benefit of chair yoga is that you can easily do it at home. Amanda begins her practice with a five-minute pranayama, or yogic breathing, which encourages participants to focus on the present moment and let go of anything going on outside the class. To try it yourself, inhale slowly, allowing the abdomen to rise. When your abdomen has expanded as much as it can, allow your chest to expand upward and outward. Then, as you slowly exhale, allow your chest to move downward and your abdomen to draw back in. Continue this practice without straining or tension, using about 70 percent of your breath. This practice also helps to connect the mind and the body, ensuring residents are guided by a greater awareness of their body during the class.

“Any form of yoga enables people to become more aware of how they move not only during their workout, but throughout the day,” says Amanda. “You will begin to notice those erroneous patterns of using, say, your back to compensate for a shoulder injury when you perform certain movements.”

Following the breathing practice, Amanda suggests moving through a warm up that focuses on different movements from the head all the way down to the feet. Then, your exercise should become more cardio-centric. The poses are stronger and bigger to stretch, strengthen and mobilise the muscles, and use both sides of the body to encourage brain function, focus and memory.

TRY IT YOURSELF

Here are three simple chair yoga poses to try at home, sitting in a chair without wheels:

- Cow/cat stretch: Align your feet with your knees, place your hands on your knees and sit upright. Gently flex your belly outward and let your hips naturally rock forward, without moving your head. Breathing deeply, look down, rounding your neck, shoulders and back. Repeat slowly.

- Sun salutation: Breathe in and lift your arms up, pressing your palms overhead. Exhale, floating your arms back down to your sides. Repeat slowly.

- Ankle to knee: Sit up straight, bending your right knee to place your right ankle over your left knee. Lean forward for a deeper stretch, then repeat on the other side.

“We then work on balance, before finishing with a cool down and a moment for relaxation and meditation,” says Amanda. “These final five minutes give the body time to integrate the movements into their cellular memory and gives the brain time to relax.”

Beyond the strength, balance, cardiovascular and memory benefits chair yoga offers, there are also a few surprising benefits this fitness activity can provide. You may experience greater reaction times, improved sleep, better respiratory function, a more stable nervous system, better joint motion and dexterity – but the benefits aren’t just felt by individuals.

“During my classes, I talk about fostering peace both within us and together as a community,” says Amanda. “I encourage residents to come together and connect as a group, which I think is invaluable. The benefits of group exercise are wonderful in that way.

Before trying yoga or chair yoga, Amanda encourages residents to be guided by their professional medical practitioners and listen carefully to their bodies.

BEND & STRETCH, RIGHT HERE!

Palm Lake Resort Tea Gardens residents can enjoy weekly yoga classes, here at the resort, on Mondays at 12.15pm and Fridays at 9.30am (chair version).

WEEKLY ACTIVITIES

MONDAY

- 10am** Social bowls
- 12 noon** Bistro lunch (first Monday), WAC (Women & Cancer)
- 12.15pm** Yoga
- 1pm** Sewing & Craft
- 1.30pm** Movies (first Monday), Mah Jong, Sailing (alternate weeks - WLCC & PROM)
- 2pm** Table tennis
- 7pm** Cards 500, Snooker

TUESDAY

- 7.30am** Kayaking (Anzac Park)
- 9am** Zumba, Aqua aerobics, Tech Savvy (first and third Tuesdays)
- 1pm** Advanced Canasta
- 2pm** Ladies’ coffee afternoon (first Tuesday)
- 3pm** Pickleball
- 6pm** Residents’ dinner
- 7.15pm** Movie night

WEDNESDAY

- 9am** Workshop open
- 9.30am** Tai chi
- 11am** Line dancing (not first Wed), Darts
- 1.30pm** Ladies lawn bowls
- 2pm** Art, Tennis
- 6pm** Residents’ dinner
- 7.15pm** Movie night

THURSDAY

- 9am** Aqua aerobics
- 10.30am** Shibashi
- 12.30pm** Pie Day ‘pick up’
- 1.15pm** Tenpin bowling
- 1.30pm** Card making
- 2pm** Table tennis
- 3pm** Social bowls

FRIDAY

- TBC** Shopping bus
- 9.30am** Chair yoga
- 2pm** Tennis
- 5pm** Happy Hour

SATURDAY

- 9am** Workshop open
- 1pm** Advanced Canasta
- 2pm** Social bowls, Table tennis
- 3pm** Pickleball

SUNDAY

- 12 noon** Sunday Roast (fourth Sunday)
- 1.30pm** Mah-jong
- 2pm** Movies, Tennis



STAYING FIT THROUGH WINTER.

THE DAYS ARE COLD, AND YOUR BED IS SO, SO WARM – HOW ARE YOU SUPPOSED TO FIND THE MOTIVATION TO EXERCISE? PALM LAKE RESORT CALOUNDRA CAY PERSONAL TRAINER WENDY MUNDAY SHARES THE TIPS SHE HAS LEARNED OVER 30 YEARS IN THE FITNESS INDUSTRY.

Exercise is important all year round, but when it comes to things like staying off sickness and battling the winter blues, it is particularly important during the cooler months.

“Exercise improves your whole lifestyle, helping you maintain muscle balance, boost your bone density and encouraging your brain to produce endorphins, or happy hormones,” says Caloundra Cay PT Wendy Munday. “From your immune system to your cardiovascular system, you become healthier when you engage in regular exercise.”

Before you (literally) hit the ground running, Wendy says there are certain precautions you should always take before exercising. A good warm up will prepare your muscles and reduce your chances of straining, tearing or cramping, so take time to do some dynamic stretches or go for a light walk before you exercise. When you’ve finished working out, be sure to cool down and stretch.

“COVID has taught us that we can do just about anything indoors, so if you aren’t feeling motivated to go outside and exercise, try a workout like Zumba, yoga, Pilates or even

weight training,” says Wendy. “If you do decide to exercise outside, make sure you do a longer warm up.”

While everyone’s exercise routines look different, Wendy says you should aim for 30 minutes of consistent movement – be it a walk, a round of golf or a workout class – each day.

“It’s all about consistency and just doing a little bit every day,” says Wendy. “You’ll soon notice the benefits – you may find you’re less tired when performing day-to-day tasks, or that you recover faster from illness.”

For some, persistent injuries may discourage exercise – particularly during winter. But Wendy says that, with the support of heat packs, braces, anti-inflammatories, and proper diet, you can still improve your fitness, even in the cooler months.

“One of the biggest things I tell my clients during winter is to ensure you stay hydrated – drink more water than you think you need,” says Wendy. “You may not feel your sweat as much as you do in summer, but you are still working hard. Look after your body, and you’ll soon feel the benefits.”

WINTER WARM UP

Among the winter fitness options here at Palm Lake Resort Tea Gardens, why not try:

- Yoga on Mondays at 12.15pm and Fridays at 9.30am
- Zumba on Tuesdays at 9am
- Aqua aerobics at 9am on Tuesdays and Thursdays
- Shibashi on Thursdays at 10.30am

BEDS + STUDY 2	BATH 2	LIVING 1	ENCLOSED ALFRESCO	GARAGE 2
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HOME 129 - \$735,000

Just over three years old, this Cezanne III home is in immaculate condition with mature, well maintained gardens. The floor plan features an open-plan kitchen and living area, perfect for flexible living or entertaining family and friends. There is a separate wing containing guest bedroom and bathroom and the master bedroom with ensuite and walk-in-robe. Both the living area and master bedroom have access to the private fully fenced courtyard, the perfect place for soaking up the sunshine or enjoy the breeze with a cup of tea and a good book. This home has ducted air con, high ceilings, external window awnings, plantation shutters, wide eaves and is fully insulated. It also has 15 solar panels.

BEDS + STUDY 2	BATH 2	LIVING 1	ENCLOSED ALFRESCO	GARAGE 2
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HOME 216 - \$750,000

Location, location, location... Enjoy the privacy and beautiful serene vista over the lake, wildlife and north-easterly aspect from this stunning home. This fabulous design takes full advantage of the impressive outlook with open-plan living and dining areas flowing outside through double sliding doors to private courtyard. The master bedroom also opens onto the courtyard. The spacious kitchen includes quality European appliances, Quantum Quartz benchtops with waterfall finish, soft close drawers and large pantry. The double garage has an automatic door with remote. Other features include ducted air con, ducted vacuum, 3.5kw solar plus solar hot water and more.

BEDS + STUDY 3	BATHS 2	LIVING 2	ENCLOSED ALFRESCO	GARAGE 2
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HOME 250 - \$849,000

This superbly appointed, centrally located Renoir III is an absolute must-see with over \$100K of additions, including tinted windows, roll-down awnings to all windows, timber plantation shutters throughout, additional power points and ceiling fans. It features three generous bedrooms. A separate study, formal dining room and lounge room surrounded by large bay windows provide plenty of space. The bright and airy open-plan kitchen features Quantum Quartz benchtops, soft-closing drawers and a gas cooktop with additional gas bayonets fitted to the third bedroom, lounge room and study. Luxury features include ducted air con, ducted vacuum, automated awnings over the alfresco with rain sensors.

To find out more, freecall 1800 756 740 or stop by the Sales Information Centre, 9am-4.30pm, Monday to Friday (and weekends by appointment).

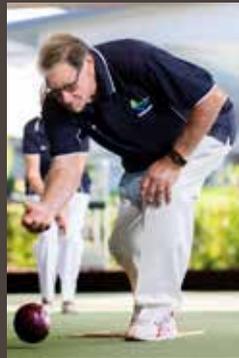
THE BEST IN OVER 55's LIVING

THIS IS YOUR TIME.



This is your time. You are at peace with yourself, having reached a point in your life where freedom, individuality and personal growth can finally be your focus. Here you will find a place to capture the precious moments that define, enrich and centre you. A community where you can find yourself again, at your own pace. It's Tea time.

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



palmakeresort.com.au | Freecall 1800 756 740
The best in over 55's living | This is your time

*Subject to change without notice.