

The Chatter.

FEBRUARY - MARCH 2022

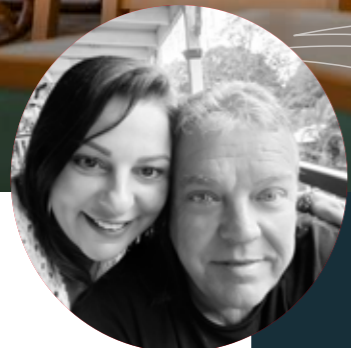
Dive on in.

OUR RESORT POOLS ARE MAGNETS FOR HOMEOWNERS. IN THIS ISSUE, WE SHARE WAYS TO MAKE THE MOST OF THESE PRIZED FACILITIES. WHAT ARE YOU WAITING FOR? HAVE A SPLASH (OR A SOAK) AND ENJOY THE LAST OF THE WARM WEATHER WHILE IT'S STILL HERE.





Welcome.



Welcome to the February-March edition of the Tweed River Chatter. We hope you love our new look!

We would like to remind you all that the resort bus can be booked for resident use, so if you wish to book a day trip or outing, please make contact with the front office. The bus is a great service we offer here at Tweed River, and we encourage the residents to make good use of it. We have a weekly shopping trip to Tweed City Shopping Centre on Thursdays, running from 9am - 12pm, and we can also provide other community shopping trips. For example, residents have suggested a trip to Harbour Town Gold Coast. We welcome these suggestions so please feel free to let us know your ideas.

Now that things are starting to ease towards normal again, we would love to encourage our residents to start utilising the clubhouse more! There are a range of facilities and activities for everyone. Join us for our weekly dinners, relax with a book in the library or enjoy a movie in the cinema. Welcome back friends and family by booking your next function in the dining room, billiards bar room or on the balcony, overlooking the river. See Pauline during office hours to make a booking.

As a community, we love our newsletter as a way to stay connected. We encourage our residents to share stories and photos of any events that happen here at Tweed River. If you would like to include something for the April-May edition of the newsletter, the cut-off date for submissions is late March.

Pauline Pedulla & Bernie Paterson
Palm Lake Resort Tweed River Caretakers

CONTACT US

Looking for more info about Palm Lake Resort Tweed River? Here are five ways you can reach us:

Online: pallmlakeresort.com.au

Social media: Follow Palm Lake Resort on Facebook and Instagram.

Street address: 2 Barneys Point Road, Banora Point NSW 2486

Phone: 1800 881 041

GET SOCIAL

Follow Palm Lake Resort on Facebook (@pallmlakeresort) and on Instagram (@palm_lake_resort) to see what's happening right across our 28 Palm Lake Group locations.

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News briefs.



HOT OFF THE PRESS

Our summer 2021-22 edition of "Your time" magazine is out now, circulating the country. In it, we've covered all the latest news from around the various Palm Lake Resort addresses, with other great summer-infused lifestyle reads too. If you didn't receive a hard copy in your letterbox, you can always read it online at pallmlakeresort.com.au

CARD MAKING CLASSES

Nothing says 'I love you' quite like a handmade card, don't you think? Starting from Monday February 14, Christine (H81) is offering card making classes. The classes will run for two hours each, and you will leave with two beautiful handmade cards – the materials are supplied, but please bring your own basic craft supplies such as scissors, pencils, etc.

WELCOME HOME

We would like to extend a warm welcome to five new residents who have joined our community recently. Anne Reading (H84) moved here in December, Eric and Marlene Castle (H69) joined us in January and, most recently, Max and Janette Sladden (H52) arrived in February. We hope you are settling in nicely and enjoying your first experiences in our community – we are so happy to have you.

FIND YOUR BALANCE

A brand new balance class started on Wednesday February 2 and will run for 12 weeks. Classes are being held from 9am to 9.30am weekly and are designed to help you improve your balance and strength. This round of classes is full, but a new 12-week term will begin on March 26.

SUNDAY SESSIONS

Grab some drinks and nibbles and come along to Sunday by the River! Tickets are \$10 for members and \$15 for non-members. Enjoy the following performers as they play from 2pm - 5pm:

- February 20:** David Barry
- March 20:** Alexandra



AUSSIE. AUSSIE. AUSSIE!

There was a lot of fun to be had at Palm Lake Resort Tweed River on Australia Day. From costumes to decorations, to delicious food and drinks shared among friends, it was a wonderful way to celebrate our special country. Just look at Angie and Owen Nagorcka (pictured) who went the extra mile and hung up an Australian flag outside their home.



Dive on in.

NO MATTER WHICH PALM LAKE RESORT LOCATION YOU CALL HOME, OUR POOLS ARE ALWAYS HUBS FOR EXERCISE, RELAXATION AND ENTERTAINMENT. SO VERSATILE ARE THE RESORT POOLS, HERE ARE NO LESS THAN NINE WAYS YOU CAN ENJOY THEM, BE THAT ALONE OR WITH VISITING FRIENDS AND FAMILY...

Group fitness

There is no shortage of group fitness on offer for the residents of Palm Lake Resort, particularly in the pool. Aqua aerobics is one firm favourite among residents and for good reason. It is ideal for those who have issues with weight-bearing exercises and helps you increase muscle strength without straining. Palm Lake Resort personal trainer Di Clapp says, "Aqua aerobics – along with many other styles of water-based fitness – removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler." Keen to try? We have the following classes:

Mon - Fri, 7.25am - 8.25am Water exercises

Thurs 5pm Aqua aerobics

Soak up the sun

You don't even need to get your heart rate up - sometimes, simply relaxing in the sun after a refreshing swim can prove beneficial. That's because vitamin D (which you gain from spending time in the sun) plays a significant role in regulating your calcium and blood phosphorus levels to help maintain healthy bones.

It is also said to support cardiovascular health, lung function and brain health, and is even believed to help protect against diseases like the flu and manage diabetes. Here, our pool is conveniently positioned overlooking the Tweed River. It has a lovely outdoor BBQ area right nextdoor, so enjoy a dip followed by some time spent riverside.

Swim laps

You may not have swum laps since the swimming carnival days of your childhood, but there are a few compelling reasons you may want to start. For one, it offers great cardiovascular exercise without putting stress on your body, particularly your joints. Swimming helps you maintain a healthy weight, heart and lungs, increasing your strength and muscle mass all without injury. You can start slow, but you'll be amazed at how quickly you can increase your swimming distance with consistent practice.

Relax and relieve stress

You don't need to go on holiday to relax – our class-leading amenities, in particular our on-site pools and beautiful surrounds help us put the 'resort' in Palm Lake Resort. Head to

our pool to relax by the water and you'll be doing your mind and body a world of good. Studies suggest that just being near water has a psychologically restorative effect, leading to a better mood and less stress – this, in turn, has positive implications for your immune system, heart health and sleep.

Entertain the grandkids

Palm Lake Resort is designed for over-50s, but with green spaces, a library and a craft room on site, visiting grandchildren love our resort just as much. The swimming pool in particular is a magnet for little visitors. Next time you're hosting younger generations, why not play a fun pool game with them? There are classics like Marco Polo as well as Sharks & Minnows but why not have fun making up your own games, too? Maybe even stock up on some diving toys (*pictured right*).

Catch up with neighbours

At any given Palm Lake Resort location, the pool is a hub for not only exercise but social activity too. Organise to swim laps with a friend or participate in one of the group fitness activities to meet new people. Socialisation is said to improve mental and emotional health, boost confidence, reduce blood pressure and even stave off Alzheimer's.

Entertain friends

Palm Lake Resort residents are a social bunch, often entertaining visiting friends and family from outside our resort. While those visitors will love our communal spaces and architecturally-designed homes, they will also love paying a visit to our resort pool for a soak and a chat. Much like having your own backyard pool, our resort pools provide an additional spot to entertain and socialise – without any of the upkeep!

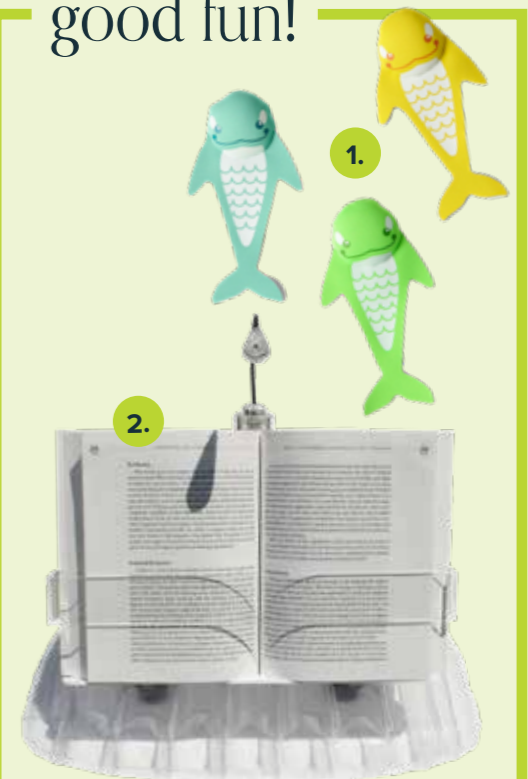
Read a good book

Is there anything more relaxing than reading a book by the pool? Or better yet, in a spa-like pool?! Modern innovation has made it possible for your book to float alongside you, meaning you can lie face down on a pool float and read without your arms getting sore. Genius. You'll not only be sharpening your mind, but also scoring all the (above) benefits of being in the pool.

Just float

When all else fails, just go for a float. It's the perfect way to cool down, take the weight off and enjoy the water and the many benefits it has to offer. According to experts, time spent floating can help to relax your muscles, aid in better sleep, decrease muscle and joint pain and decrease stress and anxiety. There's no wonder every Palm Lake Resort location features a pool!

Splashing good fun!



1. Morgan & Finch whale diving toys, \$13.55 www.bedbathntable.com.au
2. AquaReader floating book and tablet caddy, \$182 www.amazon.com.au
3. Sunnylife floating bed, \$89.99, www.theiconic.com.au
4. Hydgenos swimming headphones, \$279 www.hydgenos.com



Right on cue.

WALK INTO ANY PALM LAKE RESORT CLUBHOUSE AND YOU'LL LIKELY FIND A GROUP OF RESIDENTS GATHERED AROUND THE BILLIARDS TABLE, WATCHING OR PARTICIPATING IN A NEIGHBOURLY GAME. BUT IT'S A GAME THAT SPANS THE GENERATIONS – SO OUR VISITING FAMILIES LOVE IT TOO.

If there's one thing many Palm Lake Resort residents have in common, it's that they love a good game of snooker – it's the reason most of our resorts across Queensland, New South Wales and Victoria have their own billiards tables. Pool, snooker and billiards are all beloved as social games best enjoyed with a drink and good company, but did you know there are distinct differences between them? Paul Cosgriff, president of the Victorian Billiards and Snooker Association, explained the differences clearly. Paul says billiards is played with only three balls (one red, one white and a yellow cue ball). Both snooker and pool begin with a triangle of 15 balls each - in pool they are multicoloured and divided into solids and stripes, while in snooker they are red. Snooker is also played with an additional six coloured balls. Both of these games also require a white cue ball.

“Pool tables are smaller and have very generous corner pockets, making it easier to pot the balls,” explains Paul. “Potting balls in snooker or billiards on an English billiards table is tougher and you have to be fairly accurate.”

Originating in France and England in the 1700s, billiards began as an amateur sport amongst the aristocracy. While it didn't become popular in Australia until the late 1800s, we

managed to produce one of the best billiards players of all time, Walter Lindrum.

“He was the greatest player the world had ever seen, and remains one of the best,” says Paul. “But during the height of his career in the 1930s, billiards was losing its popularity – people were simply too good. That is when an English man named Joe Davis turned to snooker, which also started out as a form of gambling. While a billiards match could go on for weeks, snooker was much faster paced making it more enjoyable for spectators. The colourful balls made for great watching when colour was achieved in 1972, and the game really took off from there.”

While England has always been the home of billiards – which Paul puts down to the terrible weather, which forces everyone to find fun inside – both it and snooker are beloved here in Australia. And with neighbours like China and Taiwan getting in on the action, Paul wouldn't be surprised if we saw an Asian circuit (similar to golf) emerge in the near future.

“The thing I love most about these games is the combination of physics and artistry,” says Paul. “Physics tells

you that if you hit the ball a certain way, it will end up in a certain position. Mastering all of the other factors - like side, intentional spin and strength - is where the artistry comes in. The best players will finish exactly where they want to finish, under incredible pressure. That's the beauty of the game.”

Paul's tips for **bettering your game**

1. Although cues are provided, your own cue is always best. Your individual cue gives the best 'feel' and on large professional tables, players fit extensions to their own cue because that familiarity is so important.
2. Two-piece cues are best for ease of transport, and storage. The join can be at half-way or “3/4” - meaning well down near the butt end of the cue. Under the rules, a cue must be at least three feet in length, so if you take the butt end off a “3/4” cue you could still play a shot. Most cues are 54” in length - generally standing about shoulder height, or just above, or below. Therefore, you could not unscrew the 2-piece cue with a mid-join and play a legal stroke.
3. When purchasing a Cue, play a number of shots hitting 'high' on the cue-ball so that it follows on, or runs through, after the object ball. This translates to 'feel' and helps when comparing cues. The more expensive cue is not necessarily the best feel for you. The tip of the cue is your only means of control for spins on the ball (screw, stun and side) so maintain it well. Good chalk is essential.

4. Persistence is the key to improvement and full enjoyment. Practice, especially for plain ball striking, is essential to eliminate unintentional spins. Later practice allows for intentional spins to manoeuvre the cue ball to the desired position for the succeeding stroke.

5. An adjunct to persistence is maintenance. The cue should be kept clean and dry, with a little wood oil on exposed wood near the tip, and below the ferrule. The billiard table should have a dust cover. When the dust cover is removed, the table should be brushed (and preferably padded) from the baulk end (the “D”) all the way to the top of the table where the black spot is. Never “bang” a ball onto a spot! It can only cause damage. The table should be serviced by a qualified person if there are problems with spots, wear and tear to the cloth, or if the table is out of level. Otherwise, it's game on!

Happy Hour.

As if you needed another reason to visit our billiards room, we host Happy Hour for all residents on Fridays! Come along to share a beverage and a chin wag with your neighbours.

Spread the love.

IF THERE'S ONE THING THAT IS FRONT OF MIND DURING FEBRUARY, IT'S LOVE – SPECIFICALLY, ROMANCE. BUT IT'S ALSO A GOOD TIME TO CELEBRATE ALL THE OTHER KINDS OF 'LOVE' IN YOUR LIFE. FROM YOUR COMMUNITY TO YOUR NEIGHBOURS, HERE ARE A FEW WAYS YOU CAN SPREAD THE LOVE THIS MONTH (AND BEYOND).

Love thy neighbours

Neighbourly 'love' is often on display at Palm Lake Resort, whether residents are catching up at social events or over the fence, sharing a meal at the Beach House or a drink on their driveways. There are so many ways you can show appreciation to your neighbours – why not offer a hand when you see them outside gardening? Cook an extra-large helping for dinner and drop a plate over to them? Or rally your other neighbours to support someone you know is going through a hard time? Random acts of kindness are some of the best ways to show love.

Love your community

Spread the love beyond your neighbourhood with a charitable project. You could build something, bake something or raise money for a good cause. But if you're in need of specific inspiration, just take a look around your Palm Lake Resort community! Residents across the Palm Lake Group are always doing their bit to help others, and there's no doubt a fundraiser, food drive or charity project underway at your resort.

Love long distance

This is something we've had to become much better acquainted with, as lockdowns and border closures had made it impossible to visit faraway friends and family. Whether you're separated by sea or state borders, there are so many different ways to spread the love across long distances. Why not post your friend or family member a small item or card that made you think of them, send them a delivery of food (Uber Eats vouchers are great!) or flowers, or simply pick up the phone for a spontaneous chat?

Love your partner

Showing love to your significant other seems obvious, but if your relationship spans years (decades, even) romance can easily fall to the wayside. Of course, not all couples show love in the same ways – a good way to keep the spark alive is to learn your partner's 'love language'. Finding out which of the five love languages they prefer (words of affirmation, physical touch, gifts, acts of service and quality time - Google it!) will help you understand how they give and receive love. This makes

you more able to show them the kind of love they most appreciate and notice when they are showing you love in return.

Love yourself

Last but certainly not least, think about how you can show love to the most important person in your life: yourself. You are the person you'll spend the most time with, so it makes sense to nurture that relationship just as you would any other, right? Think about the things that make you genuinely happy – it might be a certain form of exercise, a swim, a relaxing bath, a trip to the day spa or hair salon, even a specific craft activity – and do more of them. Just like using the family heirloom china tea cups, treating yourself should be a daily thing - not only for special occasions!

Weekly activities list.

MONDAY - FRIDAY

7.25am - 8.25am Water exercises

MONDAY

7am - 1pm Personal gym instructor

9am - 11am Carpet bowls

2pm - 3.30pm Line dancing in the Clubhouse (first half-hour dedicated to beginners)

TUESDAY

9am Craft

1.30pm Bingo

5pm Aqua aerobics (register your name in the activity folder)

WEDNESDAY

7am Golf

1pm Cards - 500

1.30pm Rummikub

7pm Movie in cinema (see door for information)

THURSDAY

9am - 10am Yoga (register your name in activity folder)

9am - 11am Shopping trip to Tweed City

10.15am Fish man outside the Clubhouse

1.30pm Mah Jong

6pm Dinner (followed by trivia on the first Thursday of the month)

FRIDAY

10am - 11.30am Line dancing in the Clubhouse (first half-hour devoted to beginners)

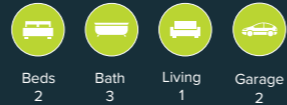
5.30pm Happy Hour upstairs in the Clubhouse

SATURDAY

1.30pm Fortnightly Chick Flicks (BYO drinks and nibbles)

Homes for sale.

Home 71 - \$850,000



Spacious, modern home

You will be impressed by this spacious two level home! This pre-loved home is just like new and offers two living areas both leading to balconies that are nicely positioned to take in views of the Tweed River.

Downstairs offers open plan living, kitchen with quality Smeg appliances, laundry plus powder room, large master bedroom with walkin robe and ensuite. Upstairs boast another large bedroom with ensuite, lounge area with ample storage cupboards throughout. XL Garaging Plenty of room for your vehicles, and all just a short stroll to the Club House and activities within the resort.

There has been an unprecedented level of enquiry on homes at Palm Lake Resort Tweed River 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 Tweed River 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 and Information Centre know. Our Sales Consultants 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 881 041 or stop by the Sales and Information Centre anytime from 9am-3pm, Monday-Friday.

**CASH
BUYERS
AWAIT.**

For more, phone 1800 881 041 or email tweedriver@palmlake.com.au or visit palmakeresort.com.au



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 881 041. *T&Cs apply



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

Eat, drink and be merry.

There's nothing more enjoyable than spending time with friends, and you can do just that here at Palm Lake Resort.

With many organised weekly activities on-site as well as other outings in our local community, there are dozens of ways to fill your diary alongside your neighbourly friends. Why not start by pulling up a stool with us at Happy Hour this Friday?

We're all about spending quality time with likeminded friends. Here, community is everything.



Palm Lake Resort Tweed River: 2 Barneys Rd, Banora Point, NSW 2486
Freecall 1800 881 041



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