

APRIL - MAY 2024



The Chat



Footy fever sweeps the resort

Football season has started, and everyone is getting in on the fun

Donning the green and gold

From thong throwing to barbeques, catch up on our Australia Day celebrations

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for fast cash



Welcome.



Welcome to April-May edition of our Palm Lake Resort Tweed River newsletter, The Chat.

The rain is continuing to come down here in the Northern Rivers, but it definitely hasn't dampened the spirit of our homeowners. We all love to celebrate here, whether it's Australia Day, the Easter long weekend or the start of the football season. Turn the page to catch up on all of the celebrations that have been happening here.

But it hasn't been all fun and frivolity here at our resort. We learned of some sad news on Australia Day when our amazing caretaker, Bernie, was taken ill. After some time in hospital, Bernie has returned home - however, on the advice of doctors, he will be taking things slowly for a little while. We all wish him a speedy recovery and hope that he will be back to good health in no time!

I hope you enjoy catching up on the latest resort happenings in this edition. I would also like to take this opportunity to remind all of our homeowners that this newsletter is a place to share what has been happening around our resort. Whether it's photos from a recent event, a new activity you would like to announce or a personal anecdote (or even a life story!) we want to hear about it. Send me an email to find out how to submit content and the deadlines for upcoming editions.

Finally, don't forget about the 'Refer a Friend' incentive. 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 an established Palm Lake Resort Tweed River home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.

Until next time - take care for now,

Bernie Paterson and Suzanne Lacey (pictured)
Palm Lake Resort Tweed River

Contact us.

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

FREECALL: 1800 881 041

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

Office hours:
9am to 11am, Monday to Friday
(weekends, by appointment)

Email:
tweedriver@palllake.com.au

Find us online at:
palllakeresort.com.au

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

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News in brief.



Our local celebrity

Bevan (Home 66) was pictured in the newspaper recently (far left) playing the role of centurion in the Good Friday Passion Play at the local church.



Golfers have all the fun!

During a round of golf at Murwillumbah Golf Course, Hew Blair (Home 54) decided to retrieve his golf ball from a creek bed. Naturally, the mud was not as firm as he thought and consequently he sunk up to his chest. Being a keen swimmer, he managed to breaststroke to the bank (sadly it was not even his ball) with the assistance of his playing partner Bevan Godwin (Home 66). He was taken to the golf buggy wash bay and hosed down. After a shower in the club house he put on his wet clothes (minus his socks) and being a true golfer he rejoined his partners and completed his round of golf. Well done Hewie!



Rise and shine!

What a beautiful sight to wake up to. Photo courtesy of Kym (Home 61).

Weekly activities list

MONDAY

7am – 1pm Personal gym instructor
7.25am – 8.25am Pool exercises
10.30am – 12.30pm Card making (Hall/Craft Room)
1.30pm – 3pm Line dancing (DVD class)

TUESDAY

7.25am – 8.25am Pool exercises
9am – 12pm Craft morning (Craft Room)
1.30pm – 3pm Bingo (Craft Room)
6pm Meal night (arriving around 5-5.30pm)

WEDNESDAY

7am Golf at Chinderah
7.25am – 8.25am Pool exercises
9am – 9.30am Balance class
9.30am – 10.15am Tai chi (DVD class)
1pm Cards (Library or Lounge)
1.30pm Rummikub
7pm Movie night

THURSDAY

7.25am – 8.25am Pool exercises
9am Yoga (in Sportsman Bar area)
9am – 12pm Bus trip to Tweed City
1pm – 4pm 500
1.30pm Mah jong
2pm – 4pm Kelly pool
3.30pm Aqua aerobics

FRIDAY

7.25am – 8.25am Pool exercises
9.30am – 11.30am Art Space
10am – 11.30am Line dancing (DVD class)
5.30pm Occasional Happy Hours

SATURDAY

9am – 9.45am Tai chi (DVD class)



Australia Day fun.

Our homeowners celebrated Australia Day with costumes, games and delicious food galore.



So long, farewell!

Pat and Indrani (Home 5) have lived at Tweed River since 2014 but decided that it was time to move closer to their grandchildren in Parramatta. We wish them both well with their move and hope it's a smooth transition.

Footy season is back, baby!

We have had plenty of fun and friendly competition at Palm Lake Resort Tweed River, ever since football returned in March. Here are a few happy snaps of our homeowners supporting their various teams...



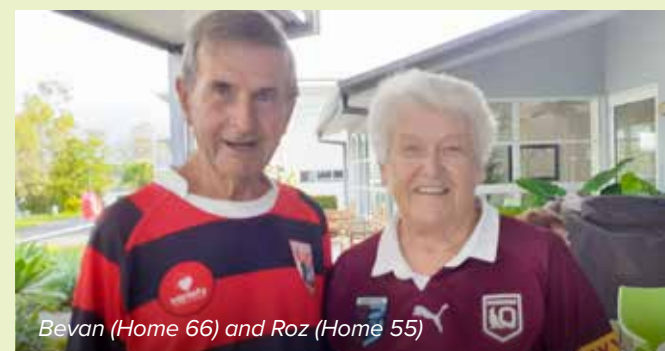
John Wilko (Home 10) cheering on the Titans!



Glenda (Home 76), Richard (Home 96) and Colleen (Home 63) all going for Queensland



Geoff (Home 85) - go the eels!



Bevan (Home 66) and Roz (Home 55)



Rhonda (H72) and Vicki (H57) back the All Blacks



Bevan (H66): North Sydney Bears forever!



AFL supporters Mary (Home 79) and Kym (Home 61)



Shauna 'the ref' and Steve (Home 68)



Marli (Home 41) and Kerry (Home 82) true NRL fans



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. This act can also contribute to the release of 'happy hormones' (endorphins) into the bloodstream, leaving you feeling relaxed.

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.



Pickleball: It's a smash

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

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

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

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

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

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

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

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

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

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

How to: speak pickleball

Ace: A serve that cannot be returned, winning the server a point.

Dillball: A live ball.

Falafel: A shot that falls short – also known as a dead paddle.

Kitchen: The non-volley zone, a seven-foot section of the court where players are not allowed to volley the ball.

Pickle! What a server shouts before they hit the ball.

Smash: An overhead shot.

Volley llama: An illegal move or fault where a player hits a shot in the Kitchen (non-volley zone).

Homes for sale.

WANT TO BOOK A PRIVATE TOUR AND FIND OUT MORE ABOUT OUR RESORT?
YOU CAN FREECALL 1800 881 041, EMAIL TWEEDRIVER@PALMLAKE.COM.AU
OR VISIT US ONLINE AT PALMLAKERESORT.COM.AU

Home 69 - \$1,150,000


Beds
2


Bath
2.5


Living
2


Garage
1.5

Modern luxury.

This modern, immaculately presented two-bedroom, two bathroom home is available now. Pack up your things and get ready to move in. You will get a dream home in a fantastic location. Located in the popular Palm Lake Resort Tweed River, this gated, secure over-50s community is pet-friendly, with first-class facilities (including a pool, sauna, gym, cinema, craft room and community dining. Features of this property include a spacious open-plan living room, ducted air conditioning, low maintenance garden and bonus attic storage.



Home 5 - \$1,250,000


Beds
3


Bath
2


Living
1


Garage
2

SOLD

Like being on holiday.

This single storey home has two king-size bedrooms plus a third bedroom (or office). It's a low-maintenance dwelling with spacious open plan living, lounge, high ceilings and patio. The modern kitchen has a double stainless-steel sink, Caesar Stone bench tops, 2-Pak soft closing cupboards and drawers, space for a two-door fridge, induction hotplate and microwave. The main double bedroom has a walk-in robe and ensuite with double basins. The second bedroom is big enough to be another main king-size bedroom.



CASH BUYERS AWAIT.

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 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.

Over the back fence.

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



Our homeowners have charitable hearts.

PALM LAKE RESORT HOMEOWNERS PROVE TIME AND TIME AGAIN THAT THEY HAVE WONDERFUL, CHARITABLE HEARTS. HERE ARE JUST SOME OF THE STORIES WE'VE HEARD LATELY...

Tweed River: Around 150 homeowners and guests descending on the resort's Country Club for a stunning art-deco inspired high tea to raise funds for Tweed Palliative Support and the Wedgetail Retreat. The Country Club looked more like a fashionable hotel lounge, reminiscent of The Ritz in London or The Peninsular Hotel in Hong Kong, as fantastic multi-level platters of cakes, scones and savoury treats were prepared and served by the volunteers. Musicians from the Northern Rivers Symphony Orchestra volunteered their time and musical talent to present an incredible classical string concert (pictured above). The high tea was followed by raffles and a lively auction of kindly donated items resulting in more than \$11,000 being raised! This included a donation from the Residents' Committee plus the proceeds of refunds for bottle and can recycling from throughout the year. This total amount was much more than previous annual fundraiser events and much appreciated by the worthy charitable recipient.

Deception Bay: Just before Christmas, the resort's Quilters Group drove up to the Centre Against Domestic Abuse (CADA) at Caboolture with enough goodies to fill three car boots! The CADA people were stunned and so grateful. Along with all the toys for children and necessities for

women, there were 70 handmade Christmas stockings and more than 80 fabric drawstring bags for the women (pictured above). The group also donated 12 quilts to CADA to hand out to their clients in the New Year. The quilters were amazed by the wonderful response from their fellow homeowners who also donated toys and goods.

Upper Coomera: This resort's Jane McGrath Foundation charity fundraiser "Girls' Night In" event raised \$1060.

Bethania and Waterford: Two neighbouring Palm Lake Resorts came together for the sake of breast cancer research, hosting a charity event that raised more than \$3000 for the McGrath Foundation. Everyone turned out in their best pink outfits and a special visit was made by Federal MP Bert Van Manen who also donated to the cause via some lovely hampers that were raffled.

Carindale: The resort's annual Market and Craft Day saw a variety of stalls selling handicrafts, paintings, bric-a-brac, clothes, jewellery, toys, restored furniture, cakes and more. Through event proceeds, a morning tea and a raffle, Care Kits for Kids Qld (a children's charity that donates backpacks filled with clothes, toiletries and school supplies to disadvantaged children) received a donation from the resort of more than \$1400! This resort's knitters also do good with their spare time. Gathering fortnightly, the knitters produce gorgeous teddy bears for the Red Cross to distribute to needy children (pictured top).

BATTLE
OF THE TWO
BOWLING
BEACHMERES!



Sport brings us together.

OUR SPORTIEST HOMEOWNERS HAVE BEEN HAVING FUN, TAKING ON TEAMS FROM OTHER PALM LAKE RESORT LOCATIONS. HERE'S HOW SOME OF THE MOST RECENT MATCH-UPS HAVE PLAYED OUT...

Tea Gardens vs Fern Bay vs Forster Lakes: Golf has been the inter-resort game of choice recently for these nearby communities. In a three-game series, Forster Lakes was victorious once but Tea Gardens proved too good on the other two competition days. The total points overall were: Tea Gardens 454, Forster Lakes 444 and Fern Bay 423 so it was a close competition all 'round.

Beachmere Sands vs Beachmere Bay: The annual inter-resort lawn bowls competition between our Beachmere neighbours took place late last year. It's always a fierce competition and this one was no different. After a tough afternoon and evening battling it out, Beachmere Bay came out on top.

Best wishes to these legends!

WE LOVE CELEBRATING A MILESTONE MOMENT AND THERE ARE LOADS HAPPENING ALL OVER THE PALM LAKE GROUP EVERY WEEK.

Toowoomba: Pictured right, gorgeous Muriel has just batted her century at Palm Lake Resort Toowoomba. She's been a fixture there since 2011 and her daughter, Lurlene, also calls the resort home.

Mt Warren Park: Congrats to homeowners Don and Yvonne who celebrated their 65th wedding anniversary recently.

Carindale: When homeowner Eric celebrated his 96th birthday in December, we learned there were actually three neighbours in 'Club 1927' at that resort - all born in the same year. There'll no doubt be a big party in 2027 when Eric, Shirley and Mavis all mark their centuries at Palm Lake Resort!



Get social with us and WIN!

Are you following Palm Lake Resort on our various social media platforms? While you can catch up on all the company news on our Facebook page, you may not know that we also have a vibrant Palm Lake Resort Instagram account. During the month of April on Instagram, we are giving away a gift card valued at \$200 in our 'Tag a friend' competition. Entry is easy. All you need to do is be following Palm Lake Resort on Instagram (@palm.lake.resort) and tag your friends in the comments section on any of our posts from April 1 - 30. Every friend you tag counts as one entry and you can enter as many times as you like. Tagging a friend is as easy as placing the @ symbol in front of their Instagram name, for example: @marysmith. We'll announce the randomly drawn winner in our next newsletter and they can collect their prize from their Caretaker. *Note: Instagram is not in any way associated with this competition. Good luck!*



What's happening over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the greater Palm Lake Resort community? Email the details to belinda@bellepr.com

Holiday, everyday.



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