

The Pearler.

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 new look Palm Lake Resort Yamba newsletter, *The Pearler!* Although the format has changed, you will find that it is still jam-packed with our usual articles and photos of our resort happenings. The newsletter will now be published every two months. If anyone has any articles, news, birthdays, anniversaries or photos they would like to share, please drop into the office or email yamba@pallmlake.com.au with the details.

Now that another year is done and dusted, we are well and truly into 2022. It was so lovely to hear that over the Christmas period many residents caught up with family and friends they have not seen over the last few years. Gary and I had the biggest family get-together we have had for many years; it was very hectic and tiring but I loved every minute of everyone being together again.

We are still battling the almost daily rain to keep the lawns and gardens under control, but I feel in the last few weeks we are finally catching up – but only if the fine weather stays with us, of course. Here's a little bit of trivia for you: "According to the Bureau of Meteorology, 2021 was the wettest year since 2010, and the sixth-wettest year since national records began in 1900. It was also the state's coolest year since 1996, at 0.15 °C above the 1961–1990 average." Very interesting!

A new full-time gardener has recently been employed at our resort. Dave Poole started in January and as we have been understaffed for a few months he has hit the ground running. We are happy to hear he is settling in well. Dave comes with a wealth of experience looking after lawns and gardens in his previous positions. Welcome Dave!

Until next time,

Gary & Jenni Martin
Palm Lake Resort Yamba Caretakers

CONTACT US

Looking for more info about Palm Lake Resort Yamba?

Here are five ways you can reach us:

Online: pallmlakeresort.com.au

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

Street address: 1 Orion Drive, Yamba NSW 2464

Phone: 1800 084 119

GET SOCIAL

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

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.



News briefs.

EMERGENCY PHONE NUMBERS

Yamba Police Station:
6646 2000

Yamba Fire Brigade:
6646 2058

Ambulance Service: 000

Maclean Hospital: 6640 0111

Grafton Hospital: 6640 2222

Ballina Hospital: 6620 6400

Lismore Base Hospital:
6624 0200

St Vincent's Private Hospital:
6627 9600

Clarence Community Transport: 6645 3200

Palm Lake Office - Oyster Cove: 6646 9344

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 an established Palm Lake Resort Yamba home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the office.

COURTESY BUS NUMBERS

Please make note of the following courtesy bus numbers should you need a lift around town!

Yamba Bowling Club:
6646 2305

Yamba Shores Tavern:
6646 1888

Maclean Bowls Club:
6645 3711

Connect You Too - Clarence Community Transport:
6645 3200

Airport Shuttle - Ballina Airport: 0428 055 479

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



WASTE REMINDER

A reminder to residents that our recycle bins are open from 7.30am until 2pm, Monday to Friday. They are not open on public holidays. Please also remember to put your green waste out on Monday nights, and general waste out on Tuesday nights.



PALM LAKE RESORT STYLE

Thank you to Palm Lake Resort management for our new hats and stubby coolers. Our community is looking even more stylish than usual (which is certainly saying something!).



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...

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.

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.

Water-based fitness

There is no shortage of group fitness on offer for the residents of Palm Lake Resort, but have you ever thought about taking your gym session to the pool? Aqua aerobics is a firm favourite for seniors, 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, "Water-based fitness removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler." You can follow one of the many water-based fitness videos on YouTube for guidance, or simply start by walking or running laps of the pool while pushing your arms against the water.

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. Why not organise to swim laps with a friend or put the call out to your neighbours and 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 pool?! Modern innovation has made it possible for your book to float alongside you (see right), 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

Aussie, Aussie, Aussie!

Australia Day has been and gone at Palm Lake Resort Yamba, and it was another great event hosted by the Social Club. The day started with the raising of the Australian flag, followed by a typical Aussie lunch and, for dessert, delicious (and huge) lamingtons – needless to say, they were enjoyed by everyone. Because it isn't a party without great music, we were treated to a performance by one of our talented resident musicians Gary. There were raffles running all day, too! The weather was perfect, and there were lots of laughs. It was such a fun way to catch up with other residents.



Garden Gurus report.

Due to the wet weather and high humidity, we have been struggling to keep the garden beds tidy. We also haven't been planting much, and have instead been preparing the soil for autumn.

We appreciate residents' contribution to the compost bins, and would like to remind you to please cut up all food scraps to make the composting process easier. Also, no plastic please! As Jacqueline would like a break, is there anyone who can take over for a while? If so, please come and have a chat at Home 160 about what's involved.

Thanks everyone!

Jackie & Van



Social Club report.

The Social Club hosted a 'Home Alone' Christmas lunch for the residents in the resort. By all reports the event went really well, and it was a great day for all.

Over 40 people joined together to enjoy the event and celebrate the festive season together. The food was delicious and, as everyone brought a dessert to share, there were plenty of sweet treats for everyone. What a great way to spend Christmas and celebrate with friends!



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 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

9am Indoor bowls
12.15pm Pilates
2pm Art group ('til 4:00pm)
3.30pm Tennis
4pm Mixed pool
4pm Lawn bowls
7pm Darts

TUESDAY

8am Tai Chi
8am Golf (nine holes)
9am Craft/quilters
Afternoon Croquet
3pm Pool/snooker

WEDNESDAY

8am Tennis
8am Exercise class
1pm Cards

THURSDAY

8.30am Lawn bowls
9am Chess (in Roundhouse)
Morning Croquet
12.45pm Cards (500)

FRIDAY

8am Tennis
3pm Pool/snooker

SATURDAY

1pm Mah Jong
2pm Rummikub (in Roundhouse)

SUNDAY

8.30am Lawn bowls
3pm Pool/snooker

Homes for sale.

Home 163 - \$565,000

UNDER CONTRACT

Beds 3 Bath 2 Living 1 Garage 2



Comfort and style

With three bedrooms, two bathrooms, a spacious living room and two garages, this home is a downsizer's dream. Fresh paint and carefully maintained landscaping add to the street appeal, while inside, the home is laid out for convenience and entertainment. With not two but three bedrooms and a second bathroom, homeowners can easily accommodate visiting family and friends while still enjoying pockets of privacy themselves. It's perfect for the active downsizer looking for a lifestyle change.

Under contract for \$565,000, this home is set to break a Palm Lake Resort Yamba record.

There has been an unprecedented level of enquiry on homes at Palm Lake Resort Yamba 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 Yamba 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 office know. One of our team members 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 084 119 or stop by the office during business hours.

CASH BUYERS AWAIT.

For more, phone **1800 084 119** or email yamba@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
for an established home.

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 084 119. *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.

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



Palm Lake Resort Yamba: 1 Orion Dr, Yamba NSW 2464
Freecall 1800 084 119



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