

waves



April - May 2024



Iluka brings coastal energy

Let us walk you through one of our modern coastal home designs: the Iluka

Exclusive gymnasium for our Country Club

Beyond its impressive design, there will be many health benefits courtesy of our Vantage Country Club

Meet your new Caretaker

Kym has a wealth of Palm Lake Resort experience and she's headed to Yamba Cove!



Welcome

Welcome to *Waves* - our regular newsletter for Palm Lake Resort Yamba Cove, providing you with all the important updates and news from our exciting resort construction site.

Another few months have passed us by and lots of work has been completed onsite since our last edition. The stone walls are now complete and our amazing Vantage Country Club now has its name up in lights! The stone work at our entry is also just about complete and it looks spectacular. In fact, our first homeowners arrive in May, with many more to follow. This is such an exciting time for our Sales team, the Palm Lake Works construction team and all those involved in the original planning and design of Yamba Cove. Once the homeowners start arriving at any new Palm Lake Resort, that's when the real magic happens - there's a tangible sense of 'home' that envelopes us all. I look forward to handing over those first sets of keys in the coming weeks...

To everyone who has been waiting for our Maclean display home to be completed, we're pleased to announce that it will be available to inspect from May 10. As you will know, our Grafton and Iluka designs are already available for inspection and really have been making 'waves' among those who've walked through these exquisite residences. If you'd like to join us after May 10 and inspect all three designs, simply FREECALL us on 1800 960 946 and make an appointment. If you are already in the local area, simply call into our Sales Information Centre anytime between 9.30am and 4pm, seven days a week - we would love to show you our amazing homes.

Yamba Cove will definitely be the place to live in Yamba if you're over 50 and looking for a relaxed coastal lifestyle in a spectacular, luxury abode. With world-class facilities, likeminded neighbours and low-maintenance living, we look forward to welcoming you home.

Sandy Martin
Palm Lake Resort Yamba Cove Sales Executive

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Contact us

Looking for more information about Palm Lake Resort Yamba Cove?

Sales Information Centre:
2 Orion Drive,
Yamba NSW 2464

Opening hours:
9.30am to 4pm,
seven days a week

FREECALL: 1800 960 946

Email:
salesyambacove@palllake.com.au

Online: palllakeresort.com.au

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



News briefs

Not long now!

There's a tangible sense of progress across the Palm Lake Resort Yamba Cove construction site right now as we look to put the finishing touches on our first homes and also our Vantage Country Club. In fact, we're underway with plans for an event to commemorate Vantage's official opening. We anticipate the event will be in July-August so make sure you've got your name on our news list to receive an invitation to come along. To get on the list, simply FREECALL our Sales Information Centre on 1800 960 946.



Our Grafton awaits your inspection

Our highly anticipated first display home has been a popular addition to the site. This Grafton design offers the epitome of modern coastal chic. With its three bedrooms, additional activity room, three bathrooms and double-car garage, there's plenty of room to move and live. This display features many of the exquisite options that Yamba Cove homeowners can choose for their own residences. Your inspection is a must. Our Sales Information Centre is open seven days a week, 9.30am to 4pm. Phone 1800 960 946.

Get social, with us






Are you on social media? Make sure you follow our company's various social profiles to see what's happening right across our dozens of Palm Lake Resort locations. Palm Lake Resort is on Facebook (@palllakeresort) and also over on Instagram (@pall.lake.resort). We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both social platforms (@pall.lake.care). With 10,000 people calling a Palm Lake Group address home, there's always loads going on!

Why not come, stay and play?

There's no better way to understand the Palm Lake Resort Yamba Cove masterplan, take in our site and explore our local surroundings better than by doing it in person. If you are traveling from out of town to tour our resort, we'd love to offer you a complimentary night's accommodation. Contact our Sales Team on 1800 960 946 to book your private inspection. We look forward to hosting you here at Palm Lake Resort Yamba Cove very soon.



Pictured: An artist impression of our Iluka home design shows the modern coastal approach we've taken at Palm Lake Resort Yamba Cove. There are, in fact, two facade options with this design. See our Sales Information Centre for details.

				
Beds 3	Bath 2	Living 1	Outdoor living	Garage 2

Coastal energy

IF THERE'S ONE THING THAT OUR PALM LAKE RESORT YAMBA COVE RESIDENCES PROVE IT'S THAT IN 2024, "RETIREMENT" IS A MODERN WORD.

Palm Lake Resort Yamba Cove's "Iluka" home design is everything the modern over-50s homeowner needs. Architecturally striking, this two-storey 281.59m² floorplan provides space, glorious space from the outset.

Downstairs is a huge master suite with one of our largest walk-in robes. There's an equally as vast ensuite (complete with separate bath and shower), as well as direct access to your own alfresco outdoor living area.

Upstairs is for living. An expansive, open-plan kitchen/dining/living area is the hero here, adjacent the full-width balcony that captures all that sunshine and those coastal seabreezes. This level also features two additional bedrooms, a bathroom and more handy storage.

With a study for your home administration tasks, a plentiful laundry, double car garage with more storage space, and a chic internal lift connecting the two levels, the Iluka will be sure to impress.

This design is selling now. Stop by our Sales Information Centre and speak to our Sales Manager, Sandy, or visit us at pallmlakeresort.com.au





Walk through your new life



OUR GRAFTON DISPLAY HOME IS PROVING AN EXTREMELY POPULAR ADDITION TO THE CONSTRUCTION SITE, GIVING VISITORS A CHANCE TO PUT THEMSELVES IN THE PICTURE OF THEIR BRAND NEW PALM LAKE RESORT YAMBA COVE LIFE...

Sales Executive Sandy Martin says the two-storey Grafton home design "is something else". With the modern retiree in its crosshairs, there's no sign of 'downsizing' inside this elegant and spacious 378m² residence – the largest of the home designs proposed for our boutique Yamba Cove community.

Among the key features are:

- Three-bedroom plus multipurpose room layout
- Three bathrooms
- Open-plan kitchen/dining/living area
- Study nook
- Two-car garage
- Internal lift, in addition to a grand staircase
- Ample storage.

"And the high ceilings accentuate the feeling of open space right throughout," Sandy explains.

This Grafton display residence provides early proof of the refined opulence Palm Lake Resort Yamba Cove will exude. The colour palette, fittings and fixtures, textures and finishes have all been inspired by the beaches and coastal elegance of Malibu. There's a sense of tranquillity and sophistication here that elevates the coastal living experience to heights not seen before in a Palm Lake Resort. The perfect parallel to the coveted over-50s lifestyle on offer here in Yamba.

Our Grafton is open for inspection seven days a week, 9.30am-4pm. Simply FREECALL our Sales Information Centre and book your private tour.



Meet your Caretaker

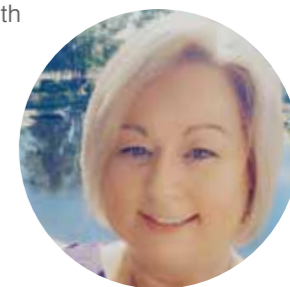
Hello all - I'm thrilled to be the inaugural Caretaker for Palm Lake Resort Yamba Cove! I've actually called Palm Lake Resort Tea Gardens home since 2021, but my career in community lifestyle resort management goes back much farther. Before coming to the Palm Lake Group, I worked as a Village Manager in Newcastle and prior to that, spent two decades managing an over-55s community in Coffs Harbour.

When the Palm Lake Resort Yamba Cove opportunity came up, it was like the stars had aligned for me. Not only was it an opportunity to manage a brand new resort for the Palm Lake Group (who deliver an inspired approach to living the over-50s years in style!), it also meant a move closer to my family and my gorgeous grandies. Also, the idyllic Yamba area has always been a favourite holiday destination for our family when the kids were growing up, with its world-class surf breaks and picturesque coastline. You can see that this role really ticks all the boxes for me!

On a personal note, I have a fiancée, Tony, and we have four girls between us (we both have two each). Yes, Tony is a very patient and understanding man with all those women in his life! My daughter Mikayla, 24, lives at Lanitza, just 45 minutes from Yamba. She and husband Vaughn have blessed us with two grandies so far - Banx, 3, and Raife, 1. My other daughter Caitlin, 26, is engaged to be married in July and is looking to purchase her first home in the Grafton area, again, less than an hour away from us at Yamba. Tony's girls, Paige and Jess (aged 27 and 24), are both based at Landsborough. All of my family, including two brothers, my sister and my mum, live in Coffs Harbour. It will definitely be easier to catch up with everyone for special family celebrations. I can't wait!

I'm so looking forward to really getting my teeth into the Caretaker's role here at Yamba Cove. I believe I'm fair, considerate and approachable - I have always had an open-door policy. Respect and courtesy are important to me - both in giving and receiving. I don't always get my work/life balance right (as it always seems weighted towards work given my strong background in customer service) but I know the natural beauty of this Yamba area will help me find some quality downtime with my family on the weekends.

It may sound cliché, but my favourite part of the Caretaker role is the homeowners. I do love to have a chat and drop in on activities from time to time. We have some amazing people living across our Palm Lake Resort communities and it's an enjoyable part of my day to get to know them. And with a whole new resort soon to be filled with brand new homeowners, I look forward to meeting and getting to know each and every one of you!



KYM BELLAMY
CARETAKER

Work in a workout

ONCE UPON A TIME, DECIDING WHETHER OR NOT TO GO TO THE GYM WAS A PROCESS... 'IT'S TOO FAR AWAY', 'WHAT IF IT'S CROWDED?' AND 'I DON'T KNOW WHAT TO DO' WERE JUST SOME OF THE EXCUSES YOU GAVE YOURSELF FOR NOT GOING.

But with an exclusive, state-of-the-art Milon gymnasium soon to be right on our homeowners' doorsteps (within our Vantage Country Club), none of those excuses stick.

Milon's high-intensity workout circuit takes just 17.5 minutes to complete. Users simply insert their personalised access card into each machine as they progress through the circuit and the machine registers their stored profile and automatically sets itself up to that user's specification. All the thinking is done for you - so you can concentrate on your workout. In fact, Palm Lake Resort Founder and Director, Walter Elliott, has been a user (and big proponent) of the Milon gymnasium system for many years.

Pictured below: One of our Palm Lake Resort Milon gymnasiums. Our Vantage Country Club will also offer a dedicated Pilates studio with reformer machines.

Professor Ken Nosaka of Edith Cowan University says that as we age, our strength decreases by 1-2 per cent each year. However, regular resistance training can increase muscle strength by up to 30 per cent over a six-month period, counteracting 15 years of muscle loss. In particular, Professor Nosaka believes that doing 10 eccentric exercises per day - which are defined as long, slow muscle contractions - can extend an individual's lifespan by up to 10 years. With both eccentric and concentric exercise capabilities, our resort's Milon gymnasium will provide an optimal workout for Yamba Cove homeowners.

Given its easy-to-use interface, even the newest of gym-goers will be amazed by how simple a Milon workout can be. An initial training/induction session will be provided to get homeowners underway and their workout data is then stored in their private account in the cloud (via that clever access card), so they can track their progress. Users can even share that comprehensive data with a relevant allied health professional if they desire. Three 17.5-minute Milon circuits per week is recommended. Easy!



Relaxation matters

NEVER UNDERESTIMATE THE POWER OF RELAXATION; IT CAN LOWER THE RISK OF DEPRESSION, ANXIETY AND HEART-RELATED PROBLEMS, BOOST IMMUNITY AND IMPROVE OUR MOOD, BRAIN FUNCTION AND MEMORY. BUT WHAT'S THE BEST WAY TO DO IT?

Tai chi

A favourite for people young and old, tai chi is a weight-bearing exercise (that is, one done while on your feet, so you bear your own weight) and a form of Chinese martial art. Much like acupuncture and herbs, it is an important part of Chinese medicine - it is an holistic experience, increasing blood and energy flow through the gentle contraction and relaxation of the muscles, while promoting a state of meditation through deep breathing and concentration. With an emphasis on balance, tai chi works both sides of the body equally and, unlike other forms of exercise, is done very gently. It's relaxing and enjoyable, and will leave you feeling calm, energised and in complete balance by the end of your class.

Yoga

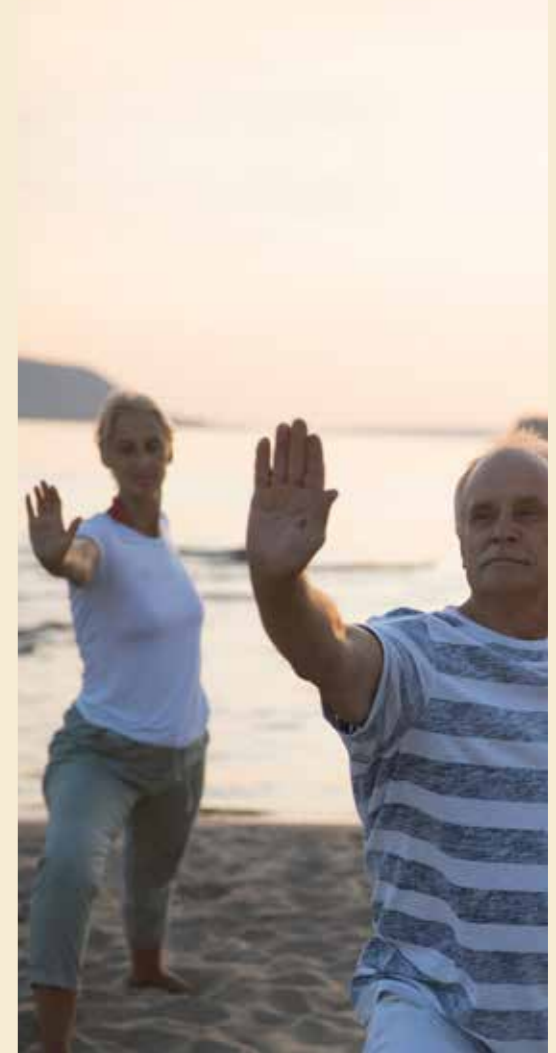
Yoga dates back thousands of years, but it only really gained popularity in the Western world around the 1980s. In layman's terms, yoga is a practice of body postures, meditation and breathing control, and there are a number of different varieties of the ancient discipline, all with different focuses, intensity and methods. Almost all of these varieties, however, focus on some core principles: breathing exercises and simple meditation, and most incorporate poses and stretches to flex and strengthen different muscles. The purported benefits of yoga include improved flexibility and muscle strength, better posture, the prevention of cartilage and joint breakdown, protection of the spine, improved bone health, increased blood flow, draining of lymph fluids and it's also an immunity booster. For those who find it harder to get to the floor, you can even do yoga in a chair.

Meditation

Lauded as one of the best ways to reduce stress, control anxiety and find calm, meditation has grown increasingly popular as more and more people discover its incredible benefits. You don't require much to meditate - just a few spare minutes, a comfy, quiet spot and maybe (if self-meditation isn't your speed) a meditative audio track or podcast to listen to. Lovers of meditation claim it helps improve their self-image, gives them a more positive outlook on life, enhances self-awareness, lengthens their attention span and even reduces age-related memory loss. Physically, meditation can improve your sleep and help you control pain, while also decreasing your blood pressure.

...and more

Our Vantage Country Club will be home to relaxation. As well as offering these types of group activity classes via our Weekly Activities list, Vantage will also house his and hers saunas. Bliss.



Coastal perfection

ONE OF NEW SOUTH WALES' BEST KEPT SECRETS, YAMBA IS BELOVED BY FOODIES AND FISHERMEN ALIKE. WITH WORLD-CLASS SURF BREAKS, FRESH SEAFOOD AND A PICTURESQUE COASTLINE, WE RATE THIS AREA SO HIGHLY - WHICH IS WHY WE'RE BUILDING OUR SECOND PALM LAKE RESORT HERE...

Eat

Perched at the mouth of the Clarence River on the shores of Shoal Bay, it's hardly surprising that Yamba is Mecca for seafood lovers. The Clarence River Fishermen's Co-Operative or our local farmers' markets at Whiting's Beach every week are some of your best bets for scoring delicious fresh seafood.

Foodies will also love one of Yamba's oldest restaurants, which also happens to be its most picturesque. The iconic Pacific Hotel is considered Australia's best-located hotel, and for good reason – it's perched right above the beach with 180-degree views of the Pacific Ocean. Whether you eat a meal or stay a night, it's sure to be an unforgettable experience.

Other popular local eateries include Karrikin (social dining at its best!), Drift Pizza Bar and The Kiosk, which serves simple and tasty breakfast and beautiful coffee right on the sands of Yamba's Main Beach under the Surf Life Saving Club.

Explore

Whether you stay on land or take to the sea, there are so many adventures to be had in Yamba. Its prime position on the coast makes it a favourite for whale watchers, but don't just watch from shore – Reel Time Fishing offers whale watching tours from June to October (and deep-sea fishing as well). You could also take the water fun into your own hands and hire a boat from one of the many providers in town. The 'Yamba BBQ Boats' are particularly popular, both because lunch is sorted and because you don't need a boat licence to hire one.

In town, explore Yamba's rich history at the Yamba Museum. Then, meet the town's local artisans at the monthly Yamba River Markets – a favourite for visitors young and old. To get a sweat on, take your pick from one of the many beachside walking tracks – climb up to the Yamba lighthouse or explore parts of the 65km Yuraygir coastal walk. For those looking for sport, Yamba Golf and Country Club is an award-winning championship 18-hole course that's highly rated.

Recharge

If you're looking to relax and recharge your batteries, look no further than Yamba. Take a dip in the ocean pool and emerge feeling brand new – nothing beats a salty swim at sunrise. Alternatively, why not take your afternoon lie down to the waterfront and read a good book by the ocean or the Clarence River? There are so many spots to choose from!

...it's your choice

The best thing about your Palm Lake Resort Yamba Cove lifestyle is that you can do all these things, or simply put your feet up and relax. We will have a Weekly Activities list of on-site classes (social, sporting, creative, wellness and more) utilising our world-class resort facilities to keep your diary as full as you like. Or simply soak up the luxury surrounds of your Yamba Cove residence. It's your time.





Holiday, everyday.

With world-class surf breaks, fresh seafood and a picturesque coastline, Palm Lake Resort Yamba Cove is your boutique luxury sea-change address. The perfect community to come home to, boasting world-class facilities that Palm Lake Resort is renowned for. Homeowners will enjoy the facility-rich Vantage Country Club, due for completion in mid-2024.



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