

waves



June - July 2024



Country Club now open!

Vantage Country Club's opening brings immediate benefit to future homeowners

Staying socially connected

Being social is not just about keeping up appearances - it's important for your health and wellbeing, too

Caretaker's report

New to Yamba, Caretaker Kym shares local foodie delights and other discoveries



Pictured: Deputy Mayor Jeff Smith opens Vantage Country Club while Sales Manager Sandy looks on.

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 new resort.

As you will know, our Vantage Country Club is now officially open for homeowners and is also available for visitors' inspection. What an amazing community facility we have created here - the WOW factor really needs to be seen to be believed! Imagine yourself living at Palm Lake Resort Yamba Cove and having Vantage Country Club as an extension of your home? You will, no doubt, be the envy of all your friends. You can choose to wake in the morning and walk down to our exclusive Milon gymnasium for an easy workout (the Milon machines do all the thinking for you!), then head over to the Pilates studio for some core strength training and stretching. Maybe you'll complete your wellness session in the steam room for some ultimate relaxation? What a way to begin your day.

But it only gets better from there. After you've run your errands for the day, picture yourself back at home, sitting in your upstairs alfresco area, sipping on a glass of champers while your partner has dinner on the barbecue - alfresco dining is simply made for our balmy Yamba nights. Palm Lake Resort Yamba Cove homes really are luxurious sanctuaries. Life doesn't get much better than this.

We now have three beautiful display residences open for your inspection, along with the Vantage Country Club. If you've been thinking about stopping by to check out the resort, now is the time to do it. And don't forget that if you are travelling from out of town to see us, we can offer you a complimentary night's accommodation to help you spend a little longer here and get a real understanding of the incredible coastal location that is Yamba, while also giving you the time to fully explore our resort offering. Either way, make sure you phone ahead to book your private inspection. We'd love to meet you.

Sandy Martin
Palm Lake Resort Yamba Cove Sales Manager

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.

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: palmlakeresort.com.au

Get social:
Follow us on Facebook
(@palmlakeresort) and on
Instagram (@palm.lake.resort)



News briefs



Your Time is out now

Grab your copy of the Winter 2024 edition of our company magazine, *Your Time*, now. In it, we celebrate the progress of our newest resort locations, including Pelican Waters, Forster Lakes and here at Yamba Cove. You can also read about Fern Bay's 10th birthday and our features on active ageing, pickleball and more. If you haven't received a copy in your mailbox, you can always catch up online at palmlakeresort.com.au

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 (@palmlakeresort) and also over on Instagram (@palm.lake.resort). We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both social platforms (@palm.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.

Put yourself in the picture

Our display homes are giving interested visitors a bird's eye view of how sweet life can be at Palm Lake Resort Yamba Cove. Our 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.

Market in your diary

There's a lot you can tell about a place based on its unique artisan and farmers' markets. Check out the best of Yamba at these regular events:

Weekly markets:

- Wednesday: Yamba Farmers' Market (7-11am), Whiting Beach Carpark, Clarence St, Yamba.
- Thursday: Grafton Farmers' Market (7am-noon), Market Square, Prince St, Grafton.

Monthly markets:

- 2nd Saturday: Maclean Community Market (8am - noon), Centenary Drive Car Park, Maclean.
- 3rd Saturday: Grafton Showground Market (9am - 3pm), Grafton Showground.
- 3rd Sunday: Ashby Market & Car Boot Sale (8am - noon), Ashby Hall Reserve, Ashby.
- 4th Sunday: Yamba River Market (9am - 2pm), Ford Park, River St, Yamba.
- 5th Saturday: Woombah Market (9am - 1pm), Woombah Reserve, Middle St, Woombah.



Pictured: One of our incredible Yamba Cove sunsets.

Vantage Country Club now open!

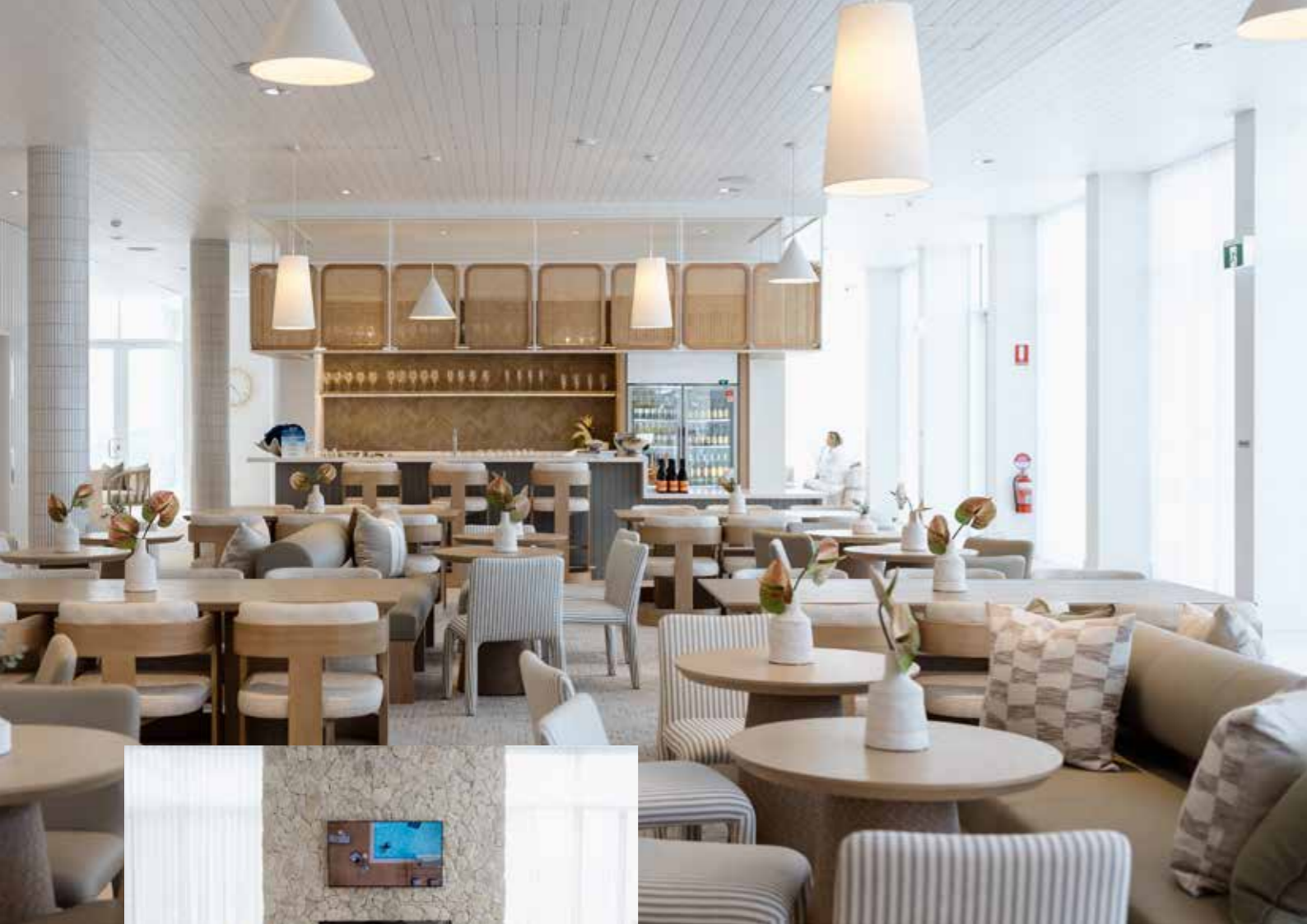
PALM LAKE RESORT YAMBA COVE'S VANTAGE COUNTRY CLUB IS NOW OFFICIALLY OPEN, WITH HOMEOWNERS OF THIS WORLD-CLASS OVER-50S COMMUNITY DELIGHTING IN THE ARRAY OF LUXURY SPORTING AND WELLNESS FACILITIES RIGHT ON THEIR DOORSTEPS.

An official ribbon-cutting ceremony was held as part of a lavish event in early July for 150 VIP guests. Clarence Valley Council Deputy Mayor Jeff Smith was tasked with the honour of opening this \$12 million community clubhouse.

Vantage Country Club is, in fact, two separate two-storey buildings of architectural design, connected by a glass flyover walkway above the outdoor resort-style pool and spa. Vantage offers many world-class features including a steam room, sauna, an exclusive Milon gymnasium, reformer Pilates studio, luxury movie theatre, a whisky bar, virtual golf simulator, darts room, billiards tables, a well-stocked library with Mah-jong and cards tables, art and craft space, pottery studio, dance floor, commercial kitchen – the list goes on.

Continued on Page 6 >>





Pictured Page 6: Vantage Country Club's communal areas have been designed to provide large, vibrant spaces for group get-togethers as well as smaller nooks for those quieter moments.



Pictured right: Vantage is packed full of facilities as you'll see on Page 5. There are also pottery wheels and sewing equipment for the creative art and craft enthusiasts, as well as a plush cinema, baby grand piano and dance floor for those more musically and theatrically inclined.



Pictured below: The alfresco dining deck makes the most of Yamba's balmy climate with slick outdoor kitchens as well as places to dine and lounge.



<< Continued from Page 5

Palm Lake Resort Sales Manager Alysia Nechvoglod says Vantage Country Club adds incredible lifestyle opportunities to the lucky homeowners who call this resort address home.

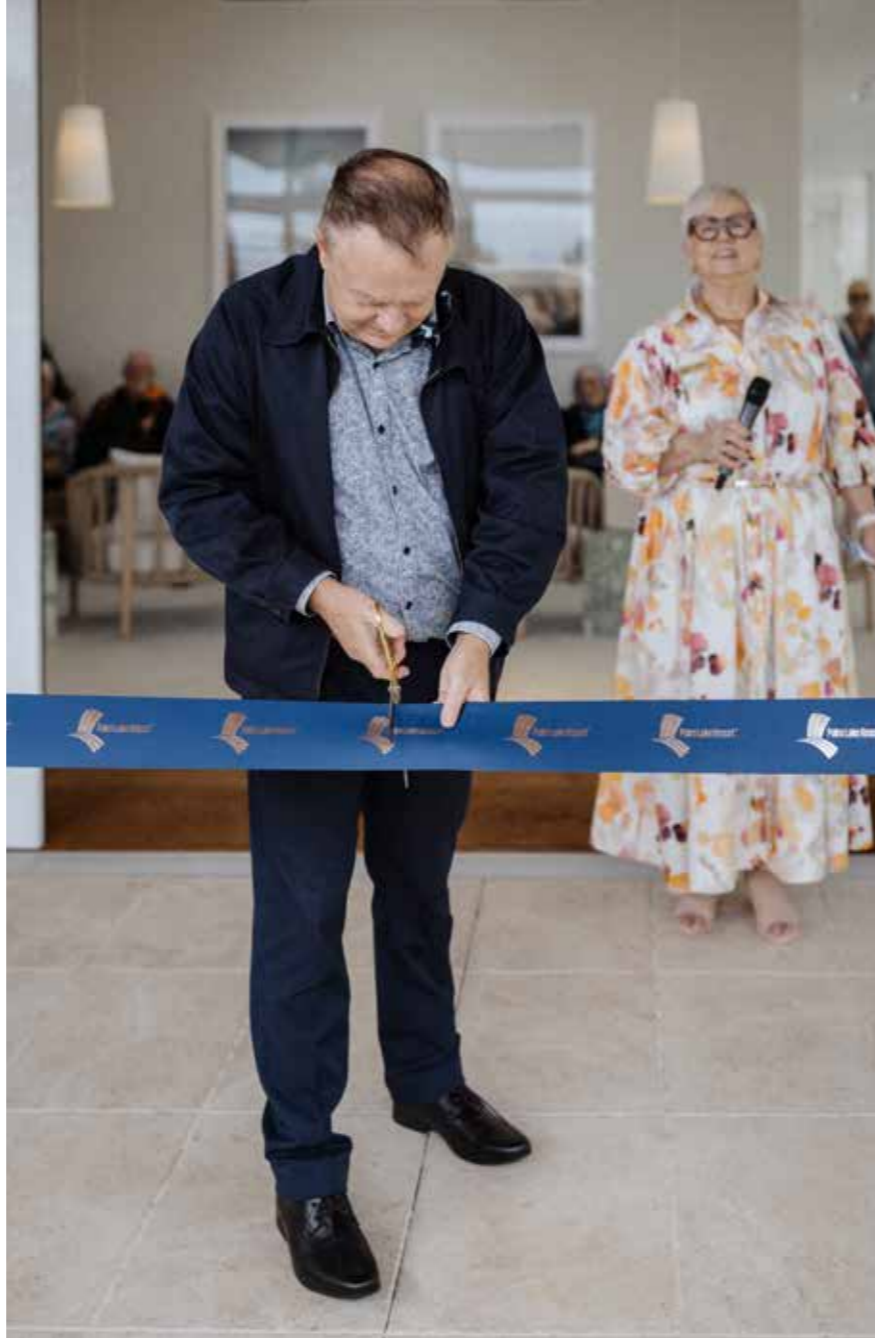
"Palm Lake Resort Yamba Cove has brought such a modern and luxurious spin to over-50s community living in the Clarence Valley region," Alysia says. "Our team is excited to watch the progress of this development and also watch the Palm Lake Resort community thrive with thanks to this stellar asset."

Alysia says there are 27 Palm Lake Resorts along Australia's east coast and the undisputed focal point of each of them is the community country club.

"These are places where likeminded homeowners enjoy shared sporting interests, creative hobbies, wellness pursuits, and social gatherings," she says.

"Every year for the past three years, Palm Lake Group has proudly received top independent construction industry awards for our various country clubs and home designs. Vantage Country Club benefits from more than 47 years of Palm Lake Resort company history and experience, and it is poised to be an award winner as well."





Pictured left: The ribbon-cutting ceremony was officiated by Clarence Valley Council's Deputy Mayor, Jeff Smith.



The view from here...

THE OPENING OF OUR VANTAGE COUNTRY CLUB SIGNALLED A WONDERFUL NEW ERA FOR YAMBA COVE HOMEOWNERS...

The champagne was free-flowing as we officially opened Vantage Country Club on July 5. The response from the gathered crowd matched the incredible new facility. A mix of proud homeowners, eager deposit holders, Palm Lake Group management, VIPs and interested visitors were on hand to partake in the resort's historic opening.

The importance of social connection

MAKING THE DECISION TO MOVE INTO A PALM LAKE RESORT STARTS BY FINDING JUST THE RIGHT HOME. BUT LONG-TIME PALM LAKE RESORT HOMEOWNERS WILL BE QUICK TO TELL THEIR NEWBIE NEIGHBOURS THAT THEIR DECISION WILL ULTIMATELY PROVE TO BE LESS ABOUT THE PHYSICAL 'BRICKS AND MORTAR' AND MORE ABOUT THE LIFESTYLE COMMUNITY THAT COMES ALONG WITH IT.

The benefits of buying into a Palm Lake Resort community extended well beyond what you can physically see. Yes, your home will be a luxurious low-maintenance safe haven in a gated community with caretakers to support you on a day-to-day basis. And, yes, you'll also have access to a raft of onsite community facilities strategically chosen for the over-50s demographic. But one of the greatest returns on your Palm Lake Resort investment will, in fact, be something a lot less tangible - and that's your 'membership' into this welcoming, likeminded community.

Scientific research proves we humans live longer, happier, healthier lives when we feel part of something bigger than just ourselves - that is, part of a social/community group.

There has been much research completed and reported across the last decade about the benefits of staying socially connected as we age. Here's are just some of them:

Improved cognitive function: Social engagement can help maintain and even improve cognitive functions. Studies have shown that social interaction can help protect against cognitive decline. Engaging in social activities stimulates the brain, which can enhance memory and cognitive skills.

Continued on Page 10 >>



<< Continued from Page 9

Reduced risk of mental health issues: Social connectedness significantly reduces the risk of depression and anxiety among older adults. Having a strong social network provides emotional support, which is crucial for mental health. Interacting with others can also provide a sense of purpose and belonging.

Enhanced physical health: Older adults with strong social ties in general have lower risks of chronic illnesses such as heart disease, hypertension and diabetes. Studies show that socially engaged individuals are also more likely to be physically active, which contributes to overall health. Having a team of friends to inspire you to go for a walk together, play sport, join in a group training session or even just try activities that you would otherwise overlook is motivating.

Longevity: Socially active individuals tend to live longer. Research has indicated that loneliness and social isolation are linked to higher mortality rates. Having a robust social network can encourage healthier behaviours and provide emotional support, both of which contribute to a longer life.

Improved immune function: Funnily enough, social engagement can strengthen the immune system. Positive social interactions can reduce stress and its negative impact on immune function. Reduced stress levels are associated with better immune responses and lower inflammation.

Greater emotional wellness: Being socially connected can enhance emotional wellbeing. Regular interactions with friends and family can increase feelings of happiness and decrease feelings of loneliness. Emotional support from social networks can also help individuals cope with life's challenges more effectively.

Increased sense of purpose and belonging: Engaging in social activities can provide a sense of purpose and belonging. Volunteering, participating in community events, or simply spending time with likeminded friends and loved ones can give older adults a meaningful role and a reason to stay active and involved.

So, now that we know why it is beneficial to stay social as we age, let's look at how we can achieve and maintain those all-important social connections. As a homeowner in a Palm Lake Resort, you've made the biggest and most important first step by joining our community. Congrats, you! But don't expect the benefits to simply come flowing in through your front door – some definitely will, but you've also got to invest a little time and effort to chase down those social opportunities.

Here's how to bolster your social connections when living at Palm Lake Resort:

Join a club, find your tribe: Everyone has some kind of passion, hobby, interest or creative streak within them. Maybe there was something you enjoyed in your earlier years before life and work and family commitments got in the way? Maybe you just want to learn something brand new (there are additional cognitive benefits to being a lifelong learner!). The resort's Weekly Activities list should be your first port of call. You can also stop by our Caretaker's office and ask Kym if she knows of any other homeowners interested in the same thing you are interested in. Beyond that, simply ask around. We guarantee you'll find a likeminded neighbour with just a little digging and if our resort isn't already supporting your chosen hobby, we'd love to know how we can start!

Play a sport: This is the obvious one. We've got the resort

facilities to support many different sporting pursuits. Not only will you benefit from being physically active, you'll find strong social connections among likeminded sporting friends. We've seen likeminded sporting neighbours join forces to play their chosen sport outside the resort grounds (inter-resort games, played across multiple local Palm Lake Resort addresses are all-too common). Some have even organised group holidays interstate and internationally to indulge a shared sporting passion. Trust us, sometimes the post-match drinks can be more fun than the match itself!

Volunteer: If you've got time on your hands, volunteering will no doubt connect you with likeminded neighbours. Maybe you are a social butterfly with a background/flair for event planning? Maybe your calling is even bigger than that? Maybe there's a charitable organisation that would benefit from you and your neighbours' combined volunteering support? It might be knitting or sewing items in groups to support a local hospital or the underprivileged? Or maybe you could organise a resort fundraiser for a charity? If this kind of work tickles your fancy, finding others who share the same interest will definitely uncover wonderful social connections for you, beyond the feel-good bonus of selflessly helping others.

Jump online: It can be nerve-wracking for some to make new friends in real life. Maybe, also, you're not as mobile as you used to be? Either way, the internet has the power to bring social connections right into the palm of your hand so you have no excuses not to stay socially connected from wherever you are. If you're new to social media, our Palm Lake Resort community's private Facebook group might be just the (safe and secure) place to uncover a Palm Lake Resort neighbour with similar interests? Beyond our resort gates, you could try searching Facebook for community groups based in our geographic area? You could even find a Facebook group dedicated to your particular interest or hobby? The sky really is the limit here.

Get a dog: It's amazing how dog owners automatically connect with one another over their beloved pooches! If you haven't already got a four-legged best mate in your life, maybe now is a great time to get one? Palm Lake Resort Yamba Cove dog friendly so there's no drama there. You'll also find yourself more physically active as a dog owner, given the extra walking (and playing!) that you'll do. And you'd be surprised just how many incidental social connections you'll make when you're out and about with your pooch. A dog is the gift that keeps on giving, in so many different ways.

Caretaker's notes

Hello all - So much has been going on at the resort since my arrival and I have to say I'm really loving the Yamba vibe! There's honestly so much to do here. I filled my first month's diary exploring with my family and the grandkids - visiting cafés, restaurants and the local sights in my downtime. I'd love to share some of my findings, as I know you'll also be keenly exploring the local area if you're a new homeowner here at Palm Lake Resort Yamba Cove (or looking to move here one day soon!).

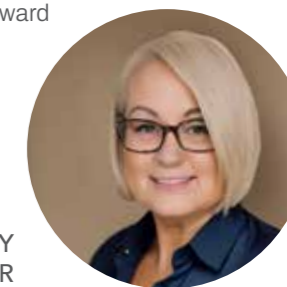
Friday evenings generally mean a night away from the kitchen for me. I have been to quite a few local restaurants already and one restaurant that is fast becoming my favourite is 'The Mexican'. Customers enjoy the authentic flavours of Mexico. Their farm-to-table menu features dishes made from the freshest locally sourced produce. If you would like to live on the wildside, try their "Vegan's Nightmare" - a share platter of meats for two. 'Cookie' is the owner and will ensure your night is one to remember, for all the right reasons!

On Saturday mornings, retail therapy is a must do here in Yamba. I have noted there are bench seats outside many of the boutiques located in the main shopping precinct, so the husbands can take a seat whilst their partners are browsing or picking up a bargain!

Then come the lazy Sundays. First, you must sleep in (of course!) but then jump onboard the Clarence River Ferry for an enjoyable afternoon of live music cruising the beautiful Clarence River.

Oh, and early on Wednesday mornings before work, I'll no doubt be at the Yamba Farmers' Market taking advantage of the local fresh fruit available for my morning juices or the locally grown produce for a delicious stir fry dinner or a winter soup. On the topic of local deliciousness, for an enjoyable locally brewed coffee I must recommend Botero. The Botero family's business began in 2003 from humble beginnings distributing coffee from a storage area of their first café in Maclean. Their HQ is still located in Maclean but from much larger premises and they are now collaborating and creating with an even larger team to deliver the highest quality coffee and tea to their customers. The family uses industry-leading roasting and packaging machinery to produce some of the finest blends of coffees available anywhere in the world - and I'd agree, which is why we're so excited to bring this delicious local coffee into our own resort. Botero Coffee will soon be available in our very own Vantage Country Club. We know you'll love it!

Once the weekends are over, you'll find me back in the Caretaker's Office just inside the front entrance of our gorgeous Vantage Country Club. Take it from me - the Yamba area really does have a lot to offer. I look forward to sharing local finds with all our new homeowners as, together, we explore this perfect over-50s location!



KYM BELLAMY
CARETAKER



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 can enjoy the facility-rich Vantage Country Club - now open!



1800 960 946 | salesyambacove@palllake.com.au
2 Orion Drive, Yamba NSW 2464

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