

The Mariner



April - May 2025



Big, beautiful Thomson

The Thomson is the largest of our current floor plans and provides big, beautiful living spaces

Latitude, now open

Our Country Club is now open and homeowners are making the most of this lavish extension of their abodes

Meet your neighbours

Our community is growing each and every day - meet some of our newest neighbours inside...



Pictured: Nearby Lakes Entrance is a wonder of natural beauty. This shot was captured by Kathryn Potempski who is a homeowner at Palm Lake Resort Truganina.

Welcome

It's that time again: Welcome to another edition of Palm Lake Resort Paynesville's newsletter, *The Mariner*. Time really waits for nobody, and it especially waits for no one here at Palm Lake Resort Paynesville! We have more and more fantastic new homeowners moving in and making themselves at home. With our amazing Latitude Country Club now open, these lucky homeowners are really loving life. Our on-site Sales Information Centre is not far off being completed. We are really looking forward to having our own dedicated space to welcome all our future homeowners to Palm Lake Resort Paynesville. On the topic of our office, we've welcomed a new member to our team, Milissa. She always has a welcoming smile for those who she meets. We are loving having her here with us.

Construction keeps moving along as well. We have another new home design to add to the mix ("Talbot") and Stage 1C has also just been released. As I mentioned earlier, time stands still for no-one - things advance very quickly here at Palm Lake Resort Paynesville with all the interest we have fielded from those many over-50s looking for their exciting next chapter in life.

Just in closing, make sure you mark this date in your diary: Wednesday, May 14. It is the date for the grand community opening event for our Latitude Country Club and let me tell you, it will be a spectacular carnival-themed day to remember. Freecall our Sales Team on 1800 960 943 if you're keen to come along and check out Latitude Country Club, and our greater resort grounds, for yourself.

Beyond the opening event, we encourage you to call in for a coffee and cake anytime between 9am-4pm, seven days a week. We love listening to your life stories and finding out just how well you might fit into life here at Palm Lake Resort Paynesville with those other likeminded people who already call us home - and who each have a story or two to tell as well. Balmy days, cooler nights - autumn in Paynesville is a great place to be. We look forward to welcoming you when you are next in the area. You will not be disappointed with what Palm Lake Resort has to offer.

Sandy, Jess and Milissa
Palm Lake Resort Paynesville Sales Team

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Contact us

Looking for more information about Palm Lake Resort Paynesville? Contact our on-site Sales Information Centre for your private tour of our resort and display homes, as well as all other enquiries.

Display homes open
7 days a week, 9am-4pm:

78 Ashley Street,
 Paynesville VIC 3880

FREECALL: 1800 960 943

Email:
 salespaynesville@palllake.com.au

Online: palmlakeresort.com.au

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



News briefs



It's Your Time

A new edition of This is Your Time, our company magazine, has been hitting mailboxes all around the nation. In this edition, we introduce you to Mirador Wellness Centre which is part of Palm Lake Resort Pelican Waters. Mirador is the largest and most opulent over-50s wellness centre in the Southern Hemisphere. We've actually taken that wellness theme and sprinkled it right throughout this magazine edition. Learn more about all those wellness therapies that are 'trending' right now (spoiler alert: they aren't 'trending' as much as they are here to stay!) and why you should incorporate a little more wellness into your daily life. We also catch you up on the progress we're making on our construction sites. If you haven't received a hard copy in your mailbox, you can always read it online at palmlakeresort.com.au



You're invited to our carnival!

Join us as we celebrate the Grand Opening of Latitude Country Club at Palm Lake Resort Paynesville on May 14 with a fun-filled, carnival-themed Community Open Day! For visitors, this is your exclusive opportunity to explore our brand new, state-of-the-art Latitude Country Club and discover the vibrant over-50s lifestyle community coming to life right here in Paynesville. Expect a day of fun for all ages with:

- Classic carnival entertainment
- Live music and performances
- Delicious food and treats
- Paint-and-sip
- Lawn bowls
- Exclusive tours of our display homes and world-class facilities
- Exciting surprises and giveaways

Whether you're curious about resort-style over-50s living or simply looking for a great day out with your family, we'd love for you to join us! Entry is free. Come one, come all - we can't wait to welcome you!

RSVP on 1800 960 943 or email salespaynesville@palllake.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 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 and stay awhile?

There's no better way to understand the Palm Lake Resort Paynesville masterplan, take in our site and explore our local surroundings better than by doing it in person. If you are travelling 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 960 943 to book your private inspection. We look forward to hosting you here at Palm Lake Resort Paynesville!

TO BOOK
YOUR PRIVATE
INSPECTION,
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The Thomson: Big is beautiful

THE LARGEST OF PALM LAKE RESORT PAYNESVILLE'S
CURRENT FLOOR PLANS, THOMSON IS A THREE-
BEDROOM DELIGHT, SPANNING 227.53m².



From the street, Thomson offers one of this resort's more statement facades. A high peaked roof line directly above the front porch gives the entry undeniable grandeur. The impressive glass front door and fixed glass panel extending from the top of the door up into the roof's peak combine to present both a functional way to let revitalising light stream in, while also exaggerating the welcoming feel of this statement entry.

Walking into and through this home, you'll find it offers its open-plan living spaces immediately upon entry starting with a spacious living area that merges into the ample kitchen with adjacent dedicated dining space. There's a centrally located tiled alfresco area here also, with internal access from three sides via large glass sliding doors. When the sliding doors are all open, this alfresco space really feels like a seamless extension of the internal living and aids in that welcoming, light and bright feel in this home. All bedrooms - as well as a handy built-in study nook for home administration tasks - can be found in the peace and quiet and privacy of the home's rear.

Palm Lake Resort has a modern reputation for quality construction, built on almost 50 years of proud family-owned company history. Paynesville homes, including our Thomson display, feature many higher-end materials, finishes and inclusions as standard. Starting with the external cladding, for example, the choice of Hebel and premium pre-finished ExpressPanel Cemintel offers strength, insulation properties and installation efficiencies. The 60mm lightweight Anticon blanket in this home's roof is another premium construction choice for its additional outstanding insulative properties.

In the kitchen, SMEG appliances (including an integrated dishwasher and built-in microwave) feature alongside upgraded Caesarstone benchtops and high quality matching black handles, tapware and an instant hot/cold Billi Tap. Rectified floor tiles have been specifically chosen for their premium feel underfoot all throughout the home. Sensor LED lights in the bathroom and pantry, as well as heated towel rails, are further, unexpected, quality inclusions.

The smart-home aspects of the Thomson design also help elevate its quality. Zimi Smart Switches allow homeowners to control their lighting while they're away from the premises, via an app on their phones. Google Home also provides a host of additional smart home conveniences.

Book your private inspection of our Thomson display home on 1800 960 943. You can also find more information by visiting us at palm lakesort.com.au

Pictured left and right: Our Thomson display home shows the modern architectural approach we've taken at Palm Lake Resort Paynesville. Your inspection of this display, and the others we have available, is a must.





LATITUDE
FOR
LIVING!

Caretakers' note

It's been a thoroughly enjoyable start to 2025 for our resort team and the Palm Lake Resort Paynesville homeowners who already call this brand new over-50s community home.

As pictured left, we recently hosted a soft opening event for the resort's Latitude Country Club and it was a great success! Our homeowners are thrilled with the world-class facility that is now available for them to enjoy. They celebrated the day with their family and friends. Guests were greeted with drinks on arrival and high tea-style sandwiches, scones and delicious sweets to share.

We welcomed members of the local Paynesville Bowls Club who were overjoyed to play their Saturday match on our expertly engineered eight-rink undercover lawn bowls green. They also joined us for lunch and drinks, along with some invited guests from our community.

Local four-piece Blues band 'Stu Hughes and the Blues Cruise' entertained us with their tunes and enthusiasm. Our homeowners and guests enjoyed all areas of the new Country Club - they played tenpin bowls, tried their hand at the golf simulators, billiards tables, darts and more. Fun was had by all.

It was also very rewarding for our team to be involved in the event and celebrate this huge milestone - the result of such hard work and dedication by all those Palm Lake Group teams involved. A huge and heartfelt thank you to our Palm Lake Works construction team for helping on the day to deliver such a smooth and successful event, as well as our Sales Team including our company's General Manager of Sales, Alysia, and Lily who flew down from our Gold Coast Head Office. The event was certainly a well-earned celebration.

Congratulations,
Team Paynesville!



JO AND TROY VAN REES
CARETAKERS



Country Club now open!

HAVE YOU HEARD THE NEWS? OUR LATITUDE COUNTRY CLUB IS NOW OPEN! WE ORGANISED A SOFT OPENING FOR HOMEOWNERS AND A FEW VIPS RECENTLY, AHEAD OF OUR MAJOR OFFICIAL COMMUNITY OPENING ON MAY 14. FRECALL 1800 960 943 IF YOU'D LIKE TO GO ON THE INVITATION LIST FOR THAT CARNIVAL EVENT.

Work in a workout

ONCE UPON A TIME, DECIDING WHETHER 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 the exclusive, state-of-the-art Milon Gymnasium now on our doorsteps (with thanks to the opening of our Latitude 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.

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 Palm Lake Resort Paynesville homeowners.

Given its easy-to-use interface, even the newest of gym-goers will be amazed by how simple a Milon workout can be. Once our local personal trainer is in place, initial training/induction sessions will be made available to homeowners to get them underway. Users' 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!



Sandra & Woody



David & Joan (with Willow)



Ross & Jennie



Gail (with Bella)

DID YOU
KNOW OUR
RESORT IS PET
FRIENDLY?



Joan & Ken

Welcome home!

AS MORE AND MORE SHINY NEW HOMES POP UP RIGHT ACROSS PALM LAKE RESORT PAYNESVILLE, WE WELCOME MORE NEW HOMEOWNERS INTO OUR COMMUNITY. WE'RE EXCITED TO HAVE YOU HERE!



Around the grounds

OUR HOMEOWNERS HAVE CERTAINLY BEEN MAKING USE OF THE INCREASING NUMBER OF RESORT FACILITIES AS THEY OPEN.

Most homeowners had their families come and stay over the Easter long weekend and school holidays. Those events have seen our Latitude Country Club transform into a buzzing hive of activity. We've seen Grandkids vs Grandparents on our tenpin bowling lanes and there have been loads of movies playing in the Theatre for all to enjoy.

Homeowners Helen and Gary tell us they only see their "kidlets" once or twice a year, so the pair flew them down from Newcastle for a week during the school holidays to enjoy the new resort facilities with them (as pictured top).

"By all accounts Cooper, Sierra and Xavier made a positive impression with those other homeowners they met," Helen says. "We are delighted they had a ball, particularly as they are all keen to return!"

Helen admits that Cooper dominated his granddad at tenpin bowling (not letting on that he did it for school sport last term!). Gary also lost to the kids at snooker, but I did win at draughts!

"Unfortunately our fishing gave no result but the kids are already looking forward to their return," Helen smiles.

Homeowners have also been inviting their friends and family along for games on the new lawn bowls green and at the billiards tables. Our baby grand piano has even seen some musical action with thanks to our most musical visitors.

Outside the holiday period, it's been great to see our homeowners gathering at the bar for regular Happy Hours and also gathering around the resort BBQ for special events like Anzac Day. And with the recent arrival of our new resort bus (pictured above left), a whole new world of opportunity is opening up for our homeowners with activities and bus trips being planned as we speak. There's definitely a wonderful sense of community building here at Palm Lake Resort Paynesville.



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1800 490 626

Golfing game changer

IF YOU DAYDREAM ABOUT SPENDING YOUR RETIREMENT PLAYING THE BEST GOLF COURSES IN THE GAME, YOU'LL BE PLEASED TO KNOW THAT YOU WON'T NEED TO BOOK THOSE FLIGHTS TO SCOTLAND OR THAT ACCOMMODATION IN MONTEREY.

At Palm Lake Resort Paynesville you are able to tee off on hundreds of different courses from all over the world – and still make it home in time for lunch – with thanks to the two Trackman Golf Simulators that are found in our new Latitude Country Club.

Golf simulators have been installed across all our newest Palm Lake Resorts, with golf-mad homeowners and rookies alike noting an improvement in their game. The technology, which is used by professional golfers, allows our homeowners to analyse their swings, the spin and distance of the ball, their grip, targeting and more. Housed in a purpose-built room, the simulator's camera-based machine takes photos of the player's golf ball as it is hit, allowing the simulator to accurately work out the ball's speed, rotation, spin rate and where it's going to fly, while projecting a simulation in real time. Users can play a full 18 holes on hundreds of international golf courses. The elevations and surroundings have been scientifically mapped, making these some of the most accurate simulators on the market. You can play solo or with a friend and take your pick from options like 'nearest the pin' or long-drive competitions.

Palm Lake Resort homeowners from right across the group say they have gained a much better understanding of their technique and they report that their efforts in the simulator rooms have translated to improvements on the golf course.

"My game has definitely improved," says Palm Lake Resort Toowoomba homeowner Barry Hartshorn. "I like to use the practice mode, which analyses your swing and your hits and gives you a lot of useful information to help you get a feel for what you're doing. I particularly like knowing about the shape of my hits."

Players can use their own clubs, balls and tees – just like on a real course – but here at Palm Lake Resort Paynesville, we have provided brand new clubs for use in the two golf simulator rooms so that any homeowners can come in, pick up a club and have a go.

"It's a great facility," says Barry. "The simulators are very good, high-tech pieces of equipment and all of the information is there if you need it. You can change the settings to personalise the game to your preferences – whether it's adding more wind or changing the length of the rough – and then apply what you learn to your actual golf game."

The constantly evolving technology is class-leading and can be easily upgraded at the software level, meaning Palm Lake Resort homeowners always have access to the latest technology.



Holiday, everyday.

Surrounded by idyllic lakes and undisputed natural beauty, a wonderful water-world awaits you at Palm Lake Resort Paynesville. The perfect community to come home to, boasting world-class facilities that Palm Lake Resort is renowned for. Homeowners are now enjoying their multi-million dollar Latitude Country Club with its eight-rink undercover bowling green, tenpin bowling alley, movie theatre and much more.



1800 960 943 | salespaynesville@palllake.com.au
78 Ashley Street, Paynesville VIC 3880

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