

The Mariner



August - September 2024



First display residences now open

You can now walk through some of our most popular home designs, including the Latrobe

There have been events aplenty!

From painting classes, to yoga, to celebrating our local businesses, we've done it all!

Our Sales Team is growing

As we get closer and closer to welcoming our first homeowners, our team is expanding



Welcome

Welcome to Palm Lake Resort Paynesville's newsletter, *The Mariner*.

With a new season now on the horizon, all things Palm Lake Resort are following that same 'spring' theme. With the weather heating up, so too is construction on our resort site. Our homes and facilities are really taking shape. I just spoke to our Palm Lake Works construction team and they are actually ahead of schedule on their next 15 home builds. Go team!

There's also a (literal) spring in everyone's step now that we have unveiled our first display residences - three of them in one week, no less! You can see our Latrobe design on Pages 4-6 of this newsletter. The other displays now open are our Thomson and Mitchell designs. They prove the level of workmanship and quality you can expect in your own Palm Lake Resort Paynesville abode.

And the 'spring' icing on the Palm Lake Resort Paynesville cake is our Sensational Spring Saver promotion. Right across all our newest Palm Lake Resort addresses, there are a number of ready-built homes available for purchase with sensational, and varying, discounts applied. Here at Paynesville, you can score up to \$150,000 off a ready-built home. What an incredible opportunity awaits the most savvy of buyers - limited homes remain and we expect them to fly out the door. Terms and conditions apply and purchases must settle by December 31, 2024.

There are also changes afoot here in the Sales Experience Centre. We have Senior Sales Executive Sandy Martin joining us as this newsletter goes to print. Sandy has a wealth of experience in the over-50s market and a long history with Palm Lake Resort, coming to Paynesville from our Yamba Cove development. We've also filled a new sales administration position and look forward to introducing you to our new team member in the next edition of *The Mariner*.

The final (and most exciting) piece of the Palm Lake Resort Paynesville puzzle will be the welcoming of our first homeowners, which is scheduled for October. That will be a wonderful day for all of our team as we celebrate the real birth of this resort community. I can't wait!

Jessie Loe
Palm Lake Resort Paynesville Sales Executive

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Contact us

Looking for more information about Palm Lake Resort Paynesville? While earthworks continue on site, we have a dedicated Sales Experience Centre for your inspection and enquiries.

Sales Experience Centre:
Shop 2a, 90-120 Nicholson Street,
Bairnsdale VIC 3875

Opening hours:
9am to 4.30pm, weekdays.
Weekends by appointment

FREECALL: 1800 960 943

Email:
salespaynesville@palllake.com.au

Online: palmakeresort.com.au

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

Resort address:
78 Ashley Street,
Paynesville VIC 3880



News briefs



Pictured: One of our previous yoga classes, in the Sales Experience Centre.

Join us for a (complimentary) community class!

Palm Lake Resort Paynesville's Sales Experience Centre in Bairnsdale is the place to find some great complimentary community classes in the coming months. Pop these dates in your dairy now:

September 4: Mosaic workshop (9.30am-1pm). Learn how to turn discarded crockery into a miniature work of art using basic mosaic techniques under the guidance of local artist, Fin Ross, of FinMosaica.

September 17: Tai chi (11am-12.30pm). Join doctor of Chinese medicine, Bruce Stafford, as he steps you through a relaxing introduction to tai chi. Learn the health benefits of tai chi, then enjoy a gentle warm-up, breathing exercises, tai chi session and question time.

October 3: Painting class (10am-1pm). The talented Brooke, from Bodhi Taylor Artist, will guide you through how to paint your own Van Gogh sunflowers. Brooke will draw the outline and teach you to do the rest.

October 17: Intro to yoga (10.30am-12.30pm) with local instructor, Deb Langley. The class begins with an individual assessment of each participant. Then, immerse yourself in a 45-minute yoga session designed to relax and rejuvenate. After class, enjoy a Q&A session along with delicious refreshments. Mats and props provided.

Bookings for all classes are essential. FREECALL 1800 960 943

Why not come, stay and play?

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 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 960 943 to book your private inspection. We look forward to hosting you here at Palm Lake Resort Paynesville soon.

Your
Time is
out
now



Grab your copy of the latest 2024 edition of our company magazine, *Your Time*, now. In it, we celebrate the progress of our newest resort locations, including Yamba Cove, Pelican Waters and Forster Lakes. 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 pallmakeresort.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 (@pallmakeresort) 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!

Our first display residence, **now open**

IF THERE'S ONE THING THAT ALL OUR PALM LAKE RESORT PAYNESVILLE RESIDENCES PROVE IT'S THAT IN 2024, "RETIREMENT" IS A MODERN WORD. STEP INTO YOUR NEW LIFESTYLE WHEN YOU STEP INSIDE OUR VERY FIRST DISPLAY RESIDENCE - THE LATROBE.

TO BOOK
YOUR PRIVATE
INSPECTION,
PHONE US ON
1800 490 626

Now open for your private inspection, Palm Lake Resort Paynesville's "Latrobe" home design is everything the modern over-50s homeowner needs. Architecturally striking, this floorplan provides a private entry at the home's side, which opens up into a vast open-plan kitchen/living/dining space as you'll see when you step inside this incredible display residence.

The master suite (with its walk-in robe and ensuite) is one of three bedrooms and it's strategically positioned at the home's rear for more privacy. There are two bathrooms, a plentiful laundry, loads of storage and a double car garage.

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The resort's theme, its facilities and home designs all take cues from Paynesville's rich maritime history and its local boating culture. It has been described as a rugged coastal style. Think light, bright open spaces with features in darker woodgrain and earthy, tonal tiles. The Studio Collective team was engaged to design this display residence's interior, to help put visitors right in the picture of their future life here at Palm Lake Resort Paynesville.

The 221m² Latrobe home design is available in Stage 1 of Palm Lake Resort Paynesville which is selling rapidly right now. The good news is that we also have two additional display residences available, on our resort grounds, for your viewing pleasure - a Mitchell design and a Thomson design. These two designs are also available in Stage 1 of our development.

Book your private inspection of our displays on 1800 960 943. To better understand each of the floorplans available in Stage 1 and beyond, you can also stop by our Sales Experience Centre in Bairnsdale or visit us online at pallmlakeresort.com.au

-  Beds 3
-  Bath 2
-  Living 1
-  Outdoor living
-  Garage 2

Pictured from top down: Our Latrobe display residence shows the modern architectural approach we've taken at Palm Lake Resort Paynesville. Latrobe's interior offers vast open-plan living and high ceilings. The ensuite bathroom offers modern, textural tile choices with plenty of storage.



Artistic delight

OUR SALES EXPERIENCE CENTRE HAS BEEN A HIVE OF ACTIVITY AS WE GEAR UP FOR THE COMPLETION OF OUR FIRST HOMES.

Among the engaging activities we've hosted at the Centre for deposit holders and other VIPs has been some fun painting classes. Likeminded participants have been excited to see just how creative and artistic they can be while guided through the painting process by local artist, Brooke, from Bodhi Taylor Artist.



JOIN US AT
AN UPCOMING
CLASS - SEE
PAGE 3 FOR
MORE





THANKS
TO OUR LOCAL
BUSINESS
OWNERS FOR
STOPPING BY!

Caretakers' note

It's all happening for our team here at Palm Lake Resort Paynesville! Our construction team members are working their magic and we now have three stunning display residences to show our eager clients and the community. Our facilities are also taking shape, with lots of different structures now in place. This can all be seen from Paynesville Rd, so there's lots of excited chatter around town about our development.

We've also had the pleasure of hosting some complimentary classes for our community in our Sales Experience Centre in Bairnsdale and they've been a lot of fun! So far, we've hosted painting classes and yoga sessions, that you will have seen in earlier pages of this newsletter. It's been so great to see likeminded community members coming together in creativity and wellness, and enjoying themselves in our luxurious space. We're excited for our upcoming mosaic workshop, tai chi classes and more. Make sure you check out the list of upcoming events on Page 3 and make a booking to secure your spot. We look forward to meeting you.

Our sales events in the display residences have also been amazing. We've enjoyed listening to visitors so overwhelmed by the quality workmanship and beauty of our displays. We have been receiving so much great feedback.

All of these types of events have given our team a wonderful opportunity to meet the local community and get to know more about this beautiful part of Victoria. As newbies to the area, we are personally so eager to continue to explore and soak up all of greater Paynesville's beauty. With the weather starting to warm up, it's the perfect time for us to be exploring - but equally for you to be exploring the area, too. We can't wait for our new homeowners to experience the same excitement as we are, here in Paynesville.

See you around the grounds!



JO AND TROY VAN REES
CARETAKERS

Business meets

WE HOSTED A BUSINESS NETWORKING EVENT AT OUR SALES EXPERIENCE CENTRE IN BAIRNSDALE RECENTLY.

Our team welcomed local business owners along for a wonderful evening of networking and celebration. The event provided guests with the opportunity to meet our team, have a look around our Sales Experience Centre and, importantly, connect with likeminded fellow local business owners.

Guests enjoyed a local drop from Lightfoot Wines as well as delicious produce from New Leaf Café as they listened to the talented Olivia Lay entertain us. Many guests tried their hand on our golf simulator and got to better understand the incredible features that our resort homes will boast.

We were honoured to have members from the East Gippsland Shire Council in attendance, including Mayor Tom Cook, Deputy Mayor Jane Greacen and Councillor Trevor Stow.

Members of the Paynesville Dragon Boat Club also stopped by. Seeing so many familiar faces in attendance reminded us of the lasting bond we created with this wonderful group back in 2023 with the Palm Lake Resort sponsorship of their very first dragon boat.



The importance of staying socially connected

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 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 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.

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 you can bolster your social connections 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, 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!). Start by taking a look at the activities offered by our resort to see if something resonates. You can also stop by our Caretakers' office and ask them if they know of any other homeowners interested in the same things you are interested in. Beyond that, simply ask around your Palm Lake Resort neighbourhood. We guarantee you'll find a likeminded neighbour with just a little digging.

Play a sport: This is the obvious one. We'll soon have 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? Our future resort Social Committee would love to have you onboard. 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-racking 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 Resorts are 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.





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 will enjoy an eight-rink undercover bowling green with its own Sports Club, pickleball courts, 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.
palllakeresort.com.au