

The Mariner



February - March 2025



Gippsland, the great

Our region is packed full of sights and delights. We are very lucky to call Gippsland home

Latrobe lifestyle

Book a private inspection of one of our most popular home designs, the Latrobe, to picture your new life here

Latitude opens April 12

Our world-class Country Club will be bringing New Year health benefits with it as well!

Pictured: Our Latrobe display home is ready for your private inspection.



Welcome

Welcome to Palm Lake Resort Paynesville’s newsletter, *The Mariner*, and welcome to 2025. Where did 2024 disappear to? It flew by so quickly but was a great year for progress at our Paynesville address. We achieved construction of three beautiful display homes, our first three homeowners moved into their brand new abodes and (while still under construction) our Latitude Country Club is looking unbelievable.

Every day there is something new to see on our Latitude Country Club construction site. I already know that homeowners will not be disappointed with this world-class facility that they get to treat as an extension of their home. Our homeowners are sure to be the envy of all their friends! The grand opening of Latitude is in a couple of months’ time and it will be an event definitely not to be missed. It will no doubt prove to be a memorable and historic day for all of Paynesville.

Back to our homes, we have commenced construction on Stage 1B. We have some beautiful stock homes available in Stage 1A for those seeking a quick turnaround for the New Year. Don’t miss out - come in for an inspection. Jess and I are onsite seven days a week. Whether you pop by or phone, someone is always here to look after you.

In 2025, why don’t you make the move to Palm Lake Resort Paynesville? How grand would it be to call our address home, in this wonderfully safe gated community, living with likeminded people and all our world-class facilities and activities on your doorstep. You will not be disappointed. We really do offer the epitome of the Australian over-50s lifestyle. I hear the words so often: “Why did we leave it so long to make the decision!”

We hope all of our Paynesville homeowners, deposit holders, followers, friends and families have a healthy and safe 2025. We look forward to welcoming you back to Palm Lake Resort Paynesville to check out the progress - come for a second inspection, it is always better the second time around!

Sandy Martin
Palm Lake Resort Paynesville Sales Manager

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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: palllakeresort.com.au

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



News briefs



Your summer page-turner

The Summer edition of *Your Time* magazine is packed full of New Year reads. In this edition, find a wonderful feature story based on a 50-year-old Elliott family scrapbook that contains the most nostalgic newspaper clippings and photos for our family company dating back to the 1970s. We’ve also got plenty of stories in our popular Lifestyle section around how you too can collect your own prized family history - it’s the perfect time of the year to be thinking about that. If you haven’t received a hard copy in your mailbox, you can always catch up online at palllakeresort.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 (@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!

Save the date: Latitude Country Club opening

There’s a special date coming up on the Palm Lake Resort Paynesville calendar and we wanted you to make sure you’ve got it in your diary. On April 12, we will host an Open Day, incorporating the official unveiling of our Latitude Country Club. If you’re not already on our mailing list, phone 1800 960 943 for your invitation to attend.

Opera by the Lakes

For the 10th year, Gippsland Opera proudly presents Opera by the Lakes at Nyerimilang Heritage Park on March 16 from noon. A host of international stars, including Opera Australia singers, will perform at this event. Teddy Tahu Rhodes and Boy from Oz star Will Hardy are among them. Nyerimilang is a beautiful National Park with stunning views over the largest lake system in the Southern Hemisphere set in a natural amphitheatre. What a combo! Visit gippslandopera.com.au

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!



Artistic flair on show

Check out the end results of our recent painting class - very impressive! Participants gathered in our Customer Experience Centre to enjoy the guided art class - and each other’s company while they were at it. These types of activities will be part of our resort’s Weekly Activities list when our Latitude Country Club opens in the coming months.

Latrobe makes living easy

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. But don't let us just tell you about it - come and see Latrobe for yourself - it's on display in our resort now.

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

The 221m² Latrobe home design is available in Stage 1 of Palm Lake Resort Paynesville which is selling now. Book your private inspection of our Latrobe display home on 1800 960 943. You can also find more information by visiting us online at palmlakeresort.com.au



TO BOOK
YOUR PRIVATE
INSPECTION,
PHONE US ON
1800 960 943





Gippsland, the great

VICTORIA'S LARGEST REGION, GIPPSLAND, BOASTS VAST, STRIKING LANDSCAPES AND SOME OF AUSTRALIA'S MOST SPECTACULAR NATIONAL PARKS, LAKES AND WATERWAYS. AND IT'S ALL ON OUR DOORSTEP HERE AT PALM LAKE RESORT PAYNESVILLE.

Nature lovers will appreciate the remote wilderness with activities including walking, cycling, swimming, surfing and skiing. Less active visitors will enjoy relaxing in the coastal villages, perusing the local artwork in country galleries, indulging in regional cheese, jams, pastries and other local produce as well as sampling local brews and fine wines. With a rich history and ancient Indigenous heritage, there is something for everyone in our Gippsland area.

Here are some of Gippsland's top attractions - some are just minutes from our resort gates while others are amazing day trip destinations, but all accessible from our resort:

Raymond Island

The island ferry is four minutes from Palm Lake Resort

The five-minute ferry to Raymond Island departs Paynesville regularly and is free for pedestrians or those travelling by bike. Once you arrive, follow the marked Koala Trail (1.2km) to see live koalas in their natural habitat. The massive koala population thrives here thanks to the safety of the island. Bike hire is available from 'Ride the Koalas' on the island, just behind Ferry Park. Two and four seat bikes are also available (pictured on Page 7). There are also plenty of good spots on the island to cast a line, with bream, flathead and prawns being the catches of the day.

Metung

40 minutes' drive from Palm Lake Resort Paynesville

The picture-book village of Metung stretches along a

narrow sandy peninsula in the Gippsland Lakes. Strolling along the water's edge at sunset, watching the sailing boats glide by as the sky turns pink and is reflected in the water, is a simple and sublime pleasure. According to Trip Advisor, the Top 5 places to visit in Metung include Metung Hot Springs (pictured on Page 7), the Norm Neilson Art Gallery, Patterson Park, the Metung Boardwalk and Chinaman's Creek.

Lakes Entrance

45 minutes' drive from Palm Lake Resort Paynesville

The vibrant town of 'Lakes Entrance' is located on Australia's largest inland network of waterways, the Gippsland Lakes Coastal Park, making it a boat-lover's paradise.

Situated on the edge of Ninety Mile Beach where the Gippsland Lakes meets the Southern Ocean, Lakes Entrance is known as Victoria's seafood capital due to the large number of trawlers operating in the area. This town offers a host of great things to do. Don't miss The Entrance Walk (a medium level of fitness is required for this photographer's paradise), Griffiths' Sea Shell Museum & Marine Display, Wyanga Park Winery and the Myer St Jetty.

Walhalla

Just over 2 hours' drive from Palm Lake Resort Paynesville

Experience life as it was, in historic Walhalla. Once one of Australia's richest towns and home to more than 4000 gold seekers, this sleepy mountainside village is now frozen in time and is home to only 20 residents.

Lovingly restored, the town centre is full of heritage buildings (see Page 7). Visitors can try their hand at panning for gold or take a tour of an old mine.

Wilsons Promontory National Park

Almost 3 hours' drive from Palm Lake Resort Paynesville

Victoria's largest coastal wilderness area, Wilsons Promontory National Park is one of the state's best loved parks. Affectionately known as 'The Prom', this 50,000 hectare reserve is threaded with a labyrinth of walking tracks that uncover abundant wildlife. Wilsons Promontory is also home to some of the state's most beautiful and secluded sandy beaches.

Croajingolong and Tarra Bulga National Parks

Tarra Bulga is 2 hours' drive from Palm Lake Resort

Paynesville, while Croajingolong is 3 hours' drive away

Croajingolong National Park encompasses 100 kilometres of coast and hinterland. Nominated as a World Biosphere Reserve by UNESCO, its landscape varies from pure white sandy beaches to rocky coastal headlands and granite peaks, rambling heathland, lush rainforests and towering eucalypts. And, one of only four major areas of cool temperate rainforest in Victoria, Tarra Bulga National Park boasts lush gullies, giant mountain ash trees and tree ferns, plus the insta-worthy Corrigan Suspension Bridge.

Buchan Caves

Just over 1 hour from Palm Lake Resort Paynesville

Pictured right, Buchan Caves Reserve on Krauatungalung Country, is highly significant to Gunaikurnai Traditional Owners due to its remarkable Aboriginal cultural heritage. Here you'll discover Victoria's largest cave system, a landscape perfect for a picnic and a place to camp under the stars. Book a guided tour of Buchan Caves - a honeycomb of spectacular limestone formations carved by an underground river almost 400 million years ago. Choose from Fairy Cave, Royal Cave or both and marvel at the magnificent stalactite and stalagmite forms, pillars and rim pools, as well as vast open caverns and an ancient flowing stream. A guided tour is the only way to see this remarkable cave system. Tickets must be purchased 24 hours in advance (visit www.parks.vic.gov.au). The Buchan Caves Reserve is also a great spot to settle in for a picnic. Keep an eye out for native wildlife. Kangaroos lay about the campground and visitor centre while native birds such as the Bell Miner, Powerful Owl, Superb Lyrebird and Pied Currawong can be seen perched among the trees.

Ninety Mile Beach

Ninety Mile Beach Lookout is 1 hour 45 mins from Palm Lake Resort Paynesville

Pictured right, believed to be the fourth longest uninterrupted beach in the world, Ninety Mile Beach stretches along on the edge of a long thin sand dune from the historic fishing village of Port Albert up to Lakes Entrance. Ninety Mile Beach is a popular surf fishing, swimming and camping destination, with camel rides from Lakes Entrance proving popular in summer.



LATITUDE
COUNTRY
CLUB OPENS
APRIL 12!

Don't weight

MAINTAINING TONED MUSCLES IS QUITE CRUCIAL FOR OVER-50s AS IT SIGNIFICANTLY ENHANCES OUR OVERALL HEALTH AND QUALITY OF LIFE. WITH THE OPENING OF LATITUDE COUNTRY CLUB IN THE COMING MONTHS, THERE'S NO DOUBT OUR HOMEOWNERS' HEALTH WILL BENEFIT...

As we age, we naturally lose muscle mass and strength — a condition known as sarcopenia. This decline can lead to reduced mobility, increased risk of falls and difficulty performing everyday tasks. Regular muscle-toning exercises help combat this loss, preserving strength and functional independence.

Toned muscles also support joint health by stabilising and reducing strain on the joints, which can alleviate symptoms of arthritis and prevent injuries. Furthermore, muscle tone enhances posture and balance, which are vital for avoiding falls, a common cause of injury among older adults.

Building and maintaining muscle tone boosts metabolism, making it easier to manage weight and reduce the risk of obesity-related conditions such as diabetes and cardiovascular disease. Strong muscles also play a role in maintaining bone density, decreasing the likelihood of fractures and osteoporosis.

Beyond the physical benefits, engaging in muscle-toning activities improves mental wellbeing, boosts energy levels

and enhances confidence. Whether through resistance training, Pilates, yoga or bodyweight exercises, keeping your muscles toned is an essential part of staying healthy, active and independent in later life.

Here's the good news: Maintaining muscle mass after 50 doesn't require gruelling workouts. Gentle, consistent exercises and activities can effectively build strength, improve flexibility and promote overall wellbeing. And if ever there was a place to support this type of activity, among a group of likeminded participants, it's here in our Palm Lake Resort community, don't you agree? And research shows that the New Year is often the best time to start on this type of exercise regime. Generally, we are physically refreshed after the Christmas holidays and many also enjoy a renewed and enthusiastic outlook on life at this time of the year, making big, bold plans for the coming 12 months. Utilise your New Year headspace/ mental vigour to start an exercise routine that has the best chance of sticking!

Here are some of the easiest and most beneficial ways to encourage your muscles to stay strong:

Yoga

Yoga improves muscle tone, flexibility and balance. Gentle styles like Hatha or restorative yoga are accessible for beginners and can help strengthen core muscles while promoting relaxation and mental clarity. With a dedicated yoga studio featuring in Latitude Country Club, we look forward to offering yoga as part of our Weekly Activities program for homeowners here at the resort.

Tai chi

Often described as "meditation in motion", tai chi is a low-impact activity that enhances muscle strength, balance, and coordination. It's particularly beneficial for reducing fall risks and improving joint health.

Pilates

Both mat-based and reformer Pilates are excellent for building core strength, improving posture and toning muscles. The exercises are adaptable to individual fitness levels and focus on controlled movements.

Swimming

Swimming and water aerobics provide full-body resistance training with minimal strain on joints. The water's buoyancy makes it ideal for people with arthritis or other joint issues. Our indoor heated swimming pool will be the place to exercise in comfort year-round.

Low-impact sports

Activities like tennis, pickleball or golf encourage muscle engagement and coordination while being gentle on the body. They also foster social interaction and enjoyment. Pickleball courts are planned for our resort.

Body-weight exercises

Simple exercises such as squats, lunges and modified push-ups can be done at home to maintain strength and endurance without needing equipment.

Resistance bands, hand weights

Using resistance bands offers a safe, versatile way to strengthen muscles. They are lightweight and allow for various exercises targeting different muscle groups. Walking while holding light weights or using weighted wristbands also provides a dual benefit of cardiovascular activity and muscle toning.

Gardening

Gardening activities like digging, raking and planting engage various muscle groups, making it a functional way to stay active.

Dance classes

Dance-based fitness classes are fun and effective for improving coordination, muscle tone and cardiovascular health. Think Zumba, line dancing and adult tap dancing, for starters. There's no doubt that adult dance classes will be on our Weekly Activities list in the future - what fun!

The most important thing with maintaining muscle tone is consistency. Starting slowly, listening to your body and gradually increasing intensity will help you maintain muscle mass and support overall health for many years to come.

Please note: Always consult a healthcare professional before beginning a new exercise program.

Six transformative New Year resolutions for all over-50s

HAVE YOU HAD A CHANCE TO REFLECT ON 2024 AND SET SOME CHALLENGES AND GOALS FOR YOURSELF FOR 2025?

Some find that task simple, while others can be overwhelmed by the thought. Let us help you get started... Whether your plans and goals are big or small, now is definitely the time to embrace the energy of renewal that abounds this season and set some intentions for the year ahead. If you need some inspo, we've come up with six New Year resolutions, specifically for over-50s, that will help transform your life:

1. Prioritise strength and mobility

Commit to a fitness routine that blends strength training with flexibility exercises like yoga or Pilates. These activities preserve muscle mass, improve balance and reduce the risk of falls.

2. Adopt a Mediterranean-inspired diet

Focus on whole foods like olive oil, vegetables, lean protein and nuts. This heart-healthy eating pattern supports brain health and longevity.

3. Engage in lifelong learning

Pick up a new skill or hobby, or start an online course. Continued learning keeps the mind sharp, boosts self-confidence and provides opportunities to meet likeminded people. There will definitely be scope to find a group of likeminded neighbours here at our resort if you are wanting to start a new activity group. Otherwise, simply head to our Weekly Activities list and see if there's something there that piques your interest.

4. Deepen social connections

Make time for family, friends and community groups. Social engagement improves mental wellbeing, reduces loneliness and even strengthens immunity.

5. Embrace mindfulness practices

Incorporate meditation, tai chi or mindful breathing into your daily life. These practices reduce stress, enhance focus and promote a sense of peace.

6. Declutter and simplify

Start a decluttering journey, focusing on your home and commitments. Letting go of unnecessary possessions and obligations clears space for a simpler, more fulfilling lifestyle.

Luckily, you will be able to tick most of these boxes at Palm Lake Resort Paynesville! Let us show you how. Freecall 1800 960 943 to book your private inspection.



Jo (pictured on the right, with Sales Consultant Jess)



Pauline & Robert (also pictured with Jess)

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!

You can live DMF free here at Palm Lake Resort

FOR PALM LAKE RESORT PAYNESVILLE HOMEOWNERS AND THOSE WHO'VE PASSED THROUGH OUR CUSTOMER EXPERIENCE CENTRE IN BAIRNSDALE, THE BENEFITS OF THIS STYLE OF OVER-50S LIFESTYLE RESORT COMMUNITY ARE MANIFOLD.

Sales Manager Sandy Martin says she and her team have fielded a lot of enquiry from local Gippsland-area natives looking to downsize from their acreage blocks, or move into town from their current rural/remote locations, for this exciting next chapter of their lives.

"Many are drawn to our homes' architectural beauty and others are wanting to enjoy a more vibrant social life and that feeling of community connectedness," Sandy says. "We have also fielded interest from those seeking a relaxed lifestyle in a low-maintenance home nearby the serene waters of Paynesville's lakes.

"Whatever's on your over-50s era wish list, ours is a resort where you can truly enjoy the next chapter of your life. Secure, luxurious and surrounded by nature, it offers an unmatched lifestyle."

Beyond the beauty and amenity of this gated resort, Sandy says an important fact for those considering a Palm Lake Resort Paynesville home is that they will not be charged a deferred management fee (DMF), also known as an "exit fee", should they choose that option at the time of purchase.

"Homeowners here have the option to either pay the full purchase price on their Palm Lake Resort Paynesville home and not have to worry about a DMF upon leaving or they can choose a reduced purchase price upfront with a view to paying the DMF upon exit," Sandy explains.

To gain more information around the options for your deferred management fee and view our three new inspiring display homes, we encourage you to drop into at 78 Ashley St, Paynesville. Our Sales Information Centre is open seven days a week. You can also freecall us on 1800 960 943 or visit us online at palm.lakeresort.com.au



- Pictured clockwise from top left:
1. Liriel linen/cotton throw, 130 x 170cm, \$149, freedom.com.au
 2. Form vase in mocha, 15 x 18 x 5cm, \$35, middleofnowhere.com.au
 3. Ceduna planters, 30cm/39cm/43cm, from \$89.95, freedom.com.au
 4. Ombeo cushions in 'Smoked wood', \$35, freedom.com.au
 5. Country Road cross body bag, \$99.95, countryroad.com.au

Mocha mousse is on the menu in 2025

AT THIS TIME EACH YEAR, THE EYES OF THE DESIGN WORLD FOCUS ON THE PANTONE COLOUR INSTITUTE TO SEE WHAT THIS YEAR'S COLOUR TREND WILL BE. AND IF EVER YOU NEEDED PROOF THAT OUR PALM LAKE RESORT DESIGNERS ARE ON THE MONEY, OUR RESORT COLOUR SCHEME IS AN INTERNATIONAL WINNER THIS YEAR!

For 2025, the Pantone Colour Institute has named PANTONE 17-1230 Mocha Mousse their Colour of the Year and it's a shade almost perfectly matching one on our own resort colour palette! This warming, rich brown is described as "nurturing us with its suggestion of the delectable qualities of chocolate and coffee, answering our desire for comfort" — and it's easy to see why.

Mocha Mousse brings a sophisticated, earthy elegance that works beautifully on its own or as a versatile base. Whether you're drawn to minimalist vibes or love designs with rich detail, this hue is ready to enhance palettes across every colour-focused industry and homes the world over - including (no doubt) Palm Lake Resort interiors.

According to Pantone Color Institute Executive Director Leatrice Eiseman, the decision on this year's colour was "underpinned by our desire for every day pleasures".

"Mocha Mousse expresses a level of thoughtful indulgence," Leatrice explains. "Sophisticated and lush, yet at the same time an unpretentious classic, PANTONE 17-1230 Mocha Mousse extends our perceptions of browns from being humble and grounded to embrace aspirational and luxe."

Did you know that colour also plays an important role in our mood? According to colour therapy, every hue has its own subliminal energy. In colour therapy, browns (like Mocha Mousse) are associated with grounding, stability and security. Browns represent a connection to the earth, providing a sense of comfort and resilience. Brown energy fosters practicality, reliability and balance, making it helpful for those seeking to feel rooted, calm and centered in their lives.

There's no doubting that Mocha Mousse is a colour of warmth and comfort - just like the components of its name: delicious mocha and delectable mousse! This is, in fact, a colour that is accessible to all and can be easily incorporated into most interior schemes. Think Mocha Mousse-inspired throws and cushions on your Palm Lake Resort Paynesville lounge or an inviting feature armchair in the corner of your living space or bedroom (as pictured above). Equally, Mocha Mousse is quite the wearable colour. A winner all 'round!



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@pallake.com.au
78 Ashley Street, Paynesville VIC 3880

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