

The Mariner



June - July 2025



Latitude, now open

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

Carnival capers

Did you enjoy the carnival event we hosted for the opening of Latitude?
All the day's photos are inside

Talbot is for living

Our Talbot home design, pictured above, is popular among over-50s.
Phone us to find out why...



Welcome

Yes... it is that time again. Half of the year has passed us by, and I'm not sure where it has gone? They say time flies when you're having fun and we are definitely having fun here at Palm Lake Resort Paynesville! Case in point: Our recent community carnival event. What an amazing open day it was, to mark the official opening of our Latitude Country Club. We saw lots of new faces on the day, all excited by what Palm Lake Resort has to offer the Paynesville community - and put simply, we offer the best and it's all about the lifestyle! Our homeowners are thoroughly enjoying all of the new opportunities that this incredible new facility is bringing them and it's wonderful to see.

On the construction front, we've seen the commencement of Stage 1C and everything is moving along nicely. New deposit holders are snapping up the homes and locations they like best as these new opportunities are released.

Also, our Sales Team is initiating something new. We will be hosting a Sales lunch event every two weeks and you could get a random invite to attend as our guest! Keep your eyes peeled for that.

We have also had many prospective purchasers take up our accommodation offer. If you are unfamiliar with it, if you are based out of town and would like to stop by our resort for an inspection of our display homes and facilities, please call our Sales Information Centre on 1800 960 943 we will look after you.

On the topic of our Sales Information Centre, we recently welcomed a new Sales Consultant, Dylan Doecke. Just like the rest of us, we hope Dylan makes many happy memories here with Palm Lake Resort Paynesville as he watches this wonderful new community grow and thrive right before his eyes. If you haven't yet met Dylan, call in and say hello. He works from Sunday - Thursday each week. Our Sales Information Centre is open seven days, between 9am-4pm.

We look forward to welcoming you when you are next in the area. You will not be disappointed by what Palm Lake Resort Paynesville has to offer.

Sandy, Jess and Dylan
Palm Lake Resort Paynesville Sales Team

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 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



Bellisimo!

Pictured above, one of our talented homeowners, Gary, catered a beautiful "Tastes of Italy" lunch for 20 of his fellow homeowners at the start of June. There were four delicious options for mains: Putanesca (olive, capers and tomato base tossed with spaghetti, oregano and parmesan), chicken (with mushrooms and cream passed over spaghetti), frittata (a spaghetti-based tart with tomato and wine sauce) or meatballs (in a spicy tomato sauce over spaghetti). Then dessert was a choice between baked ricotta cheesecake with balsamic strawberries or cherry chocolate tiramisu. Yum! What a talent Gary is in the kitchen. We can't wait for the next delicious installment!

Talbot turns heads

Pictured on our cover, the Talbot home design offers a distinctive layout that sets it apart from traditional home designs. With its longest side facing the street, Talbot presents a unique and expansive facade, creating a commanding street presence.

Upon entering the Talbot, you're immediately welcomed into a thoughtfully arranged living space that prioritises openness and natural light. This expansive living area seamlessly connects the dining and kitchen zones. The galley-style kitchen is equipped with modern appliances and ample storage, and the whole living area is cleverly and conveniently extended via the adjacent outdoor living space, making this home's main living area ideal for entertaining guests.

The master suite provides privacy and tranquillity while bedrooms two and three each offer ample space and built-in storage.

Beyond the distinctive orientation of this layout, another notable feature is the expansive outdoor living area. For more, phone our Sales Information Centre to organise your private resort tour. Freecall 1800 960 943.

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!



Annie & Craig



Brian & Deborah



Julie & Steve

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, as pictured above. We're excited to have you here!

A \$20 MILLION
BEAUTY, PACKED
WITH FEATURES,
RIGHT ON OUR
DOORSTEPS!

Latitude lifestyle

LATITUDE COUNTRY CLUB IS OFFICIALLY OPEN AND THERE'S LITTLE DOUBT OUR HOMEOWNERS ARE RELISHING THE RANGE OF WORLD-CLASS FACILITIES NOW AVAILABLE TO THEM, JUST A STONE'S THROW FROM THEIR DOORSTEP.

Latitude Country Club is a very stylish extension of every Palm Lake Resort Paynesville homeowner's abode, offering a sophisticated mix of welcoming social spaces and sporting opportunities.

This exclusive \$20 million facility was officially opened on May 14 via a fun-filled, carnival-themed Community Open Day.

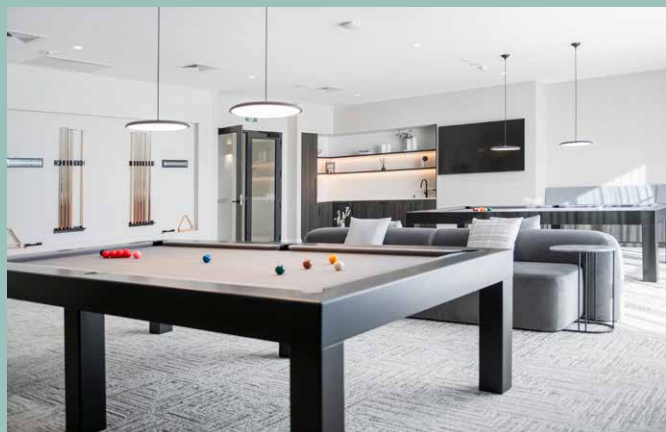
Some 500 guests stopped by to enjoy classic carnival entertainment including the East Gippsland Brass Band, a roaming magician and a host of carnival-style food trucks, with themed movies also screening in our resort's new theatre throughout the day. There was a lawn bowls showcase on the brand new championship eight-rink undercover lawn bowls green, as well as other fun resort activities for the more crafty and creative visitors.

Latitude Country Club was officially opened by Cr John White, Mayor of East Gippsland Shire, who said he was excited to inspect this "state-of-the-art facility" for himself.

Continued on Page 6 >>

Pictured right, from top down: Latitude Country Club's stylish facade matches the aesthetic of the resort. Inside, homeowners can enjoy everything from a drink at our stylish bar and warm conversation by the fireplace, to alfresco dining with visiting family or a big social meal with your fellow neighbours.





<< Continued from Page 5

"We're just so thrilled you committed the development in the East Gippsland region," Cr White told the crowd. "It's the quality and the facilities - for anyone considering moving to the region, this could be your Shangri-la!"

Just like the dozens of other Palm Lake Resort country clubs around the country, Latitude Country Club is also proving to be a magnet for those homeowners who like to keep active and healthy. We pride ourselves on providing the types of exercise and sporting facilities that cater to everyone from the most competitive types, to those who love to host visiting family for a friendly game, and even those who like to ensure their wellness needs are met through gentle exercise or those relaxing, meditative moments.

For the more competitive: Our championship eight rink lawn bowls green (undercover and floodlit, for 24-7 play, as pictured right) will no doubt be the destination for many close calls and competitive club matches. Our darts and billiards room will also attract those who like to challenge themselves against other likeminded homeowners. Golfers can also sharpen their skills via our twin golf simulator rooms.

For families: Tenpin bowling is the game to suit all ages and skillsets. Our trio of lanes (complete with the latest gaming technology) and adjacent lounge area will easily accommodate larger family groups for a fun visit. Our light-filled indoor pool hall is also bound to attract the mini swimmers. And don't forget to check what's screening in the resort's plush movie theatre - it's a gold-class theatre experience that you don't have to travel for!

For exercise and ultimate wellness: The opportunities abound for you at Latitude Country Club. A session in our exclusive Milon Gymnasium could be followed by a soak in our spa, or even a sauna session. But if it's creative relaxation you're chasing, why not try your hand at a new hobby in our craft room (pottery, anyone?). You could even stop by the well-stocked library for a quiet spot of reading, help complete a jigsaw, or even find yourself in a game of chess or cards with a neighbourhood friend.

To inspect the new Latitude Country Club for yourself, simply Freecall our Sales Information Centre on 1800 960 943 and book your private resort tour. We'd love to show you around!



Pictured on Page 6, from top down: There's plenty to do at Latitude Country Club - from tenpin bowling or a splash in our heated indoor pool, to a game of billiards, practise in the simulator golf rooms, or a movie in our gold-class cinema.

Pictured right, from top down: Find your relaxation and wellness flow in a variety of ways, from the sauna, to the library, to the craft room, to the spa or even in our exclusive Milon Gymnasium.



Carnival capers!

FIVE HUNDRED GUESTS JOINED US FOR OUR CARNIVAL OPEN DAY TO MARK THE OFFICIAL UNVEILING OF LATITUDE COUNTRY CLUB. OUR MAYOR DID THE RIBBON-CUTTING HONOURS WHILE A MIX OF PROUD HOMEOWNERS AND EXCITED FUTURE NEIGHBOURS WATCHED ON.



WHAT FUN WE HAD AT OUR CARNIVAL OPENING!

Turn up the heat

IT'S BEEN A POPULAR FINNISH PASTIME FOR CENTURIES, BUT SCIENTIFIC STUDIES HAVE REVEALED THAT SPENDING TIME IN A SAUNA DOESN'T JUST FEEL GOOD – IT COULD ALSO BE INCREDIBLY GOOD FOR YOU. LUCKY WE HAVE OUR OWN RIGHT HERE NOW IN THE NEW LATITUDE COUNTRY CLUB!

Did you know that stepping into a sauna could offer similar benefits to a moderate workout? It might sound too good to be true, but a study published in Mayo Clinic Proceedings found just that. While a sauna session can't fully replace the many benefits of physical exercise, combining the two – even just a few times a week – has been shown to boost results and support long-term health. And the good news? Palm Lake Resort Paynesville now has you covered with our very own sauna within Latitude Country Club.

Here's how it works: When you're sitting in a hot sauna, your body temperature rises and your heart rate increases – often up to 120 to 150 beats per minute, much like it would during a brisk walk. This increase in heart rate and blood flow helps improve circulation, supports joint health and may help lower blood pressure over time. Even though you're not actively moving, your body is still doing important work. In fact, regular sauna sessions have been linked to some impressive outcomes. Research has shown that people who enjoy saunas four to seven times per week have a significantly lower risk of both stroke and sudden cardiac death compared to those who only go once a week. That's a powerful incentive to build a little extra 'me time' into your week – especially given our sauna is only a short walk from your home.

It's not just your heart that benefits, either. Sauna bathing can also help ease pain and discomfort from conditions like osteoarthritis, rheumatoid arthritis, fibromyalgia and other joint or muscle issues. The heat relaxes tense muscles, reduces inflammation and can bring soothing

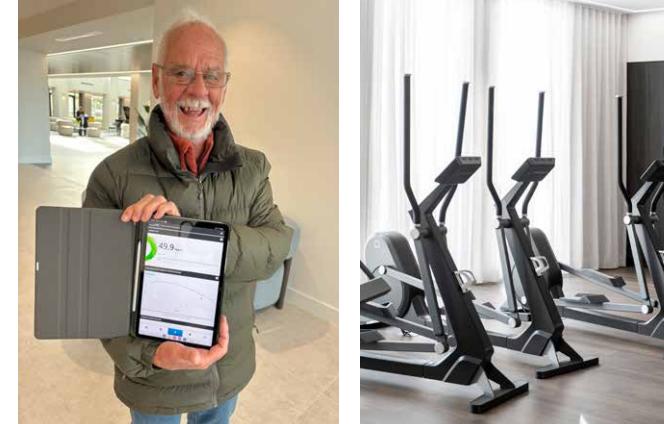
relief to sore spots. It's also been shown to reduce the frequency of tension headaches and migraines for some people – welcome relief for those who suffer from them.

But saunas aren't just about physical health. Many people find them incredibly calming and grounding. Sitting quietly in the warmth can help relieve stress, encourage better sleep and provide a moment of peace in an otherwise busy day.

You've probably noticed that hot/cold therapy – also known as contrast therapy – has exploded in popularity in recent years? From professional athletes to wellness enthusiasts, more and more people are discovering the benefits of alternating between heat (like a sauna) and cold (like a quick cold shower or even a dip in a chilly plunge pool). This back-and-forth temperature shift is believed to support recovery, improve circulation, lift mood and help reduce post-exercise soreness. While ice baths might not be everyone's cup of tea, finishing your sauna session with a cool rinse could be a great way to gently dip into this trend.

Of course, as with any wellness practice, it's important to listen to your body and check in with your doctor first – especially if you have any existing health conditions, or if you're unsure whether high heat is right for you.

Whether you're looking to support your heart health, ease joint pain or simply enjoy a few moments of warmth and relaxation, our brand new sauna could be your new best friend. Pop down to Latitude Country Club and give it a try – your body (and mind) will thank you for it.



Caretakers' note

We are thrilled to have our Latitude Country Club open and even happier to see our homeowners now able to fully embrace their wonderful life here at Palm Lake Resort Paynesville.

We've witnessed a strong sense of community and positivity already, hearing all the laughter and fun as homeowners gather for Happy Hour in the bar and dining hall, and as the visiting families and grandkids compete in our tenpin bowling alley or in the golf simulator rooms. A weekly social craft group has already formed in our new arts and craft studio, and homeowners are regularly enjoying each other's company around the billiards tables. The popcorn machine has been popping aplenty and the bowls green has already seen many games and practise sessions. We also love seeing our community gather for coffee, whether that's after a circuit in the Milon Gymnasium or to welcome other new homeowners into our resort.

On the topic of Milon, we are also already witnessing the health benefits this exclusive gymnasium is bringing our homeowners. Ross, for example (pictured top left), now has a theoretical age under 50 years for his mobility based on the Milon You system. What an achievement! Ross tells us he has been "battling The Blue Man" for weeks since his Milon induction, to better his 'age' - the "blue man" being the blue avatar on the Milon You terminal who tests users' strength and guides you through the personalised system.

The resort bus has also been very popular lately as homeowners enjoy all that our vibrant region has to offer. The East Gippsland Winter Festival, for example, has provided so many wonderful events and some great opportunities for our people to get involved and get to know the area - and what fun to go together as a group in the Palm Lake Resort Paynesville bus (pictured below left)! The bus is proving easy to drive and park, has luxury seating and is also easy to book via the resort app.

We are just loving watching this community grow and bond. We really do have a wonderful group of people living here. If you're thinking about a lifestyle change, this community really is amazing. Trust us, we see it firsthand!

See you around the grounds.

JO AND TROY VAN REES
CARETAKERS





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.
palllakeresort.com.au

