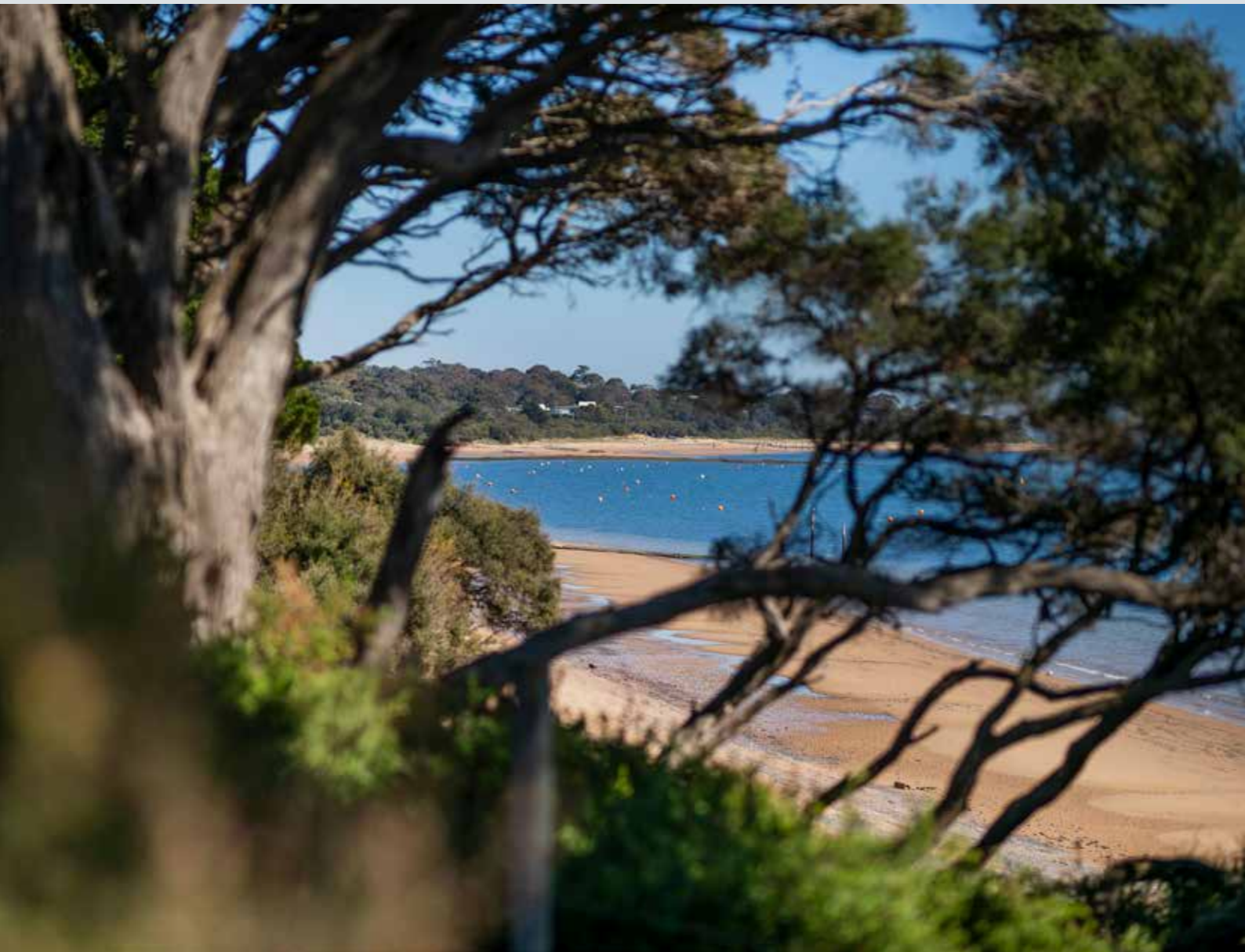


APRIL - MAY 2024



Island Insight



Activities galore

There are dozens of weekly activities to do and special interest groups to be part of at our resort. Learn more inside...

Over the back fence

The Palm Lake Group is one big 10,000-strong 'family' - find out what your counterparts are up to in our new regular series

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for fast cash



Welcome.

With Easter over, daylight savings finished and the cooler weather setting in, we say goodbye to all our happy homeowner travellers who are taking off for the cooler months, seeking the warmer weather our northern states provide. We wish you all very safe and enjoyable travels and look forward to hearing about your adventures upon your return.

We welcome our new cook, Amanda, to the team - and what a delight she is! We have been served up some lovely home-style meals and there's no doubt we are all loving them. Amanda is open to hearing your requests for your favourite meals so make sure you let her (or us!) know what you love and we'll endeavour to make it happen. A big thankyou goes out to those helpers who assisted with meals during our weeks without a cook. We couldn't have done it without you.

We also take this opportunity to welcome our newest residents, Lorraine in Home 126 and Julie in Home 121. We hope you enjoy your new Palm Lake Resort lifestyle with us.

Before we go, we just wanted to remind you of the 'Refer a Friend' program. We have the best over-50s community in town, so why wouldn't prospective homeowners want to come and live here, especially with all the fun and friendly neighbours who make our newcomers feel very welcome. If you know someone who has been talking about joining us, make sure you refer them to the office here because you can score a \$250 cash incentive if your friend buys a Palm Lake Resort home. It's easy money! And if those friends are anything like you guys, we know they'll fit in just fine.

Until next time,

Caroline and Colin Wright
Palm Lake Resort Phillip Island Caretaker

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 Phillip Island? Here's how you can reach us:

FREECALL: 1800 066 482

STREET ADDRESS:
48-80 Settlement Rd,
Cowes VIC 3922

OFFICE HOURS:
8.30am-3.30pm, Monday to Friday
(weekends, by appointment)

EMAIL:
phillipisland@palllake.com.au

ONLINE: Visit our website
palllakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@palllake.resort)



News in brief.



Get social with us

Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@palllakeresort) and also over on Instagram (@palllake.resort) to see what's happening right across our dozens of Palm Lake Resort locations. We also feature many warm-and-fuzzy stories from our seven Palm Lake Care aged caring communities on both social platforms (@palllake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!

PS. Check out Page 11 of this newsletter for your chance to win a \$200 gift card via Palm Lake Resort's Instagram page.

Don't forget to check your speed

Please remember the speed limit around our community grounds is 10km/h. It is not hard to keep your foot off the accelerator so please keep an eye on your speedo as it is very easy for someone to have a mishap. Please slow down - and make sure to remind your visitors and/or invited tradespeople to do the same.

It's "Your Time", time

The start of another beautiful Aussie season means another Palm Lake Resort company magazine has just dropped. Our Autumn 2024 edition gives readers their first look at the incredible display homes just unveiled at Palm Lake Resorts Yamba Cove and Pelican Waters. We also explain how you can embrace the 'dopamine decor' trend in your own abode for the ultimate 'happy home'. And we've got some great recipes for you to try when you're invited along to your Palm Lake Resort neighbours' homes and that age-old question crops up: "What can I bring?". Never fear - the answer is here! Grab a copy of the magazine from your letterbox or you can also find it online at palllakeresort.com.au



Refer a friend

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase a Palm Lake Resort home, you'll receive \$250 cash. Easy! Ask about our 'Refer a Friend' incentive at the Sales Information Centre.

Note these upcoming green waste dates

- Tuesday, May 21
- Tuesday, June 18
- Tuesday, July 16

Remember, green waste is to be stored in a waterproof container with a removable lid for collection.

FIND OUR
HOMES
FOR SALE:
PAGES 7-9

Weekly activities.

MONDAY

9.30am Chair exercises
1pm Cards

TUESDAY

9.30am Yoga/Pilates class
2pm Housie in the Hall
5.30pm Homeowners' dinner
(BYO drinks)

WEDNESDAY

9.30am Aqua Pilates
1pm Cards & Snooker in the Hall
1pm Shopping bus to Wonthaggi
7pm Cards

THURSDAY

9.30am Resistance class
10am Shopping bus to Cowes
1pm Cards
1.30pm Up Words board game
2pm Stitch and yarn
5.30pm Homeowners' dinner
(BYO drinks)

FRIDAY

8.30am Informal light water exercises in the resort pool
1pm Cards

SATURDAY

1pm Cards
6pm Homeowners' BBQ (BYO food and drinks)





Do your friends love it here, too?

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase one of our established homes you'll receive \$250* cash. Easy!

\$250
cash bonus simply for
referring a friend!

For more info or to
refer your friend,
FREECALL 1800 455 307.

*T&Cs apply



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

Residents' Association report.

Welcome to our new friends

We extend a big welcome to all those new homeowners moving into our community. To our longer-term homeowners, we encourage you to please say hello to your new neighbours and encourage them to come along to some of our functions, or to join in our dinners on a Tuesday or Thursday from 5.30pm.

Dine-outs and dine-ins

Our social ladies have had the homeowners busy with dine-outs across Phillip Island and breakfast at the Putters Café, not to mention our dine-in fish and chips nights. Our Coffee Club members have also been busy getting around the island, tasting the coffee at different cafes. Keep up to date with everything via our monthly "What's On" sheet or keep an eye on the noticeboard.

Don't forget our regular events

Don't forget to come along to the monthly trivia nights where you can test your knowledge, or you can come along to Terry's music and relax to some of his toe-tapping selection. If you prefer sitting back and relaxing, then join us in our lovely theatre on a Thursday afternoon with John for a film followed by a cuppa and discussion on the film, or once a month on a Sunday afternoon with Pauline followed by a glass of bubbly and some finger food.

New equipment

Have you tried out our new gym equipment? If you need any instructions on how to use the various pieces of equipment, please talk to our Caretaker, Colin.

A stitch in time...

Our new stitch and yarn group get-together has already been a huge success. The group gets together weekly on Thursday afternoons, from 2 - 3.30pm. It's a casual get-together where our homeowner knitters gather to have a yarn as they stitch. But the group is not just for knitters - our crochet enthusiasts are welcome, too. In fact, you don't even have to know how to knit or crochet - come along to the Hall and join in this fun afternoon and its nice, relaxing atmosphere. All are welcome.

Pictured right, from top down: Our homeowners' visit to Phillip Island Winery and our St Patrick's Day festivities. We've dined in (Build-a-burger night) and we've dined out as well (breakfast at the Putters Club was delicious).

**DINING IN
OR OUT, IT'S
ALL GOOD
FUN!**



Footy's back!

The rugby league season is well underway and so our footy tipping competition is on again. The first rounds have been a little hard to pick - all teams were up and down. We'll keep you posted on which homeowner/s come out on top.

It's vaccination time

With the flu season just around the corner, homeowners are encouraged to have their flu vaccination. These will be done in May, date to be advised, in our Hall, to make it easy for everyone to access the jab.

Meet your current committee

If you have any questions for our Residents' Association committee, you can ask the following people:

President: Faye Haslam

Secretary: Robyn Smith

Treasurer: Vicky Curphey

Committee: Kerry Green, Yvonne Clode, Jacqui Turner, Pauline Porter, Carol Ryan and Chris Jacobson.

Would you like to make a difference in our community?

Our Residents' Association AGM is coming up soon and we would love to have some fresh faces on the committee. Make sure you take a minute to think about the new ideas you could bring to our committee for the benefit of our greater resort. We look forward to receiving your nomination.

Noticeboard and payments

Please keep a check on the noticeboard for functions, as new events come along and others may be cancelled. Homeowners wishing to go to some of our functions may now pay by direct debit to our bank account:
Bendigo Bank: BSB 633 000
Account number: 144 728 086
In the reference space please put your name and a brief description of the function.



YOGA/PILATES
CLASS HERE AT
OUR RESORT:
TUESDAYS,
9.30AM



Relaxation matters.

NEVER UNDERESTIMATE THE POWER OF RELAXATION; IT CAN LOWER THE RISK OF DEPRESSION, ANXIETY AND HEART- RELATED PROBLEMS, BOOST OUR IMMUNITY AND IMPROVE OUR MOOD, BRAIN FUNCTION AND MEMORY. BUT WHAT'S THE BEST WAY TO RELAX?

Tai chi

A favourite for people young and old, tai chi is a weight-bearing exercise (that is, one done while on your feet, so you bear your own weight) and a form of Chinese martial art. Much like acupuncture and herbs, it is an important part of Chinese medicine – it is an holistic experience, increasing blood and energy flow through the gentle contraction and relaxation of the muscles, while promoting a state of meditation through deep breathing and concentration. With an emphasis on balance, tai chi works both sides of the body equally and, unlike other forms of exercise, is done very gently. It's relaxing and enjoyable, and will leave you feeling calm, energised and in complete balance by the end of your class.

Yoga

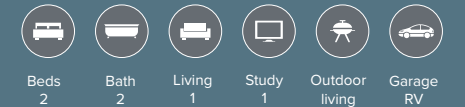
Yoga dates back thousands of years, but it only really gained popularity in the Western world around the 1980s. In layman's terms, yoga is a practice of body postures, meditation and breathing control, and there are a number of different varieties of the ancient discipline, all with different focuses, intensity and methods. Almost all of these varieties, however, focus on some core principles: breathing exercises and simple meditation, and most incorporate poses and stretches to flex and strengthen different muscles. The purported benefits of yoga include improved flexibility and muscle strength, better posture, the prevention of cartilage and joint breakdown, protection of the spine, improved bone health, increased blood flow, draining of lymph fluids and it's also an immunity booster. For those who find it harder to get down on the floor, you can even do yoga in a chair!

Meditation

Lauded as one of the best ways to reduce stress, control anxiety and find calm, meditation has grown increasingly popular as more and more people discover its incredible benefits. You don't require much to meditate – just a few spare minutes, a comfy, quiet spot and maybe (if self-meditation isn't your speed) a meditative audio track or podcast to listen to. Lovers of meditation claim it helps improve their self-image, gives them a more positive outlook on life, enhances self-awareness, lengthens their attention span and even reduces age-related memory loss. Physically, meditation can improve your sleep and help you control pain, while also decreasing your blood pressure. In short, there's no reason not to give meditation a try sometime.

Homes for sale.

Home 103: \$399,000



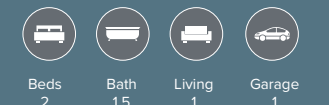
Room(s) to move

This two bedroom home comes with a study (or you could make it a third bedroom). It's a Fairhaven design and is situated on Sixth Avenue adjacent to parkland.

Other features include:

- An extra wide garage with more storage space
- One bathroom, two toilets
- Open plan living

Home 74: \$430,000



Peaceful and serene

This home is a cracker. It is so well presented and embodies peace, tranquility, and homeliness. Home 74 is situated on 2nd Avenue beside a walkway to the resort amenities. It features two bedrooms, one bathroom, one toilet and one garage space with a large living area and a step-up to the dining room and kitchen. This home has recently been renovated with new floor coverings and fittings throughout. It has also been freshly painted and is a delight to inspect.

SOLD!

Homes for sale.

WANT TO BOOK A PRIVATE INSPECTION AND FIND OUT MORE ABOUT OUR RESORT?
FREECALL 1800 066 482 OR EMAIL PHILLIPISLAND@PALMLAKE.COM.AU
YOU CAN ALSO VISIT US ONLINE AT PALMLAKERESORT.COM.AU

Home 31: \$440,000

Beds

2

Bath

2

Living

1

Garage

2



SOLD!



Location, location

Spacious two-bedroom home with built-in robes situated on Fourth Avenue adjacent to our clubhouse and indoor heated pool. Kitchen has laminate benchtops with electric wall oven, gas cooktop and a dishwasher. Reverse cycle heating/cooling. Direct access from lockup garage into home.

- Ramp to front
- Established gardens
- Roman blinds

Home 38: \$370,000

Beds

2

Bath

1

Living

1

Garage

1



SOLD!



Corner block

Fantastic position for this much loved home on the corner of 4th and North Avenues. Extremely close to amenities in the resort, this home features opening living plan with two spacious bedrooms and a large bathroom. Low maintenance backyard with access to garage. Freshly painted throughout with new carpets in bedrooms and new window coverings in living areas. Very private front deck surrounded by trees. Priced to sell quickly.

Key features:

- Large front private deck
- Corner block
- New privacy blinds in living area

Home 108: \$455,000

Beds

2.5

Bath

1.5

Living

1

Garage

1



SOLD!



Ready for your furniture

This home has 2 bedrooms with built-in robes. There's an ensuite toilet to the main bedroom with a walk-through bathroom. Open-plan living with reverse cycle heating/cooling. Kitchen has granite bench tops with an updated electric wall oven, gas cook top and a dishwasher. The single lock-up garage has direct access into the home with a storage room built on at the rear. The study/third bedroom has a glass sliding door leading out to a fully enclosed deck with bistro blinds.

- Fully enclosed deck
- Storage room/workshop

Has your situation changed?



Looking to sell?

Here at Palm Lake Resort Phillip Island, we understand that situations change. Your lifestyle needs or family situation may require you to move on. If you are thinking about selling, make sure you contact our office to find out what your home may be worth. We also have a waiting list of people looking to move into their perfect home so there's every possibility that we can help you find a buyer for your home quite quickly. Please drop by the office for a chat if you'd like to know more.

8

9

Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT COMMUNITIES ACROSS THREE STATES AND SOME 10,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS. IN THIS NEW REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW PALM LAKE RESORT 'FAMILY MEMBERS' HAVE BEEN UP TO RECENTLY - WHETHER THEY'RE JOINING FORCES TO DO GOOD IN THE GREATER COMMUNITY OR JOINING FORCES FOR FUN. ACROSS ALL PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!



Our homeowners have charitable hearts.

PALM LAKE RESORT HOMEOWNERS PROVE TIME AND TIME AGAIN THAT THEY HAVE WONDERFUL, CHARITABLE HEARTS. HERE ARE JUST SOME OF THE STORIES WE'VE HEARD LATELY...

Tweed River: Around 150 homeowners and guests descending on the resort's Country Club for a stunning art-deco inspired high tea to raise funds for Tweed Palliative Support and the Wedgetail Retreat. The Country Club looked more like a fashionable hotel lounge, reminiscent of The Ritz in London or The Peninsular Hotel in Hong Kong, as fantastic multi-level platters of cakes, scones and savoury treats were prepared and served by the volunteers. Musicians from the Northern Rivers Symphony Orchestra volunteered their time and musical talent to present an incredible classical string concert (pictured above). The high tea was followed by raffles and a lively auction of kindly donated items resulting in more than \$11,000 being raised! This included a donation from the Residents' Committee plus the proceeds of refunds for bottle and can recycling from throughout the year. This total amount was much more than previous annual fundraiser events and much appreciated by the worthy charitable recipient.

Deception Bay: Just before Christmas, the resort's Quilters Group drove up to the Centre Against Domestic Abuse (CADA) at Caboolture with enough goodies to fill three car boots! The CADA people were stunned and so grateful. Along with all the toys for children and necessities for

women, there were 70 handmade Christmas stockings and more than 80 fabric drawstring bags for the women (pictured above). The group also donated 12 quilts to CADA to hand out to their clients in the New Year. The quilters were amazed by the wonderful response from their fellow homeowners who also donated toys and goods.

Upper Coomera: This resort's Jane McGrath Foundation charity fundraiser "Girls' Night In" event raised \$1060.

Bethania and Waterford: Two neighbouring Palm Lake Resorts came together for the sake of breast cancer research, hosting a charity event that raised more than \$3000 for the McGrath Foundation. Everyone turned out in their best pink outfits and a special visit was made by Federal MP Bert Van Manen who also donated to the cause via some lovely hampers that were raffled.

Carindale: The resort's annual Market and Craft Day saw a variety of stalls selling handicrafts, paintings, bric-a-brac, clothes, jewellery, toys, restored furniture, cakes and more. Through event proceeds, a morning tea and a raffle, Care Kits for Kids Qld (a children's charity that donates backpacks filled with clothes, toiletries and school supplies to disadvantaged children) received a donation from the resort of more than \$1400! This resort's knitters also do good with their spare time. Gathering fortnightly, the knitters produce gorgeous teddy bears for the Red Cross to distribute to needy children (pictured top).

BATTLE
OF THE TWO
BOWLING
BEACHMERES!



Sport brings us together.

OUR SPORTIEST HOMEOWNERS HAVE BEEN HAVING FUN, TAKING ON TEAMS FROM OTHER PALM LAKE RESORT LOCATIONS. HERE'S HOW SOME OF THE MOST RECENT MATCH-UPS HAVE PLAYED OUT...

Tea Gardens vs Fern Bay vs Forster Lakes: Golf has been the inter-resort game of choice recently for these nearby communities. In a three-game series, Forster Lakes was victorious once but Tea Gardens proved too good on the other two competition days. The total points overall were: Tea Gardens 454, Forster Lakes 444 and Fern Bay 423 so it was a close competition all 'round.

Beachmere Sands vs Beachmere Bay: The annual inter-resort lawn bowls competition between our Beachmere neighbours took place late last year. It's always a fierce competition and this one was no different. After a tough afternoon and evening battling it out, Beachmere Bay came out on top.

Best wishes to these legends!

WE LOVE CELEBRATING A MILESTONE MOMENT AND THERE ARE LOADS HAPPENING ALL OVER THE PALM LAKE GROUP EVERY WEEK.

Toowoomba: Pictured right, gorgeous Muriel has just batted her century at Palm Lake Resort Toowoomba. She's been a fixture there since 2011 and her daughter, Lurlene, also calls the resort home.

Mt Warren Park: Congrats to homeowners Don and Yvonne who celebrated their 65th wedding anniversary recently.

Carindale: When homeowner Eric celebrated his 96th birthday in December, we learned there were actually three neighbours in 'Club 1927' at that resort - all born in the same year. There'll no doubt be a big party in 2027 when Eric, Shirley and Mavis all mark their centuries at Palm Lake Resort!



Get social with us and WIN!

Are you following Palm Lake Resort on our various social media platforms? While you can catch up on all the company news on our Facebook page, you may not know that we also have a vibrant Palm Lake Resort Instagram account. During the month of April on Instagram, we are giving away a gift card valued at \$200 in our 'Tag a friend' competition. Entry is easy. All you need to do is be following Palm Lake Resort on Instagram (@palm.lake.resort) and tag your friends in the comments section on any of our posts from April 1 - 30. Every friend you tag counts as one entry and you can enter as many times as you like. Tagging a friend is as easy as placing the @ symbol in front of their Instagram name, for example: @marysmith. We'll announce the randomly drawn winner in our next newsletter and they can collect their prize from their Caretaker. *Note: Instagram is not in any way associated with this competition. Good luck!*



What's happening over your back fence?

Has your resort got a warm and fuzzy "Over the back fence" story to share with the greater Palm Lake Resort community? Email the details to belinda@bellepr.com

Holiday, everyday.



FREECALL 1800 066 482 | phillipisland@palllake.com.au
48-80 Settlement Road, Cowes VIC 3922

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