

AUGUST - SEPTEMBER 2024



Island Insight



Staying socially connected

Being social is not just about keeping up appearances - it's important for your wellbeing, too

What's happening over the back fence

Stay up to date with all the good news from your fellow Palm Lake Resort 'family' members

Palm Lake Resort homes for sale

Do you know someone looking to make the move? We might have just the abode for them...

Pictured: Phillip Island is a wonderful place to call home!

Welcome.

Spring is just around the corner now - the days are getting longer and brighter and our resort gardens are beautiful. Thank you to all our homeowners for your hard work in keeping your gardens looking so lovely.

We would personally like to thank our outgoing Homeowners' Committee for all of their hard work, advice, help and support around the resort. We'd also like to send a huge welcome to our new committee members.

On the topic of new faces, we have a few new neighbours now calling our resort grounds their home. We'd like to send a warm welcome to:

- Barbara (Home 20)
- Gwen (Home 1)

We hope you are both settling in well and starting to explore our grounds, the facilities and our Weekly Activities list as well. Given we are all emerging from our winter hibernations about now, I'd encourage all Palm Lake Resort Phillip Island homeowners – new and long-term – to familiarise themselves with our Weekly Activities list and see if there's something new that you'd like to start doing. It's great to meet new and likeminded neighbours through a shared interest or a regular activity - now might be your perfect chance to do just that?

In closing, we thoroughly enjoyed Leela coming to entertain us. She did an amazing job and her performances were enjoyed by all who attended on either night. We hope you enjoyed her as well.

Caroline and Colin Wright,
Palm Lake Resort Phillip Island Caretaker

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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 - 12.30pm, Monday to Friday
(weekends, by appointment)

EMAIL:
phillipisland@pallmlakeresort.com.au

ONLINE: Visit our website
pallmlakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@pallmlakeresort) and on
Instagram (@palm.lake.resort)



News in brief.

Get social with us

Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@pallmlakeresort) and also over on Instagram (@palm.lake.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 (@palm.lake.care). With more than 10,000 people calling a Palm Lake address home, there's always loads going on!



Visiting entertainment

We thoroughly enjoyed the performances by Leela recently. Thanks to those who came along!



We're pet friendly

If you're looking for some incidental exercise and a social outlet, look no further than our off-leash area. Taking your doggo for a walk down to the off-leash area for a play benefits everyone. Read more about this in our story on Pages 6-7.

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.

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.

FIND OUR
HOMES
FOR SALE:
PAGES 8-9

Weekly activities.

MONDAY

9.30am Chair exercises
1pm Cards

TUESDAY

9.30am Yoga/Pilates class
1.30pm 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)

Note these upcoming green waste dates

- Tuesday, September 17
- Tuesday, October 15
- Tuesday, November 19

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



Embrace your inner Olympian.

AS THE WORLD REMINISCES ABOUT THE OLYMPIC FEVER THAT TOOK HOLD OF US ALL (AND WITH THE PARALYMPICS APPROACHING), THERE'S NO BETTER TIME TO CHANNEL YOUR INNER ATHLETE AND EXPLORE NEW SPORTING OPPORTUNITIES. WHETHER YOU'RE A SEASONED SPORTSPERSON OR JUST LOOKING FOR A FUN WAY TO STAY ACTIVE, THERE ARE PLENTY OF OLYMPIC SPORTS AVAILABLE FOR ALL FITNESS LEVELS.

Artistic swimming

Artistic swimming, formerly known as synchronized swimming, combines the best of dance, swimming, and gymnastics. This elegant sport enhances flexibility, strength and cardiovascular health. Did you know, there are a handful of artistic swimming groups already across a number of Palm Lake Resorts. Why not start one at your resort? It's a great way to learn basic routines, improve your breath control, enjoy the rhythm of the water and experience the beauty of moving in harmony with others.

Golf

Golfers will tell you, their game is more than just a sport - it's a serene way to enjoy nature while honing your precision and patience. Some Palm Lake Resort locations have their own golf courses, while most others are just a short drive away from one. From regular tournaments to friendly matches, golf allows you to enjoy the competitive spirit or simply relax with a leisurely game. Consider taking up lessons to help you perfect your swing and lower your handicap.

Swimming

Swimming is an excellent full-body workout that is gentle on the joints and great for cardiovascular health. Your resort swimming pool is ideal for laps, aqua aerobics classes and leisurely swims. Whether you prefer a vigorous workout or a relaxing float, our pool offers a refreshing way to stay fit and cool. Take a dip to improve your technique and enjoy the therapeutic benefits of water exercise.

Table tennis

Table tennis, or ping-pong, is a fast-paced sport that sharpens reflexes, improves hand-eye coordination and provides a fun social activity. Many of our resorts are already equipped with table tennis tables, which are available for casual play and organised tournaments.

Tennis

Tennis is a dynamic sport that combines agility, strength and strategy. Our resorts feature well-maintained tennis courts where you can enjoy singles or doubles matches. If you're new to the sport, ask around to see if there is a seasoned player who is willing to show you the ropes and help you improve your skills. If they aren't taking place already, tee up a few social games to stay fit and engage with fellow homeowners, all while enjoying the outdoors and maintaining a healthy lifestyle.

Break dancing

You'd be living under a rock if you hadn't heard that break dancing is now an Olympic sport! While this style might seem intimidating, dancing in general is a wonderful way to express yourself, stay active and have fun. Think Zumba, line dancing and more. Dancing improves flexibility, balance and cardiovascular health while providing a joyful outlet for creativity. Join a dance class – or start your own – to learn new moves, meet new people, and let the music move you.

Note: Check out our regular 'Over the Back Fence' series on Pages 10-11 for Palm Lake Resort's connection to the 2024 Paris Olympics...

Residents' Association report.

AGM done and dusted

The Phillip Island Residents' Association held its AGM in July. Past President Faye Haslam, Secretary Pauline Porter, Treasurer Vicki Curphey and the Committee members were all thanked for their endless work and time put into the running of the Committee over the last year. The Social Committee's Kerry Green and Yvonne Clode are going to continue in their roles in 2024/25 with an array of functions being carried out over the next 12 months.

The new 2024/25 Committee was elected as follows:

- **President:** Ray Pepper
- **Secretary:** Shared between Diane McCarthy (Minute Secretary) and Dianne Hall (Secretary)
- **Treasurer:** Vicki Curphey
- **Committee member:** Joy Ball

There are still four positions available on the Committee, so if anyone would be interested in joining us, please contact a member of the committee.

Dining together keeps us social

The Social Committee have had some amazing dine-in and dine-out events over the winter months. There were varied meals from a hot juicy spit roast, to pizza, to our regular fish and chips with dessert which is always enjoyed by all the homeowners.

"Christmas in July" was held in the Hall with a three-course meal and dessert included. Thank you to Amanda and the Social Committee for presenting us with a lovely lunch.

August offered a special done-out at a beautiful restaurant overlooking the bay in San Remo. The weather provided the perfect 'spring day' although it was winter. Watermark Restaurant, Silverwater Resort, provided a wonderful buffet breakfast with all you could eat for \$16.50. A big thank you to the Social Committee for a great morning.

Spring Market is coming up

Here's a little reminder about our amazing Spring Market Cup Weekend, coming up on Sunday, November 3. Start gathering all your goodies to sell at your stall or just sit back and enjoy a sausage sizzle or a Devonshire Tea of scones, jam and cream and chat with your friends.



Pictured above: High Tea with the Stitch and Yarn group.

Looking for likeminded crafters?

If you're a crafter, join the Stitch and Yarn group on Thursdays at 2pm. They encourage new members to come along and knit, or just turn up for a chat and catch up on all the things happening in our resort and beyond. The group meets in the Hall.

There's always something to do here!

In finishing, there is always something for you to get involved in at Palm Lake Resort Phillip Island. Check your 'What's On', the noticeboard in the Hall or join us for Tuesday and Thursday night meals. Thank you everyone.

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 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 payment).

Don't forget to stay in touch with your neighbours!

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 very easily 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 and 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 our resort's Weekly Activities list to see if something there resonates. You can also stop by our Caretakers' office and ask them if they know of any other homeowners interested in the same thing you are interested in. Beyond that, simply ask around your neighbourhood, at weekly meals, in the resort's private Facebook group etc. We guarantee you'll find a likeminded neighbour with just a little digging and if our resort isn't already supporting your chosen hobby, we'd love to know how we can start!

Play a sport: This is the obvious one. We've got 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 resort Social Committee would love to have you onboard. Maybe you enjoy driving and could help shuttle our homeowners around on the resort bus? 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-wracking 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.

FIND OUR
WEEKLY
ACTIVITIES LIST
ON PAGE 3



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 46 - \$475,000

Beds

2

Bath

2

Living

1

Study

1

Outdoor living

Garage

1



The perfect location

This home is perfectly located on North Avenue with the rear facing the golf course, with a large covered deck coming off the sliding kitchen door. Step off the deck to a lovely courtyard one side and a garden shed and clothesline on the other. The home feature two bedrooms with large built-in robes and a walk-through bathroom. Lock-up single garage with direct access to the home with an adjoining multi-purpose room with glass sliding doors leading to the rear yard.

UNDER CONTRACT

Home 1 - \$370,000



SOLD!

Home 143 - \$475,000



UNDER CONTRACT

Home 31 - \$440,000

Beds

2

Bath

2

Living

1

Garage

2



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.

Key features:

- Ramp to front door
- Established gardens
- Roman blinds

UNDER CONTRACT

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 ADDRESSES 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 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 OUR PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!

A man of many talents.

You will have read about Palm Lake Resort Fern Bay's 10th birthday in the current edition of our company magazine, *'This is Your Time'*. While the 10th birthday party was a celebration of the resort as a whole, the unofficial 'man of the hour' was homeowner Steve Carroll. Some 86 years young, Steve wrote two poems about his time at Palm Lake Resort Fern Bay (read aloud at the party by Lloyd Hynd) and completed portraits of event guest speakers Amanda Clements (Palm Lake Group's Executive Manager People & Operations) and Meryl Swanson (Federal Member for Paterson). Both were delighted to receive their portraits at the end of the ceremony.

But Steve's talents don't stop at poetry and portraiture. Having served in four wars, he is passionate about working alongside his fellow veterans



to better the lives of those abroad – particularly in Laos, which is home to 15,000 amputees thanks to landmines leftover from the Vietnam War. Steve began collecting prosthetic limbs from clinics in Australia (discarded because regulations say they can't be reused) and sending them to Laos. For the first five years, he did this on his own dime – which, at around \$700 in postage for three boxes soon added up. More recently, he has linked up with another

veteran in Queensland who helps him send the prosthetics to Laos for free. As part of their local Rotary Club, Steve and his wife Doreen have also taken on impressive fundraisers – namely, a motorbike ride around Australia. They rode 20,000 kilometres, slept on the ground of countless Rotary Clubs and raised \$30,000 for malaria research. Yes, the people of Palm Lake Resort really are very special indeed. Well done, Steve and Doreen.

Sharing a cuppa, for charity.

Right across our 27 Palm Lake Resort addresses, we bet there's a jug boiling right now! Coming together over a piping hot cup of tea or a reinvigorating mug of coffee is what we all love best. It's not so much the drink itself as it is the enjoyment when the moment is shared with friends, family and likeminded neighbours. So, it's little wonder why the Cancer Council's annual 'Biggest Morning Tea' fundraiser seems to strike a chord across all our resorts, year after year. Not only do we all know someone who has been affected by cancer, we know that supporting a worthy cause like this will support the future of cancer research and patient care. And to do it by sharing a cuppa? Too easy!

At the time of printing this newsletter, more than \$14 million has been raised across Australia at Biggest Morning Tea events in 2024 alone. Here are just some of the fundraising results we've seen across our own Palm Lake Resort addresses that helped to raise that \$14 million total figure:

- **Banora Point:** \$1700
- **Bargara:** \$5138
- **Beachmere Sands:** \$5977
- **Carindale:** \$2906
- **Cooroy-Noosa:** \$1000
- **Eagleby:** \$6000
- **Forster Lakes:** \$8000
- **Mt Warren Park:** \$2000
- **Phillip Island:** \$2272
- **Truganina:** \$2320
- **Upper Coomera:** \$1790
- **Waterford:** \$1700
- **Willow Lodge:** \$3500 (pictured, right)

**\$44,300+
RAISED FOR
CANCER RESEARCH
WITH THANKS
TO PALM LAKE
PEOPLE!**



Our Thelma reigns supreme.

When it comes to volunteering, there's one Palm Lake Resort homeowner who is quite literally top of the pops - and that's Thelma Hansen of Willow Lodge. Thelma has been at the resort since 2000 and has clocked up 23 years of volunteer work in that time. While this queen of volunteering is 95 years young, she's quite happily living on her own and heading to The Lodge Country Club on Tuesday and Saturday mornings each week to lend a helping hand. Thelma is a true inspiration, selflessly giving back to her community for more than two decades, which is why she's the inaugural winner of her resort's new Volunteer Recognition prize. Keep up the great work, Thelma! We appreciate you.

Green and gold for grandie.

There was one especially proud Palm Lake Resort Tweed River homeowner with her eyes glued to the television during the 2024 Olympic Games. Laurie Galloway's granddaughter, Kaitlyn Torpey (pictured right), was selected to play for the Australian Matilda's soccer team at the Paris Olympics. Well done to Kaitlyn and the team!



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? Are you and your neighbours doing something special that you're proud of - and you know we'd be proud of too? We'd love to hear from you.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com

Where friends become family



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