

FEBRUARY - MARCH 2025



Island Insight



Supporting those less fortunate

Palm Lake Group just made an incredible donation to an incredible organisation, with your help

Refer a friend

Check out our homes for sale on Pages 8-9 and let us know if you have a friend keen to join us at Palm Lake Resort - you can earn a \$250 cash reward

Muscle up, for the New Year

It's important for over 50s to keep their muscles toned - but it's not as hard as you think



Welcome.

Another wonderful Christmas and New Year period is behind us now and it's clear to see that our tourist period on the Island is winding down. It was quite a busy holiday period this year, most likely because of the lovely weather we enjoyed this festive season.

There were plenty of visitors seen across our resort, enjoying our facilities and definitely enjoying the time they spent with those family members who call our resort home. There were plenty of grandchildren here this holiday season as well which is always a wonderful thing to note.

Because we know your friends and extended family members love coming to visit us at Palm Lake Resort Phillip Island - and enjoy sharing our resort facilities with us - we wanted to remind you about our "Refer a friend" program. If you know someone keen to join us at Palm Lake Resort and become part of our exclusive community, make sure you come into the office and refer them to us. If the person you refer purchases one of our established homes, you'll receive \$250 cash. It's as easy as that. A list of our current homes for sale can be found on Pages 8-9 of this newsletter.

With many of our activities and special-interest groups ramping up again for the year, there's more and more things to see and do around the resort grounds - and beyond. Check out our Weekly Activities list and also the list of 'What's on' over on Page 3 to find many ways to fill your diaries. And while you're at it, here are our upcoming green waste dates for those diaries too (remember, green waste is to be stored in a waterproof container with a removable lid for collection):

- Tuesday, February 18
- Tuesday, March 18
- Tuesday, April 15

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@pallake.com.au

ONLINE: Visit our website
pallakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@pallakeresort) and on
Instagram (@pall.lake.resort)



News in brief.

What's on around the Island

February 8: The Cowes Classic

This is the third leg of the three-part Bass Coast Series and is a 500m tide-assisted swim around the pier. The event is a major fundraiser for Phillip Island Football and Netball Club and the Woolamai Beach SLSC so come along and join in the specator fun. All proceeds support local community sporting clubs and volunteer surf lifesaving patrols on Phillip Island.

February 21-23: MOTUL FIM Superbike World Championship

The Superbike World Championship comes back our island in February. Witness the fastest production based racing action on track - basically in our backyard! The 2025 season opener includes three full days of racing. This year there's an upgraded 2025 paddock show that places keen fans next to an improved main stage featuring podium celebrations, live commentary, rider interviews, giveaways, entertainment as well as food, beverage and merchandise outlets. If you haven't been along to the track in a while, now might be the time to do so - make sure to invite your friends and family.

March 9: Gippsland Symphony Orchestra at Berninnet

You'll be in for a treat when the Gippsland Symphony Orchestra hits Berninnet (91-97 Thompson Ave, Cowes). This local volunteer symphony orchestra features all Gippsland based musicians - both retired professionals and local non-professionals. In 2025 they are celebrating their 10th anniversary with a unique performance of the exquisite "Peter and The Wolf" by Tchaikovsky. Visit www.basscoastculturalvenues.com for tickets.

April 6: Katie Noonan and Karin Schaupp in concert

Also playing at Berninnet will be Katie Noonan and Karin Schaupp. These artists have an intuitive musical connection that's developed over the course of their 20-year creative relationship. Their collaborations to date have earned them an ARIA Award and widespread praise.



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

9.30am Informal light water
exercises in the resort pool
1pm Cards

SATURDAY

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



Get social
with us!

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



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



Aussie Day delight.



Pictured this page: Australia Day provided us with a reason to gather for a meal and some fun. We even gave our English homeowners, Len and Jackie (pictured above), some very important tuition on the day. The pair learnt how to eat Vegemite and drink VB!



Helping others in need feels great!

Late last year, our Palm Lake Resort Phillip Island homeowner community was made aware of the organisation, "Share the Dignity". This charitable group seeks specific donations in the form of "dignity bags" which they provide to needy women and teenage girls living in domestic violence refuges and homeless shelters and to other women and girls living in poverty.

Dignity bags can be any shape or size but they are all filled with toiletries and feminine hygiene products as well as little gifts of notebooks, pens, jewellery etc to ensure these females don't feel like they have been forgotten throughout their struggles.

In such a short amount of time, our community collected and donated 20 bags filled to the brim with wonderful much-needed items for these ladies. We know from feedback provided to us by Share the Dignity that receiving a Palm Lake Resort Phillip Island dignity bag meant so much to the recipients, as they knew someone (a stranger, no less) cared for them.



Pictured above left: Carol, Chris and Nancye packing the car with our donated 'Dignity bags'.

Pictured above right: John on his way to load the bags into the collection box.



Given the delight we had in collecting items and building these bags, our aim this year at Palm Lake Resort Phillip Island is to double our 2024 number. And we have already started collecting items to reach that goal! Stay tuned.

Visit www.sharethedignity.org.au

CHECK
OUR WEEKLY
ACTIVITIES LIST
ON PAGE 3

Don't weight.

MAINTAINING TONED MUSCLES IS
QUITE CRUCIAL FOR US OVER-50s AS IT
SIGNIFICANTLY ENHANCES OUR OVERALL
HEALTH AND QUALITY OF LIFE. HERE'S WHY -
AND HERE'S HOW...

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.

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.

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. Tick, tick!

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

Using resistance bands offers a safe, versatile way to strengthen muscles. They are lightweight and allow for various exercises targeting different muscle groups.

Walking with weights

Walking while holding light weights or using weighted wristbands 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.

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, fresh 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.

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 61 - \$525,000

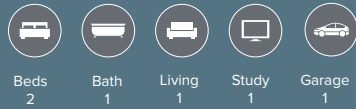


Charming Fairhaven

Discover the charm of this elegant 2-bedroom Fairhaven, complete with a versatile study/breakfast nook. The modern kitchen and bathroom showcase sleek stone benchtops, an electric wall oven and an induction cooktop, blending style and functionality seamlessly. With near-new window and floor coverings, ceiling fans and two reverse-cycle air conditioning units, comfort is assured year-round. The front entrance impresses with a glass-enclosed verandah, while a convenient ramp adds accessibility. Outdoors, a rear shade sail provides the perfect spot for relaxation and solar panels enhance the home's energy efficiency.



Home 120 - \$450,000



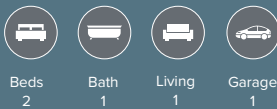
Your inspection, a must

This two-bedroom home with a study is a must to inspect. Main bedroom has a walkthrough bathroom, an ensuite toilet, ceiling fan and a built-in robe for ample storage. Second bedroom also has a built-in robe. Open plan kitchen living area also has a ceiling fan and a 7kw reverse cycle unit for heating and cooling. Electric wall oven, gas cooktop, dishwasher and storage aplenty. Study has direct access out to an entertaining area. Lock up garage has direct access into the home, with a fully insulated and lined 9m x 3m workshop/sewing room added and adjoining the entertainment area. Timed irrigation fitted to rear raised garden beds.

UNDER OFFER



Home 40 - \$465,000



Comfortable home

A short stroll to our heated indoor pool and clubhouse.

This home has 2 bedrooms with built-in robes, a spacious L-shaped kitchen, dining, lounge. Large linen cupboard in the laundry. Large bathroom with a separate bath and shower. Kitchen has an electric wall oven with gas cook top. Reverse cycle heating cooling.

Key features:

- Large verandah
- Desirable location
- Comfortable, spacious living
- Reverse cycle air-con



Home 87 - \$489,000



A modern charmer

This charming two-bedroom home offers comfort and practicality, with built-in wardrobes in both bedrooms to maximise storage. The main bedroom features sliding door access to a private, lockable sunroom, providing a cosy retreat or versatile space for relaxation. The L-shaped open-plan living area is bright and spacious, with another sliding door leading to a second lockable sunroom, ideal for entertaining or additional living space. The property also includes a lock-up garage, ensuring secure parking and added convenience. With a well-thought-out design and modern features, this home is perfect for low-maintenance living.



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!

Palm Lake Group 'Rizes' to the occasion.



OUR CHRISTMAS HAUL FOR THOSE IN NEED

This year, all seven Palm Lake Care communities, a number of Palm Lake Resorts and our Palm Lake Group Head Office team supported the RizeUp Christmas Appeal. PLC Chief Operating Officer Patricia Heke says the Group collected “a mountain of beautiful presents” (pictured above) that were gifted to children of families in domestic violence situations who otherwise might not have had a gift under their Christmas tree. “Our efforts were for smiles we will never see, but will know were there, on Christmas morning,” Trish says. “A massive thank you to all for your generosity.”



Twenty years young.

Recently, there was a vibrant gathering to mark the 20th anniversary of Palm Lake Resort Mt Warren Park. The day was filled with much fun and celebration. Best of all, it was great to honour Mt Warren Park's original 14 homeowners – those who have proudly called this community home since 2004 (as pictured left). Hip hip, hooray!



Waterford's Toy Boys continue their epic project.

Palm Lake Resort Waterford is home to a delightful group of fellows who adore their time together in the resort workshop. Not only do they use that quality time to chew the fat on all the topics of the world, they also like to build wooden toys for very grateful local children. And they've been doing it for longer than a decade!

The "Toy Boys" spend the whole year crafting gorgeous, high-quality toys from donated materials (and other materials that they purchase with funds raised through resort events and donations). Then, come December,

they put on their Santa hats and gift their toys to local groups. Toy Boys committee president Ray Johnstone says the Beenleigh Special School and Woodmans Mitre 10 Beenleigh's Community Christmas Tree appeal were the two grateful local organisations that received their hand-crafted gifts this past Christmas (all gifts under the Mitre 10 tree were provided to Night Light Outreach who distributed them to needy local families). Among the haul was everything from doll beds to a ride-on digger - all handmade in the Palm Lake Resort Waterford workshop. Bravo boys!



Wedding belles.

Congrats to Palm Lake Resort Beachmere Sands residents Allyson and Graham (pictured top) who tied the knot in a wedding ceremony at the resort's fabulous Beach House late last year.

We also saw Palm Lake Resort Bethania homeowners Dawn and Vern (above) tie the knot in a private function at their resort's Country Club in front of 60 guests.

Doing it for charity, again and again.

You can tell we've just enjoyed the 'season of giving' - not only did our homeowners enjoy giving Christmas gifts to their loved ones, they didn't forget about those less fortunate. We've seen so many great stories of charity fundraisers being held across our resorts in recent months - here's a little snapshot of some of them:

- Cooroy-Noosa hosted a 'pink' event for the McGrath Foundation. More than \$4000 was raised for breast cancer research and patient support.
- Carindale's inaugural jumble sale raised \$3000 for Care Kits for Kids and Beyond DV.
- Beachmere Sands and Beachmere Bay converged for morning tea to raise \$430 for Alzheimers research. The Sands crew also held a Bowls event fundraiser for prostate cancer research and raised another \$800.

Doggie dates.

At Palm Lake Resort Carindale's Home 52, an ever-changing and random assortment of resort doggos gather early each morning to greet each other. Homeowner Betty welcomes these morning gatherings on her front step where she and her dog, Lucy, provide delicious morning treats. There are often 4 or 5 puppies dropping in each morning, she tells us. It's a lovely way for our four-legged community members (and their humans!) to stay connected.



New Year, new you.



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