

Truganina

DECEMBER 2021–JANUARY 2022



Time to celebrate.

IT'S BEEN A YEAR, HASN'T IT? IF EVER THERE WAS A TIME FOR US TO CELEBRATE, IT IS THIS FESTIVE SEASON.

We hope you all spend some quality time relaxing with those people most important to you. We wish you a safe and happy holiday season and look onwards and upwards to what 2022 will bring us. Merry Christmas to you all. May you eat, drink and be merry!





Welcome.

It's been so great to send a big 'Welcome back!' to all our Palm Lake Resort Truganina residents who are able to fully enjoy the Clubhouse and all our facilities again, just in time for the festive season!

There's no doubt that it's been a tough year for all of us, but it's been so great to see everyone out and about again, without masks, in the flesh, enjoying our resort facilities. We have loved seeing an increase in the number of residents and their visitors coming to our Bistro lunches - the numbers have equalled resort dinners over the last few weeks leading up to Christmas. It seems you are all very eager to get out and catch up on some lost time, and socialise with your neighbours and close friends which is wonderful.

You will have seen that we've decked out the Clubhouse with beautiful Christmas decorations to get everyone right into the festive spirit. With our Palm Lake Resort Christmas lunch and dinners planned, along with the Social Club's Christmas party and NYE party marked on the calendar, we have really hit the ground running this month, putting all the restrictions of the past year or more behind us.

So, from all the staff here at Palm Lake Resort Truganina, we wish you and your families a very Merry Christmas and a safe, wonderful and Happy New Year! If you are on the road this festive season, make sure to drive safely. See you all in 2022!

Jo & Troy
Palm Lake Resort Truganina Caretakers

CONTACT US

Looking for more information about Palm Lake Resort Truganina? Here are four ways you can reach us:

Online:
palmakeresort.com.au

Social media:
Follow Palm Lake Resort on Facebook (@palmakeresort) and on Instagram (@palm_lake_resort)

Street address:
9 Taronga Road,
Truganina, VIC 3029

Phone: 1800 686 096

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News briefs.

GREEN WASTE

Make sure you note in your diary that the first Thursday of every month is green waste day, collected after the general rubbish run. In the next few months, green waste days are January 6 and February 3.



HOT OFF THE PRESS

Our Summer 2021-22 edition of "Your time" magazine is out now, circulating the country. In it, we've covered all the latest news from around the various Palm Lake Resort addresses, with other great summer-infused lifestyle reads too. If you didn't receive a hard copy in your letterbox, you can always read it online at www.palmakeresort.com.au



GET SOCIAL

Are you on social media? We are, too! You can find Palm Lake Resort on Facebook and also Instagram. Make sure you like and follow our social media profiles to see even more news from right across our dozens and dozens of locations, across the east coast of Australia.

Facebook: @palmakeresort
Instagram: @palm_lake_resort

CRAFTY COLLECTIVE

The recent Christmas Craft Stall was a real hit, bringing some wonderful handcrafted Christmas gift ideas to our Palm Lake Resort Truganina community members. Carol (Villa 107) and Sylvia (Villa 128) are pictured here with their wares.





Helping friends become neighbours.

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 Palm Lake Resort homes (or a new home from elsewhere in the group, for that matter), you'll receive up to \$500* cash. Easy!

\$500

for a brand new home.

\$250

for an established home.

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 686 096. *T&Cs apply



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



Right on cue.

WALK INTO ANY PALM LAKE RESORT COUNTRY CLUB AND YOU'LL LIKELY FIND A GROUP OF RESIDENTS GATHERED AROUND THE BILLIARDS TABLE, WATCHING OR PARTICIPATING IN A NEIGHBOURLY GAME. BUT IT'S A GAME THAT SPANS THE GENERATIONS – SO OUR VISITING FAMILIES LOVE IT TOO.

If there's one thing many Palm Lake Resort residents have in common, it's that they love a good game of snooker – it's the reason most of our resorts across Queensland, New South Wales and Victoria have their own billiards tables. Pool, snooker and billiards are all beloved as social games best enjoyed with a drink and good company, but did you know there are distinct differences between them? Paul Cosgriff, president of the Victorian Billiards and Snooker Association, explained the differences clearly. Paul says billiards is played with only three balls (one red, one white and a yellow cue ball). Both snooker and pool begin with a triangle of 15 balls each - in pool they are multicoloured and divided into solids and stripes, while in snooker they are red. Snooker is also played with an additional six coloured balls. Both of these games also require a white cue ball.

"The thing I love most about these games is the combination of physics and artistry," says Paul. "Physics tells you that if you hit the ball a certain way, it will end up in a certain position.

"Mastering all of the other factors - like side, intentional spin and strength - is where the artistry comes in. The best players will finish exactly where they want to finish, under incredible pressure. That's the beauty of the game."

Paul's tips for bettering your game

1. Although cues are provided, your own cue is always best. Your individual cue gives the best 'feel' and on large professional tables, players fit extensions to their own cue because that familiarity is so important.

2. Two-piece cues are best for ease of transport, and storage. The join can be at half-way or "3/4" - meaning well down near the butt end of the cue. Under the rules, a cue must be at least three feet in length, so if you take the butt end off a "3/4" cue you could still play a shot. Most cues are 54" in length - generally standing about shoulder height, or just above, or below. Therefore, you could not unscrew the 2-piece cue with a mid-join and play a legal stroke.

3. When purchasing a Cue, play a number of shots hitting 'high' on the cue-ball so that it follows on, or runs through, after the object ball. This translates to 'feel' and helps when comparing cues. The more expensive cue is not necessarily the best feel for you. The tip of the cue is your only means of control for spins on the ball (screw, stun and side) so maintain it well. Good chalk is essential.

4. Persistence is the key to improvement and full enjoyment. Practice, especially for plain ball striking, is essential to eliminate unintentional spins. Later practice allows for intentional spins to manoeuvre the cue ball to the desired position for the succeeding stroke.

5. An adjunct to persistence is maintenance. The cue should be kept clean and dry, with a little wood oil on exposed wood near the tip, and below the ferrule. The billiard table should have a dust cover. When the dust cover is removed, the table should be brushed from the baulk end (the "D") all the way to the top of the table where the black spot is. Never "bang" a ball onto a spot. It can only cause damage. The table should be serviced by a qualified person if there are problems with spots, wear and tear to the cloth, or if the table is out of level.

Bring a plate.



WE ALL KNOW JUST HOW MUCH PALM LAKE RESORT RESIDENTS LOVE A CATCH UP. OUR COMMUNITIES ARE LITERALLY BUILT ON 'COMMUNITY'. WHETHER IT'S A STREET PARTY WITH GARAGES DOORS WIDE OPEN AND FOLD-OUT CHAIRS ENMASSE IN DRIVEWAYS, OR VISITING FAMILY CATCHING UP AROUND A BARBECUE OR OUR RESORT POOL, ONE THING IS FOR SURE – YOU SHOULD ALWAYS BRING A PLATE.

Ahhh, summer – it's the season of entertaining here in Australia, when neighbours, friends and family come together to celebrate, well, just about anything. Even when you're told not to bring a thing, it's nice to not turn up empty handed. Here are our Top 5 easy 'bring a plate' idea to get your through another Palm Lake celebratory season because, guess what? It's already that time of the year again!

Cheese platter

Cheese platters are always crowd favourites and should be your Number 1 go-to. Whatever your taste, there's always something on a good cheese platter that everyone can enjoy. In our opinion, a solid cheese platter should include the following:

- A soft cheese like brie, goats' cheese or camembert
- A hard cheese like cheddar or gouda
- A blue cheese like gorgonzola, Roquefort or stilton
- A mix of crackers and bread
- A selection of dips, both dairy-based (ie, French onion) and dairy free (ie, pesto)
- Quince paste

- Something salty, like olives, cured meats or nuts
- Something sweet, like fruit or chocolate.

Also, note that presentation is key when it comes to a memorable platter. Wooden chopping boards make a great base for your platter and don't forget a cheese knife.

Spinach cob loaf

This Aussie party classic has been on high rotation for more than 100 years (yes, really!). And it's so simple to make. Take a large cob loaf (your choice of white, sourdough or whole-meal bread) and slice off the top, allowing you to remove the soft internal bread – save it for the next steps though. Drain a bag of frozen spinach of all water and mix with sour cream, mayonnaise, red onion and powdered vegetable stock until it forms a dip-like consistency. Scoop the mixture into the hollowed-out cob loaf and, under the grill, toast the bread chunks you tore out of the middle to serve.

Sushi tray

For something a little bit more exotic, you can't go past a sushi tray. Sushi is a lot of fun to make, too! Simply cook

Up the ante.

Don't just bring a plate to that next summer soiree - bring a jug as well! Here's a fruity sangria recipe to get you through the festive months! In a large glass pitcher, pour one bottle of white or red wine over ice. Then add four tablespoons of white sugar, 60ml of brandy and two cups of ginger ale. Stir. Add sliced oranges, lemons and limes and muddle slightly with your stirrer. Garnish each glass with a fruit wedge.



some sushi rice (short grain white rice made stickier with rice vinegar, sugar and salt), lay out a bamboo sushi mat and a sheet of seaweed (nori). Spread the rice onto the nori evenly, and right to each edge. Have a bowl of water on hand to help you form the sushi without the rice sticking to your hands. Add your preferred fillings along one side – fish, chicken, fresh vegetables, avocado and egg are popular choices – then roll it all together and cut with a super sharp knife.

Skewers

Does anything beat a skewer when it comes to finger food? There are no crumbs, no cutlery needed and plenty of deliciousness – plus, they're a lot of fun! Some exciting chargrilled skewer combinations include:

- Prawn, mango and avocado
- Steak, mushrooms, red onion
- Italian chicken, zucchini, cherry tomatoes, capsicum
- Grilled tofu or tempeh, carrots and mushrooms.

And to extend on your skewer repertoire, why not do fruit skewers? Pick the most colourful seasonal fruit available and chop into bite-sized pieces. For colour, you can't go past a combination featuring watermelon, grapes, rockmelon, honeydew, pineapple and the like. Easy!

Weekly activities.

MONDAY

- 9am** Gentle exercise class, with instructor
- 9.30am** Bus to Point Cook Shopping Centre
- 10am** "Stampin Up" class with instructor
- 12 noon** Residents' bistro lunch
- 2pm** Social billiards (Charlton Room)
- 7.30pm** Social table tennis (Rec Room)
- 7.30pm** Bingo (Bus to venue)

TUESDAY

- 9.30am** Zumba, with instructor
- 11am** Social colouring-in (BYO colouring)
- 12.30pm** Social bowls (winter)
- 5pm** Pizza Night (Bowls Club)
- 6pm** Residents' dinner
- 7pm** Social billiards (Charlton Room)
- 7pm** Social cards

WEDNESDAY

- 9am** Aqua aerobics class, with instructor
- 10am** Social Bocce
- 10.15am** Yagalates, with instructor
- 1pm** Social cards
- 2pm** Social craft (BYO craft)
- 6pm** Residents' dinner

THURSDAY

- 9.30am** Bus to Werribee Plaza
- 9.30am** Tai chi, with instructor
- 12 noon** Residents' bistro lunch
- 4pm** Social table tennis (Rec Room)
- 6pm** Line dancing with instructor
- 6.30pm** Social twilight bowls (summer)
- 7pm** Social craft (BYO Craft)
- 7.30pm** Social billiards (Charlton Room)

FRIDAY

- 9am** Aqua aerobics class, with instructor
- 10.15am** Yagalates, with instructor
- 2pm** Social board games
- 2pm** Social billiards (Charlton Room)
- 5pm** Happy Hour at the Bowls Club

SATURDAY

- 12.30pm** Social bowls (winter)

SUNDAY

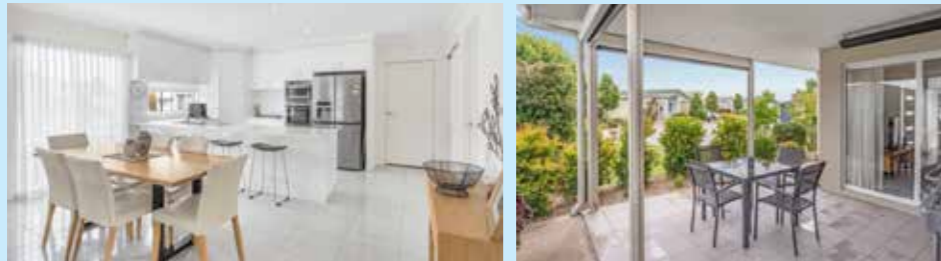
- 2pm** Social cards

Homes for sale.

Villa 137 - \$580,000



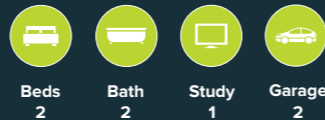
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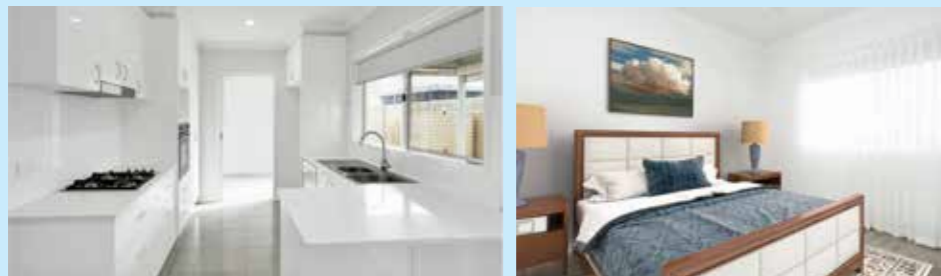
Meticulously maintained

Beautifully presented, this home offers a superb lifestyle and delivers a rare offering not to be missed, all set in a desirable court location. Framed by an impressive garden, the open plan spacious living areas lead to an entertaining undercover alfresco, with overhead heater – providing the perfect indoor-outdoor balance. Additional features include double garage with internal access and an additional entertaining area in the rear including pergola.

Villa 146 - \$480,000



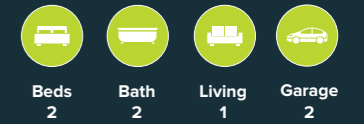
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Privacy and comfort.

This lovely Monte Carlo design Villa is a 2 bedroom home with the master bedroom featuring a large WIR and en-suite, additional bathroom for visitors and mpr/study. Due to the northerly facing rear yard this design has a bright, natural light filled interior within the living, dining and kitchen area which include windows that have thermofilm installed – keeping the villa warmer in the winter and cooler in the summer. These rooms all lead to the covered private tiled courtyard that includes electric cafe blinds around pergola – perfect for relaxing during winter and summer.

Villa 91 - \$495,000



This home is a very rare find

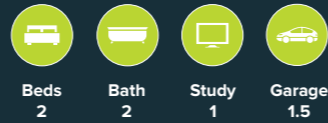
It is very rare to find a home that ticks all your boxes! This home features two bedrooms, main with large en-suite and walk in robe and second bedroom also with its own ensuite, the generous sized multipurpose room is an ideal quiet retreat for reading, computer work, a sewing/craft area or could be a third bedroom.

A great sized fully appointed kitchen includes plenty of accessible storage with the cupboards and pantry featuring slide out drawers, this functional area flows into the adjoining meals and living room.

Step outside and be graced by the undercover tiled entertaining area to suit all year round, complete with a low maintenance garden including self-watering system.

>> Turn over for more great homes!

Villa 136 - \$530,000



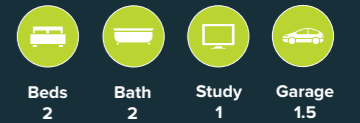
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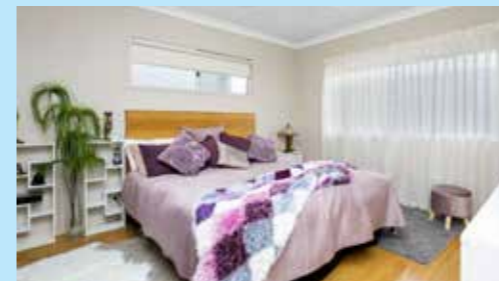
Downsize without compromise.

This home has been maintained to a very high standard, and is ideally situated on a corner block in a small court giving this home privacy. It has a lovely light and airy feel and is surrounded by well-established gardens and shrubs. Make the most of the relaxed open plan feel which has the wonderful advantage of looking out onto the very private alfresco which includes pull down cafe blinds and overhead heater, which makes living here so special – bringing the outdoors in and providing shade to the front of the home.

Villa 105 - \$460,000 ono



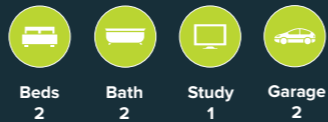
UNDER OFFER



When you head off on life's adventures, enjoy peace of mind.

This brilliant home oozes comfort as soon as you enter. Light, bright, airy tones greet you as you open the front door to a great sized living room, then continue around to the smartly designed kitchen. The master bedroom includes an ensuite and walk-in robe. This beautiful home boasts a study, floorboards throughout, ceiling fans in all rooms and split system air conditioning in the living room, as well as gas log fire creating a warm and cosy ambience. The outdoor living spaces provide the perfect atmosphere to entertain.

Villa 38 - \$565,000



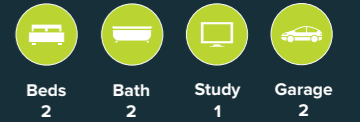
UNDER CONTRACT



A rare treat.

This stunning and most sought after 'larger than standard' corner block featuring our Westmeadows design is a rare treat, situated overlooking the lovely wetlands of Skeleton Creek. A gorgeous open plan, lounge and dining space that includes a built in display case and opens out to a fully tiled, undercover enclosed alfresco area which includes cafe blinds. Adjacent to the dining area and situated behind the garage is a sun drenched multi purpose room which includes tinted windows and is currently being used as a home office however could be utilized as a rumpus room or second lounge.

Villa 72 - \$465,000 ono



UNDER OFFER



Prime position.

This prime position Villa sits upon a corner bloc, conveniently situated across from our central hub of activity the Paradise Palm Country Club. One of the many features include a front veranda which runs the entire length of the Villa, where you can sit and watch the world go by whilst enjoying lovely views the clubhouse gardens and Skeleton creek. Upon entry are the open plan living, dining and kitchen perfect for entertaining. Adjacent is the generously sized study/mps which can also be used as a 3rd bedroom. The master bedroom includes an ensuite and the 2nd bedroom is complete with a guest bathroom. The huge double garage has plenty of storage space.

Want to book a private tour and find out more about our resort? Freecall **1800 686 096**
Email salestruganina@palmlake.com.au or visit us online at palmakeresort.com.au

“LIVING OUR
Best
LIVES”



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