

# Truganina

FEBRUARY - MARCH 2022



## Dive on in.

NO MATTER WHICH PALM LAKE RESORT LOCATION YOU CALL HOME, OUR POOLS ARE ALWAYS HUBS FOR EXERCISE, RELAXATION AND ENTERTAINMENT. SO VERSATILE ARE THE RESORT POOLS, THERE ARE MANY WAYS YOU CAN ENJOY THEM, BE THAT ALONE OR WITH VISITING FRIENDS AND FAMILY...

### Group fitness

There is no shortage of group fitness on offer for the residents of Palm Lake Resort, particularly in the pool. Aqua aerobics is one firm favourite among residents and for good reason. It is ideal for those who have issues with weight-bearing exercises and helps you increase muscle strength without straining. Palm Lake Resort personal trainer Di Clapp says, "Aqua aerobics – along with many other styles of water-based fitness – removes the force of gravity which, when combined with the buoyancy provided by the water, helps you feel lighter and nimbler." Keen to try? Here at Palm Lake Resort Truganina, we have aqua aerobics on Wednesdays and Fridays at 9am.

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# Welcome.

Hello all residents,

It's been an interesting couple of months again here at Truganina, with crazy storms turning our roads into rivers and dealing with COVID in our community. But, as always, our community spirit has gotten us through. For example, a big thank you must go to Terry and Anne (Home 101) for lending us your water vacuum and helping us to clean up after the storm in the first week of January that brought water into the Clubhouse! It's been great to hear how residents having been checking up on each other and helping when others have been isolating. On the COVID front, our residents have also been very vigilant in letting their close contacts know if they have tested positive. Thank you to everyone who has called the Office to also let us know, so we can continue to provide as much information as possible and keep our community as safe as possible.

We've welcomed some wonderful new friends into our community in the last 12 months, as you will see on Pages 4-5. Some homeowners moved in during lockdown and we couldn't even meet them face to face for their induction as all our facilities were closed at the time! But we hope you have now settled in and are enjoying your life here with us at Palm Lake Resort Truganina and enjoying our facilities as an extension of your home. We look forward to some brighter times ahead with you all.

Keep well and safe.

**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](http://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.

### NEW DIGITAL LOOK

Palm Lake Resort has just unveiled a new-look website. We've got all the information you need on our 25 current resorts as well as those exciting new developments in the pipeline at Pelican Waters (QLD), Old Bar Beach (NSW) and Paynesville (VIC). Check out our new site at [palmakeresort.com.au](http://palmakeresort.com.au)



### OUR RESORT IS BLOOMIN' TERRIFIC!

It's been a rainy and hot summer for us here at Truganina which means one thing: It makes for some beautiful colour and blossoms around the resort right now! Here's a snapshot of the beauty we are delighting in around the resort grounds...



### 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

[palmakeresort.com.au](http://palmakeresort.com.au)

### WEDDING BELLS



Congratulations to our Palm Lake Resort Truganina gardener, Chyvonne, and her husband Rusty, on their wedding on Saturday, January 29. It was a fabulous day and Von looked absolutely beautiful! Congratulations to the new Mr & Mrs Rust.

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## Swim laps

You may not have swum laps since the swimming carnival days of your childhood, but there are a few compelling reasons you may want to start. For one, it offers great cardiovascular exercise without putting stress on your body, particularly your joints. Swimming helps you maintain a healthy weight, heart and lungs, increasing your strength and muscle mass all without injury. You can start slow, but you'll be amazed at how quickly you can increase your swimming distance with consistent practice.

## Catch up with neighbours

At any given Palm Lake Resort, the pool is a hub for social activity too. Why not organise to swim laps with your neighbours or a friend, or maybe even participate in one of the group fitness activities to meet new people? Socialisation is said to improve mental and emotional health, boost confidence, reduce blood pressure and even stave off Alzheimer's.

## Entertain the grandkids

Palm Lake Resort is designed for over-50s, but with green spaces and all those other facilities on site, visiting grandchildren love our resort just as much. The resort swimming pool in particular is a magnet for little visitors. Next time you're hosting younger generations, why not play a fun pool game with them? There are classics like Marco Polo as well as Sharks & Minnows but why not have fun making up your own games, too? Maybe even stock up on some diving toys.

## Relax and relieve stress

You don't need to go on holiday to relax – our class-leading amenities, in particular our on-site pools and beautiful surrounds help us put the 'resort' in Palm Lake Resort. Head to our pool to simply relax by the water and you'll be doing your mind and body a world of good. Studies suggest that just being near water has a psychologically restorative effect, leading to a better mood and less stress – this, in turn, has positive implications for your immune system, heart health and sleep.

## Just float

When all else fails, just go for a float. It's the perfect way to take the weight off and enjoy a change of scenery. According to experts, time spent floating can help to relax your muscles, aid in better sleep, decrease muscle and joint pain, and decrease stress and anxiety. Ace.

# Our newest friends.

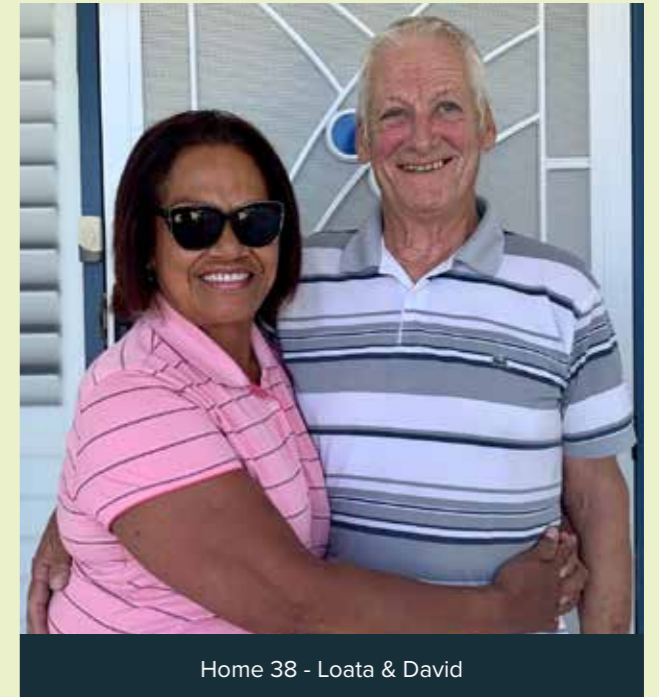
WE EXTEND A WARM WELCOME TO ALL THE NEW RESIDENTS WHO MOVED INTO OUR RESORT OVER THE PAST YEAR.

While it's been a crazy unprecedented time for us (and the rest of the world!), we hope you've felt warmly welcomed. We encourage you to come along and join in the fun of our functions and weekly activities – we'd all love to get to know you even better!

Among the newbies, we welcomed Robyn and Serg (Home 3), Effie (Home 85), Debra and Mark (Home 74) as well as all these photographed homeowners. Welcome to you all!



Home 186 - Stellita & Paul



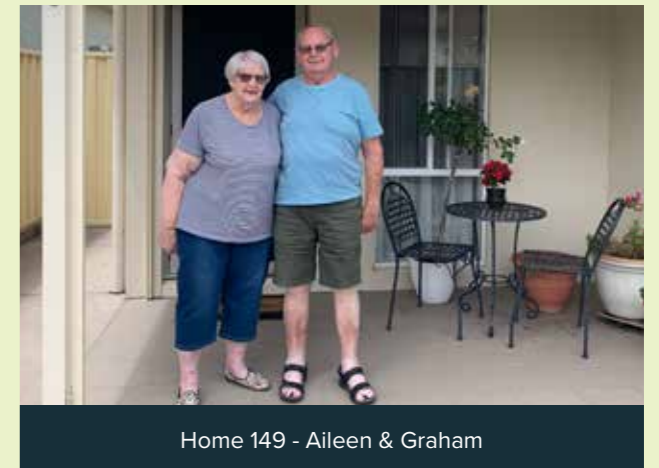
Home 38 - Loata & David



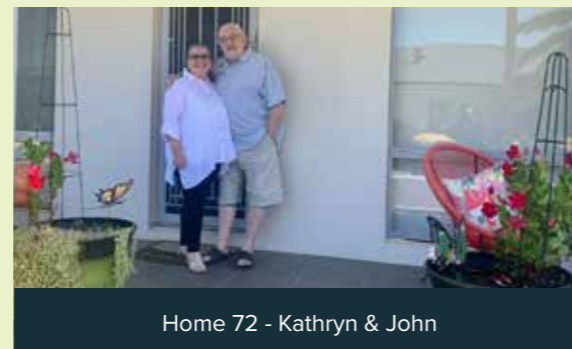
Home 65 - Judy



Home 212 - June & John



Home 149 - Aileen & Graham



Home 72 - Kathryn & John



Home 51 - Sue



Home 98 - Lisa & Warren



Home 182 - Irene

# Spread the love.

IF THERE'S ONE THING THAT IS FRONT OF MIND DURING FEBRUARY, IT'S LOVE – SPECIFICALLY, ROMANCE. BUT IT'S ALSO A GOOD TIME TO CELEBRATE ALL THE OTHER KINDS OF 'LOVE' IN YOUR LIFE. FROM YOUR PETS TO YOUR NEIGHBOURS, HERE ARE A FEW WAYS YOU CAN SPREAD THE LOVE THIS MONTH (AND BEYOND).

## Love thy neighbours

Neighbourly 'love' is often on display at Palm Lake Resort, whether residents are catching up at social events or over the fence, sharing a meal at the Country Club or a drink on their driveways. There are so many ways you can show appreciation to your neighbours – why not offer a hand when you see them outside gardening? Cook an extra-large helping for dinner and drop a plate over to them? Or rally your other neighbours to support someone you know is going through a hard time? Random acts of kindness are some of the best ways to show love.

## Love your community

Spread the love beyond your neighbourhood with a charitable project. You could build something, bake something or raise money for a good cause. But if you're in need of specific inspiration, just take a look around your Palm Lake Resort community! Residents across the Palm Lake Group are always doing their bit to help others, and there's no doubt a fundraiser, food drive or charity project is already underway at your resort.

## Love long distance

This is something we've had to become much better

acquainted with, as lockdowns and border closures had made it impossible to visit faraway friends and family. Whether you're separated by sea or state borders, there are so many different ways to spread the love across long distances. Why not post your friend or family member a small item or card that made you think of them, send them a delivery of food (Uber Eats vouchers are great!) or flowers, or simply pick up the phone for a spontaneous chat?

## Love your pet

It's time to show love to the family member who loves you unconditionally – your pet. Luckily, there are countless ways to do exactly that, from buying them their favourite food every so often as a special treat to taking a moment to give them a good scratch or pay attention to them and them only. If their favourite activity is going for a walk, take them for an extra one some days – or, when all else fails, simply cuddle up with them on the couch.

## Love your partner

Showing love to your significant other seems obvious, but if your relationship spans years (decades, even) romance can easily fall to the wayside. Of course, not all couples show love in the same ways – a good way to keep the spark alive is to learn your partner's 'love language'. Finding out

which of the five love languages they prefer (words of affirmation, physical touch, gifts, acts of service and quality time - Google it!) will help you understand how they give and receive love. This makes you more able to show them the kind of love they most appreciate and notice when they are showing you love in return.

## Love yourself

Last but certainly not least, think about how you can show love to the most important person in your life: yourself. You are the person you'll spend the most time with, so it makes sense to nurture that relationship just as you would any other, right? Think about the things that make you genuinely happy – it might be a certain form of exercise, a swim, a relaxing bath, a trip to the day spa or hair salon, even a specific craft activity – and do more of them.

## 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** Bingo (Bus to venue)

### TUESDAY

**9.30am** Zumba, with instructor  
**11am** Social colouring-in (BYO colouring)  
**12.30pm** Social bowls (winter)  
**4pm** Social table tennis (Rec Room)  
**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** Yogalates, 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** Yogalates, with instructor  
**2pm** Social board games  
**2pm** Social billiards (Charlton Room)  
**5pm** Happy Hour at the Bowls Club

### SATURDAY

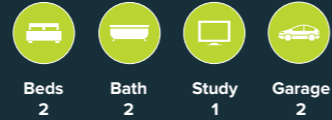
**12.30pm** Social bowls (winter)

### SUNDAY

**2pm** Social cards

# Homes for sale.

## Home 91 - \$495,000

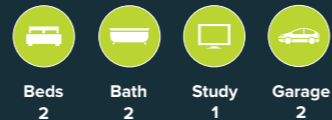


### A very rare find.

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, and this functional area flows into the adjoining meals and living room.

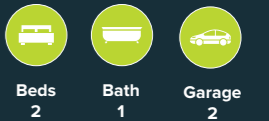
## Home 137 - \$580,000



### 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.

## Home 42 - \$400,000



UNDER OFFER

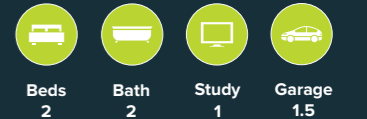


### Well presented.

Upon entry, step into the spacious lounge room, featuring a high raked ceiling. Adjacent is the separate dining room and large kitchen which includes soft-close drawers and SMEG appliances. At the rear of the home are the master bedroom and second bedroom leading onto the laundry and bathroom. This home offers a low maintenance rear yard. The double garage accommodates two vehicles with plenty of storage space.

It's situated in a great position near the Country Clubhouse close to the dining hall, cinema, indoor swimming pool, spa, sauna, library and much more.

## Home 105 - \$460,000 ono



UNDER CONTRACT

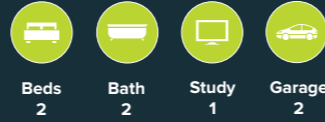


### When you head off on life's adventures, enjoy peace of mind.

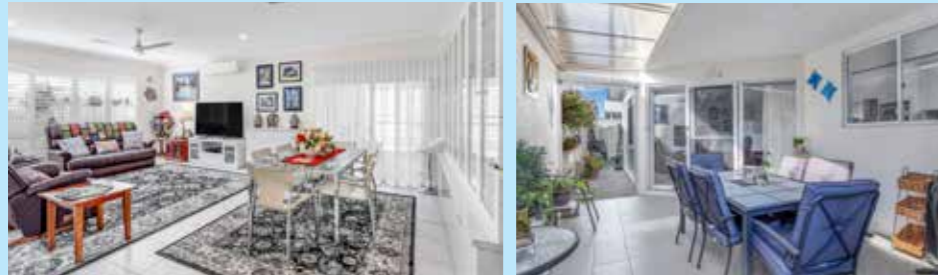
This brilliant home oozes comfort as soon as you enter. Light, bright, airy tones greet you as you open the front door to a great sized living room, then continue around to the smartly designed kitchen. The master bedroom includes an ensuite and walk-in robe. This beautiful home boasts a study, floorboards 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.

>> Turn over for more great homes!

## Home 38 - \$565,000



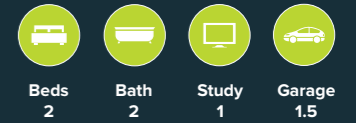
**SOLD**



### 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 utilised as a rumpus room or second lounge.

## Home 136 - \$530,000



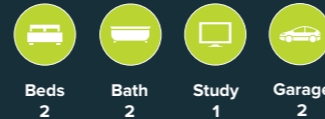
**UNDER CONTRACT**



### 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.

## Home 72 - \$465,000 ono



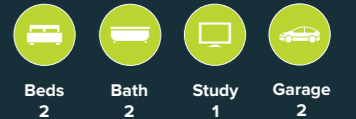
**SOLD**



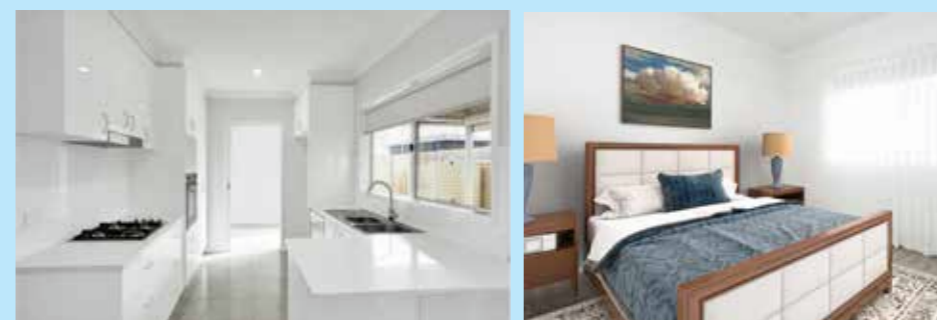
### Prime position.

This prime position home 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 home, 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/MPR 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.

## Home 146 - \$480,000



**UNDER CONTRACT**



### Privacy and comfort.

This lovely Monte Carlo design is a two-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 home 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.

Want to book a private tour and find out more about our resort? Freecall **1800 686 096**  
Email [salestruganina@palllake.com.au](mailto:salestruganina@palllake.com.au) or visit us online at [palllakeresort.com.au](http://palllakeresort.com.au)

# Eat, drink and be merry.

There's nothing more enjoyable than breaking bread with friends, and you can do just that here at Palm Lake Resort.

With a complimentary meal, per household, every week, prepared fresh on-site by our experienced chefs, there's even more reason to dine with us. Or why not pull up a stool with us at Happy Hour?

We're all about spending quality time with likeminded friends. Here, community is everything.



Palm Lake Resort Truganina  
7 Taronga Rd, Truganina VIC 3029. Freecall 1800 686 096



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