

Truganina

OCTOBER-NOVEMBER 2021

Refer a friend.

THERE'S NO MORE SUPPORTIVE AND SECURE PLACE TO LIVE IN OUR 'NEW' COVID WORLD THAN AN OVER-50S LIFESTYLE COMMUNITY LIKE PALM LAKE RESORT.

Homeowners here are blessed to enjoy neighbours who support one another, while they also benefit from the ongoing support offered by local and upper levels of management. If you have a friend or family member who'd like to join us here at Truganina, did you know there's a 'Refer a friend' cash bonus available? Check out Page 7 for information and also Pages 8-11 for the homes we have available.





Welcome.

With months of lockdown under our belts, we have been able to focus on the gardens more than ever. We have had plenty of compliments and positive feedback on our gardens and how the resort is looking at the moment. We are very happy to be able to make a difference for our residents and give you all something to enjoy on your daily walks. Equally, it's nice to see more residents themselves back out in their gardens, now that the weather is starting to warm up.

Our weekly meal deliveries continue to be enjoyed by our homeowners. We have been delivering a weekly meal direct to homes every Wednesday during lockdown which means you get to have a night off cooking and doing the dishes - and still get to enjoy our beloved chef Wilfred's specials. These Wednesday meals have become a real treat and we have been enjoying delivering them to you, which let's us catch up with everyone on a regular basis.

It's been great to see the resort bus being used by more residents each Monday and Thursday for trips for essential shopping during lockdown. Thanks to Ron (Villa 218) and Terry (Villa 101) for volunteering to drive the bus for the residents.

We are so glad to see the resort pups, and their owners, back in the off-leash dog run now that it can be open again. The poor pooches just didn't understand why their play area had to be closed and were pulling on their leads to get in there on their walks! Lots of smiling faces all round now.

Until next time, stay 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

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.

EXTRA EXTRA!

The Spring 2021 edition of the Palm Lake Group's company magazine has officially hit the news stands, and it's full of the latest and greatest news from Palm Lake Resort and Palm Lake Care. If you haven't received a hard copy in your mailbox, you can also read it online at our website palmakeresort.com.au/news



Televised activities.

Looking for ways to stay active (and healthy) at home? Want to learn something new? Tune in to our inhouse television channel for these great activity classes, streamed right into your loungeroom most days of the week!

MONDAY
9.30am Gentle exercise
11am Chair yoga

TUESDAY
9.30am Line dancing
11am Tai chi

WEDNESDAY
9.30am Gentle exercise
11am Mat yoga

THURSDAY
9.30am Line dancing
11am Tai chi

TUNE IN FROM YOUR OWN LOUNGEROOM

It's been great to hear that residents have been enjoying the weekly activities/classes that we are playing on our in-house TV channels, featuring our resort instructors, which is giving everyone the ability to participate in weekly activities from their own homes. Adding linedancing classes to the calendar has also been a big hit! We are glad you are enjoying it and brushing up on your dancing skills for when we can hit the dancefloor again!

(WO)MAN'S BEST FRIEND

Palm Lake Resort Truganina residents for six years, Peggy Warburton and her four-legged flatmate, Bec, love the pet-friendly nature of our community. "It's very much a pet-friendly resort," Peggy says. "I walk Bec all around Skeleton Creek (she loves to sniff out lizards!) and we always see about three or four people and their dogs along the way. We'll either walk together or just stop and have a good old chinwag. Especially during lockdown - it's been an amazing social outlet for people to get outside and walk their pets." Peggy says many Palm Lake Resort homeowners also meet at the on-site dog run, providing a great opportunity for the dogs to socialise off leash - and for their owners to catch up as well. Peggy says Bec is an 11-year-old



Cavoodle that she's owned since Bec was eight weeks of age. While Peggy's family grew up raising many corgis over the years, Bec is her first real 'inside' dog - perfect for her Palm Lake Resort home. There are, in fact, many different dog breeds



TOP 5 DOG BREEDS FOR SMALL YARDS: SEE PAGE 6

living across our resort - from schnauzers to Jack Russells to bigger mixed breeds. "We often relate people around the resort to their dogs. If you can't think of someone's name, you'll always think of their dog's name first!" Peggy smiles.



Don't stop the music.

IT MAY HAVE BEEN DECADES SINCE YOUR PARENTS INSISTED YOU TAKE PIANO LESSONS, BUT DON'T THINK YOUR MUSICAL DAYS ARE BEHIND YOU. THERE ARE PLENTY OF REASONS TO PICK UP A MUSICAL INSTRUMENT IN YOUR ADULT YEARS.

It boosts brain power

Much like puzzles or playing chess, learning to play music is a great way to improve your cognitive ability. Reading and playing music is believed to stimulate the brain in a way that benefits your memory retention and also helps you retain new info. Experts believe that, when it comes to brain power, you 'use it or lose it'. In particular, learning to play a musical instrument has been associated with a lower risk of developing dementia. Why? Musical training and performance are believed to increase your brain's resiliency – so much so that musicians are 64 per cent less likely to develop mild cognitive impairments and dementia.

It relieves stress

Listening to music is a great stress reliever, but did you know that playing a musical instrument also has calming powers? According to studies, playing an instrument can help us refocus negative feelings into something not only positive, but enjoyable. Whether you are banging out a rhythm on the drums or plucking a melody on the guitar, making music is believed to have a unique ability to reduce your blood pressure and heart rate. This act can also contribute to the release of 'happy hormones' (endorphins) into the bloodstream, leaving you feeling relaxed.

It makes you more patient

Many of our Palm Lake Resort residents will agree that life doesn't slow down in retirement – in fact, with so much to do, things move at a faster pace than ever before! Learning a musical instrument is one fantastic way to chill out, slow down and enjoy the moment. Patience is an essential skill for any budding musician to master as they learn to read and play the notes, and many report finding themselves employing more patience when they interact with the people and things around them.

It's good for your body

You may not break a sweat, but playing an instrument promises a host of physical benefits that you may not have thought about. Moving your fingers along the keys of a piano or the strings of a guitar enhances your hand-eye coordination and fine motor skills – two skills that can easily be transferred to almost any other activity, be it crochet or croquet. Wind instruments, too, improve the function of your respiratory system by ensuring you breathe properly. Need we go on?

It's a great way to make friends

Looking to widen your social circle? Playing a musical instrument could help! A number of Palm Lake Resort locations have resident music groups where like-minded musos can come together and jam out. From choir to the ukulele to all-out Rock 'n Roll bands, our residents make use of the time and resources available to them in retirement to live out their dreams of musical stardom.

Residents are on song.

IF AN ACTUAL MUSICAL INSTRUMENT ISN'T YOUR CALLING, MAYBE IT'S YOUR VOICE THAT YOU COULD USE AS THE INSTRUMENT? JUST ASK THESE RESIDENT SONGBIRDS.

If you've ever heard a delightful sound emanating from our resort on Mondays, you could bet your bottom dollar it's the Palm Lake Resort Truganina choir.

Able led by long-time homeowner Peg Bryceland (who, with husband Des, has called our resort home since 2012), the choir was performing at regular resort events and around the local community before COVID put a dampener on their performance calendar. But these songbirds won't let a global pandemic dampen their spirit.

Peg says she and (the late) Joe Hodgson started the choir back in 2014 with nine choir members. Before long, there were 11 of them and, nowadays, the choir numbers 24 – all residents of our resort. Joe was the choir master and pianist before his passing about seven months ago. Peg herself takes the reins as choir mistress. And nowadays Bill Buckles coordinates and provides the group's music.

Peg, who is a nurse by trade, has a background in music dating back to when she was a child.

"During my school years, I was in the Melbourne Youth Orchestra playing the violin," she smiles. "Then, from the ages of about 17 to 21, I was a singer in the local amateur theatre group performing in musical comedies."

As is the case for many of us, life gets in the way of our passions and hobbies. But, fortunately, retirement gives us back the time to pursue these interests. And that's exactly how the Palm Lake Resort Truganina choir began, courtesy of Peg and Joe. While arthritis has put a stop to her violin playing these days, there's nothing holding back Peg's voice. And that of her fellow choir members who are a mix of amateur singers and more professional performers.

"Singing is really good for us," Peg explains. "Being a member of the choir helps to develop a sense of belonging and connection with people in the community. It provides a bonding experience and ours is such a supportive group."

"Our members will tell you they feel so much better after singing – it relieves stress and is good for our lungs and health. They also say it's a good way to stave off dementia. All in all, singing in a choir is a really good outlet."



Pre-COVID, the choir would perform in local nursing homes as well as here at the resort for commemorations like Anzac Day and Christmas. While feel-good carols are the obvious choice at Christmastime, the choir performs songs across a range of musical genres depending on their audience. For the nursing home visits, it'd be a range of tunes from the hits of the 1940s, to John Lennon, to modern music. Amazing Grace is a favourite song for Anzac Day.

"We get all our members to help choose the songs," Pegs says.

The group's next performance will be here at the resort in December with the songs and music for that Christmas event being chosen right now. Peg encouraged any other residents interested in music to come along and join in the fun of the choir.

"You don't need to audition – we will take anyone and everyone in. It's all about the community and having fun. Anyone can give it a go!"

Peg also made special mention of the choir's patron, Gloria Logan, who attends choir practice each week and is very supportive and encouraging while also assisting the group financially. For those interested in joining in the fun, choir practise is held weekly on Mondays. For more information, contact Peg (Villa 90).



Small yard, big furry love.

DOWNSIZERS DON'T TYPICALLY MOVE TO PALM LAKE RESORT WITH CHILDREN IN TOW, BUT FUR KIDS ARE A WHOLE OTHER STORY! IF YOU'RE CONSIDERING GROWING YOUR FAMILY, TRY THESE SMALL-YARD BREEDS.

If there's one type of resident we love here at Palm Lake Resort it's the furry four-legged variety. When the actual kids grow large enough to fly the coop, pets can fill in a big void left by the children's departure. The joy of owning a pet isn't new to most Australians - we have one of the highest rates of pet ownership in the world. Here at Palm Lake Group, we've built our resorts to be pet friendly because we know just how important pets are for the majority of our over-50s residents, too. For example, Palm Lake Resort Truganina offers a safe, fully fenced off-leash dog run. Palm Lake Resort pooches can roam free in our dog run, enjoying a spot of exercise while also getting that important social interaction with their four-legged neighbours. What we've found right across the Group, however, is that our off-leash dog runs are magnets for likeminded residents. Neighbours congregate to let their furry friends enjoy time together but for the humans themselves, it's a great social outlet. And the regular walks to and from the off-leash areas are providing our residents with that all-important incidental exercise (with fresh air and vitamin D the cherries on top). Our resorts are pet friendly, because we know just how important pets are to you!

Dachshund

Dachshunds are energetic, loveable and loyal, promising to be the perfect companion for any retiree. Their medium-level exercise needs mean they prefer homes with a small backyard, but also enjoy daily walks and space to run outside the confines of your home. They are highly playful and likely to bark but are certainly trainable, showing intelligence and energy. You just need to consider that though their coats are short, they can still shed.

Cavalier King Charles Spaniel

Small and sophisticated, don't let the Cavalier King Charles Spaniel's petit size fool you – this regal breed is tough to beat. With an even temper and gentle disposition, the Cavalier will often adapt easily to its owner's lifestyle; they can be active and inactive in equal measure. Bred to be a beloved lap dog, they are also descendants of sporting breeds and will enjoy moderate exercise and outdoor activities. You'll find a Cavalier enjoys an afternoon walk just as much as an evening on the couch.

Yorkshire terrier

The Yorkshire Terrier, affectionately known as a 'Yorkie,' is small and quiet, making them the perfect housemate. Their friendly nature means they don't mind company and are typically relaxed around other pets and people, making them perfect for social owners who would enjoy spending time at the dog park. While they have a lot of energy, it can be well spent in a small backyard – though they will never say no to an afternoon stroll. Bonus: they look like puppies for most of their life, making them perfect for owners who never want their fur babies to grow up.

Boston terrier

Commonly confused with a French Bulldog, the Boston Terrier boasts tall, upright ears and a flat face, with black and white markings sometimes referred to as a 'tuxedo jacket'. Originating from, you guessed it, Boston, the Boston Terrier requires active exercise (throwing a ball or a toy, or agility training) and can become frustrated when left alone for long periods of time. Considering adopting your very own? Be warned: their big, round eyes will surely win you over, promising love at first sight.

Maltese

Small but mighty, don't be fooled by the Maltese's prim and proper appearance – behind the white, fluffy exterior is a dog you're sure to love. Their small stature makes them ideal for small backyards, while their soft coat is unlikely to shed, making them a great choice for indoor living. Their coat is even considered hypoallergenic, meaning they will fit seamlessly into almost any family. Your Maltese will love running around in your backyard but will also never say no to a trip to the dog park or a walk.



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

Homes for sale.



UNDER OFFER!





Villa 38

 Beds 2
 Bath 2
 Study 1
 Garage 2

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. With so many additional features this well presented home is ready to move in and enjoy! Pet friendly tiled throughout, the home is enhanced by white plantation shutters, ducted heating/cooling, walk in robe and private ensuite to the master bedroom, the two spacious bedrooms, study and sunroom are all carpeted. Smartly designed kitchen which includes pantry with pull out sliders for ease of access, stainless steel appliances, dishwasher and stone benchtops, reverse cycle air-conditioning, along with ceiling fans in all rooms, solar panels, garden shed, double garage with plenty of storage space and beside the garage are double gates where the current owner stores a trailer. Finished to perfection with all the added extras that make a house a home, inspection is sure to impress.



Villa 74 - \$340,000





 Beds 2
 Bath 1
 Study 1
 Garage 1



Location, location, location!

This home is centrally situated close to the front gate and Country Clubhouse. The home consists of two bedrooms, the master leading into a two way ensuite, additionally there is a multi purpose room which could be utilized as a 3rd bedroom, study or sewing room. Upon entry into the home is a high raked ceiling which is the highlight of the lounge, dining and kitchen area. Off the dining area is a side access sliding door which leads to the neat rear yard and includes a vegie patch. Features include a split system air conditioner, water tank and solar panels.

Villa 105 - \$460,000

 Beds 2
 Bath 2
 Study 1
 Garage 1.5



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!

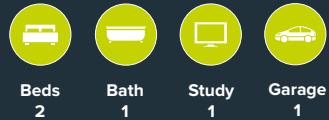
Villa 136 - \$530,000



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 182 - \$350,000



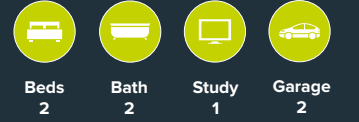
UNDER CONTRACT



Bright and airy.

This home gets plenty of natural light and breezes. An undercover outdoor alfresco functions as an extension of the living room, with plenty of room for a full dining set and more so you can make the most of your natural surroundings. This stunning home includes an open plan living area, kitchen complete with huge pantry and soft close drawers, two bedrooms, multi purpose room which could be utilised as a study/craft room, one bathroom, a long single garage complete with roller door rear access which ensures two vehicles can be parked undercover.

Villa 146 - \$480,000



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 149 - \$345,000



UNDER CONTRACT



Beautifully presented Miranda design.

This home features a long single garage which incorporates plenty of storage space. The high raked ceiling in the lounge room creates an open feel with an adjacent separate light filled dining room and lovely spacious kitchen with large pantry. The two rear bedrooms are carpeted and the bathroom includes and extra large shower.

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

“LIVING OUR *Best* LIVES”



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THIS IS YOUR TIME.**

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