

APRIL - MAY 2024



Thrive



Activities galore

There are dozens of weekly activities to do and special interest groups to be part of at our resort. Learn more inside...

Over the back fence

The Palm Lake Group is one big 10,000-strong 'family' - find out what your counterparts are up to in our new regular series

Refer a friend, earn a reward

Do you know someone looking to make the move here? Refer them, for fast cash



***Pictured:** Our comfy theatre brings the movies conveniently to you!*

Welcome.

Welcome all to another edition of "Thrive" - your local Palm Lake Resort newsletter.

With Jo and Troy now officially moved on to Palm Lake Resort Paynesville, we have taken up the role of Caretakers here at Palm Lake Resort Truganina and have been working hard to meet as many of you as we can. For those who we've yet to meet, we would like to take this opportunity to introduce ourselves and give you a little information on our background and our path to Palm Lake Resort.

Theo and I were both born in South Africa and have been married for 36 years. In the mid 1990s, after seven years of marriage and with two little ones, we made the decision to look for greener pastures and moved to New Zealand. After 25 years raising our expanding family, we moved from New Zealand to Melbourne nearly six years ago. Nowadays, we have four adult children and six very beautiful grandchildren with the seventh one on its way.

On the career front, after being self employed for a decade, Theo changed his career and served as a police officer in New Zealand Police for many years. I worked as a primary school teacher and then made a career change into early childhood. We were first exposed to community lifestyle resort living more than two years ago and since that time, we have become completely sold on the concept! Our current role, as your caretakers, has been a life-changing experience for us, as we both have a passion for people and we love making a difference in people's lives. This role is so suited to us!

In our free time, Theo and I love to upcycle furniture. I like to think of myself as very crafty as well - I sew, crochet and make baby accessories, which has proven a useful skill with all the grandbabies I have enjoyed welcoming into the world (and am still welcoming!).

If we haven't yet met you, make sure to come and say hello. We look forward to putting names to everyone's faces!

**Susan and Theo,
Palm Lake Resort Truganina Caretakers**

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Contact us.

Looking for more information about Palm Lake Resort Truganina?
Here's how you can reach us:

FREECALL: 1800 686 096

STREET ADDRESS:
9 Taronga Road,
Truganina, VIC 3029

OFFICE HOURS:
9am to 4pm,
Monday to Friday

EMAIL:
truganina@palllake.com.au

ONLINE: Visit our website
palllakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@palllakeresort) and on
Instagram (@palllake.resort)



News in brief.

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.

Green waste dates for your diary

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:

- April 4
- May 2
- June 6



It's "Your Time", time

The start of another beautiful Aussie season means another Palm Lake Resort company magazine has just dropped. Our Autumn 2024 edition gives readers their first look at the incredible display homes just unveiled at Palm Lake Resorts Yamba Cove and Pelican Waters. We also explain how you can embrace the 'dopamine decor' trend in your own abode for the ultimate 'happy home'. And we've got some great recipes for you to try when you're invited along to your Palm Lake Resort neighbours' homes and that age-old question crops up: "What can I bring?". Never fear - the answer is here! Grab a copy of the magazine from your letterbox or you can also find it online at palllakeresort.com.au

Get social with us

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

PS. Check out Page 11 of this newsletter for your chance to win a \$200 gift card via Palm Lake Resort's Instagram page.

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 Homeowners' bistro lunch
2pm Social billiards (Charlton Room)
5pm Line dancing with instructor
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 Homeowners' 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 Homeowners' dinner

THURSDAY

9.30am Bus to Werribee Plaza
9.30am Tai chi, with instructor
12 noon Homeowners' bistro lunch
4pm Social table tennis (Rec Room)
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



Pictured above and left: Our St Patrick's Day entertainment, The Larrikins, had us up and dancing!



Social Club news.

Report on functions

St Patrick's Day: We had the Larrikin Group entertain us for St Patrick's Day on March 16. We had 60 people attend; a lot who dressed in green to enhance the St Patrick's Day spirit of the event. All those who attended had a good night dancing and enjoying each other's company.

Easter raffle: Our Easter raffle was also very successful. We added \$566 to the other donations received across Palm Lake Resort Truganina for the Good Friday appeal. Many thanks to Karla (Home 37), who is an ex-Committee member, who offered to make up the wonderful baskets for the raffle for us (pictured below left). Our winners included:

- 1st Prize - Joe Spiteri
- 2nd Prize - Jenny Dunne
- 3rd Prize - Bill Buckles

Future events

We are planning a variety of events over the coming months including Music Bingo, a gifts and gadgets stall, a ladies and men's shoe stall and an international-themed afternoon tea where we'll encourage our homeowners to come together for an afternoon tea and bring a plate of food from their homeland. More information about all these planned events will be shared as details are locked in.



Pictured above left: The members of our resort's Camera Club on their recent Melbourne City photographic tour, including (from left) June Booker, Anne Eustace, Margaret Bateman, Carmela Muscat, Carolyn Parker (Kathryn Potemski, in front), Kerry Padbury and Jeff Kruse.

Camera Club members get snap happy.

By Kathryn Potemski (Home 72)

The members of our Palm Lake Resort Truganina Camera Club recently embarked on an unforgettable walk through Melbourne's iconic laneways and arcades, capturing the city's charm through their camera lenses.

Starting at the historic "Under the Clocks" and ending at a century-old tea house, the group wandered at our own pace, discovering stories and secrets in the charming nooks and crannies of this vibrant city.

Along the way, we captured Melbourne's spirit through our lenses - from street art and cafes to quirky shops and hidden bars. The highlights included grabbing a bite at Betty's Burgers, photographing the iconic Hosier Lane, and ending our journey at the shot tower - memories to last a lifetime.

As a photographer, I'm grateful to have experienced Melbourne's beauty up close. While it was a hot day, we all had a wonderful time. With sore legs and backs after walking 10,763 steps (that's 7.25km) it was not a bad effort from all!



WHY NOT
JOIN THE CLUB!
SEE KATHRYN
(HOME 72) FOR
DETAILS

Homes for sale.

FOR MORE INFO OR TO ORGANISE YOUR PRIVATE TOUR, FREECALL 1800 686 096,
EMAIL TRUGANINA@PALMLAKE.COM.AU OR VISIT PALMLAKERESORT.COM.AU

Home 30 - \$460,000



Home, sweet home

Upon entering it features a high raked ceiling in the fully tiled living area and separate dining/kitchen area, two spacious bedrooms with built-in robes, a practical kitchen with ample storage captures the afternoon sun, modern bathroom includes extra-large shower recess, reverse cycle air-conditioning in the lounge for year-round comfort and ceiling fans throughout. Features include a low maintenance rear yard, ramped front door access, handrail in shower and external pull-down blinds. This charming pet-friendly home for the not-so-retiring also includes a double garage, with plenty of space for a workshop.



Home 131 - \$590,000



The space to live

The spacious kitchen creates a welcoming atmosphere, connected to the living areas. The master has a convenient two-way bathroom. There is a second bedroom and a versatile study/multipurpose room that can easily be utilised as a third bedroom. Ceiling fans in all rooms, two split system air conditioners. The outdoor living space is the perfect setting for entertaining, with a covered tiled alfresco area. Additional features: fully enclosed sunroom behind the garage, automatic sprinkler system, a 2.25 x 3m garden shed. The property also boasts one of the largest driveways in the resort, with ample space for 3-4 cars. Double side gate access allows for storage of a small trailer in the rear yard.



Home 185: \$495,000



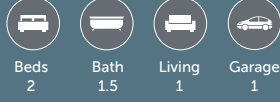
Light and bright

Bright and airy, this home gets plenty of natural light, making it a joy to relax both indoors and out. An undercover outdoor alfresco provides the perfect atmosphere to entertain family and friends and serves as an extension of the living space. This stunning home features an open plan living area, kitchen (complete with huge pantry and soft close drawers), two bedrooms, a multipurpose room that could be utilised as a study/craft room or third bedroom, one bathroom, a 1.5 size garage.



UNDER OFFER

Home 85 - \$489,000



A green thumb's delight

This well-maintained home, facing east, is designed to capture the beautiful morning sunshine. You are greeted by a spacious lounge room with a high raked ceiling. Adjacent is a separate dining area and a large kitchen that offers ample storage space, including a generous corner pantry. Moving towards the rear of the home, you will find the master bedroom and a second bedroom, both of which lead to the laundry and bathroom. There is a secondary toilet for added convenience. The low-maintenance backyard features a pergola, as well as instant turf and several planter boxes that could potentially be included in the sale.



Homes for sale.

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EMAIL TRUGANINA@PALMLAKE.COM.AU OR VISIT PALMLAKERESORT.COM.AU

Home 48 - \$454,000



Welcome home

Lovely home just over six years old. Upon entry, step into the spacious lounge room, featuring a high raked ceiling. Adjacent is the separate dining room and spacious kitchen which includes soft-close drawers, SMEG oven and dishwasher and Chef electric hotplate. At the rear of the home are the master and second bedroom featuring mirrored robes and external electric roller shutters. These rooms lead onto the bathroom with extra large shower, laundry and second toilet. All rooms include ceiling fans. Double garage.

Home 92: \$480,000



Turn-key ready home

The relaxed open plan living area features a high raked ceiling. The spacious kitchen and an outdoor living space create the perfect setting to entertain family. With two bedrooms, the master features a two-way bathroom. Adjacent to the living area is a generous multipurpose room that can also be used as a third bedroom or study. Ceiling fans are installed in all rooms, while the living room is equipped with split system air con and a gas heater. With ample storage space, the long single garage provides added convenience. Additional features include an emergency duress system, garden shed, solar panels and water tank.

Home 61 - \$590,000



Fully refurbished

Presented in immaculate condition, this home will not disappoint. New oven, cooktop, dishwasher, air con. Fully repainted in and out. New sheer curtains and blinds to all windows and new flooring to all rooms - carpet and vinyl plank. This beautifully appointed home enjoys a corner block and central location within the resort, directly opposite the Country Club with creek views. Open plan living, dining and kitchen. Generously sized study/multi-purpose room can be used as a third bedroom.

Home 74

UNDER OFFER



Home 180

SOLD!



SOLD!

Over the back fence.

THE PALM LAKE GROUP SPANS 30 RESORT COMMUNITIES 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 NEW 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 PALM LAKE RESORTS, 'PEOPLE' REALLY IS OUR SUPERPOWER!



Our homeowners have charitable hearts.

PALM LAKE RESORT HOMEOWNERS PROVE TIME AND TIME AGAIN THAT THEY HAVE WONDERFUL, CHARITABLE HEARTS. HERE ARE JUST SOME OF THE STORIES WE'VE HEARD LATELY...

Tweed River: Around 150 homeowners and guests descending on the resort's Country Club for a stunning art-deco inspired high tea to raise funds for Tweed Palliative Support and the Wedgetail Retreat. The Country Club looked more like a fashionable hotel lounge, reminiscent of The Ritz in London or The Peninsular Hotel in Hong Kong, as fantastic multi-level platters of cakes, scones and savoury treats were prepared and served by the volunteers. Musicians from the Northern Rivers Symphony Orchestra volunteered their time and musical talent to present an incredible classical string concert (pictured above). The high tea was followed by raffles and a lively auction of kindly donated items resulting in more than \$11,000 being raised! This included a donation from the Residents' Committee plus the proceeds of refunds for bottle and can recycling from throughout the year. This total amount was much more than previous annual fundraiser events and much appreciated by the worthy charitable recipient.

Deception Bay: Just before Christmas, the resort's Quilters Group drove up to the Centre Against Domestic Abuse (CADA) at Caboolture with enough goodies to fill three car boots! The CADA people were stunned and so grateful. Along with all the toys for children and necessities for

women, there were 70 handmade Christmas stockings and more than 80 fabric drawstring bags for the women (pictured above). The group also donated 12 quilts to CADA to hand out to their clients in the New Year. The quilters were amazed by the wonderful response from their fellow homeowners who also donated toys and goods.

Upper Coomera: This resort's Jane McGrath Foundation charity fundraiser "Girls' Night In" event raised \$1060.

Bethania and Waterford: Two neighbouring Palm Lake Resorts came together for the sake of breast cancer research, hosting a charity event that raised more than \$3000 for the McGrath Foundation. Everyone turned out in their best pink outfits and a special visit was made by Federal MP Bert Van Manen who also donated to the cause via some lovely hampers that were raffled.

Carindale: The resort's annual Market and Craft Day saw a variety of stalls selling handicrafts, paintings, bric-a-brac, clothes, jewellery, toys, restored furniture, cakes and more. Through event proceeds, a morning tea and a raffle, Care Kits for Kids Qld (a children's charity that donates backpacks filled with clothes, toiletries and school supplies to disadvantaged children) received a donation from the resort of more than \$1400! This resort's knitters also do good with their spare time. Gathering fortnightly, the knitters produce gorgeous teddy bears for the Red Cross to distribute to needy children (pictured top).

BATTLE
OF THE TWO
BOWLING
BEACHMERES!



Sport brings us together.

OUR SPORTIEST HOMEOWNERS HAVE BEEN HAVING FUN, TAKING ON TEAMS FROM OTHER PALM LAKE RESORT LOCATIONS. HERE'S HOW SOME OF THE MOST RECENT MATCH-UPS HAVE PLAYED OUT...

Tea Gardens vs Fern Bay vs Forster Lakes: Golf has been the inter-resort game of choice recently for these nearby communities. In a three-game series, Forster Lakes was victorious once but Tea Gardens proved too good on the other two competition days. The total points overall were: Tea Gardens 454, Forster Lakes 444 and Fern Bay 423 so it was a close competition all 'round.

Beachmere Sands vs Beachmere Bay: The annual inter-resort lawn bowls competition between our Beachmere neighbours took place late last year. It's always a fierce competition and this one was no different. After a tough afternoon and evening battling it out, Beachmere Bay came out on top.

Best wishes to these legends!

WE LOVE CELEBRATING A MILESTONE MOMENT AND THERE ARE LOADS HAPPENING ALL OVER THE PALM LAKE GROUP EVERY WEEK.

Toowoomba: Pictured right, gorgeous Muriel has just batted her century at Palm Lake Resort Toowoomba. She's been a fixture there since 2011 and her daughter, Lurlene, also calls the resort home.

Mt Warren Park: Congrats to homeowners Don and Yvonne who celebrated their 65th wedding anniversary recently.

Carindale: When homeowner Eric celebrated his 96th birthday in December, we learned there were actually three neighbours in 'Club 1927' at that resort - all born in the same year. There'll no doubt be a big party in 2027 when Eric, Shirley and Mavis all mark their centuries at Palm Lake Resort!



Get social with us and WIN!

Are you following Palm Lake Resort on our various social media platforms? While you can catch up on all the company news on our Facebook page, you may not know that we also have a vibrant Palm Lake Resort Instagram account. During the month of April on Instagram, we are giving away a gift card valued at \$200 in our 'Tag a friend' competition. Entry is easy. All you need to do is be following Palm Lake Resort on Instagram (@palm.lake.resort) and tag your friends in the comments section on any of our posts from April 1 - 30. Every friend you tag counts as one entry and you can enter as many times as you like. Tagging a friend is as easy as placing the @ symbol in front of their Instagram name, for example: @marysmith. We'll announce the randomly drawn winner in our next newsletter and they can collect their prize from their Caretaker. *Note: Instagram is not in any way associated with this competition. Good luck!*



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? Email the details to belinda@bellepr.com

Holiday, everyday.



FREECALL 1800 686 096 | truganina@palllake.com.au
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THE BEST IN OVER-50s LIVING. THIS IS YOUR TIME.
palllakeresort.com.au