

APRIL - MAY 2025



Thrive



Green thumbs up for indoor plants

Bring the outdoors in with easy-care indoor plants for every different room

Palm Lake Resort homes for sale

Do you know someone looking to make the move? We might have just the abode for them...

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Welcome.

Welcome to our April-May edition of *Thrive*. Well, if the weeks flew by any faster, we would have to strap ourselves in!

As caretakers we just want to acknowledge and thank both the Residents Committee and Social Committee for their participation and positive contribution during 2024. We'd also like to send a huge welcome to our new committee members. Congratulations to Warren (Home 98) for continuing in the hot seat as president of the Residents' Committee and working together with the DMF Group in achieving many successful outcomes for the benefits of all residents.

Greg (Home 115) continues as the Chair of the Bar Committee and Bob (Home 198) continues as the Chair of the Bowls Committee.

The new Social Club is headed up by Cheryl (Home 145) with lots of events planned already. The Social Club is looking to fill up your calendars with afternoon melodies, music bingo, Christmas in July, fashion presentations etc, so keep your eyes out for all that is advertised for you to get involved with.

Residents are reminded that the resort bus heads off on shopping outings twice a week. The destinations are Point Cook Shopping Centre and Werribee Plaza Shopping Centre. Please make use of this opportunity.

With Easter fast approaching, we would also like to take this opportunity to wish you and your families a very Happy Easter.

Stay safe.

Susan and Theo,
Palm Lake Resort Truganina Caretakers

This newsletter is intended to give general info only. All liability arising directly or indirectly from the use of, or for any error or omission in the information given, is expressly disclaimed.



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:
8am to 4pm,
Monday to Friday

EMAIL OUR CARETAKERS:
truganina@palmlake.com.au

EMAIL OUR SALES OFFICE:
salestruganina@palmlake.com.au

ONLINE: Visit our website
palmakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@palmakeresort) and on
Instagram (@palm.lake.resort)



News in brief.

Autumn's here, and it's Your Time

It's a new season and that means there's a new edition of *This is Your Time*, our company magazine, hitting mailboxes around the nation. In this edition, let us introduce you to Mirador Wellness Centre which is part of Palm Lake Resort Pelican Waters. Mirador is the largest and most opulent over-50s wellness centre in the Southern Hemisphere. We couldn't be prouder of this one - it's a showstopper. We've actually taken that wellness theme and sprinkled it right throughout this magazine edition. Learn more about all those wellness therapies that are 'trending' right now (spoiler alert: they aren't 'trending' as much as they are here to stay!) and why you should incorporate a little more wellness into your daily life. We also catch you up on the progress we're making on our construction sites. If you haven't received a hard copy in your mailbox, read it online at palmakeresort.com.au



Weekly activities.

MONDAY

9.30am Bus to Point Cook Shopping Centre
9.30am Gentle exercise with instructor
10am "Stampin' Up" class with instructor
12 noon Homeowners' bistro lunch
4pm Happy Hour (Bowls Club)
5pm Line dancing with instructor
7.30pm Bingo (Clubhouse)

TUESDAY

9.30am Zumba, with instructor
9.30am Jamming Music Group (Rec Room)
12.30pm Social bowls (winter)
5pm Pizza night (Bowls Club)
6pm Homeowners' dinner
4pm Happy Hour (Bowls Club)
7pm Social cards
7.30pm Social billiards (Charlton Room)

WEDNESDAY

9am Aqua aerobics class, with instructor
10am Social Bocce
10.15am Yogalates, with instructor
2pm Social craft (BYO craft)
4pm Happy Hour (Bowls Club)
6pm Homeowners' dinner
7.15pm Social movie night (in the Country Club Cinema)

THURSDAY

9.30am Bus to Werribee Plaza
9.30am Tai chi, with instructor
12 noon Homeowners' bistro lunch
4pm Social table tennis (Rec Room)
4pm Happy Hour (Bowls Club)
7pm Social craft (BYO craft)

FRIDAY

9am Aqua aerobics class, with instructor
10.15am Yogalates, with instructor
2pm Social board games
4pm Happy Hour (Bowls Club)

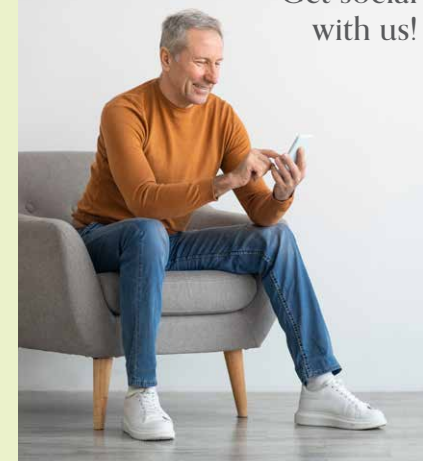
SATURDAY

12.30pm Social bowls
4pm Happy Hour (Bowls Club)

SUNDAY

2pm Social cards
4pm Happy Hour (Bowls Club)

Get social with us!



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

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 2**
- **May 7**
- **June 4**

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.



Bowlers do us proud.



Two Pennant teams made it to the grand finals representing Palm Lake Resort Truganina Bowls Club. Both teams missed out on winning the flag but had a great season and did us proud. We congratulate them on getting to the grand finals.

Pictured above left: Our Tuesday Team 3, Division 6 Section 1, who played Altona North Team 1.

Pictured left: Our Saturday Team 2, Division 6 Section 1, who played Williamstown Team 3.



To be sure, To be sure!

What a night! The Social Club hosted a wonderful St Patrick's Day dance in our Country Club. There was a great turnout, with plenty of homeowners coming along to celebrate. It was a great night with everyone up dancing. The band was good, and loads of fun was had. The best-dressed prize went to our winners, Alan and Marie. We look forward to seeing everyone at our next major Social Club event.

THE COLOUR
GREEN PROMOTES
CALM, BALANCE,
RELAXATION,
RENEWAL

Green thumbs up.

IT DOESN'T MATTER WHERE IN YOUR HOME YOU PLACE THEM, POTTED PLANTS ADD A SPECIAL SOMETHING TO ANY AND EVERY INTERIOR. THEY INJECT LITERAL LIFE INTO INANIMATE SPACES AND BEYOND THAT, THEY BENEFIT HOMES – AND THE HUMANS THAT INHABIT THEM – BY FILTERING AIR AND ABSORBING AIRBORNE TOXINS.

The biggest problem homeowners have with incorporating potted plants into their interior scheme is keeping them alive. Yes, unfortunately, many of us either set and forget our plants or at the other end of the scale, we shower them with too much love (read: water) and the end result is the same. Having said that, the biggest mistake homeowners make around indoor plants is in the very first step: Choosing the wrong plant for the space. You simply can't enter a nursery, fall in love with any lush pot of greenery and expect it to live anywhere in your home. Just like humans, plants can be fussy when it comes to their living arrangements. To help get you off on the right foot with adding plants to your home interior, follow these guidelines and suggestions to find a plant for some of the most obvious places...

In the kitchen

A lovely little potted plant on a bright kitchen windowsill or a bright benchtop, can do wonders for the heart of your home. Try these options that are cute in size but add mighty impact:

- **Geranium:** Compact. Flowers beautifully in full sun.
- **African Violet:** Prefers bright light but not extreme heat, making it great for sunny but cooler windowsills.
- **Kalanchoe:** A flowering succulent that enjoys direct sun.
- **Echeveria:** A beautiful rosette-shaped succulent that does well in sunny spots. Enmasse, these guys add even more

impact. For example, put four different Echeveria in four individual but matching/coordinating pots and group them together on a bright bench.

- **Basil:** Grows well in a sunny spot with regular watering.
- **Thyme:** A hardy herb that loves warmth and sunlight.

In the bathroom

Bathrooms are typically high humidity, low light spaces with temperature fluctuations, so the best plants for these conditions are ones that thrive in moisture-rich environments.

- **Peace Lily (Spathiphyllum):** Handles low light and high humidity, plus it purifies the air.
- **ZZ Plant (Zamioculcas zamiifolia):** Extremely hardy, tolerates low light and moisture.
- **Cast Iron Plant (Aspidistra elatior):** Almost indestructible and thrives in low light.
- **Boston Fern (Nephrolepis exaltata):** Loves humidity but needs regular watering. The good thing here is that you're probably more likely to remember to water your boston fern given it's a room where water is easily accessible.
- **Maidenhair Fern (Adiantum spp.):** Thrives in high humidity, though it needs consistent moisture. Again, a great location to remember to water your fern.

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In the living area

These spaces call for larger plants that make more of a statement. Living spaces can be bright, or offer lower/ indirect light, depending on the orientation of your home and the available windows so you'll want something that can handle filtered light while also able to grow to a good indoor size.

- **Fiddle Leaf Fig (*Ficus lyrata*):** A popular indoor tree with large, glossy leaves. Prefers bright, indirect light and occasional watering.
- **Rubber Plant (*Ficus elastica*):** Low maintenance with dark green or variegated leaves; thrives in bright, indirect light.
- **Bird of Paradise (*Strelitzia reginae* or *Strelitzia nicolai*):** Large tropical plant with broad leaves. Loves bright spaces but not direct sun.
- **Kentia Palm (*Howea forsteriana*):** A graceful, slow-growing palm that adapts well to indoor conditions.
- **Parlor Palm (*Chamaedorea elegans*):** Classic indoor palm with a soft, tropical look; thrives in bright, indirect light.
- **Dragon Tree (*Dracaena marginata*):** Tall and slim with striking foliage, easy to care for, great for indoor air quality.
- **Umbrella Tree (*Schefflera actinophylla*):** Lush and bushy with an elegant shape, perfect for bright rooms.

From the ceiling

Hanging pots can provide unexpected drama in the right interior spaces. They can fill a space well and bring height to that space. Low-maintenance, lush indoor hanging plants are quite inexpensive and many require minimal care, including:

- **Heartleaf Philodendron (*Philodendron hederaceum*):** A fast-growing, trailing plant that thrives in indirect light and only needs occasional watering.
- **Spider Plant (*Chlorophytum comosum*):** Hardy and adaptable, this strappy-leafed specimen gets better and better as it matures as it produces baby 'spiderettes' that drape beautifully down from the pot.
- **Devil's Ivy (*Epipremnum aureum*):** One of the easiest plants to grow. It tolerates low light, occasional neglect and still looks full and lush. If you like this one, you'll also love the striking green and yellow variegated leaves of **Philodendron Brasil** and the bright lime-green version called **Neon Pothos** and finally, **Marble Queen Pothos** for its variegated white/green marbled leaves.

...and a few other hot tips

- If you want to make a statement in your living space but your preferred indoor plant is smaller and doesn't have a tall, upright shape, simply choose a tall statement pot that lifts your plant off the ground.
- If the spot you want to fill is simply too dark for any plant to thrive, a vase filled with greenery is a great substitute. Monstera (*Monstera deliciosa*) offers iconic split leaves that last weeks in water. Lucky Bamboo (*Dracaena sanderiana*) thrives in water, adding height and structure to a vase. Eucalyptus branches are another great option.
- It's always a good idea to have a few indoor plants on an indoors/outdoors rotation so they are always getting a period of time outside to recharge and revitalise. They'll also love a little incidental nitrate-filled rainwater while they're outside having a holiday.

Green helpers.

IS YOUR GREEN THUMB NOT AS BRIGHT GREEN AS YOU'D LIKE? CHECK OUT THESE GREEN ASSISTANTS THAT WILL HELP MAKE BEING A PLANT MUM OR DAD EASY!

The Plant Society Design Handbook by Jason Chongue, \$45, from Murdoch Books

Love plants? Appreciate design? Want to combine the best of the two in your home? The Plant Society Design Handbook brings together essential know-how for incorporating the ethereal magic of plants into your living spaces, where a striking arrangement of succulents is just as important as an investment lounge or a standout piece of art.

Plant Society founder Jason Chongue offers a comprehensive guide to 80+ of his go-to plants, the conditions they thrive in and how to nurture them for a long life. He reveals the secrets to successful garden layouts, sharing design-led templates that are adaptable to different spaces, and explains how to navigate plant grouping and placement, as well as style fundamentals including colour, texture, shape and scale.

With these foundations, you can explore a vast array of garden design projects – from verdant plant shelves to bold balcony arrangements to fuss-free front yards. Jason's easy-to-follow garden blueprints take a design-first approach, focusing on how plants relate to the surrounding architecture, materials and environment. Whatever the scale of your living spaces and ambition, Jason brings the rewards of a personal plant stylist into your home.

Apps for smartphones



Planta: Individual care schedule and reminders for your plants, recommendations, step by step guides, identification, light meter and more. Keep your plants alive with Planta! Visit getplanta.com



PictureThis - Plant Identifier: This app identifies millions of plants with over 98 per cent accuracy, making plant care simple and accessible. It also offers a plant disease diagnosis tool, identifies toxic plants for pets and kids, and has a great water tracker and reminder function. For iPhone and iPad in the App Store.



Pictured above: Our homeowner Camera Club members at Werribee Open Range Zoo recently. Check out their talent, behind the lens, in the images they captured during their visit, as pictured below.

Camera Club report.

ARE YOU INTERESTED IN JOINING THE CAMERA CLUB?

THE PALM LAKE RESORT TRUGANINA CAMERA CLUB'S LONG-AWAITED OUTING TO THE WERRIBEE OPEN RANGE ZOO WAS A DAY FILLED WITH EXCITEMENT, WONDER AND JOY.

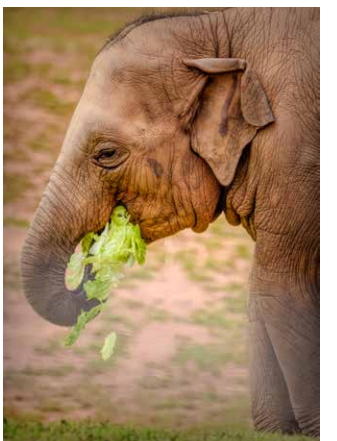
The group arrived early to beat the crowds for an up-close experience with Zoos Victoria's majestic herd of nine Asian elephants in their expansive new 21-hectare habitat.

Upon arrival, the club was delighted to discover transport was available for elderly members, allowing everyone to partake in the walking safari adventure through the elephants' world-class, open-range home.

As our members explored, their hearts swelled with happiness and a sense of progress, remembering the cramped enclosures of the past and the misguided elephant rides that have thankfully been relegated to history.

From the terrace overlooking tranquil pools, the group savoured views of the elephants roaming and interacting in their spacious sanctuary while enjoying refreshments from the new Waterhole Café.

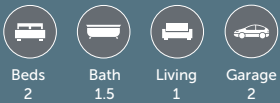
The safari ride proved to be a highlight, offering thrilling close-up views of the baby Rinio and the playful antics of the gorilla troop. As the day ended, the Camera Club members returned to our community with tired feet but happy for the experience, already reminiscing about another unforgettable day, capturing the beauty and wonder of nature through their lenses.



Homes for sale.

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

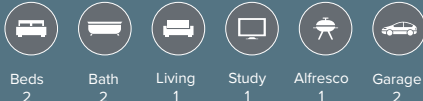
Home 48 - \$454,000



The space to live

This beautifully presented home is just over eight 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, electric chef hotplate and SMEG oven and dishwasher. At the rear of the home is 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. The double tandem garage currently has a dividing wall for rear storage space however the wall can easily be removed to accommodate two vehicles.

Home 200 - \$565,000



Ticks all the boxes

This light filled Monte Carlo design home will impress. It's very rare to find a home that ticks all your boxes! Centrally positioned very close to the Bowls Club and Country Club. The home features two bedrooms - main with large ensuite and walk-in robe and the second bedroom with its own bathroom and generously sized multipurpose room (study). There's a great sized fully appointed kitchen. 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.

Home 30 - \$425,000



Miranda, with the lot

This lovely two-bedroom Miranda-design home is in close proximity of resort facilities. High raked ceiling in the fully tiled living area and separate dining/kitchen area. Two spacious bedrooms with built-in robes. Practical kitchen with ample storage captures the afternoon sun. Modern bathroom includes extra-large shower recess. Reverse cycle air-con in the lounge and ceiling fans throughout. Low-maintenance rear yard, ramped front door access, handrail in shower and external pull-down blinds. This charming pet-friendly home has a double tandem garage, which accommodates two vehicles with plenty of space to create a workshop.

UNDER
OFFER

Home 91 - \$540,000

UNDER
OFFER

Home 92 - \$399,000

UNDER
OFFER

Home 131 - \$540,000

UNDER
OFFER

Home 85 - \$440,000

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 ARE OUR SUPERPOWER!

Palm Lake Care needs you.

As you know, the Palm Lake Group portfolio includes more than two dozen over-50s resort communities as well as seven aged caring communities across Queensland's south-east corner.

While our Palm Lake Care teams provide highly reputable 24-7 nursing support and engaging Lifestyle programs, they are currently on the hunt for community volunteers. In each community, these volunteers can choose to spend one-on-one time with the residents or support our teams in running group activities and excursions etc.

Palm Lake Resort Beachmere Bay's Robyn Crosbie says she loves nothing more than volunteering her time at Palm Lake Care Beachmere's aged caring community which is conveniently across the road from her resort.

"I've been volunteering there every week for the past six years, helping the Lifestyle Team facilitate their activities program," she smiles.

For example, you can find Robyn going on bus trips with the residents - taking them out to lunch and on scenic drives, sometimes also to church.

"Volunteering is not for everyone but I love it. My Dad was in aged care for seven years so I'm very used to the setting," Robyn explains. "I love a chat and find it very easy to talk to the residents. I love listening to their stories and they love listening to mine."

If you're based nearby one of our seven Palm Lake Care communities and would like to assist as a volunteer, we encourage you to make an inquiry. Simply visit www.palmlakecare.com.au and you'll find all the contact details you'll need there.



100
YEARS
YOUNG!

Lucky Phil.

Palm Lake Resort Eagleby homeowner Phil McDonald has just celebrated his 100th birthday! The Eagleby community knows Phil as an avid (lead) bowler. He's a favourite teammate among the skips, always close to the jack. Even if his bowl lands just a few feet out, he curses himself, though most of us would be thrilled to bowl as well as he does! His dedication to the game has undoubtedly kept him active and young at heart. At this rate, we wouldn't be surprised if he's still bowling at 110! Congrats to Phil, from all across the Palm Lake Group!

D-Bay delight.

It's been a record-breaking year for the charitable bunch at Palm Lake Resort Deception Bay. In 2024, they recycled a record 39,141 containers and donated more than \$3900 to Farm Angels (Farm Angels provides support to rural communities in time of flood, fire, drought and plagues). They also collected and donated items for hampers for the needy over the festive season, supporting organisations such as Community Care Network and The Lighthouse. Go team!



Homeowner golfers unite on the green.

GOLF IS DEFINITELY ONE WAY THAT OUR HOMEOWNERS BOND ACROSS RESORT ADDRESSES - AND THE MOST RECENT PALM LAKE INTER-RESORT GOLF CLASSIC IS PROOF OF THIS.

For the third successive year, Caloundra Cay golfers won the Palm Lake Resort Cup, but this time it was by the skinniest of margins. The winning resort team score was 60.32 (Caloundra Cay) over Pelican Waters (60.857) and Beachmere Bay (61.0). Golfers from Palm Lake Resorts at Pelican Waters, Toowoomba, Cooroy-Noosa, Beachmere Sands, Beachmere Bay, Hervey Bay and Caloundra Cay took part in the annual event, teaming up at the superb Pelican Waters Golf Course which is owned and operated by the Palm Lake Group.

And despite an absolute drenching in the days leading up to the event – which had been abandoned five days earlier – the course was presented in unbelievably good condition for the 31 teams and 120 individuals representing Palm Lake Resort homeowners.

Competing in a four-person Ambrose, the Beachmere Bay team of Graeme Clark, Michael Gregory, Stephen Walton and Ronald Rosenberger won the day, returning a nett score of 58.625. The Pelican Waters group of Steve Whitehead, Brendan Francome, Glenn Stamp and Ronald Wilkins (59) finished second, and Caloundra Cay's Ian Chew, Heather Busch, Trish McConnell and Terry Jones (59.625) came in third. But it was the overall scoring of the nine Caloundra Cay teams that resulted in the win, and the trophy returning to its 'home' at Hemingways Country Club.

– By TONY DURKIN

Our congrats to Greg.

Palm Lake Group was pleased to hear that Australian sporting identity Greg Norman was handpicked by Prime Minister Anthony Albanese to join the board organising the 2032 Brisbane Olympic and Paralympic Games. Greg Norman Golf Course Design was the team behind the original Pelican Waters Golf Course layout and they also helped our local team reconfigure the course to make way for Palm Lake Resort Pelican Waters. Greg is a supporter of the Palm Lake Group and we couldn't think of anyone more perfectly suited to this Olympic role. We send our congratulations to Greg and look forward to hosting him at Pelican Waters for a round, when he's in town.



Bravo Barnacles!

Palm Lake Resort Bargara's "Palm Lake Singers" is a choir formed by the resort's homeowners. This choir's male members have formed an additional separate choir group called "The Barnacles". Pictured above, the group stopped by Palm Lake Care Bargara recently and made a huge impression on the very grateful audience. We love seeing our homeowners involved in inter-resort events but it's just as great to see our resort homeowners and aged care communities coming together for mutual benefit. Bravo Barnacles!

Tell us what's happening over your back fence.

Has your resort got a warm and fuzzy "Over the back fence" story to share with the whole Palm Lake Resort group? Are you and/or your neighbours doing something special that you're proud of - and you know we'd be proud of too? We'd love to hear from you and include your story in these pages in the next editions of all our resort newsletters.

Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com

Making memories.



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