

APRIL - MAY 2026



Thrive



Bowlers bring home the win

Congratulations to our resort bowls teams on an impressive pennant season

Your home, in full bloom

Bring your home to life, even in the cooler months, with a beginner's guide to flowers

Refer a friend, earn a reward

Do you know someone looking to move here? Refer them for a cash reward



Welcome.

Welcome to the April–May edition of our resort newsletter. Autumn is settling in and there's a noticeable change in the air. This season invites us to appreciate the natural beauty that comes with change, whether it's taking a peaceful walk through the resort or enjoying a warm drink in front of the fireplace in the clubhouse.

I'd like to take a moment to wish each and everyone of you a Happy Easter. May this special time bring joy, comfort, and the opportunity to connect with loved ones.

I would also like to extend a heartfelt congratulations to our bowlers on their fantastic achievement throughout this pennant season. Your dedication, teamwork, and sportsmanship have truly shone through, and it is something we can all take pride in. Read more on Page 4.

Looking ahead, our Social Club has some events booked for the next few weeks. There is truly something for everyone, so keep an eye out for announcements. Some of the highlights include Afternoon Melodies, the ever-popular Rock 'n Roll Bingo, as well as visits from U & I Fashions and Amara Fashions.

We are very much looking forward to hosting our Volunteers Lunch in May. This special event, organised by us as Caretakers, is a small way of expressing our sincere gratitude to the many volunteers who give their time and energy so generously. Your contributions play a vital role in making our community a welcoming, supportive, and vibrant place, and we truly appreciate all that you do.

We will also be celebrating Mother's Day in May, recognising and appreciating the mothers and mother figures in our community. To all of our residents who are mums, grandmothers, or have played a caring role in someone's life, thank you for everything you do. We hope you have a lovely day and feel appreciated.

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:

PHONE: 1800 686 096

STREET ADDRESS:
9 Taronga Road,
Truganina, VIC 3029

OFFICE HOURS:
8am to 4pm,
Monday to Friday

EMAIL OUR CARETAKERS:
truganina@palllake.com.au

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

ONLINE: Visit our website
palllakeresort.com.au

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



News in brief.

Green waste dates for your diary

Make sure you note in your diary that the first Wednesday of every month is green waste day. Over the next few months, green waste days are:

- May 6
- June 3

Pet owners

A friendly reminder to please ensure your pet is always on a leash and under your control when out of the house. Droppings must be picked up and disposed of and are not permitted in or close to the communal facilities (all buildings, pools, etc.) or on residents' front grass areas. Please ensure your pet does not interfere with the peace, comfort or privacy of other homeowners. For more, please refer to the Residential Park Rules (July, 2017).



Please, go slow

Sometimes when we are in a hurry, we forget the limits and our speed creeps up but, for the safety of all including our wildlife, please stick to the 10km/h speed limit. Also, to those owners of bikes, buggies and motorised scooters, you also need to respect the road rules whilst moving around our resort grounds.

We want to hear from you!

Whether it's photos from a recent event or a new activity you'd like to announce, this newsletter is the perfect place to share the latest and greatest resort happenings. Ask your caretaker about deadlines for upcoming editions and how to submit content.



Are you on social media? Make sure you follow Palm Lake Resort on Facebook (@palllakeresort) and also over on Instagram (@pallm.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 (@pallm.lake.care). With more than 12,000 people calling a Palm Lake address home, there's always loads going on!



This is Your Time

The Autumn 2026 edition of *This is Your Time* magazine keeps you updated on all the news across our 27 Palm Lake Resort addresses – and more. Read all about the incredible Palm Lake Group precinct that takes in Palm Lake Resort Pelican Waters, Pelican Waters Golf Course and Pelican Waters Golf Club (including our restaurant, Cardon). These are undoubtedly the best residences and facilities ever designed and built by the Group in our almost 50-year history. Among the magazine's lifestyle features, readers will enjoy all things "The Bright Side" – from the myriad benefits of a 'bright' existence via alfresco living, and decorating with the year's bright colour winner, to holidaying in our bright new holiday home, and bright-flavoured citrus recipes. You can read the Autumn 2026 edition of our magazine online at palllakeresort.com.au

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.



We're bowled over!

Our bowlers delivered an outstanding performance during this year's pennant season. We're proud to have achieved two premiership wins, along with two runner-up finishes – a fantastic result across the board.

Congratulations to our winning teams: Side 2 (Division 5, Section 1), who played on Tuesday, and our Saturday team in Division 5, Section 1. A big well done as well to our runner-up teams: Side 1 (Division 3, Section 1), who played on Tuesday, and our Saturday team in Division 8, Section 1.

Well done to everyone involved – a great team effort!



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)
11:15am Aqua Aerobics Class with Instructor
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 Yopalates, with instructor
10.15am Aqua aerobics class, 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

10.15am Yopalates, 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)

The luck of the Irish.

OUR RESIDENTS ENJOYED A WONDERFUL EVENING CELEBRATING ST. PATRICK'S DAY ON MARCH 17. IN TRUE IRISH SPIRIT, THE ATMOSPHERE WAS LIVELY FROM THE START – IT DIDN'T TAKE LONG FOR OUR CLUBHOUSE TO FILL WITH LAUGHTER AND MUSIC.

The night was brought to life by fantastic live entertainment from Lino and Fran, also known as 'Wildestyle'. They had residents tapping their feet, singing along and even getting up for a dance. Thanks, Lino and Fran!

Guests were treated to a selection of delicious nibbles, along with a drink or two, and it was great to see everyone relaxing, mingling and enjoying one another's company.

A highlight of the evening was the lucky door prize, which was won by John Wotzko, much to everyone's delight. There was also plenty of excitement during the 'Best Dressed' competitions, with both the ladies and gentlemen proudly showcasing their creative and festive outfits. After much anticipation, Margaret Bateman was awarded the prize for 'Best Dressed' lady, while Tony Dunne took out the title for 'Best Dressed' gentleman.

Thanks to everyone who was involved in making it such a memorable, fun-filled celebration. It's safe to say that we truly captured the spirit of St. Patrick's Day!



Cut flowers 101.

SPRING ISN'T THE ONLY SEASON FOR FLOWERS. AS WE HEAD INTO THE COOLER MONTHS, FRESH FLOWERS ARE STILL THE PERFECT WAY TO MAKE YOUR PALM LAKE RESORT HOME FEEL ALIVE. CONSIDER THIS YOUR OFFICIAL GUIDE TO THE VERY BEST CUT BLOOMS FOR YOUR HOME – AND OUR TOP TIPS TO KEEP THEM LOOKING FRESH.

Roses

Did you know that roses share lineage with apples, cherries and strawberries? Or that there are over 300 species? One of the oldest known flowers, roses have been used in recipes, cosmetics and rituals for millennia – so naturally, there is a lot of lore that surrounds them. But 'floriography' (communication through flower colours and arrangements) is actually quite simple when it comes to roses and what they symbolise: red means love, yellow means friendship and white means purity. **Keep them fresh:** For longer-lasting roses, trim stems on an angle and change the vase water every two days.

Tulips

Originating from central Asia – particularly Kazakhstan – tulips get their name from the Persian word for turban ('dulband' or 'tulband') for their shape. And they're not just beautiful – for a moment, in the Netherlands in the 17th Century, 'Tulip Mania' made rare tulip bulbs more valuable than gold. They are the national flower of the Netherlands, Turkey and Iran. **Keep them fresh:** Tulips continue to grow after being cut, so choose a taller vase and trim stems regularly.

Hydrangeas

Originating in Japan and Korea, famously spotted in Cape Cod (USA), with a Greek name, hydrangeas are as exotic as they are beautiful. Like roses, their colours signify different meanings – pink means love, blue means forgiveness, white is boastful and purple brings abundance or understanding. They grow beautifully in moderate, moist climates, but green thumbs beware – hydrangeas can release cyanide if ingested. **Keep them fresh:** Hydrangeas are thirsty flowers – keep the vase topped up and mist the blooms to prevent drooping.

Lilies

With over 100 species in a wide range of colours, lilies have maintained their position as one of the most popular flowers since ancient times. As symbols of purity and rebirth, lilies were historically associated with the divine and used in religious ceremonies. Nowadays, you're more likely to see them at weddings – especially trumpet-shaped Calla Lilies, which are having a major moment. They typically last one to two weeks in a vase but beware of fallen pollen and leaves: lilies are highly poisonous for pets if ingested. **Keep them fresh:** Remove the pollen stamens as the flowers open to prevent stains and help blooms last longer.

Chrysanthemums

Commonly known as 'mums', chrysanthemums originated in ancient China as early as the 15th Century BC and also have roots (pun intended) in ancient Greece. Proving their diversity, they're also the national flower of Japan. In Australia, chrysanthemums are often given for friendship and Mother's Day, though red mums can symbolise love and passion. Did you know that their scent can deter insects? All the more reason to include this easy-to-care-for flower in your next bouquet. **Keep them fresh:** One of the longest-lasting cut flowers, mums can stay fresh in a vase for up to two weeks.

Dahlias

The national flower of Mexico, dahlias were once cultivated by the Aztecs – not just for their beauty, but for food and medicinal purposes. In fact, they were thought to be vegetables when they were first introduced to Europe. But their versatility doesn't stop here: dahlia stems were once

tested as natural water pipes in Mexico, and their petals have long been used as natural dyes. Dahlias are more than just a pretty face, it seems! **Keep them fresh:** Dahlias are best bought fully open, as they won't continue blooming once cut.

Peonies

When properly cared for, peonies can live for 100 years – a good omen, since they're also symbols of prosperity, fortune and romance. In fact, there is a famous 1000-year-old peony tree that still flowers in China, as well as many annual peony festivals. Fun fact: Peonies come in every colour but blue, making them a diverse addition to any bouquet or arrangement. Another fun fact: the correct pronunciation is more like 'peer-knee' than 'pee-oh-knee'. **Keep them fresh:** Peonies have a short season in Australia – usually late spring – so enjoy them while they're available.

Carnations

Not to be confused with peonies, which are larger and more spherical in full bloom, carnations are distinctive for their ruffled, fringed petals. Native to the Mediterranean region, the name carnation has several possible origins – the Latin word 'corona' (crown) for its use in ceremonial wreaths, or 'caro' (flesh), a nod to its natural colour. Often associated with love and admiration, carnations are popular around special occasions like Mother's Day and Valentine's Day. **Keep them fresh:** Carnations are hardy, often lasting two weeks or more with fresh water and trimmed stems.

Orchids

They're part of one of the largest flowering plant families, with over 28,000 species – and 192,000 hybrids – worldwide. In fact, orchids are more diverse than all mammal special combined. The most common types include moth orchids, corsage orchids and cymbidium orchids, all of which are popular in both fashion and home styling. Eager to grow your own orchids? Quality potting mix and a consistent watering schedule matter. **Keep them fresh:** Potted orchids thrive in bright, indirect light and only need watering about once a week.

Best buds for small yards.

TO ENJOY BIG REWARD FROM YOUR GARDEN, YOU DON'T NEED A SPRAWLING LAWN OR LARGE GARDEN BEDS. FOR THOSE LIVING IN A PALM LAKE RESORT, HERE ARE THE THREE BEST WAYS TO BRING POTTED COLOUR AND FLOWERING JOY TO YOUR LOW-MAINTENANCE HOME.

With the right plant choices, even the smallest yard, balcony or undercover outdoor living area can burst with colour. If you only have room for pots, it helps to know which flowering favourites thrive in our warm, coastal climates.

Let's begin with begonias, a wonderful all-rounder for compact spaces. These hardy bloomers are well suited to the humidity of our Queensland and Northern New South Wales resorts and perform beautifully in part shade or filtered sunlight. Their neat growth habit makes them ideal for pots, and they reward gardeners with months of continuous colour from spring through to autumn – sometimes even year-round in milder conditions. Best of all, they're low maintenance, making them perfect for those who want vibrant blooms without constant attention.

For sunny Palm Lake Resort patios and balconies, geraniums (Pelargoniums) are a classic choice. Their bold flowers in reds, pinks and whites instantly brighten any outdoor setting. Once established, they're relatively drought tolerant (which suits our warm summers) and cope well with light coastal breezes. Geraniums stay compact and respond well to pruning, so they're easy to keep tidy in containers. Some varieties even feature fragrant leaves, adding an extra sensory delight to your outdoor space.

If you have a hot, sun-drenched corner, portulaca (Moss Rose) is hard to beat. This cheerful plant thrives in full sun and produces masses of colourful blooms with very little effort. It's particularly well suited to shallow pots or hanging baskets, where its trailing stems spill beautifully over the edges. Portulaca is also tolerant of sandy conditions and salty air, making it an excellent option for homes close to the ocean.

Whatever you choose, remember to use quality potting mix, ensure good drainage and position your pots where they'll receive appropriate sunlight and protection from wind. With just a few well-chosen containers, you can create a vibrant, low-maintenance garden oasis — no large backyard required.



Homes for sale.

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

Home 12 - \$625,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

2

Garage

2



UNDER OFFER

Home 211 - \$435,000

Beds

2

Bath

1.5

Living

1

Study

1

Alfresco

1

Garage

1



Home 81 - \$450,000

Beds

2

Bath

1.5

Living

1

Study

1

Alfresco

1

Garage

1



Home 202 - \$390,000

Beds

2

Bath

1.5

Living

1

Alfresco

1

Garage

1



UNDER CONTRACT

Home 30 - \$480,000

Beds

2

Bath

1.5

Living

1

Alfresco

1

Garage

2



Home 41 - \$525,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

1

Garage

2



Home 56 - \$498,000

Beds

2

Bath

2

Living

1

Study

1

Garage

1



SOLD

Home 200 - \$495,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

1

Garage

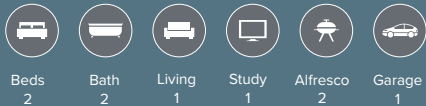
2



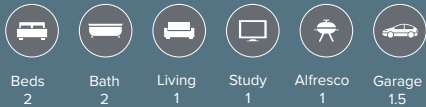
UNDER CONTRACT

Homes for sale.

Home 163 - \$569,000



Home 68 - \$500,000



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PHONE 1800 686 096, EMAIL SALESTRUGANINA@PALMLAKE.
COM.AU OR VISIT PALMLAKERESORT.COM.AU

Over the back fence.

THE PALM LAKE GROUP SPANS 27 RESORT ADDRESSES ACROSS THREE STATES AND SOME 12,000 PEOPLE CALL PALM LAKE GROUP HOME, SO THERE IS ALWAYS PLENTY OF GOOD NEWS AROUND OUR GROUNDS.

Caretakers make our world go 'round!

Every Palm Lake Resort community has an onsite Caretaker (or two) at the helm, managing day-to-day operations, and acting as the first point of contact for homeowners. They are also a vital link between each resort and Head Office – the glue that binds our 27 communities.



As Palm Lake Group's Executive Manager, People & Operations, Amanda Clements says, "We are very grateful to have a wonderful group of dedicated and long-time Caretakers across our 27 resort addresses." And when she says "long time" – she means it.

Take Lea, who has spent more than 17 years across the company's Victorian resorts, spending 13 years at **Phillip Island** alongside her late husband Peter.

"Our motto was to show compassion, give homeowners the time they needed, and always leave them with a smile," Lea says. "We built great relationships, while also respecting the boundaries of the role."

Her advice to new Caretakers is simple: listen. "A problem that seems small to us can be huge for a homeowner. And remember, you're never alone – Head Office and fellow Caretakers are always there to help."

Across the network, many Caretakers have reached impressive milestones. Michaela (**Eagleby Heights**) is approaching 17 years, Trish and Rik (**Mt Warren Park**) are nearing 14 years, and Wayne and Di (**Banora Point**), along with Robyn and Bernie (**Yamba**), have each surpassed a decade. Jo and Troy (**Paynesville**), now nine years with the company, even shared their wedding day with residents, with Jo wearing her dress to work to give everyone a sneak peek. At **Carindale**, homeowners also presented Caretakers Karen and Wayne with a heartfelt "contract" asking them never to leave.

We also acknowledge those celebrating five or more years: Ron and Jo (**Fern Bay**), Karen and Mark (**Toowoomba**), Tracey and Bryce (**Forster Lakes**), Kym (**Yamba Cove**), and Phil and Lyn (**Deception Bay**).

Love is in the air.

Palm Lake Resort Forster Lakes has hosted lawn bowls games, Happy Hours, and now... a wedding! Jessica Nye, daughter of homeowners Steve and Linda, wed her groom, Haylan, at Forster Lakes' Reception Centre in front of their special people (pictured below left). Over at **Palm Lake Resort Waterford**, Roy and Trish (pictured below right) utilised the lush green grounds of their resort to be officially wedded. We wish all the Palm Lake newlyweds wonderful marriages and rewarding lives together!



Tai chi champions.

Congratulations to **Palm Lake Resort Mt Warren Park**, who were the grand winners of the 2025 Inter-Resorts Tai Chi Competition. With steady hands, great teamwork and plenty of laughs, they won with a grand total of 5903 points (beating second-place team's 4480 by a wide margin). "They showed obvious skill and determination, with lots of laughs, to come out on top," says the instructor on the day. And spoiler alert: they're already leading the 2026 competition!



Paws on parade.

A group of **Palm Lake Resort Bargara** homeowners have started walking their dogs over to Palm Lake Care Bargara each month to let the care residents enjoy some friendly canine company and pet therapy. Everyone loves patting the doggos and chatting with the visitors – though few are as excited as the dogs themselves!

It takes a village.

Palm Lake Resort Cooroy-Noosa's latest cent auction raised over \$3100, with the majority going to Uniforms 4 Kids (U4K) – an organisation which repurposes pre-loved uniforms into clothes for children in need.

"Thank you, thank you, thank you to everyone who helped with, attended and donated goods to the cent auction," said organiser and homeowner Yvonne Pattinson. "The sewing ladies truly did themselves proud with the beautiful food. I'm sure everyone had a great day."

The impact of this fundraising is already being felt well beyond the local community. According to a statement from the Queensland Police Service, Cooroy U4K volunteers have worked tirelessly to prepare 40 boxes of essentials for Queensland families. The boxes contained an extraordinary 3200 handmade clothing items, lovingly transformed from repurposed police uniforms into dresses, skirts, shorts, baby clothes, hair accessories, scrunchies, pencil cases and library bags. The boxes were also filled with generously donated items such as baby socks, beanies, small bags of LEGO parts, stationery, bracelets, toys and tissues.



WE LOVE OUR
FOUR-LEGGED
RESORT
FRIENDS!

Must love dogs.

The very first **Palm Lake Resort Toowoomba** dog show brought homeowners and their four-legged friends together for a day of laughter, wagging tails and the occasional bark of excitement. Sponsored by the Palm Lake Group, the inaugural event was such a success that it's set to become an annual tradition.

What's 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? We'd love to include it in the next editions of our resort newsletters. **Simply contact your Caretakers or email the details to Belinda at belinda@bellepr.com**

Connect,
for life.



1800 686 096 | truganina@palllake.com.au
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