

AUGUST-SEPTEMBER 2025



Thrive



Palm Lake Resort homes for sale

Know someone looking to move here? We may have just the abode for them

Meet the music makers

Did you know that our resort is home to a thriving ukulele making group?

Refer a friend, earn a reward

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



Welcome.

At Palm Lake Resort Truganina, we often say that it's not just a place to live - it's a place to belong. As caretakers, we're privileged to witness this sentiment in action every single day. Working here isn't just a job; it's an experience filled with meaningful moments, genuine connections, and a community spirit that truly sets this resort apart.

Being a caretaker at Palm Lake Resort Truganina is so much more than maintaining beautiful gardens or keeping facilities running smoothly (although we do take great pride in those!). It's about being part of something larger - a lifestyle resort where residents thrive, friendships flourish, and every day brings a new opportunity to make someone smile.

What truly makes Palm Lake Resort Truganina special is its homeowners. They are the heart and soul of the resort - warm, welcoming, and always up for a laugh or a friendly chat. From early morning greetings to spontaneous chats in the clubhouse, the role allows us to build genuine relationships with our residents.

Their appreciation doesn't go unnoticed, either. Whether it's a thank-you card, a home-baked treat, or a simple wave of gratitude, the kindness they show makes our work deeply fulfilling. We count ourselves lucky to be part of the Palm Lake Resort family. Every day is different, every face familiar, and every moment a reminder of how special it is to live and work in a place built on respect, community, and joy.

So, here's to our wonderful homeowners - thank you for making Palm Lake Resort Truganina the truly exceptional place it is. You make our work not only worthwhile, but wonderful.

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:
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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 (@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.

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.



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:

- **September 3**
- **October 1**
- **November 5**

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!

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 Yopalates, 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 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)



Thank you.

David and I were thinking about what we could do to express our deepest gratitude to our wonderful Caretakers, Theo and Susan – not only for their incredible support in helping us establish our Ukulele Building Group, but also for their tireless and fantastic work that they put in to make living at Palm Lake Resort Truganina a much better place.

To show our appreciation, we decided to create something truly special: a custom-built tenor ukulele, designed by me. This instrument is made from Tasmanian Blackwood and Spruce, the finest Australian tonewoods – a fitting tribute to their warmth, commitment, and the joy they bring to our community.

The process is a blend of craftsmanship and camaraderie. Using jigs, clamps, files, and endless patience, the group shapes everything from the curved bodies to the intricate fretboards. Many of the members had never worked with wood before joining the group – but, under the gentle guidance of a few experienced hands, such as Allan Blackstock and David Wagstaff, they've become skilled in the art of turning Australian tonewood timber into something beautiful. Not toys, but quality first class instruments.

A group of ukulele enthusiasts – Felix Cini, Ziggy Kowalczyk,

OUR RESORT IS HOME TO A DEDICATED GROUP OF RESIDENTS WITH A PASSION FOR UKULELES - NOT JUST PLAYING THEM, BUT BUILDING THEM, TOO. BUT, AS THEY SAY THEMSELVES, THEY COULDN'T DO IT WITHOUT THE HELP OF THEIR DEDICATED CARETAKERS...

Sergio Lunardi, Ian Hill, Fred Caruana, Tony Dunne, Brian Elliott, John Wotzko, and Linda Wilson – have been diligently working on crafting their very first ukuleles. Each member had the opportunity to choose between building a Concert, Tenor or Baritone ukulele, with each style offering its own unique sound and character. The project has sparked creativity and craftsmanship among the group, and the excitement as some of the instruments take shape is palpable. At the time of writing, six ukuleles have been completed.

These homeowners attend Friday morning sessions, starting at 10am and wrapping up only when they've had their fill of woodworking for the day. Once they get going, it's hard to stop – especially for Allan, who's already on his 20th guitar!

Beyond the tools and timber, the project has become a source of connection and joy. Members often bring in ideas for decoration – shell inlays – making each instrument a unique reflection of its maker. For those involved, it's more than just a hobby – it's a source of pride, purpose, and a reminder that creativity doesn't retire.

Thank you so much Theo and Susan,

Allan Blackstock



Bringing the festive cheer!

WHO WOULD HAVE THOUGHT THAT CHRISTMAS COULD COME TWICE A YEAR? WINTER MAY BE CHILLY, BUT THE SPIRIT AT PALM LAKE RESORT TRUGANINA WAS WARM AND BRIGHT WHEN OUR RESIDENTS GATHERED TO CELEBRATE CHRISTMAS IN JULY.

Making the most of the cool weather, our Social Club put on a wonderful Christmas in July celebration. The festivities were complete with delicious food, festive costumes and the amazing 'Treblettes' as entertainment.

Everyone got right into the festive spirit – so much so, even Santa and Mother Christmas stopped by to say hello! The event was a joyful reminder that Christmas celebrations aren't just for December. Filled with laughter and community spirit, our Christmas in July get-together was a festive success that brought smiles to everyone who attended. Thank you to all who made it such a special day.



Do your home work.

WHETHER IT'S DUE TO THIS CURRENT PATCH OF COLD WEATHER OR SIMPLY A DESIRE TO SLOW DOWN, THERE'S SOMETHING SO REWARDING ABOUT SPENDING TIME AT HOME. IT'S THE PERFECT OPPORTUNITY TO GET CREATIVE, GET ORGANISED, OR EVEN LEARN SOMETHING NEW. HERE ARE 20 MEANINGFUL WAYS TO MAKE THE MOST OF YOUR TIME INDOORS THIS WINTER.

1. Create digital albums or physical photo books to organise your memories – you could make one for a recent holiday you've been on, or one for each grandchild. Websites like Snapfish, Memento and Chatbooks are all very helpful.
2. Fix, polish or clean up heirlooms you would like to hand down to your loved ones. There's no time like the present to gather up the pieces in your favourite china set, mend a childhood toy or polish a piece of jewellery so that it's ready to pass on to someone special.
3. Have you ever thought about writing your autobiography? Whether or not you think you have much to write about, an autobiography is a great way to connect the dots and reflect on big and small moments in your life. It also makes a great gift for your family.
4. In the same vein, why not make your own cookbook? You don't have to be a great cook – simply include the recipes that have meant a lot to you throughout the years and write little notes as to why. Food has an unparalleled power to connect people, and your friends and family will love reading which dishes are close to your heart and why.
5. Learn a new language. This activity might just inspire you to plan that trip abroad but, either way, learning a new language is also great for the kind of mental stimulation that helps to keep our brains active and healthy in the latter years.
6. Making a quilt is one craft project that offers a big reward – literally! You don't need to be an avid sewer or even own a sewing machine to embark on a quilt-making project. All you need is thread, needles, pins and fabric scraps. Your quilt doesn't have to be huge. It could even feature small pieces of fabric from unwanted items in your wardrobe. Pro tip: Small sampler quilts look great framed on the wall.
7. Learn a new card game. We've all got our family favourites but why not stretch your card-playing repertoire? There are countless free instructional videos available online, but you could also put a call out to your friends and neighbours to share their favourite cards games with you.

8. Do an online course – at an Ivy League school, no less! World-class education is at your fingertips thanks to schools like Harvard and Yale which offer free online courses in everything from computer science to business, art and much more. Hit the internet... You'll be surprised!
9. Virtually tour a gallery or museum you've always wanted to visit, whether it's Melbourne's NGV, Barcelona's MACBA or the Louvre. Some of the world's most notable museums offer online tours of their latest and greatest collections – they're all free, and all just a Google search away.
10. Do you know exactly where you came from? Quiet time at home provides the perfect opportunity to find out. You can map your family tree by diving into old archives – both physical and digital – or by enlisting the help of a website like Ancestry.com
11. If you are a life-long reader, there are likely some books that have stuck with you over time. What are they and why do you love them so? Write down a list of your all-time favourite books, and maybe even a little bit about why you like them or what your life looked like when you first read them – you could write the note inside the book for added sentimentality. You could then gift this list and these books (notes included) to your nearest and dearest.
12. Much like your favourite books, there are probably a number of songs that are close to your heart too. Maybe it's the song you danced to at your wedding, or one you loved as a teenager? Take this time to reflect on all the songs that have meant something to you over the years, and write them down – or, turn them into a CD or playlist to listen to on repeat and share with your family and friends.
13. Do you know where all your most treasured photos are right now? If not, now might be time to organise them – whether they are physical photos or digital copies. Websites and apps like Zoner Photo Studio, Canto and Google Photos can help.
14. If you haven't got one already, now is a great time to get



into the garden and create your own herb, veggie or flower patch. The weather is right for working outdoors (you're not going to be raising a sweat right now!) and the timing is also perfect for preparing your beds ahead of spring.

15. Flex your creative muscles and turn those magazines, old photos and craft supplies you have lying around into a fun collage. These look great when framed. All you need are some scissors, glue and perhaps a few pens to annotate your illustrations. You could make it sentimental – to celebrate a family member or holiday – or just for fun.

16. Bullet journals have been around since the early 1990s, but they really took off a few years ago. The idea is simple: every day, you jot down your thoughts, feelings and activities in bullet form, creating a valuable log for you to look back and reflect on. It's also great for stress relief.

17. From 'The Godfather' to 'Casablanca,' 'Pulp Fiction' to 'Star Wars,' some movies will go down in history. But how many have you actually seen? Ask your friends what they consider to be 'must-see' movies or Google the greatest movies of all time, then work your way through the list until you've seen them all. The perfect 'job' this winter!

18. If you're not quite sure what an app is or still think 'FaceTime' can only happen in person, consider using your downtime to learn more about the technology in your smartphone. A whole world awaits, quite literally at your fingertips, and you can use it to learn new information and skills, play games or better manage your life. Hit your device's app store or enlist the help of your grandchildren if need be – they'll be happy to get you up and running.

19. Everyone has one – the drawer that is always in disarray, that you can barely look at, let alone open or close. If you have spare time on your hands, use it to clean out 'that' drawer. Organise it well, and you'll never have to worry about that drawer again.

20. Did you know that you don't even need to leave the house to volunteer your time and services? There are a number of volunteer organisations like Vollye, the UN's onlinevolunteering.org and volunteer.com.au that offer online and remote options.

Whether you tick off one idea or try a handful, time at home can be both restorative and productive. You never know – a winter's day at home might just spark a new passion.

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 148 - \$565,000



UNDER
CONTRACT

Corner block delight

Positioned on a sought-after oversized corner block, this well-kept Westmeadows home offers two bedrooms, two bathrooms, a modern kitchen with stone benchtops, open plan living, and a versatile multipurpose room or potential third bedroom. Enjoy a sunroom, tiled alfresco and side double-gate access for caravan or boat storage.

Additional features include ceiling fans, garden shed, security door and a double garage. A rare opportunity for buyers seeking space, comfort and flexibility in a premium location.



Home 202 - \$410,000



Well presented, well positioned

Ideally located near Palm Lake Resort Truganina's essential community amenities, this well-presented home offers comfort and convenience.

The spacious lounge, with raked ceiling and timber floors, leads to a separate dining area and a well-equipped kitchen with ample storage.

The low-maintenance backyard includes a covered pergola for year-round entertaining and a garden shed for extra storage.



Home 56 - \$498,000

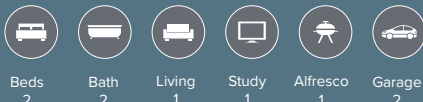


Coonawarra, on a corner

Beautifully positioned on a corner allotment, this Coonawarra design home features open-plan living with a light-filled lounge, dining and kitchen — ideal for entertaining. Enjoy the private front verandah, complete with café blinds, a generous garden frontage and low-maintenance appeal. This home includes two bedrooms, two bathrooms, two toilets, a study or third bedroom, and a long single garage with extra driveway space. The perfect blend of comfort and convenience in a sought-after location.



Home 200 - \$550,000



Ticks all the boxes

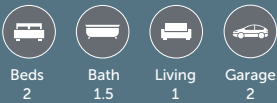
This light filled Monte Carlo design home will impress. It's very rare to find a home that ticks all your boxes! Centrally positioned very close to the Bowls Club and Country Club. The home features two bedrooms - main with large ensuite and walk-in robe and the second bedroom with its own bathroom and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



Homes for sale.

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Home 48 - \$425,000



UNDER
OFFER

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 41 - \$540,000

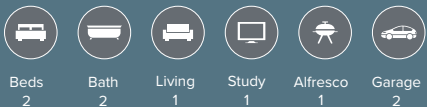


Well maintained

Beautifully presented and impeccably maintained, this Monte Carlo style home offers two bedrooms, two bathrooms, and a highly sought-after double lock-up garage. Enjoy open-plan living, a sleek modern kitchen with Smeg appliances, and a versatile multipurpose room. The master suite features a walk-in robe and private ensuite, while the tiled courtyard with pergola is perfect for entertaining. With low-maintenance appeal, ceiling fans, and internal garage access, this home blends comfort, style, and functionality in a prime location.



Home 34 - \$499,000 - \$549,000

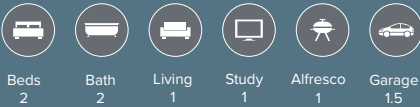


All the special touches

Beautifully presented, this two-bedroom residence offers instant comfort and a warm welcome. A sunlit living area flows into a stylish kitchen with stone benchtops and a dishwasher. The open-plan lounge and dining space extends to a fully tiled, undercover alfresco with café blinds — perfect for year-round entertaining. Additional highlights include two split system air conditioners, generous storage, a separate laundry, two bathrooms, two toilets and a versatile multipurpose room ideal as a study or third bedroom.



Home 109 - \$545,000



Spacious living

This thoughtfully designed home features an open-plan layout with carpeted living areas, two bedrooms—including a master with a walk-in robe and ensuite—a study or multipurpose room, and ceiling fans throughout. Sustainable living is easy with solar panels and a water tank. Enjoy seamless indoor-outdoor flow to the enclosed alfresco via glass sliding doors, plus a spacious pergola behind the garage, perfect for year-round entertaining. Comfort, functionality, and lifestyle come together in this well-appointed property.





This is your time
to embrace more.



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