

DECEMBER - JANUARY 2025



Thrive



Fun that spans generations

Make the most of this holiday season to rediscover some childhood favourites

Giving the gift of family memories

We share tips for capturing your family's history to create meaningful gifts

Refer a friend, earn a reward

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



Welcome.

Hello all homeowners -

We cannot believe how fast this year has gone! And as the festive season is upon us, excitement builds in the lead up to Christmas and New Year celebrations. Our Christmas decorations are up in the community facilities and there is a great vibe around our Country Club.

We have seen great improvement over the past few months in the look of Palm Lake Resort Truganina with thanks to all our team members who take pride in their work. We love being part of this community and are looking forward to a wonderful 2025. Enjoy this special time with your family and friends.

This is the season to wish one another joy, love and peace.

Wishing you all a very Merry Christmas and a happy New Year.

Susan and Theo,
Palm Lake Resort Truganina Caretakers

PS. Sometimes when we are in a hurry, we forget the resort speed limits and our speed creeps up but, for the safety of all including our wildlife, please stick to the 10km/h speed limit. This will be especially important in the coming months as we see an influx of visitors to our grounds over Christmas and the summer holiday period. 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 thank you in advance.

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@pallmlake.com.au

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

ONLINE: Visit our website
pallmlakeresort.com.au

GET SOCIAL:
Follow us on Facebook
(@pallmlakeresort) and on
Instagram (@pallml.lake.resort)



News in brief.

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:

- **January 2**
- **February 6**



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



Your summer page-turner

Summer and the end-of-year holiday season are upon us and so we have another edition of Your Time magazine packed full of festive reads. In this edition, you can catch up on the progress we're making at Yamba Cove, Paynesville and more. There's also a wonderful feature story based on a 50-year-old Elliott family scrapbook that contains the most nostalgic newspaper clippings and photos. We've also got plenty of stories in our popular Lifestyle section around how you too can collect your own prized family history - it's the perfect time of the year to be thinking about that. If you haven't received a hard copy in your mailbox, you can always catch up and read it online at pallmlakeresort.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.

Weekly activities.

MONDAY

- 9.30am** Bus to Point Cook Shopping Centre
- 10am** "Stampin' Up" class with instructor
- 12 noon** Homeowners' bistro lunch
- 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
- 6pm** 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)
- 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)
- 4.30pm** Happy Hour (Bowls Club)
- 6.30pm** Social twilight bowls (summer)
- 7pm** Social craft (BYO craft)

FRIDAY

- 9am** Aqua aerobics class, with instructor
- 10.15am** Yogalates, with instructor
- 2pm** Social board games

SATURDAY

- 12.30pm** Social bowls

SUNDAY

- 2pm** Social cards



Melodies and moves.

The atmosphere was electric last month as our community came together for an afternoon of musical entertainment from the talented performer Rick Hudson. From the moment he took the stage, Rick had the crowd captivated, effortlessly transitioning between iconic hits from a variety of legendary artists. Whether crooning like the King himself, Elvis Presley, or channelling the infectious Latin rhythms of Ricky Martin, Rick's impersonations were uncannily accurate, transporting the audience on a nostalgic journey through decades of beloved music. The room erupted in cheers and applause as he seamlessly segued from the timeless melodies of The Beatles to the smooth, velvet tones of Cliff Richards, showcasing his remarkable versatility and vocal prowess.

It wasn't long before the dance floor was filled with homeowners, joyfully swaying and tapping their feet to the infectious beats. Laughter and smiles abounded as the community revelled in the camaraderie of sharing cherished musical memories together. The wonderful Social Committee had once again outdone themselves, providing an afternoon of pure entertainment and unparalleled fellowship.



Snap happy.

The members of the Palm Lake Resort Truganina Camera Club were thrilled to embark on an early morning excursion to the Melton Botanic Gardens, as most had no prior knowledge of this hidden gem. As they arrived, the slightly cool morning air soon gave way to pleasant warmth as the group began their tour of the stunning gardens. They started with the tranquil lake walk, which did not disappoint, as it teemed with an abundance of vibrant birdlife. The garden had thoughtfully provided helpful identification signs for the diverse flora and fauna, which the photographers greatly appreciated as they captured the natural beauty all around them. After thoroughly exploring the lakeside area, the Camera Club members continued their leisurely stroll, delighting in the various specialised garden beds showcasing the unique plants of South Africa, Western Australia and South Australia. The mixed garden beds were also a delight, offering a colourful tapestry of blooms that had the photographers snapping away enthusiastically. By the end of the day, they all had collected a wealth of stunning imagery and a newfound appreciation for the captivating proteas and bottlebrush plants that flourished throughout the Melton Botanic Gardens. This hidden gem had truly proven to be a remarkable find, leaving the Camera Club members eager to revisit and explore its natural splendour again in the future.

The Palm Lake Resort Truganina Camera Club meets on the last Wednesday of each month at 10am. Recommended for those who can walk quite a distance at a slow pace. Bring any camera or even your smartphone. Carpooling is available for those who cannot drive. New memberships commence on Jan 29, 2025. Phone Kathryn (Home 72) for further details.



WE ARE ALL SO VERY GRATEFUL FOR YOU!

Thankyou to our incredible volunteers.

THE PALM LAKE RESORT TRUGANINA COMMUNITY CAME TOGETHER FOR A JOYOUS CELEBRATION AS THE CARETAKERS ORGANISED A SPECIAL LUNCH FOR THE MANY DEVOTED VOLUNTEERS WHO WORK TIRELESSLY BEHIND THE SCENES TO SUPPORT OUR RESORT AND COMMUNITY.

This heartwarming event was met with immense excitement and deep gratitude from the attendees, as it provided a rare opportunity for these unsung heroes to gather, connect and be recognised for their invaluable contributions.

The tables were abuzz with animated conversation as volunteers eagerly traded stories, forged new bonds and contemplated the promising year ahead. A delightful spread was prepared, including a mouthwatering barbecue lunch and delectable desserts, creating an atmosphere of festive indulgence. Throughout the gathering, awards were presented to each volunteer as a token of appreciation for their selfless efforts over the past years. Smiles, laughter and even the occasional tears of joy could be seen as the community revelled in this moment of celebration.

The volunteers expressed heartfelt gratitude to Palm Lake Resort, our caretakers and staff for their thoughtfulness and kindness, and they eagerly look forward to many more joyous time spent serving their beloved community. This event served as a testament to the power of community, the value of volunteerism and the profound impact that a simple gesture of appreciation can have in uplifting the spirits of those who give so much of themselves.

It's the season of giving... memories.



THE GIFTS
THAT KEEP ON
GIVING

THIS FESTIVE SEASON, WHY NOT CELEBRATE THE GIFTS WE ALREADY HAVE? OUR FAMILY, OUR PAST, OUR HAPPY MEMORIES – THESE ARE THE THINGS THAT MAKE LIFE SO SPECIAL. HERE ARE A FEW WAYS YOU CAN TURN YOUR FAMILY HISTORY INTO CHERISHED GIFTS.

Handmade scrapbooks

A handmade scrapbook filled with photos, notes, and keepsakes from the past is a beautiful way to bring your family's history to life. You can curate themed pages adorned with photos, ticket stubs or mementos to reflect special memories – think family holidays, childhood memories or important milestones. Alternatively, consider a scrapbook frame to display a single page or a collection of items that tell a story. These frames can hold vintage photographs, concert tickets or handwritten letters, creating a piece of art that blends memories with home decor. A perfect solution if you're creating gifts for more than one person.

Memory books

We each have a seemingly endless well of memories, but it can be hard to recall them all on our own. Memory books are a wonderful way to share stories from our lives – and you can find them just about anywhere. Of course, there are digital alternatives, too. Websites like Storyworth allow users to answer questions about their past (including questions submitted by their friends and family members). At the end of the year, the answers are compiled into a book. These stories offer insight into family traditions, adventures and life lessons. Can you think of a better gift for the next generation?

Photo albums and books

Curating a photobook is a great way to tell a visual story. Gather up your pictures from over the years, from family vacations to simple moments at home. Many online services

offer easy-to-use templates to create beautiful albums that will be cherished for generations. For tech-savvy grandparents, digitising old photos and videos is a special touch – turning fading images into high-quality digital files that can be shared easily across devices.

Digital frames

A modern twist on a classic present, a digital frame allows you to share hundreds of photos in a rotating display. Certain frames allow you to preload a selection of family snapshots, while others can be added to remotely (via cloud technology) for a display that changes as your family does. If a picture tells a thousand words, we can't think of a better way to keep your memories alive.

Furniture with meaning

Furniture may not be the first thing that comes to mind when you think about sentimental gifts, but restoring or passing down a cherished piece can have great significance. Whether it's a rocking chair that's been used by generations or a coffee table where family game nights took place, these pieces allow memories to live on – even when the walls around them change. For a personal touch, inscribe meaningful dates or messages on the furniture, or write a letter explaining its history to your gift's recipient.

Sentimental jewellery

As some of our most treasured possessions, pieces of jewellery can carry deep of nostalgia – especially when they have been passed down through the generations. That necklace or watch that has been gathering dust in your nightstand could become a cherished gift for your child or grandchild. Or how about creating a custom piece from a broken or dated item? You can incorporate birthstones, engravings or even handwriting – with sentimental jewellery, the possibilities are endless.

Keeping the past alive.

THE HOLIDAYS USUALLY PROVIDE MANY OPPORTUNITIES TO SIT AROUND A TABLE WITH LOVED ONES. WHY NOT USE THESE PRECIOUS MOMENTS TO SPARK NEW CONVERSATIONS ABOUT OLD MEMORIES? THIS IS YET ANOTHER WAY TO KEEP THE PAST ALIVE. JUST MAKE SURE YOU DOCUMENT THESE VALUABLE CHATS – YOU COULD MAKE VOICE OR VIDEO RECORDINGS OR TAKE NOTES AND TURN THEM INTO A KEEPSAKE BOOK. TO MAKE THINGS EASY, WE'VE COME UP WITH A FEW QUESTIONS, BELOW, TO HELP GET THE BALL ROLLING ON DOCUMENTING YOUR FAMILY HISTORY...

Questions about childhood

- What was your favourite game to play as a child?
- What was your favourite item in your childhood bedroom? Did you have a special toy?
- Who were your best friends, and what did you like to do together?
- Did you have any pets? What were they like?
- What's a memory from school that stands out to you?
- What was your favourite meal growing up, and who cooked it?

Questions to compare experiences

- What was school like when you were a kid, and how is it different from school today?
- How did you celebrate your birthdays growing up?
- What was traveling like when you were younger compared to now?
- What are some things you did that you think kids today don't get to experience?
- How was life different when you were my age, and how is it the same?

Questions about family traditions

- What special traditions did your family have for holidays like Christmas or birthdays?
- How did your family celebrate big milestones, like weddings or graduations?
- Was there a family recipe that was passed down to you? Are there any family meals special to you? Why?
- Did your family have any unique or funny traditions?
- What was your role during family gatherings when you were younger?

Questions about life events

- What was one of the most important decisions you made in your life?
- Can you tell me about the day you met (spouse/partner)?
- What was your first job, and what things did you learn from it?
- What's the best piece of advice you've received?
- What's a challenge you faced that taught you a lot about yourself?

Questions about the different eras

- What did you do for fun when you didn't have modern technology?
- How did you communicate with your friends or family before the internet and mobile phones?
- What kind of music did you listen to? How did you hear about new bands or songs?
- What major world events or historical moments do you remember clearly?
- How did people dress when you were my age?

Questions about family and ancestors

- Can you tell me about your parents or grandparents?
- What is the most interesting thing you've heard about our family history?
- Did your family have any special heirlooms or items that were passed down?
- What do you know about where our family originally came from?
- Are there any funny or memorable stories about our family that I haven't heard before?



Fun that stands the test of time.

ARE YOU HOSTING YOUNGER GENERATIONS THIS HOLIDAY SEASON? TAKE A TRIP DOWN MEMORY LANE WITH THESE OLD SCHOOL FAVOURITES, WHICH WILL BRING AS MUCH JOY TO YOUR CHILDREN AND GRANDCHILDREN (AND EVEN GREAT-GRANDCHILDREN?) AS THEY DID YOU...

Movies

- Mary Poppins (1964): Watch it on Disney+
- A Charlie Brown Christmas (1965): Watch it on Apple TV
- The Love Bug (1968): Watch it on Disney+
- The Pink Panther (1963): Watch it on Apple TV
- The Parent Trap (1961): Watch it on Disney+

TV shows

- The Beverly Hillbillies (1962-1971): Watch it on Prime Video
- Bewitched (1964-1972): Watch it on Apple TV
- I Dream of Jeannie (1965-1970): Watch it on Apple TV
- The Munsters (1964-1966): Watch it on Foxtel Now
- The Addams Family (1964-1966): Watch it on Apple TV

Songs

- ‘God Only Knows’ by The Beach Boys (1966)
- ‘I Want You Back’ by The Jackson 5 (1969)
- ‘Like A Rolling Stone’ by Bob Dylan (1965)
- ‘Be My Baby’ by The Ronettes (1963)
- ‘You Can’t Hurry Love’ by The Supremes (1966)

Indoor games

Dominoes: Each player starts with seven dominoes. The remaining dominoes are placed face down. The first player places a domino with a matching number of dots (e.g., a 6-6). The next player must add a domino that matches one of the numbers on the open ends of the chain. If a player cannot play, they must draw from the pile until they find a playable piece. The game continues until one player uses all their dominoes or no more plays can be made. The winner is the person who runs out of dominoes first.

Knuckles/Jacks: Scatter the knuckles on the ground. The first player tosses the ball into the air, quickly picks up one knuckle, and catches the ball before it hits the ground. The player continues picking up one knuckle at a time. After clearing all knuckles, the player moves on to picking up two at

a time, then three, and so on. The game ends when a player fails to pick up the right number of knuckles or drops the ball.

Marbles: Draw a circle (about one metre wide) on the ground and place a few marbles inside. Players take turns flicking their "shooter" marble (a larger marble) at the smaller ones, aiming to knock them out of the circle. If a player knocks a marble out, they get to keep it and take another turn. The game continues until all the marbles have been knocked out. The player with the most marbles wins.

Outdoor games

Yo-yo: To start, hold the yo-yo in your hand with your palm facing up and the string wrapped around your middle finger. Throw the yo-yo downward with a flick of your wrist, letting it unwind and "sleep" (spin) at the bottom. Give the string a small tug to bring the yo-yo back to your hand. As you get comfortable, you can try simple tricks like "Walk the Dog" (letting the yo-yo roll along the ground) or "Around the World" (spinning the yo-yo in a circular motion).

Handball/Four Square: Stand a few feet away from the wall and hit the ball against it using the palm of your hand. The ball must bounce once on the ground before hitting the wall, and the other player must return it after it bounces once on the ground. Play continues as long as players can keep hitting the ball back and forth. If a player misses, lets the ball bounce more than once or hits the ball out of bounds, the other player earns a point.

Elastics: Tie a long piece of elastic into a loop. Two people stand inside the elastic, stretching it around their legs at ankle height to form a rectangle. The third player jumps over and on the elastic in a sequence, chanting a rhyme (e.g., "England, Ireland, Scotland, Wales..."). As the player succeeds, the elastic is moved higher, first to knees, then hips, etc. The aim is to complete the jumping pattern without touching the elastic incorrectly or missing a jump.

Homes for sale.

Home 131 - \$540,000


Beds
2


Bath
1.5


Living
1


Study
1


Garage
2



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 30 - \$425,000


Beds
2


Bath
1.5


Living
1


Garage
2



Miranda, with the lot

Embrace resort community living in this beautiful home with furniture and white goods included in sale (optional) – all you need to do is move in! This lovely two-bedroom home is situated within close proximity of all resort facilities. High raked ceiling, fully tiled living area, separate dining/kitchen, two spacious bedrooms with built-in robes, modern bathroom, reverse cycle air-con.

TURN
OVER FOR
MORE GREAT
HOMES...

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 85 - \$460,000



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.

Home 48 - \$454,000



UNDER
OFFER

Welcome home

Lovely home, 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, 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 - \$399,000



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 200 - Coming soon!



Home 91 - Coming soon!



Entertain your friends.



FREECALL 1800 686 096 | truganina@palllake.com.au
9 Taronga Road, Truganina VIC 3029

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