

Thrive



Plan a trip using animal instincts

Capitalise on our country's incredible array of fauna when planning your next adventure

A Cup Day for the history books

One way to make Melbourne Cup Day memorable? A visit from the Cup itself!

Refer a friend, earn a reward

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



Welcome.

As we end another incredible year, we find ourselves reflecting on all that has made this year so special here at Palm Lake Resort Truganina. Over the past twelve months, our community has continued to thrive. From social gatherings and themed events to regular activities and spontaneous catchups, there has never been a dull moment. Each occasion has reminded us of how fortunate we are to be part of such a vibrant, welcoming and caring community.

One of the greatest joys for us has been watching friendships grow and seeing residents come together. Whether it's a morning coffee shared after an activity, an afternoon of lawn bowls, or an evening of bingo in the clubhouse, the spirit of connection and belonging truly shines through here at Palm Lake Resort Truganina.

We've also had the pleasure of welcoming several new homeowners to our community this year. To those who have recently joined us — welcome! We hope you are settling in comfortably and discovering just how special it is to live here. Our resort facilities are designed to be an extension of your home — a place to relax, connect, and create lasting memories with new friends.

We would like to take a moment to express our heartfelt thanks to every resident for making this such a wonderful place to live and work. From our entire team — we wish you and your families a very Merry Christmas and a safe, joyful, and Happy New Year. May the festive season bring you moments of peace, happiness, and time spent with the people you love most.

If you're travelling over the holidays, please take care on the roads and arrive safely at your destinations. We look forward to seeing everyone refreshed and ready for another exciting year ahead in 2026.

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 (@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.

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.



Get social
with us!

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).



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:

- December 3
- January 7
- February 4

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 12,000 people calling a Palm Lake address home, there's always loads going on!

Merry market goes

Tick off your Christmas shopping list and support local at these upcoming markets...

Wyndham Makers & Farmers

Market: 9am-2pm on the third Sunday of the month at Werribee Racecourse

Melbourne Cheeky Monkey

Market: 9am-3pm on Saturday December 6 at Sanctuary Lakes Shopping Centre, and Saturday December 20 and Sunday December 21 at Stockland Point Cook



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.

The cup that stopped by our resort.

WHAT AN INCREDIBLE EXPERIENCE! WE WERE THRILLED TO HOST THE EXCITEMENT OF THE 2025 MELBOURNE CUP RIGHT HERE AT OUR RESORT.

From vibrant fashion to delicious food and festive cheer, it was a truly unforgettable day that captured the spirit and energy of this iconic Australian event.

The 2025 Lexus Melbourne Cup Tour, now in it's 23rd year stopped at 36 destinations this year — from the bustling streets of New York to the heart of Outback Queensland in Normanton. Among its many memorable stops, the prestigious Cup visited Palm Lake Resort Truganina — a truly spectacular sight as the trophy took pride of place in the centre of our clubhouse, gleaming in all its glory. It offered our community a rare chance to witness the magic of Australia's most iconic race up close.

A heartfelt thank you to the VRC and Mr Will Hayes for granting us this incredible opportunity. We also appreciate Cheryl Reynolds and the social committee for organising the event and providing a delightful morning tea and lunch. The day was a wonderful celebration, filled with excitement and a strong sense of community. Everyone at Palm Lake Resort, Truganina, truly enjoyed every moment, making the experience even more special. It was an unforgettable occasion that brought us together to celebrate the vibrant spirit of the Melbourne Cup.



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)

Animal instincts.

PERHAPS MORE THAN OUR BEACHES, OUR SLANG WORDS OR OUR ACCENT, HERE IN AUSTRALIA, WE'RE BEST KNOWN FOR OUR ANIMALS. BUT THERE'S MORE TO OUR FAUNA THAN JUST KANGAROOS AND KOALAS. WE KNOW PALM LAKE RESORT HOMEOWNERS LOVE TO TRAVEL, SO GO WILD WITH THESE AUSSIE ANIMAL ENCOUNTER IDEAS.

Quokkas of Rottnest Island

Unofficially dubbed the 'world's most photogenic animal', the quokka is the small macropod with a big Instagram presence (there are 380,000 posts under the '#quokka' hashtag and counting!). A vulnerable species, they can only be found in a small area of southwestern Australia – most notably, Rottnest Island. This small island off Perth annually draws over 750,000 visitors, all vying for the ultimate souvenir: a quokka selfie.

Whale sharks of Ningaloo Reef

Is it a whale, is it a shark? Technically, it's a fish – the largest living fish species, to be precise. Though whale sharks can be found in other corners of the world, like the Philippines, Galapagos and even Mexico, Western Australia's Ningaloo Reef boasts the highest rate of whale shark numbers and the best accessibility, meaning it's the best place to find these gentle giants close to home.

Crocodiles of Kakadu

Did you know that the Northern Territory is home to the world's largest wild crocodile population? Experts estimate there are around 100,000, which means there are plenty of places to spot them in the wild – Kakadu National Park included. For a heart-racing, blood-pumping croc spotting experience, look no further than a crocodile cruise on the Adelaide River. The cooler months of June, July and August are the best time to see them, when they make their way to the shore to bask in the sun. Our tip: Scared of encountering these prehistoric beasts in the wild? A trip to Australia Zoo's Crocoseum is the next best thing.

Penguins and seals of Phillip Island

Just over two hours from Melbourne by car, Phillip Island is home to the world's largest colony of 'little penguins' (as well as a Palm Lake Resort!). The smallest penguin species, these flightless seabirds are also known as fairy penguins and are best spotted during a 'Penguin Parade'. The best part? They're not the only animals you can spot on the island. At the appropriately named Seal Rocks, you'll also find Australia's largest colony of fur seals – and a boat cruise is one of the best ways to see them.

Wombats of Tasmania

Did you know that a group of wombats is called a 'wisdom'? Or that Tasmania is one of the best places to spot them? From Maria Island to Cradle Mountain, wombats abound on the

island state. While they are a slightly different sub-species to those found on the mainland, don't worry – they're just as round and adorable as you'd imagine. On Flinders Island, for example, they're blonder than most. Perhaps it's all the time they're spending at the beach?

Sealife of the Great Barrier Reef

African safaris have 'the big five' – on the Great Barrier Reef, they have the 'great eight'. Next time you're snorkelling around Lady Elliot Island, Heron Island or the Ribbon Reefs, keep an eye out for the following marine animals: clownfish, giant clams, manta rays, Maori wrasse (behold their 'puppy-like behaviour'), the friendly potato cod, turtles, whales, and over 50 species of sharks (don't worry – some are less dangerous than others).

Dingoes of K'gari (Fraser Island)

Unlike much of the country, dingoes in Queensland's national parks are protected as a native species – especially on K'gari, where they have had few chances to crossbreed with domestic and feral dogs. As a result, K'gari is home to around 200 dingoes – all protected, all 'pure strain' (or purer than anywhere else in the country). While it's beautiful to behold their distinctive golden coat and cute white 'socks', it's important you keep your distance. You're visiting their home, after all.

Cassowaries of the Daintree

Named for the Papuan phrase 'kasu weri' (meaning horned head), the southern cassowary is the third tallest, second heaviest living bird – and, some say, the most dangerous. They're most often spotted in North Queensland – in fact, the Daintree Rainforest is in the heart of a 'cassowary corridor', and you'll likely see them from the moment you arrive at the visitors centre. Just be sure to keep your distance – their vivid colouring belies their aggression if provoked.

Camels of Uluru

Sure, they're not technically an Australian animal, but navigating the Red Centre atop a camel is one of the most memorable outback experiences you can have. After being introduced in the 18th century as working animals, they were released into the wild in the early 20th century – only to become pests. Now, responsible camel tour providers are putting them to work once again, leading 'camel trains' around the desert.



Eyes to the skies.

AUSTRALIA IS A BIRDWATCHER'S PARADISE, HOME TO MORE THAN 800 SPECIES. HERE ARE NINE OF THE MOST ELUSIVE AND ICONIC TO KEEP AN EYE OUT FOR WHILE YOU'RE ON YOUR NEXT TRAVEL ADVENTURE - OR FOR SOME LUCKY PALM LAKE RESORT HOMEOWNERS YOU JUST MIGHT SPY ONE IN YOUR OWN BACKYARD!

SUPERB LYREBIRD: Australia's ultimate mimic, the Superb Lyrebird can imitate everything from chainsaws to car alarms. Look (and listen) for them in the temperate rainforests where males fan their ornate tails in dazzling displays – particularly the Blue Mountains and Dandenong Ranges.

GLOSSY BLACK-COCKATOO: Smaller and rarer than their rowdy yellow-tailed cousins, these shy seed-crackers feed almost exclusively on casuarina cones. They're usually seen in pairs or small family groups among the coastal forests of Queensland, New South Wales and South Australia – including Noosa National Park and Kangaroo Island.

REGENT HONEYEATER: Once common across eastern woodlands, this critically endangered beauty now numbers fewer than 300. Its bold yellow-and-black plumage makes it a breathtaking sight when it appears among the eucalypts of the Capertee Valley and Chiltern–Mt Pilot National Park.

RAINBOW LORIKEET: Vibrant, noisy and impossible to ignore, Rainbow Lorikeets might be common along the coast, but their riot of colour and constant chatter make them one of Australia's most recognisable icons.

AUSTRALIAN KING PARROT: With their striking scarlet chests and emerald wings, King Parrots frequent forested areas and mountain trails and often appear in pairs or small flocks. Keep an eye out in eastern Australia, from Cooktown to Melbourne – especially Lamington National Park and the Otways.

PINK ROBIN: Small, shy and perfectly pastel, the Pink Robin is a cold-climate dweller best found flitting through the shadows of temperate rainforests. When in Tasmania, Victoria and the NSW highlands (including Wilsons Promontory), look up!

BLACK-BREASTED BUTTONQUAIL: A ground-dwelling phantom of the subtropics, this elusive bird leaves its tell-tale feeding "platelets" on the forest floor. Spot them in the vine scrub near Gympie and the Scenic Rim.

PALM COCKATOO: Among the world's largest and most charismatic parrots, the Palm Cockatoo uses sticks as drumsticks to court a mate, making it one of nature's great performers. They mostly reside throughout Cape York Peninsula.

AUSTRALIAN FAIRY TERN: Australia's smallest tern is a rare beach-nesting species that breeds along the southern coastline, its delicate form darting over the turquoise shallows of Western Australia and South Australia.



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 30 - \$480,000

Beds

2

Bath

1.5

Living

1

Alfresco

1

Garage

2





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

Beds

2

Bath

2

Living

1

Study

1

Alfresco

1

Garage

2





UNDER OFFER

Home 81 - \$450,000

Beds

2

Bath

1

Living

1

Study

1

Alfresco

1

Garage

1





Home 202 - \$410,000

Beds

2

Bath

1.5

Living

1

Alfresco

1

Garage

1





Home 109 - \$535,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

1

Garage

1.5





UNDER OFFER

Home 41 - \$540,000

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





Home 200 - \$525,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

1

Garage

2





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. IN THIS REGULAR SERIES, WE SHARE WITH YOU SOME STORIES OF WHAT YOUR FELLOW 'FAMILY MEMBERS' HAVE BEEN UP TO - WHETHER JOINING FORCES TO DO GOOD IN THE COMMUNITY OR JOINING FORCES FOR FUN!

Our Bargara homeowners prove themselves charity champions

BARGARA
RAISES
\$250,000 FOR
CHARITY!

Palm Lake Resort Bargara again this year proved their passion for worthy charitable causes, raising another \$28,500 for Relay for Life. This effort takes the resort's total figure raised for the annual Cancer Council Queensland event to an incredible \$250,000!

Palm Lake Resort Bargara's team, "Young at Heart", was proud to see previous team member Ron Myler named the 2025 Relay For Life Patron. Ron was the driving force behind this resort's involvement with the Cancer Council after himself suffering cancer. Bundaberg and Fraser Coast Relay for Life chair Harrison Titmarsh said having such dedicated team return year after year was really meaningful.

"It shows an incredible level of commitment and passion, not only for the event but also for the purpose as to why we Relay For Life," Harrison said.

"As Chair, I am incredibly grateful to have them join us year after year, they are simply amazing at what they do."

Harrison said our resort's passion, commitment, dedication and determination for raising funds for Cancer Council was simply incredible.

"This team inspires myself to do even more fundraisers to raise vital funds for Cancer Council Queensland," he said. "As someone who has been touched by cancer twice in their life. I've seen firsthand the strength it takes to keep fighting. It's so important to raise much needed funds

for Cancer Council Queensland so they can continue research, early prevention and cancer support services.

As Harrison pointed out, and Palm Lake Resort Bargara homeowners agree, Relay For Life injects fun into what we all know as "an evil disease".

"(Our team) certainly give everyone a run for their money with how well they do and they should be incredibly proud of themselves. The Young at Heart team fundraises 365 days of the year, they have turned fundraising into a full-time sport and trust us, they're in 'relay' good shape!"



Pictured above: Ron Myler, Relay for Life team member Bernice Davis and Relay for Life chair Harrison Titmarsh, as they appeared in the Bundaberg Today newspaper.



Bowlers converge on Roma

A long-standing tradition among a group of dedicated Palm Lake Resort bowlers sees teams converge on a regional town for a few days of greens action. This year, the inter-resort bowling competition hit Roma, which is about 5.5 hours west of Brisbane along the Warrego Highway. Players travelled from Palm Lake Resorts Upper Coomera, Hervey Bay, Bargara and Beachmere Bay for the event. While the point of the event is a bowls tournament, we can tell you that the main attraction is the social connection, with bowlers (and many tag-along non-bowling friends) meeting up with homeowners from fellow Palm Lake Resorts.



The Cup stops by

Check out the special visitor that stopped by Palm Lake Resort Truganina recently - the 2025 Lexus Melbourne Cup! It's an iconic piece of Aussie sporting history and our team was thrilled to have it in their (gloved) hands while it was on its annual Melbourne Cup tour. Giddyup!

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**

Tasty Tea Gardens tradition

Each year, as the resort cumquats ripen, a group of dedicated Palm Lake Resort Tea Gardens residents roll up their sleeves, gather in the resort kitchen and turn baskets of fruit into jars of golden jam. Jam making has become more than just a seasonal event; it's a highlight on the Palm Lake Resort calendar! There's always laughter, plenty of taste-testing and, of course, a delicious reward at the end. Best of all, the jars are shared far and wide, bringing a little homemade joy to residents and visitors alike. Such a special resort tradition that we all think is fab!



Collection makes cents

Palm Lake Resort Deception Bay homeowners Pete and Jenny report that they've collected 23,689 containers for recycling so far this year! That means \$2328.90 has gone to Farm Angels, their chosen charity. Farm Angels provides support to outback communities facing fire, flood, plagues, droughts and other calamities. Pete and Jenny say it's surprising how much their collections vary month to month. "In the warmer months, December to March, we get \$75 to \$80 a week - sometimes over \$100," they say. "It's a good job we have a large SUV to squeeze all the bags in!" Last year the pair raised \$4000 for the year by collecting and recycling cans. Let's hope the Deception Bay community helps to get this very dedicated pair to their same target again this year.



65 years of love!

Palm Lake Resort Hervey Bay homeowners Les and Anita enjoyed a lovely resort celebration to mark their 65th Wedding Anniversary recently. What a wonderful milestone!

Connections, for life.



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