

FEBRUARY - MARCH 2025



Thrive



Colour your world trendy

The results are in and the experts are telling us there's a trendy new colour in town...

Supporting those less fortunate

Palm Lake Group just made an incredible donation to an incredible organisation, with your help

Muscle up, for the New Year

It's important for over 50s to keep your muscles toned - and it's not as hard as you think



Welcome.

Welcome to 2025 everyone! What a magnificent year 2024 was. We shared some wonderful times and events with you and we look forward to even more this year.

So much has been happening around our resort. Our new carpets and vinyl are nearly done in the Clubhouse and it's all looking fantastic. Our new outdoor furniture also came at the right time. It was wonderful to see so many homeowners enjoying our beautiful new outdoor furniture over the Christmas holiday season - it is such a great extension to our Clubhouse. From small family gatherings to bigger Christmas gatherings, the space has been enjoyed by many. It's the perfect location to have barbecues with visiting friends and family.

Make sure you continue to enjoy the fabulous summer weather and our resort facilities. There is always something to entertain those living here at Palm Lake Resort Truganina. Make sure you continue to take advantage of the great facilities, activities and lifestyle on offer.

Stay safe, enjoy life and live life!

Susan and Theo,
Palm Lake Resort Truganina Caretakers

PS. 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 while driving around our resort grounds. Also, to those owners of bikes, buggies and motorised scooters, you also need to respect the road rules whilst moving around our grounds.

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@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.

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:

- **February 6**
- **March 6**

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.

New Year, new you?

Looking for new things to do in 2025, and new people to connect with? While there are many things to keep your diary filled here at our resort (see our Weekly Activities list for ideas), there's also a wonderful assortment of community groups and activity groups in our local community that offers excellent opportunities for seniors.

Thursday Craft-a-noon: Bring your own project along to work on and chat with likeminded people at Arndell Park Community Centre, Federation Blvd, Truganina. Participants enjoy sewing, knitting, painting, card making, anything crafty. Stay for a chat and a cuppa. The group meets weekly, 12.30-2.30pm.

Tarneit Community Learning Centre: This hub provides lots of affordable activities and programs that will have you meeting new people. Join in seniors chair yoga, seniors tai chi, there's even a 10-week cake decorating course starting in February! Visit www.wyndhamcec.org.au for more.



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)



Festive and fab!

Our 2024 Christmas dinners and lunch were filled with festive spirit. Homeowners decorated and added beautiful Christmas décor to their tables. During our Christmas lunch, Santa, Santa's Elf and Mother Christmas popped in and we were also entertained by Cath Hanneysee and her friends with a tap dance duo. But what a way to finish the year with Phil Golotta singing at our Christmas Lunch! Phil, thank you for entertaining our homeowners yet again. There was such an amazing Christmas vibe and Phil's unbelievable talent ended with a standing ovation when he sang "This is the moment".



CHRISTMAS
CHEER!



Concert capers.

Oh, what a night it was at the Palm Lake Resort Truganina Christmas Dinner and Concert - an unforgettable evening enjoyed by all our homeowners. The festivities started with a delectable Christmas feast, setting the perfect mood for the merriment ahead. Then our very own Peggy took the stage to conduct the choir, leading them in a heartwarming set of classic carols that transported us back to the cherished Christmases of yesteryear. Even Santa appeared alongside his trusty elf, although the big man in red was looking a tad slimmer this year - perhaps due to a shortage of cookies left out by hopeful children? The energy kicked up a notch with a rambunctious rendition of Bryan Ferry's "Addicted to Love" that got toes tapping and hands clapping. In a comedic interlude, St Peter materialised at the pearly gates, confronted by three naughty gents hoping to sweet-talk their way into heaven. A wonderful mime performed by a very new homeowner was appreciated by all. Couples battled it out in a spirited quiz show pitting husbands against wives, followed by impressive line dancing and Zumba exhibitions that proved without a doubt that life begins at 60. The joyous laughter and enthusiastic applause ringing out all night stood as a testament to the tireless dedication of the Social and Residents committees, as well as the many generous volunteers - without whom we would surely be lost.



New Year soiree.

Our Social Club's NYE Party was a huge success! A big thanks also goes to the Social Club for organising a fun-filled evening to see in the New Year. The dance floor was filled to the brim, especially Eddy & Alice - dancing like no one was watching! It surely was a sight to behold and even better to be part of.

Six transformative New Year resolutions for all over-50s.

HAVE YOU HAD A CHANCE TO REFLECT ON 2024 AND SET SOME CHALLENGES AND GOALS FOR YOURSELF FOR 2025? SOME FIND THAT TASK SIMPLE, WHILE OTHERS CAN BE OVERWHELMED BY THE THOUGHT. LET US HELP YOU GET STARTED...

Whether your plans and goals are big or small, now is definitely the time to embrace the energy of renewal that abounds this season and set some intentions for the year ahead. If you need some inspo, we've come up with six New Year resolutions, specifically for over-50s, that will help transform your life:

1. Prioritise strength and mobility

Commit to a fitness routine that blends strength training with flexibility exercises like yoga or Pilates. These activities preserve muscle mass, improve balance and reduce the risk of falls.

2. Adopt a Mediterranean-inspired diet

Focus on whole foods like olive oil, fresh vegetables, lean protein and nuts. This heart-healthy eating pattern supports brain health and longevity.

3. Engage in lifelong learning

Pick up a new skill or hobby, or start an online course. Continued learning keeps the mind sharp, boosts self-confidence and provides opportunities to meet likeminded people. There will definitely be scope to find a group of likeminded neighbours here at our resort if you are wanting to start a new activity group. Otherwise, simply head to our Weekly Activities list and see if there's something there that piques your interest.

4. Deepen social connections

Make time for family, friends and community groups. Social engagement improves mental wellbeing, reduces loneliness and even strengthens immunity.

5. Embrace mindfulness practices

Incorporate meditation, tai chi or mindful breathing into your daily life. These practices reduce stress, enhance focus and promote a sense of peace.

6. Declutter and simplify

Start a decluttering journey, focusing on your home and commitments. Letting go of unnecessary possessions and obligations clears space for a simpler, more fulfilling lifestyle.

CHECK
OUR WEEKLY
ACTIVITIES LIST
ON PAGE 3

Don't weight.

MAINTAINING TONED MUSCLES IS
QUITE CRUCIAL FOR US OVER-50s AS IT
SIGNIFICANTLY ENHANCES OUR OVERALL
HEALTH AND QUALITY OF LIFE. HERE'S WHY -
AND HERE'S HOW...



As we age, we naturally lose muscle mass and strength — a condition known as sarcopenia. This decline can lead to reduced mobility, increased risk of falls and difficulty performing everyday tasks. Regular muscle-toning exercises help combat this loss, preserving strength and functional independence.

Toned muscles also support joint health by stabilising and reducing strain on the joints, which can alleviate symptoms of arthritis and prevent injuries. Furthermore, muscle tone enhances posture and balance, which are vital for avoiding falls, a common cause of injury among older adults.

Building and maintaining muscle tone boosts metabolism, making it easier to manage weight and reduce the risk of obesity-related conditions such as diabetes and cardiovascular disease. Strong muscles also play a role in maintaining bone density, decreasing the likelihood of fractures and osteoporosis.

Beyond the physical benefits, engaging in muscle-toning activities improves mental wellbeing, boosts energy levels and enhances confidence. Whether through resistance

training, Pilates, yoga or bodyweight exercises, keeping your muscles toned is an essential part of staying healthy, active and independent in later life.

Here's the good news: Maintaining muscle mass after 50 doesn't require gruelling workouts. Gentle, consistent exercises and activities can effectively build strength, improve flexibility and promote overall wellbeing. And if ever there was a place to support this type of activity, among a group of likeminded participants, it's here in our Palm Lake Resort community, don't you agree? And research shows that the New Year is often the best time to start on this type of exercise regime. Generally, we are physically refreshed after the Christmas holidays and many also enjoy a renewed and enthusiastic outlook on life at this time of the year, making big, bold plans for the coming 12 months. Utilise your New Year headspace/mental vigour to start an exercise routine that has the best chance of sticking!

Here are some of the easiest and most beneficial ways to encourage your muscles to stay strong:

Yoga

Yoga improves muscle tone, flexibility and balance. Gentle styles like Hatha or restorative yoga are accessible for beginners and can help strengthen core muscles while promoting relaxation and mental clarity.

Tai chi

Often described as "meditation in motion", tai chi is a low-impact activity that enhances muscle strength, balance, and coordination. It's particularly beneficial for reducing fall risks and improving joint health.

Pilates

Both mat-based and reformer Pilates are excellent for building core strength, improving posture and toning muscles. The exercises are adaptable to individual fitness levels and focus on controlled movements.

Swimming

Swimming and water aerobics provide full-body resistance training with minimal strain on joints. The water's buoyancy makes it ideal for people with arthritis or other joint issues.

Low-impact sports

Activities like tennis, pickleball or golf encourage muscle engagement and coordination while being gentle on the body. They also foster social interaction and enjoyment.

Body-weight exercises

Simple exercises such as squats, lunges and modified push-ups can be done at home to maintain strength and endurance without needing equipment.

Resistance bands

Using resistance bands offers a safe, versatile way to strengthen muscles. They are lightweight and allow for various exercises targeting different muscle groups.

Walking with weights

Walking while holding light weights or using weighted wristbands provides a dual benefit of cardiovascular activity and muscle toning.

Gardening

Gardening activities like digging, raking and planting engage various muscle groups, making it a functional way to stay active.

Dance classes

Dance-based fitness classes are fun and effective for improving coordination, muscle tone and cardiovascular health. Think Zumba, line dancing and adult tap dancing, for starters. The most important thing with maintaining muscle tone is consistency. Starting slowly, listening to your body and gradually increasing intensity will help you maintain muscle mass and support overall health for many years to come.

Please note: Always consult a healthcare professional before beginning a new exercise program.

Homes for sale.

Home 48 - \$454,000



Home 85 - \$440,000



Home 92 - \$399,000



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 131 - \$540,000

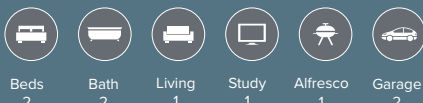


The space to live

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 91 - \$540,000



A very rare find

This bright Monte Carlo design home offers two spacious bedrooms, each with an ensuite, and a versatile multipurpose room that can serve as a study or third bedroom. The well-appointed kitchen features ample storage, including a large pantry and pull-out cupboards, flowing seamlessly into the meals and living areas. Outdoors, the undercover tiled entertaining area provides year-round enjoyment. Located near the Bowls Club and Country Club, this home combines functional design with a peaceful lifestyle.



Home 30 - \$425,000

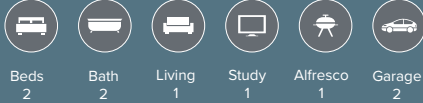


Miranda, with the lot

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 of our Palm Lake 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.



Home 200 - \$580,000



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.



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 IS OUR SUPERPOWER!

Palm Lake Group 'Rizes' to the occasion.



This year, all seven Palm Lake Care communities, a number of Palm Lake Resorts and our Palm Lake Group Head Office team supported the RizeUp Christmas Appeal. PLC Chief Operating Officer Patricia Heke says the Group collected “a mountain of beautiful presents” (pictured above) that were gifted to children of families in domestic violence situations who otherwise might not have had a gift under their Christmas tree. “Our efforts were for smiles we will never see, but will know were there, on Christmas morning,” Trish says. “A massive thank you to all for your generosity.”



Twenty years young.

Recently, there was a vibrant gathering to mark the 20th anniversary of Palm Lake Resort Mt Warren Park. The day was filled with much fun and celebration. Best of all, it was great to honour Mt Warren Park's original 14 homeowners – those who have proudly called this community home since 2004 (as pictured left). Hip hip, hooray!



Waterford's Toy Boys continue their epic project.

Palm Lake Resort Waterford is home to a delightful group of fellows who adore their time together in the resort workshop. Not only do they use that quality time to chew the fat on all the topics of the world, they also like to build wooden toys for very grateful local children. And they've been doing it for longer than a decade!

The "Toy Boys" spend the whole year crafting gorgeous, high-quality toys from donated materials (and other materials that they purchase with funds raised through resort events and donations). Then, come December,

they put on their Santa hats and gift their toys to local groups. Toy Boys committee president Ray Johnstone says the Beenleigh Special School and Woodmans Mitre 10 Beenleigh's Community Christmas Tree appeal were the two grateful local organisations that received their hand-crafted gifts this past Christmas (all gifts under the Mitre 10 tree were provided to Night Light Outreach who distributed them to needy local families). Among the haul was everything from doll beds to a ride-on digger - all handmade in the Palm Lake Resort Waterford workshop. Bravo boys!



Wedding belles.

Congrats to Palm Lake Resort Beachmere Sands residents Allyson and Graham (pictured top) who tied the knot in a wedding ceremony at the resort's fabulous Beach House late last year.

We also saw Palm Lake Resort Bethania homeowners Dawn and Vern (above) tie the knot in a private function at their resort's Country Club in front of 60 guests.

Doing it for charity, again and again.

You can tell we've just enjoyed the 'season of giving' - not only did our homeowners enjoy giving Christmas gifts to their loved ones, they didn't forget about those less fortunate. We've seen so many great stories of charity fundraisers being held across our resorts in recent months - here's a little snapshot of some of them:

- Cooroy-Noosa hosted a 'pink' event for the McGrath Foundation. More than \$4000 was raised for breast cancer research and patient support.
- Carindale's inaugural jumble sale raised \$3000 for Care Kits for Kids and Beyond DV.
- Beachmere Sands and Beachmere Bay converged for morning tea to raise \$430 for Alzheimers research. The Sands crew also held a Bowls event fundraiser for prostate cancer research and raised another \$800.

Doggie dates.

At Palm Lake Resort Carindale's Home 52, an ever-changing and random assortment of resort doggos gather early each morning to greet each other. Homeowner Betty welcomes these morning gatherings on her front step where she and her dog, Lucy, provide delicious morning treats. There are often 4 or 5 puppies dropping in each morning, she tells us. It's a lovely way for our four-legged community members (and their humans!) to stay connected.



New Year, new you.



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