

OCTOBER - NOVEMBER 2025



Thrive



Fun and friendly competition

The footy season draws to a close - but our friendly rivalry certainly isn't!

Camera club on the road

Recent adventures have been very well documented by our snap-happy resident group

Over the back fence

Keep up to date with all the good things your fellow Palm Lake Resort family is up to



Welcome.

Hello everyone, and welcome to another edition of our Palm Lake Resort Truganina Thrive newsletter.

Spring has finally arrived — and what a difference it makes! With longer days and warmer temperatures, this is truly one of the most beautiful times of the year. In my opinion, there's no better season to shake off the winter blues and embrace everything our community has to offer. And where better to enjoy the glorious weather than right here at Palm Lake Resort Truganina?

Thanks to the ongoing care and dedication of our wonderful gardening team, the grounds are looking absolutely stunning. Over the coming weeks, we can look forward to a vibrant display of colours as the gardens come into full bloom. So, take your time, soak up the scenery, and don't forget to stop and smell the roses!

The sunshine also brings a buzz of activity, and we're excited to see everyone getting out and about more. There's no better time to enjoy the barbeque areas and the view over Skeleton Creek and make the most of the beautiful outdoor space. Why not start organising your get-togethers and Happy Hour drinks out on the deck?

Here's to a season filled with colour, connection and community!

Susan and Theo,
Palm Lake Resort Truganina Caretakers



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 (@pall.lake.resort)



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News in brief.

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.



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:

- October 1
- November 5
- December 3

Get social with us!



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

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.

Off to market!

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

Melbourne Cheeky Monkey Market: 9am-3pm on Saturday October 4, Saturday November 1 and Saturday December 6 at Sanctuary Lakes Shopping Centre

Werribee Craft Festival: 5pm-9pm on November 8-9 at Encore Events Centre, Hoppers Crossing

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)



Footy fun.

OUR HOMEOWNERS CAME TOGETHER RECENTLY TO ENJOY A NIGHT OF FOOTY FUN!

The evening was packed with excitement, playing handball, testing our knowledge with footy trivia, and proudly singing our teams' theme songs. We also celebrated the champions of our resort footy tipping competition with some well-deserved prizes – all while enjoying classic footy fare like party pies, sausage rolls and cocktail franks.



Say cheese!

FRIENDSHIP AND PASSION FOR PHOTOGRAPHY COME TOGETHER IN OUR RESORT'S CAMERA CLUB. EACH MONTH, THEY GATHER WITH THEIR CAMERAS AND KEEN EYES TO CAPTURE THE BEAUTY AROUND THEM – AND LEARN NEW TRICKS FROM ONE ANOTHER.

From mastering tricky lighting to finding the perfect composition, it's a joy to see a fellow member nail a challenging shot – or join in on the laughter that erupts during our friendly competitions. Each meeting features lively discussions, helpful critiques and endless cups of tea. It's more than just a club: it's a cherished community where every shutter click strengthens our bonds and creativity.

Join us on the last Wednesday of each month for guest speakers and travel adventures. Any camera or phone will do – you just need to be able to walk without assistance. We are happy to carpool for those who can't drive! Private lessons are also provided once a month, by request, covering camera settings and Lightroom editing.

To join, contact Kathryn Potemski (Home 72).



From Truganina to the world!

The Palm Lake Camera Club loves turning members' travels into shared adventures through photography and storytelling. Recently, we've been captivated by Kerry Padbury's stunning journey through Canada and Alaska – from glaciers to wildlife – all beautifully captured in her images. These moments remind us of the joy of village life and the window our talented members provide into the wider world.





In the dog house.

DOWNSIZERS DON'T TYPICALLY MOVE TO PALM LAKE RESORT WITH CHILDREN IN TOW, BUT FUR CHILDREN ARE A WHOLE OTHER STORY – WHICH IS WHY SO MANY OF OUR RESORTS ARE DESIGNED WITH PETS IN MIND. THINKING OF ADDING A FOUR-LEGGED FRIEND TO YOUR FAMILY? HERE ARE SOME POPULAR BREEDS THAT THRIVE IN RESORT LIFE.

Dachshunds

Affectionately known as ‘Daccys’ (and properly pronounced “Darks-hund”), Dachshunds are energetic, lovable and loyal – making them the perfect companion for over-50s. They’re playful and intelligent, with moderate exercise needs that suit a home with a small backyard and daily walks. While their short coats shed a little, their bright personalities more than make up for it. Be prepared for the occasional bark – these little watchdogs love to keep an eye on things.

Cavalier King Charles Spaniel

Small, gentle and oh-so-regal, Cavaliers are bred for companionship. Their even temper makes them a delight around people of all ages, while their adaptable nature means they’re just as happy joining you on a walk as they are curling up on the couch. They descend from sporting breeds, so they’ll also enjoy some outdoor playtime, but never at the expense of snuggles.

Yorkshire Terrier

The Yorkshire Terrier, or ‘Yorkie,’ is pint-sized with a big personality. Friendly and sociable, they generally get along well with people and other pets, making them ideal for social owners who love a trip to the dog park as much as their doggos do as well! Despite their energy, Yorkies are content with short walks and play in a small backyard. And here’s a bonus – their forever-young looks mean they’ll resemble a puppy well into adulthood.

Boston Terrier

Often mistaken for the French Bulldog, the Boston Terrier is instantly recognisable by its “tuxedo” coat, round eyes and perky ears. Intelligent and lively, this breed thrives on active play such as ball games or agility training. They can become restless if left alone for too long, so they’re best suited to owners who are home often. One look into those expressive eyes, though, and you’ll be smitten.

Maltese

Elegant yet playful, the Maltese is as sweet as they look. Their small size is perfect for compact yards or indoor living, while their low-shedding, hypoallergenic coat makes them a popular choice for many families. Don’t let the fluffy white coat fool you – this breed loves a run in the garden, a stroll around the resort ground and a visit to the dog park - and plenty of affection in between.

At Palm Lake Resort, we know how important pets are to family life. That’s why our homes are thoughtfully designed with small, enclosed backyards – ideal for safe play and exercise. And in many of our communities, you’ll even find dedicated off-leash parks where your four-legged friend can run, play and socialise too (and if not, there’s likely an off-leash park or dog beach very close by!).

Whether you’re after a loyal lap dog or a lively walking buddy, there’s a breed to suit. Ask your Palm Lake Resort neighbours for their recommendations!

Paw-some travel tips.

PALM LAKE RESORT HOMEOWNERS LOVE TO HOLIDAY – AND FOR MANY, IT JUST WOULDN’T BE THE SAME WITHOUT THEIR FOUR-LEGGED COMPANIONS. FROM CARAVANNING ADVENTURES TO LUXURY HOTEL STAYS, HERE ARE SOME TIPS TO MAKE TRAVELLING WITH YOUR DOG A BREEZE.

Check in to a pet-friendly stay

Pet-friendly accommodation has come a long way from the simple roadside motel. Today, more and more hotels are rolling out the welcome mat for pets, with chains like QT Hotels and W Hotels leading the way. These stylish city stays often include extras such as cosy pet beds, room-service menus designed for dogs, and even curated walking maps so you can explore the neighbourhood together. Boutique B&Bs and short-term rentals can also be a great option, especially for longer stays. The key is to always double-check before you book – some providers only allow pets in specific rooms, or may have limits on breed, size or number of pets. A quick phone call or email before arrival will save any disappointment at check-in. Check out websites like www.bringfido.com to find other pet-friendly stays in your chosen destination.

Camping with your canine

If you prefer caravanning or camping, you’ll find plenty of holiday parks around Australia that welcome pets. Many Palm Lake Resort homeowners love the freedom of the open road, and having your dog along for the ride makes the experience even more fun. When choosing a campsite, look for those with dog-friendly facilities such as off-leash areas, shaded outdoor spots, and nearby trails. Keep in mind that dogs are not permitted in national parks, so planning your route in advance is essential. Inside the caravan, create a safe, consistent sleeping space for your dog – a portable crate or travel bed works wonders for helping them settle. Having their own spot also makes it easier to keep fur and muddy paws contained in one area. Apps like AnyCamp can help you filter out campsites that aren’t dog-friendly.

On the road

Long drives can be daunting for dogs, especially if they’re not used to extended car travel. To make the journey smoother, plan regular stops every two to three hours so your pup can stretch their legs, hydrate and go to the toilet. Carry plenty of water and a collapsible travel bowl for convenience. Never leave your dog unattended in the car – even for a few minutes – as temperatures can rise dangerously fast. For safety, invest in a good-quality seatbelt harness, booster seat or secured crate to keep your dog restrained. Gradually building up to longer trips via shorter drives can help ease your dog into life on the road.

Taking flight

Air travel with pets requires more planning, but it can be done smoothly with preparation. Most domestic airlines in Australia allow dogs to travel in the cargo hold, while some international carriers even offer cabin spots for very small breeds. To prepare, introduce your dog to their airline-approved travel crate weeks before the trip – encourage them to sleep and rest in it at home so it feels familiar and safe on the day. Lining the crate with a favourite blanket or worn T-shirt can help soothe them with a familiar scent. On the day of travel, feed your dog a light meal a few hours before departure to avoid discomfort, and always provide access to water (airline crates often have clip-on bowls or bottles). A chat with your vet can also help – they may recommend calming sprays, natural remedies or even a pre-flight check-up to make sure your dog is fit to fly.

Whether you’re towing a caravan along the coast, checking into a chic city hotel or planning your first flight with your pet, the golden rule is preparation. A little extra planning – from confirming pet-friendly stays to packing your dog’s favourite toys – goes a long way in making your dog feel comfortable, secure and included. After all, adventures are always better with your best friend in tow.



Pawz pet car seat,
\$47, Bunnings

Springer travel water bottle, \$25
www.chewy.com



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



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 41 - \$540,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

1

Garage

2



Home 109 - \$545,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

1

Garage

1.5



Home 56 - \$498,000

Beds

2

Bath

2

Living

1

Study

1

Garage

1



Home 200 - \$500,000

Beds

2

Bath

2

Living

1

Study

1

Alfresco

1

Garage

2



Homes for sale.

Home 48 - \$425,000



UNDER
OFFER

Refer a friend,
earn a reward.

A \$250
CASH BONUS
FOR YOU



Do your friends love it here?

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 one of our established homes you'll receive \$250 cash. Easy! Terms and conditions apply. For more information or to refer your friend, phone 1800 686 096.

FOR MORE INFO OR TO ORGANISE YOUR PRIVATE TOUR,
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. 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!

Care cookbook shares the culinary love

Palm Lake Resort's sister company, Palm Lake Care, has just published a commemorative cookbook filled with special family recipes gratefully shared by residents and various team members. It was a labour of love collecting all the special 'ingredients' for the 52-page cookbook, but now it's time for this highly anticipated project to be plated up and served to our excited community.

"Here we share a passion for food and use it as a bridge to connect generations, cultures and cherished moments," the book's production team members state, in the Foreword. "We're engaging residents and employees by celebrating their culinary memories, personal tastes and shared traditions. This cookbook turns mealtime into a meaningful experience, filled with flavours that comfort, inspire and bring back fond memories of home and childhood."

Every recipe reproduced in the book comes complete with a photo of the recipe's owner and the story as to why their particular recipe is so meaningful to them. For example, Palm Lake Care Deception Bay resident Johanne Visser shared his recipe for Traditional African Oxtail Stew, while Palm Lake Care Bethania Service Manager Bernice Cowley shared her recipe for Malva Pudding

Copies of the "From our hearts to your table" recipe book are just \$20 each. To purchase your copy, simply stop by the Reception desk of your closest Palm Lake Care community.



Ian walks for charity



Palm Lake Resort Cooroy-Noosa homeowner Ian Bates has collected close to \$5000 and walked 114km for the 'Walk For Him' campaign, in support of prostate cancer research. "Many of us in the resort have been affected by the scourge of prostate cancer and we have lost too many good friends to it in the few years the resort has been open," Ian says. "By the end of the fundraiser, the donations I had received – both in cash and online – totalled \$4734, placing me eighth out of 1215 participants on the national leader board." Nice work, Ian!



Inter-resort good sports

Palm Lake Resort Tea Gardens homeowners joined Palm Lake Resort Forster Lakes homeowners at Palm Lake Resort Fern Bay recently, to slug it out on the tennis court all in the name of good sports. As is always the case when we bring multiple resorts together for 'sport', there was an equal amount of fun reported on the sidelines as was had on the courts. The event's hosts went above and beyond for their Palm Lake Resort 'cousins' - purchasing a heater and lots of blankets to keep the crowds warm on what shaped up to be one of the area's coldest days on record! After a few games, some of the tennis players decided it was warmer to go inside and play table tennis – luckily, Forster Lakes had four table tennis players in their midst! With a delicious soup lunch enjoyed, no one really cared what the scores on the courts ended up being! The next matches will be played at Tea Gardens at the end of October.

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

Merran is an Aussie champ!



Palm Lake Resort Yamba homeowner Merran is the Australian Three-Day Orienteering Champion (Women's 85A). While not competing for four years due to a hip replacement and recovery from a fractured pelvis, Merran came second on Day One, first on Day Two and second on Day Three but she was ultimately fastest over the three days and took out the Australian championship. Well done, Merran!



Kindness grows, and grows

Palm Lake Resort Forster Lakes homeowners have rallied behind their local area's flood relief effort with thanks to two key charitable neighbours, Dee and Carol. The pair wanted to help via a collection drive and with the guidance of the Pacific Palms Rural Fire Service, the social media-savvy ladies put a call out to their fellow resort neighbours and were soon inundated with donations of things like food, nappies, toilet paper and animal food. With all hands on deck, they loaded up the resort bus as well as a car trailer and headed to Pacific Palms RFS (as pictured above) to sort and then deliver the haul to the Community Flood Relief Hub in Taree. Still on their charitable high some weeks later, the group heard there was additional need for clothes and bedding. They collected, sorted and labelled another trailerload that went to hubs in Taree and Wingham the following day.

Knowing their charitable efforts were really making a difference, the Forster Lakes homeowners looked for further ways to continue spreading the love. Through Pacific Palms RFS they met two families to sponsor. They worked directly with the family members to find out what exactly they needed to get their homes and even a farm back up and running - and happily obliged with more donated kitchen and household items as well as a monetary donation. After all of the effort and success, the homeowners have decided to 'adopt' the Pacific Palms RFS and have been helping to stock their fridge with meals, cakes etc for when they are out and about looking out for the rest of the local community. As Dee and Carol say, "Helping these helpers makes us feel great!". Well done to all the selfless Palm Lake Resort Forster Lakes homeowners who contributed in some way.

Home to your best years.



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

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