

Willow Talk.

AUGUST - SEPTEMBER 2023



Gardening for good

Here are five ways to benefit your health by leading with your green thumbs

Refer a friend

Find out which homes are available - you could score a cash bonus when you refer a friend



Pictured: The Lodge is proving a wonderful addition to our community.



Welcome.

Hi everyone - We were reflecting recently on the fact that we have come so far since the Covid era. The Lodge Country Club is now open and we have new faces popping up everywhere (welcome to all the newbies who have recently joined us at Willow Lodge!). There are also so many more activities to enjoy together again, especially since the opening of The Lodge.

Isn't it lovely that our Bar Committee are distributing dollars back into the community? The money raised helps support all our homeowners, including our Cinema Group, who can purchase latest release movies for our new 55-seat cinema. Keep an eye out for these screenings, as advertised in our private homeowners' Facebook group as well as listed on notices around our facilities and on the TVs within The Lodge. Our Residents' Association is also contributing to our community by supporting the Social Club with a dance in July and they have donated to the Cinema Group, too. The Association is also now taking over and paying for homeowners' hard waste collection. Keep an eye out for their next flyer so you know when this collection will be. Roth is great at overseeing these collections.

Wi-Fi has now reached The Lodge which means Thursdays could be up and running again soon, with many homeowners yelling 'Bingo!'. There is also Wi-Fi in the craft room so the Cricut machine can work effectively. Crafters get your creative juices flowing!

If you're looking for a way to connect with your neighbours, Friday nights are a treat for all homeowners at the Sports Club. Come along and enjoy a FREE tasty home-cooked snack, cooked and served by our team of dedicated volunteers, and supported by the Bar Committee. On the last Friday of each month, you can also have a tasty pizza organised and delivered by the Bowls Club (at your own cost).

Moving forward, we hope Covid is well and truly behind us. Our individual clubs are really grouping together to support the whole of Willow Lodge, to rebuild the community spirit since 2020. How great is this community we call home?!

Brendan & Jan,
Palm Lake Resort Willow Lodge Caretakers

CONTACT US

Looking for more information about Palm Lake Resort Willow Lodge?
Here's how you can reach us:

FREECALL: 1800 974 981

Street address:
2 Willow Road, Bangholme VIC 3175

Office hours:
9am to 4pm, Monday to Friday

Email:
willowlodge@palmakeresort.com.au

Find us online at:
palmakeresort.com.au

Get social:
Follow us on Facebook
(@palmakeresort) and on
Instagram (@palm.lake.resort)

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.



News briefs.



THIS IS YOUR TIME

The Winter 2023 edition of our quarterly company magazine, Your Time, is circulating our country. Have you received a copy in your mailbox yet? If not, you can check it out at palmakeresort.com.au - from the home page, simply click on the 'News' tab. In this current edition, we take a look at all our newest projects including Palm Lake Resorts at Pelican Waters (Queensland), Paynesville (Victoria), Yamba Cove and Forster Lakes (NSW). Palm Lake Group Managing Director Scott Elliott also announces two new land acquisitions - find out where Palm Lake Resort is popping up next. And we talk to some of our friendliest Caretakers around the Palm Lake Group of resorts.

TRIP TO THE TROTS?

Another trip to Cranbourne Trots is being organised by the Bowls Club for Sunday October 1, from 12noon to 5pm. It's \$55 for entry, a Race Book, three-course meal and entertainment by well-known Elvis impersonator, Mark Andrew. Courtesy bus will be provided if we have 40 or more bookings. Interested? Contact Bowls Club President John Cargill 0427 153 384 or Maureen Atwell for bookings.

MEET INGRID

Ageing can bring various health challenges, such as chronic conditions, mobility issues and cognitive decline. This is where integrated Mark & Sylvie's clients have been benefiting. By bringing healthcare professionals to our clients, they can receive appropriate medical attention without the added stress of having to relocate to an aged care facility.

Our integrated clients have the ability to case conference with doctors, their home care manager and personal care assistant via telehealth and utilise in-home samples which can be collected by their home care manager and delivered to Dorevitch Pathology. These are just some of the ways we are beginning to truly integrate our clients with their GP.

Whether you are an existing or potentially new client, any questions you have about our service, our new area manager Ingrid will be able to answer. Ingrid will be working out of the Atticus Health Bangholme clinic since Rosemary's departure. If you would like to speak to Ingrid you can do so by calling the clinic on 9706 5560 or by simply visiting the clinic to see her.



**HOMES
FOR SALE:
PAGES
8-11**

Weekly activities.

MONDAY

9.30am - 1.30pm Line dancing, Wellbeing Room
10am Workshop, The Shed
1 - 3pm The Crafters, Craft Room
5 - 10pm Darts, Sports Club
5 - 8pm Bar open, Sports Club

TUESDAY

10 - 11am Aerobics, Wellbeing Room
12noon - 4pm Karaoke, The Lodge
12.45 - 3.30pm Indoor Bowls, Wellbeing Room
6.30 - 9pm Indoor Bowls, Wellbeing Room
7 - 9.30pm Pool/snooker, Billiards Room

WEDNESDAY

9.30 - 11.30am Social bowls, Sports Club
10am - 12 noon Workshop, The Shed
12noon - 5.30pm Cards - 500, Sports Club
12.30 - 3.30pm Table tennis, Wellbeing Room

THURSDAY

10.45 - 11.30am Water aerobics, Pool (with Rodney)
11.40am - 12.25pm Water aerobics, Pool (with Rodney)
1.30 - 3.30pm Art class, Craft Room
7pm Bingo, The Lodge Hall

FRIDAY

10am - 12 noon Workshop, The Shed
1 - 4pm Cards - Crib, Sports Club
5 - 8pm Bar open, Sports Club

SATURDAY

10 - 11am Aerobics, Wellbeing Room
10am - 12 noon Workshop, The Shed
1 - 3pm Knitters, Craft Room
5 - 8pm Bar open, Sports Club

SUNDAY

5 - 8pm Bar open, Sports Club

MARK THESE
DATES IN YOUR
DIARY!

Social Club news.

Report on functions

May 24, Biggest Morning Tea: This was a fantastic morning at The Lodge for our annual fundraiser for the Cancer Council. We raised more than \$2800 with more than 50 raffles drawn - prizes for which were donated by homeowners and businesses in our area. A big thanks to all for so much support for this worthwhile cause.

June 3, guitarist Peter Grant: What a great night! The homeowners in attendance and their friends had a fantastic evening and we have fielded lots of requests to have Peter come and entertain us again. Watch this space!

June 17, karaoke night: The Sports Bar hosted a fun night of karaoke recently. We enjoyed lots of duets and wonderful voices from our homeowners.

Upcoming events

Date TBC in August, Dinner Dance: This will be held in conjunction with the Residents' Committee.

October 7, Shake 2: Clive Jones's new duo, Shake 2, will perform in The Lodge from 7-11.30pm. BYO drinks, nibbles and dancing feet! \$20pp.

November 18, Elvis impersonator Andrew Portelli and Dancing Duo: These guys will be singing and performing to help you get your 'Rock On' from 7-11.30pm. To be held in The Lodge. BYO drinks, nibbles. \$20pp.

December 31, NYE function: We will be holding a 'roaring 1920s themed event with three-piece band "In the Shadows". More details to follow.

Flyers for all Social Club functions, with further information about these events, will be posted on the noticeboard outside the Laundry and very soon also on the noticeboard to be located in the lobby of The Lodge Country Club. Go for a walk and check out what's on in detail.

For more information about the Social Club, please contact Brian Brownnett (Vice President) or Norma Walker (Secretary).



Pictured above: Jenny Clarke and Clover.

Meet your neighbour.

When Jenny Clarke first came into our Palm Lake Resort Willow Lodge Sales Information Centre, her energy simply shone.

Remembrance Day was where it all began for Jen. The date was quite auspicious: 11.11.22. Jen was drawn to Willow Lodge courtesy of her previous job at a local doctor's surgery and pathology clinic and we were instantly drawn to Jen's positive personality! Lucky for us, Jen knew many of our homeowners when she moved in and still today many are realising who she is.

Jen's playful chatter brings a smile to many and her generous volunteer work really supports our community. She volunteers in a variety of groups and activities from the Cinema group, to the Darts Club, to bingo. Recently, she's also been offering her time in a volunteer RSA role, serving drinks along with a serving of her bubbly personality.

Jen's big heart extends quite far and she is like many of the beautiful homeowners living here at Willow Lodge. Wendy, a close friend of Jen's, can also confirm the generosity, kindness and support given to her, in her time of need, from Jen and many other amazing Willow Lodge homeowners.

We are grateful to have homeowners like Jen join us here. Our community is becoming more and more well known as a friendly neighbourhood and it encourages even more friendly faces, like Jen, to join us.



Sports Bar news.

Looking sharp!

On June 28, RSAs were presented with uniform vests and jackets, to complement their uniform shirts, to wear in the bar. The photo, above, shows how smart they all look and how happy they all are! We have a great group of RSAs and helpers, and we couldn't run the bar without them. Thanks to all.

Bus to Bendigo

It was nice to have a trip on a bus, but this particular trip was far too long for the reward at the end. The 90 years of Women's Weekly Exhibition at the Bendigo Arts Centre was not as comprehensive as it might have been. It was good to see the actual cakes from their famous cake book and also the dresses from their front pages. However, I think we might have liked to spend more time at the Woollen Mills! We won't be planning any more bus trips for the other side of Melbourne in the near future.

Lunch at Lynbrook Hotel

To show our appreciation for RSAs, helpers and their partners for all the time they contribute to the successful running of the bar, the Bar Committee sponsored morning tea and lunch at the Lynbrook Hotel recently, taking advantage of their "Social Club" offer. If you might be interested in becoming an RSA (Responsible Service of Alcohol) and help out in the bar, this course can be done online and any cost will be reimbursed.

Fun Fridays

We have a number of different caterers helping out on our Fun Fridays and have had some delicious cottage pie, beef and dumplings, as well as hot dogs, always followed by a special sweet. Thank you to all the ladies who help out here to make Fun Friday special. If you would like to help out with Fun Friday,

please let us know. Noting, that anyone using the kitchen to make supper, need to have a food handling certificate. This can be done online and is free. If you need help, there are people who can assist you.

Saturday nights, for your diary

Here are some events to watch out for in the future. Please note that details for each will be provided closer to the date:

- Saturday, August 12: Soup kitchen
- Saturday, September 16: Bake off
- Saturday, October 14: Octoberfest
- Saturday, November 11: Charcuterie boards

**For all things Sports Bar, please contact:
Kay Smart (Administrator) on 0437 670 977.**

Bowls Club news.

Come and try, any time

Our 'Try Bowls Day' on Sunday June 18 was not the hit we thought it would be. If you were busy and not able to make that event, but are still interested in learning more about this popular sporting pastime, we encourage you to make contact with a Bowls Club committee member. We would love to show you how the game is played and give you the opportunity to roll a bowl for yourself.

Match committee

Tuesday games are going well. We are seeing around 16 players enjoying two games of eight ends of Triples. First game commences at 11am, then there's a 30-minute lunch break, then the second game commences. Names are to be in by 10.30am. Also, lists are now out for players interested in playing pennant in the 2023/2024 season.

Garden your way to better health.

IT'S A BELOVED PASTIME FOR GREEN-THUMBED HOMEOWNERS OF PALM LAKE RESORT, BUT DID YOU KNOW THAT GARDENING IS MORE THAN JUST A REWARDING HOBBY? IT CAN ALSO OFFER A VARIETY OF HEALTH BENEFITS. HERE ARE JUST FIVE OF THEM...

If you're looking for a fun way to up your vitamin D intake, make friends in your community and increase your hand strength, look no further than gardening. Better yet, you can add reduced blood pressure and a lower carbon footprint to that list, too. More than just a way to beautify your home and its surrounds, gardening offers a seemingly endless list of positives. It's great for your physical and mental health, your community and the planet. And you don't even need a big yard to do it.

You can find many beautifully tended-to front and backyards in each of our Palm Lake Resort locations (especially ours!), with community gardens at select resort locations as well. Put simply, life at Palm Lake Resort makes it easy to discover all the health benefits of gardening. If you needed any more encouragement, here are five of the main reasons why you too should get out in your garden...

Gardening improves your physical health

When you think about it, gardening is an excellent workout. All that digging, raking, planting, weeding, and watering helps to burn calories, strengthen your muscles and even improve flexibility. Gardening is considered 'moderate' physical activity, which means you only need to do about 30 minutes of gardening every day to meet the recommended exercise requirements for a healthy body. Add to that the health benefits of vitamin D intake through sun exposure, which includes improved heart health and stress relief.

Gardening improves your mental health

The mental health benefits of spending time in nature are well documented. Experts agree that being outdoors can reduce stress, foster connections with your local community (in turn, improving confidence and self-esteem) and sharpen cognition. When we nurture nature, in return, we create a positive feedback loop that allows us to connect to nature, promoting mindfulness and a sense of purpose. Plus, it's a great way to disconnect from screens, inhale good bacteria (specifically *Mycobacterium vaccae*, dubbed the 'natural antidepressant' for its ability to increase serotonin in the brain) and produce something meaningful and rewarding all at once.

Gardening will help you eat healthier

It goes without saying – when you grow your own produce, you eat better. This isn't just because you feel more motivated to eat the wholefoods you've nurtured in your own backyard (lest you waste those weeks or months spent growing each plant), but also because you avoid the pesticides that are sprayed on mass-produced fruits and veggies to help them last longer. Better yet, growing your own veggies in your garden is cheaper than shopping in the organic section of the supermarket, meaning you get more healthy wholefoods bang for your buck. This makes it much more affordable to eat the recommended daily servings of fruits (two) and veggies (five), which are believed to increase your lifespan and lower the risk of certain diseases.

Gardening helps you live a more sustainable lifestyle

If you're passionate about sustainability, growing your own produce in your garden helps you live more in line with your values. Making fewer trips to the supermarket reduces the need for excessive industrial agriculture, while also cutting down on packaging and the amount of fuel needed to transport each piece of fruit or vegetable from its growing location to your plate. By tending to your own garden, you'll also learn ways to make your waste go farther – for instance, you'll be motivated to compost food scraps to make a rich plant fertiliser. Also, the plants you grow will help reduce carbon and pollutants from the air or, if they flower, feed local pollinators like bees, butterflies and birds.

Gardening can help foster a sense of community

Last, but certainly not least, gardening provides great opportunities for social connection within your resort community. Whether you join/start a special interest group around gardening or you simply offer to help out a neighbour in their backyard, gardening is a fun, easy way to get to know some likeminded people. And, when you have a good harvest, you can share your abundance with those neighbours, friends and family members – who wouldn't appreciate a home-grown food basket, or some fresh cut flowers grown with love?

At the very least, it's nice to know that you're never really alone when you're gardening. While we've talked about the benefits of social interaction if you potter in the garden with friends, don't forget that even when you're alone in your own backyard, you're actually surrounded by thousands of living organisms, each of you playing an important part in the ecosystem.

There's an app for that.



Gardenate

Grow-Your-Own with this gardening app that offers details of more than 90 favourite vegetables and herbs. The planting calendar shows what you can grow at any time –

localized to your climate zone (Gardenate has climate-zone specific planting calendars for Australia, Canada, New Zealand, South Africa, the UK, and the USA). There are detailed plant descriptions and growing tips to get novices up to speed, while also being packed full of features for experienced gardeners. You can record your planting dates, harvest dates, notes and more, then export your data as spreadsheet files. You can also share your garden to your other phones and devices and they keep in sync - let the whole family join in the gardening fun!



ABC Vegie Guide

ABC Vegie Guide is an essential tool for all vegetable gardeners – from the novice to the experienced - to help you find out what vegie should be planted when, no matter the

climate zone you're in. ABC Vegie Guide will give you all the information you need to produce healthy crops throughout the year, including growing tips, pest and disease control pointers and harvest guides. In your 'Patch' you can keep a running record of notes about what's going on in your garden. You can keep track of what you planted and when, take photos and make notes on progress and be prompted when your plants should be ready to harvest. This one was developed by the Australian Broadcasting Corporation.



Planta

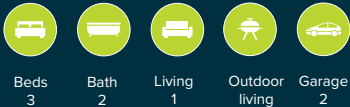
Here's one to help you with your indoor plants. Planta offers an care schedule and reminders for watering and fertilising your plants. It also contains gardening recommendations, step-by-step

guides, plant identification assistance, a light meter, Dr Planta diagnosis tool and treatment tips for sick plants, and more.

New homes for sale.

For more info or to organise your private tour, FREECALL 1800 974 981,
email willowlodge@palmlake.com.au or visit palmakeresort.com.au

60 Willow Road - \$645,000



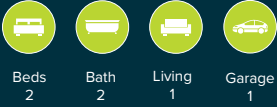
Shiny, brand new.

This duplex home is located in a prime central location within the resort and is just steps away from all of our amazing facilities. It features large open plan living, with full sliding glass doors opening out onto your own alfresco area. The kitchen is well appointed with a walk-in pantry. There are two bedrooms, master with walk-in robe and ensuite, as well as an extra room for office/study or a sofa bed. Other features include:

- Large north facing alfresco area
- Double remote garage
- No council rates, no stamp duty
- FREE water



14 Quiet Drive - \$520,000



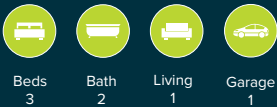
The happiest front door of them all.

Close to all facilities, this two-bedroom home presents a light filled open plan lounge dining area, opening onto a fully covered alfresco. Extras include a study nook and quality SMEG appliances. We pride ourselves on our custom designs, offering an abundance of storage and a quality finish and this home is no exception.

- Key features
- Quality appliances
 - Fully covered alfresco
 - Study nook
 - New community facilities
 - No rates, no Stamp Duty and FREE water



9 Ferny Court - \$540,000



What a beauty!

This is the one! On entry you will immediately fall in love with the abundance of storage. The well-planned open living area with high raked ceiling will impress any fastidious buyer. Nothing to spend! This home boasts two bedrooms, two bathrooms and a further multipurpose room overlooking a covered alfresco deck.

- Key features:
- All electric SMEG appliances
 - Reverse cycle air-conditioning and gas heating
 - Covered alfresco area
 - Brand new community facilities just opened at The Lodge Country Club
 - No council rates, no stamp duty, FREE water



58 Willow Road



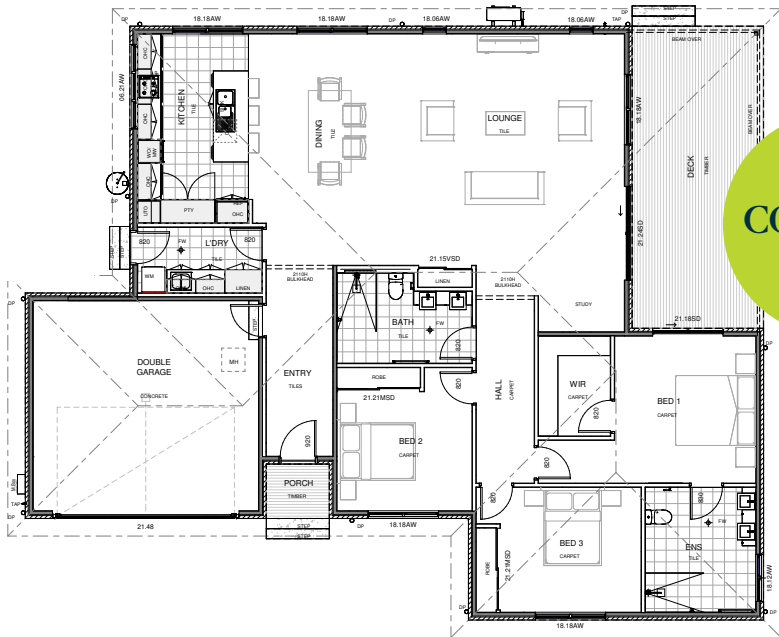
Location, location.

This duplex home is located in a prime central location within the resort and is just steps away from all of our amazing facilities. It features large open plan living, with full sliding glass doors opening out onto your own alfresco area. The kitchen is well appointed with a walk-in pantry. There are two bedrooms, master with walk-in robe and ensuite, as well as an extra room for office/study or a sofa bed.

TURN
OVER FOR
MORE GREAT
HOMES!

Under construction.

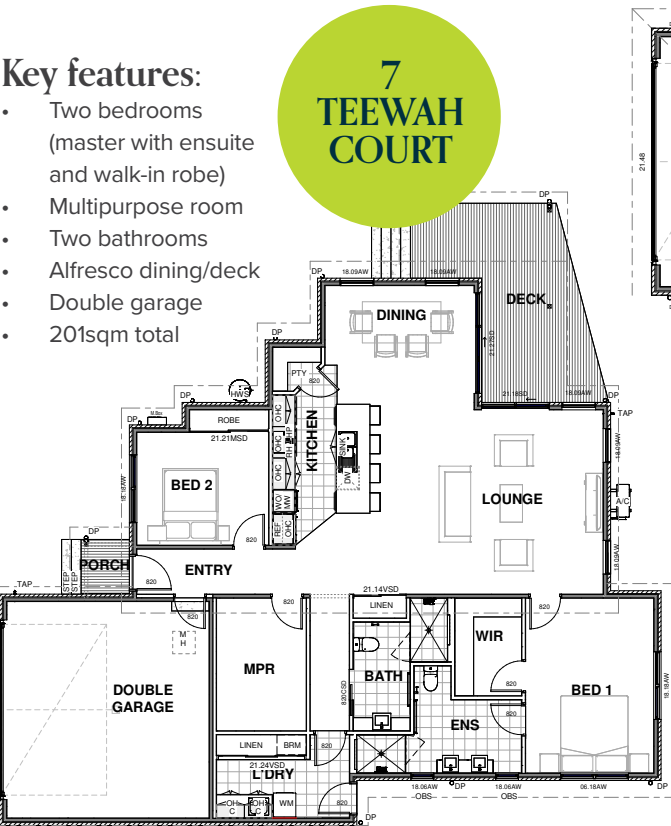
Check out the next batch of new homes, on their way



6
COLONIAL
DRIVE

Key features:

- Three bedrooms (master with ensuite and walk-in robe)
- Two bathrooms
- Alfresco dining/deck
- Double garage
- 242sqm total



7
TEEWAH
COURT

Key features:

- Two bedrooms (master with ensuite and walk-in robe)
- Multipurpose room
- Two bathrooms
- Alfresco dining/deck
- Double garage
- 201sqm total



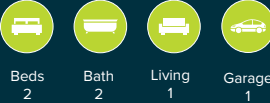
9
TANDARA
COURT

Key features:

- Three bedrooms (master with ensuite and walk-in robe)
- Two bathrooms
- Alfresco dining/deck
- Double garage
- 180sqm total

Established homes for sale.

2 Conservation Drive - \$505,000



UNDER
OFFER

Right in the heart.

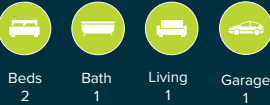
This home is perfectly situated in the heart of Palm Lake Resort Willow Lodge and across from the Sports Club. This two bedroom, two bathroom home enjoys ample natural light and features an open-plan living and dining area that opens onto a covered alfresco. Extras include a study nook and quality SMEG appliances. With quality finishes and abundance of storage, this stunning and sought-after design will not last.

Key features:

- No stamp duty
- No rates
- FREE water



9 Birch Court - \$450,000 ONO



Big and beautiful backyard with bonus solar!

There's wow factor as soon as you walk into this beautifully presented two-bedroom home. It features cathedral ceilings in the living area, a well-appointed kitchen with the ideal stove and oven for cooking up a storm, as well as a big rear deck to enjoy the amazing sunsets during all seasons.

Key features:

- Private rear deck for entertaining
- Five-burner gas cooktop with large oven for dinner parties
- 16 solar panels
- Your own large grassed area
- Beautiful new facilities with an abundance of activities to enjoy
- No stamp duty, no rates, FREE water



For more info or to organise your private tour, **FREECALL 1800 974 981**, email willowlodge@palmlake.com.au or visit palmakeresort.com.au

10,000 REASONS TO CELEBRATE

With more than 46 years' history and properties right along Australia's east coast, did you know that 10,000 likeminded people call a Palm Lake Group address home? Come join our 10,000-strong community in 2023. We welcome you home.



FREECALL 1800 974 981 | willowlodge@pallmlake.com.au
2 Willow Rd, Bangholme VIC 3175

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