

BRIDGEWATER TIMES



EXCLUSIVE LUNCH & VILLAGE TOUR

On Saturday 16 April Bridgewater Lake Estate hosted a delicious two-course lunch and village tour.

Over 135 guests attended the exclusive event, the majority of whom were from our very own Bridgewater Lake client database. Residents and invited guests were also encouraged to extend our invitation to a friend who might be interested in making the move to Bridgewater Lake.

Greg Ward provided great musical entertainment on the day while guests enjoyed the delicious two-course roast lunch. Following the meal, guests were taken on a tour of the five display homes and also had the opportunity to mingle with many of our friendly residents.

Here are just some of the common comments from the day:

"The gardens and open space at Bridgewater Lake are unique which no other village can match."

"There are so many home styles to choose from."

The event was a great success with many staying on to enjoy the afternoon - our last guest left at 6pm. Now that's Bridgewater Lake hospitality!

"Great food, enjoyable entertainment and our friendly residents all contributed to another great event at Bridgewater Lake," said Retirement Consultant Peter Harry.

Thank you to all residents and guests who joined us on the day and a special thanks must be given to our wonderful group of residents who were involved in the planning and execution of a wonderful event.

FREE
ENTRY
AND
PARKING

CRAFT MARKET

AT BRIDGEWATER LAKE

Devonshire Tea, Candles, Cakes, Jams, Hampers,
Cards, Chocolate, Clothing, Toys and More...

BARGAINS GALORE
All items are Homemade!

Saturday 28 May
10am - 2pm

All enquiries call Peter on (03) 9308 8335

EVENT NEWS



Summer
at the Lake

The sun was shining at Bridgewater Lake on Saturday 16 January where guests enjoyed the Summer at the Lake Open Day.

The fun-filled day was a huge success with guests enjoying a delicious lunch of burgers and refreshments followed by the various activities on offer including bowls, dancing, movies, and music.

Guests enjoyed a tour of the resort style facilities and fellow residents were on hand to greet and chat to visitors and several residents displayed their beautiful vintage cars.

Several people who came along on the day have now made the decision to call Bridgewater Lake home.



SUDUKO PUZZLE

Answers are on the back page.

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7		6		2	3	5		4

“IN MY OWN WORDS” MESSAGE FROM BEN MARTENS



Ben Martens isn't your typical village resident nor your typical village owner – in fact he is a bit of both.

“I am not sure how many village owners ever stay in their villages but my comment would be that if they don't then not only are they missing out but they are missing the opportunity to really understand how a village ticks and what the culture within a village is.

I thought to myself that I should share some of my wonderful experiences of not just working in but also living in villages.

I spend at least 4 nights a month staying at either **The Elms** or **Bridgewater Lake** and whilst a lot of that time is spent talking to builders, staff, and resident committees, it is the time I spend out of the office talking with residents or prospective residents and their families that really highlights to me the diversity of life within a village.

I am very proud of the homes we build and the community centres we provide to our residents, but this is only a small part of what makes a village a great place to live. It is the culture our residents create that really forms the basis of great communities.

Whether it is standing on a bowling green cheering someone's bowl as it displaces a couple of competitors balls around the jack, or bumping in to people walking their dogs, shopping in the main street, village life brings with it. A very real sense of community and this is what defines a village for me – the people that live in it.

So many people share their stories and their lives with me and I am asked into many residents' homes. Along the way I am fortunate to have sampled some great cups of tea and many forms of homemade biscuits. I've shared a magnificent Osso Bucco with a glass or two of red wine, had a great Chicken Schnitzel with steamed vegetables, Homemade Argentinian Chimmichurri smeared on a steak and enjoyed hot scones as they come out of the oven covered in fresh whipped cream and jam.

I've partaken in a glass or two of Port at the Country Club bar and in fact a few of us have raided the village freezer to heat up some frozen pies and pasties as a late night snack. I have enjoyed German Christmas cake with percolated coffee, salivated over homemade Minestrone soup, but most of all

I have heard many interesting tales of people's lives, their families, their highlights and lowlights, without doubt I continue to marvel at the diversity and depth of people's life experience and stories.

Is there a theme here?

You can tell much of my enjoyment with people tends to revolve around food, good conversation. Overwhelmingly folks are keen to tell me what they think about their village and their home and how proud they are to not just live in the village but to participate in village life.

As a participant in the village and as a shareholder nothing makes my work life more enjoyable than hearing that residents love the village, their neighbours and the homes they live in. It also enriches my personal life because the nights I live in a village I feel like I can relax and just get to know people without thinking of it as work.

I see people participate in village life in so many ways. Whether it is looking after a garden or a few gardens of their less green fingered neighbours, to deadheading roses, driving the ride-on mower to maintain large swathes of lawn, or getting together with a crew and building fences or building caravan storage facilities. It often seems that no job is too small or too large and whilst I don't look for people to do these things they all volunteer it willingly.

I am touched everywhere I go by people's willingness to share their knowledge, their experience, to welcome not just me into their village or their home but to welcome new people moving in and to look out for them.

From neighbours who will make you a meal to those who volunteer to drive others to medical appointments, to the residents who sit on the villages committees and drive changes and work with us to ensure the community continues to improve.

People's capacity for giving, volunteering and for sharing their lifetime of knowledge is extremely humbling and as I have said before it is my privilege to be allowed to work in the village.

I love what I do and I love being involved in village life as a part time resident but most of all I enjoy getting to know people and hope that we can make some difference to how they enjoy their retirement years”.

Ben Martens is the Owner/Operator of Bridgewater Lake (VIC), The Elms (VIC), and Langton Park (SA) retirement villages.

MEET RESIDENT VALERIE DEED



Although when we spoke to Valerie Deed she had only been at Bridgewater Lake for less than a month and also works part time, Monday to Friday, she has still managed to get a feel for the place, and “It’s all good”, according to her!

“I haven’t had a chance to meet everybody yet”, she said. But Valerie hasn’t wasted any time in checking out all the social activities on offer at the village. “I have been to the Wednesday night bowls, but haven’t had time to get back to it yet. I have tried out the evening yoga class and because I dabbled in a bit of painting before I came here I joined the weekly art class. I’m not very good but I really enjoy it”.

Valerie has also checked out the Thursday cards night and has been to a couple of Sunday night happy hours but hasn’t had the opportunity to go to the Friday night ones – yet!

It seems the only thing Valerie has missed out on, so far, is Peter Hill’s aqua aerobic classes and that is only because she works as a receptionist at the Essendon Football Club every morning. But she has plans to cut that back to four days a week and join the others in the pool!

The Essendon Football Club has played a huge part in Valerie’s life. “I have supported the club for 60 years”, she said. “I met my husband through it, he was a volunteer there for 49 years, I work there and now I have discovered one of our club’s legends, Greg Sewell, lives here too.

When Valerie made her mind up and wanted to move into a retirement village she couldn’t find anything that suited her. Then someone suggested she take a look at Bridgewater Lake. “It was love at first sight”, said Valerie.

Go the Bombers!

WHAT’S HAPPENING ON OUR BLOCK



Three more new homes were completed in early March with residents moving in and settling in to the relaxed Bridgewater lifestyle.

Another four homes were recently completed with two of those being exhibited at the April 16 exclusive resident and database invitation lunch, with another two homes sold on the day.

Site cuts for the next homes have commenced as we push further into construction of this stage, with floor slabs poured ANZAC Day Week.

If that’s piqued your curiosity, call our sales advisor Peter Harry at your convenience, on (03) 9308 8335 to arrange your private tour.

You can also take a look at our floor plans and site plan at: bridgewaterlake.com.au

LIFE’S A BED OF ROSES FOR THOSE LIVING IN GENEROUS GREEN SURROUNDINGS.

A comprehensive study has shown that green space nearby can lengthen lives.

The power of a garden to improve longevity has been demonstrated in a new study from Harvard University.

It shows women who live in homes surrounded by more vegetation have significantly lower mortality rates than those with sparse vegetation.

Those in the greenest surrounds had a 12 per cent lower overall mortality rate than those in the least green areas.

Published in the journal Environmental Health Perspectives, it attributes a third of the benefit to improved mental health as measured through lower levels of depression.

While a garden increases opportunities for social engagement and physical activity, it also lowers exposure to air pollution.

This study looked at the link over a period of several years and incorporated data on 108,000 women from the Nurses’ Health Study across the country.

Vegetation surrounding the women’s homes was calculated using satellite imagery from different seasons and from different years.

Other mortality risk factors, such as aged, socioeconomic status, race and ethnicity, and smoking were accounted for.

Greener areas may buffer air pollution and noise while providing opportunities for physical activity.

In another study conducted by MedUni Vienna, people rated gardens as significantly more restorative than lounges, balconies or terraces. Published in the journal Urban Forestry & Urban Greening, it revealed the restoration factor increased in proportion to the number of natural elements in the garden.

Source: Australian Financial Review, Wednesday 20th April



HURRY - NOW SELLING



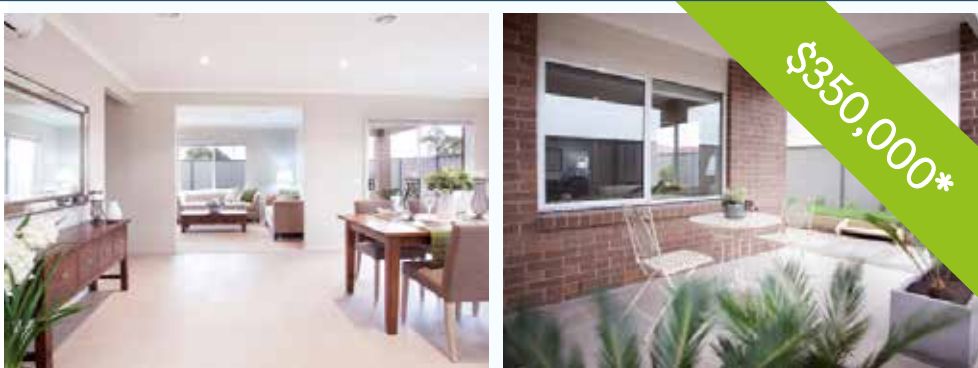
MURRAY 13 - 5 Kiana Way 2 2 1

This spacious new villa features 2 bedrooms, study nook and open plan kitchen/dining/living.

Master bedroom features a walk-in-robe and ensuite, second WC, modern laundry, single garage with internal access and great storage throughout.

This deluxe villa has reverse cycle air conditioning and double glazing and exclusive access to Club Bridgewater featuring fantastic facilities such as heated pool, indoor/outdoor blows, gym and theatre.

*Photos are indicative only. Price correct as at May 2016



THOMPSON 18 - 3 Kiana Way 2 2 1 1.5

This 2 bedroom villa offers a spacious master bedroom with adjoining ensuite and walk-in robe, second bedroom with built-in robe, and modern kitchen with adjoining meals and living room.

Featuring a second living/TV room, separate study, sought after enclosed alfresco area, spacious second bathroom, laundry, lockup 1.5 garage and set amidst a beautiful, low maintenance established garden setting. Plus quality fittings throughout.

Club Bridgewater features a heated pool, indoor/outdoor bowls, gym, cafe, bar, theatre, billiards, library, Tai Chi, craft group, art group, outings and so much more, all in a positive and friendly community environment.

Please call Peter on (03) 9308 8335 to arrange your personal inspection, or visit Tuesday to Saturday 10am – 3pm.

Discover another side to retirement living



Here. Hear. To a different kind of retirement living.

Finally, there's a different kind of retirement living option. A kind where the operators are the owners. A kind where the philosophy is to have a resident oriented view and to have a very hands on approach.

Bridgewater Lake is just 20 kilometres from Melbourne's CBD, 20 minutes to the airport and once described as being country living with city convenience.

Fully established with a real sense of fellowship, you're surrounded by everything you need - like cafes, shopping centres, medical facilities, transport, not to mention Club Bridgewater, the community centre, is quite literally, at the very heart of the village and a thriving hub for activities.

At Bridgewater Lake we take the time to listen to you and your needs. We respect your choice and decision, so much so that we personalise your home to suit your individual needs. With no stamp duty and minimal home maintenance, you'll discover another side of retirement amongst beautiful surroundings, at an affordable price.

So, here's a cheer to a different kind of retirement living.

NEW
Homes Under
Construction



"Ageing is not lost youth but a new stage of opportunity and strength"

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SUDOKU PUZZLE ANSWERS: