

# CASEY NEWS

CASEY GROUP NEWSLETTER : VOLUME 1



## A MESSAGE FROM CLINTON

*At Casey Group, we've designed retirement lifestyle properties for people who are ready to live a healthy, happy and secure retirement lifestyle! You've worked hard, you've raised your family, built your business and stepped up the corporate ladder. Now's the time to enjoy the pleasures you've been dreaming of!*

## THE RESORT TORQUAY

For lovers of surf, sand and serenity

Imagine living in a seaside resort community where your family and friends love to visit. But you don't have to do the work to keep it beautiful. It's all taken care of. Designed with the things that interest you in mind, the resort torquay has been created for you to experience a new beginning in your life.

*The Resort Torquay is one of the last remaining beachfront developments on Australia's most celebrated coastline. All these luxurious properties offer ocean, pool or nature views, and are set in tranquil landscaped surrounds. Whether you love swimming, a game of golf, bowling, gentle walks, gardening, pottering in your shed, trips to the theatre – or a bit of space to reflect by yourself – you'll have what you enjoy at The Resort Torquay.*

**SPOILT FOR CHOICES AT THE RESORT TORQUAY**

### **Investor / Holiday 'Dual-Key' Apartments**

Investors and owner/occupiers can enjoy the financial benefits of these "dual-key" apartments. All can be configured as a two bedroom apartment, or a one bedroom self-contained apartment plus a hotel suite. Owners will enjoy the benefits of extensive marketing to both leisure and conference markets, have income from their apartment paid monthly, while still retaining the ability to use their apartment for private use for up to 8 weeks per year.

### **Owner Occupier Penthouses and Apartments**

These one, two or three bedroom resort apartments are the perfect "beach house" or full time retirement living choice for retirees seeking a luxury, well-managed community environment. All are located on the upper levels of the resort.

### **Beach Villa Estate**

Designed as an independant village for over 55's, these sensational freestanding villas have modern coastal styling and are designed with retirement living in mind. Choices include two and three bedroom styles with an optional extra study. The villa estate has its own private clubhouse and barbecue facility, and is designed to foster a sense of belonging to a community, with full access to all the resort's facilities, including pools, gym and a fantastic day spa.

It's like having a beach house that evolves into retirement living without having to relocate



## LOCAL KNOWLEDGE

This month we take a tip from the locals for the areas finest and highly recommended restaurants in the Torquay area.

### **The Rose**

A stunning old homestead situated on Great Ocean Rd approx. 1km from Torquay, just past the Jan Juc turn off on top of the Hill overlooking the ocean.

**220 The Great Ocean Rd  
Torquay VIC 3228  
Ph: (03) 5261 2038**

### **Bellbrae Harvest**

Recommended by The Age Good Food Guide, Cheap Eats and Gourmet Traveller, Bellbrae Harvest is a charming mudbrick restaurant with open fire or alfresco dining.

**45 Portreath Road  
Bellbrae VIC 3228  
Ph: (61) 5266 210**

FOR MORE INFORMATION or to visit The Resort Torquay phone 03 5261 6133 or email: [info@theresorttorquay.com.au](mailto:info@theresorttorquay.com.au)



# TOORAK PLACE LUXURY RETIREMENT LIVING

With 54 independent, self contained one, two and three bedroom apartments, Toorak Place offers the ultimate luxury retirement living in the heart of Toorak Village.

Toorak Place offers spacious modern living, wonderful views across the city and Port Phillip Bay, a secure environment, a range of healthcare services, onsite function catering and direct access to all that Toorak Village has to offer – in fact every care and

service required by sophisticated residents. With 2 lifts for easy access, undercover parking with private storage, direct access to Toorak Place, a Concierge service if required, 24 hr security and onsite management – and much more...



FOR MORE INFORMATION or to visit Toorak Place, call 9827 4733

## RETIREMENT ESSENTIALS

### SECURITY –

#### A paramount issue

We understand that security is very important. It was important in your family home, and we've ensured that you can relax, knowing you're in a safe environment at your Casey retirement lifestyle resort. When you choose a Casey Group retirement property, you'll know your own Village Managers well – there for you at the press of a button, with medical support on-site, should that be required.

### Transport

Recent RACV research indicates that older people find it humiliating to have to 'beg' someone to drive them where they need to go. Often, people will choose to stay home rather than ask for help. See RoyalAuto, October 2006, "Stranded Victorians cry for help".

When The Casey Group is choosing locations for its retirement properties, easy access to transport is a key issue. After all, the whole idea of Casey Group properties is that residents should be living life to the full... and if you can't get to the shops, visit family, access services, or attend exciting community events, chances are you'll feel isolated and sad. We don't want that to happen!

### Help with Retirement Decisions

FaCS (Department of Family and Community Services) publishes Australian Retiree - Your Choices, which is designed to help self-funded retirees, including those living on superannuation, maintain their chosen retirement lifestyle. This booklet is a starting point for finding out about information or assistance from federal, state or territory governments and community support groups. There is information on the very wide range of the programs, services and options on offer. Download Australian Retiree – Your Choices.

If you are going to move to another home you should read the FaCS booklet Moving House – Your Choices. It is aimed at helping older Australians (both pre and post-retirement) improve their lifestyle through the choices they make about their housing. It provides a practical and independent guide to buying, selling or renting, and the actual move.

There are also suggestions about how to make modifications or repairs for those who do not want to move, and useful tips for building a new house. Download Moving House – Your Choices.

website link: [www.facs.gov.au](http://www.facs.gov.au)

## > NEWS FLASH! >

### AVONDALE HEIGHTS

#### – on the Maribyrnong *Friends, Lifestyle, Security*

A Permit has just been issued for newest luxury Casey Group project, Aragon, a truly beautiful property on the Maribyrnong River in Avondale Heights. This retirement development contains 122 two and three bedroom independent living units, aged care accommodation, and the extensive facilities include a lawn bowling green.

Construction will commence early in 2007 on this luxury new development. With its riverfront location, Aragon in Avondale Heights offers features that simply aren't available in any other local property. It will have river walking tracks, meandering paths through lovely parklands, landscaped gardens and wetlands, all comfortably accessed on this gently undulating site. Highpoint Shopping Centre is nearby, and there's public transport at the doorstep.

FOR MORE INFORMATION  
contact Casey Group on 8416 4444.



## HEALTHY RECIPES FOR STRONG BONES

Dairy is a great source of calcium, but by incorporating other high calcium foods that are also rich in vitamins, antioxidants and low in fat, you can add much needed nutrients to your diet.

### LAMB SALAD WITH YOGURT DRESSING

#### Ingredients

2 tsp snipped fresh rosemary  
1 clove garlic, minced  
220 g boneless lamb leg sirloin chops,  
8 cups spinach or mixed salad greens  
420 g can garbanzo beans  
1/4 cup chopped, seeded cucumber  
1/2 cup plain low-fat yogurt  
1/4 cup chopped green onions

1 clove garlic, minced  
1/4 cup golden raisins  
Salt and Pepper to taste

#### Directions

Combine rosemary and garlic; rub evenly onto lamb chops. Lightly spray a pan and cook lamb as desired. Cut into bite-size slices. In a large bowl

toss together spinach, garbanzo beans, and cucumber. Divide spinach mixture among 4 plates. Arrange lamb slices atop spinach mixture.

For dressing, combine yogurt, green onions, salt, pepper, and 1 clove garlic. Drizzle dressing over salads. Sprinkle with raisins. Makes 4 servings.



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