



The Heartlands

SUMMER NEWSLETTER 2017

Happy New Year and welcome to the first edition of our community newsletter for 2017! We hope you all enjoyed the holiday period and have returned fresh and ready to start another great year at The Heartlands.

There was a lot to celebrate at The Heartlands last year with highlights such as the launch of our display village on Heartlands Boulevard and the constant support of Club Heartlands' resident gym instructor, Jen.

This issue we will recap some of these activities, provide you with some tips on how to stay safe this summer and give you a peak into a few ideas that we have planned for The Heartlands in the coming months.

We hope you enjoy the first edition of The Heartlands newsletter for 2017, and can't wait to see what the year brings for everyone at The Heartlands!



JOIN JEN AT CLUB HEARTLANDS THIS SUMMER



The Club Heartlands gym has been busier than ever this summer, with residents visiting regularly to maintain the healthy lifestyle we all strive for!

We encourage you to continue to visit the gym, with our personal gym instructor, Jen, providing a wealth of knowledge, support and motivational training tips every Wednesday from 6.30pm – 8.30pm.

We hope everyone is excited to see Jen continue with us this year and in the meantime, here are a couple of quick tips to stay healthy over the summer:

- Keep up your regular exercise as much as you can, even if it's a 30 minute power walk.
- Maintain healthy eating habits after indulging in holiday feasting. Switch out cheeky snacks and make a fruit salad instead.
- Drink plenty of water each day to ensure you remain hydrated in the warm weather.

For further enquiries about Jen and her services, you can visit our Facebook page!



Expressions of Interest



FOR KIDS SPORTS CLINIC

We recently asked via Facebook for expressions of interest for Club Heartlands' gym instructor Jen, to run a fun filled sports clinic for kids on a future Saturday this summer.

The clinic would be run for approximately one hour and would include a variety of different activities for the kids to enjoy.

Thank you to everyone who responded via the Facebook page we received a lot of interest for the clinic to be run at either 10.30am or 11.30am on an upcoming Saturday.

To help us work out the finer details of how this clinic might work we would love if you could email through your name, children's names and ages and most preferred time slot to annica@papermillmedia.com.au.

From here we will determine if we have enough interest for the clinic to run and what activities might be appropriate given each child's age. We look forward to hearing from you!

Tennis at Club Heartlands

With tennis season in full swing, it's the perfect time to grab your rackets, tennis ball and friends and head down to the Club Heartlands' tennis court for a hit.

Enjoy a casual play or competitive game with your friends and family on the grassed tennis court, located directly next to the Club Heartlands' gym and swimming pool.

Don't forget to book your session via The Heartlands website to ensure you have the court to yourselves before heading down. You can book your session by visiting this link: heartlandstennis.youcanbook.me/index.jsp.

The tennis court area can be accessed by residents using their Club Heartlands' FOB key from the hours of 6.30am – 9pm.

TENNIS COURTS

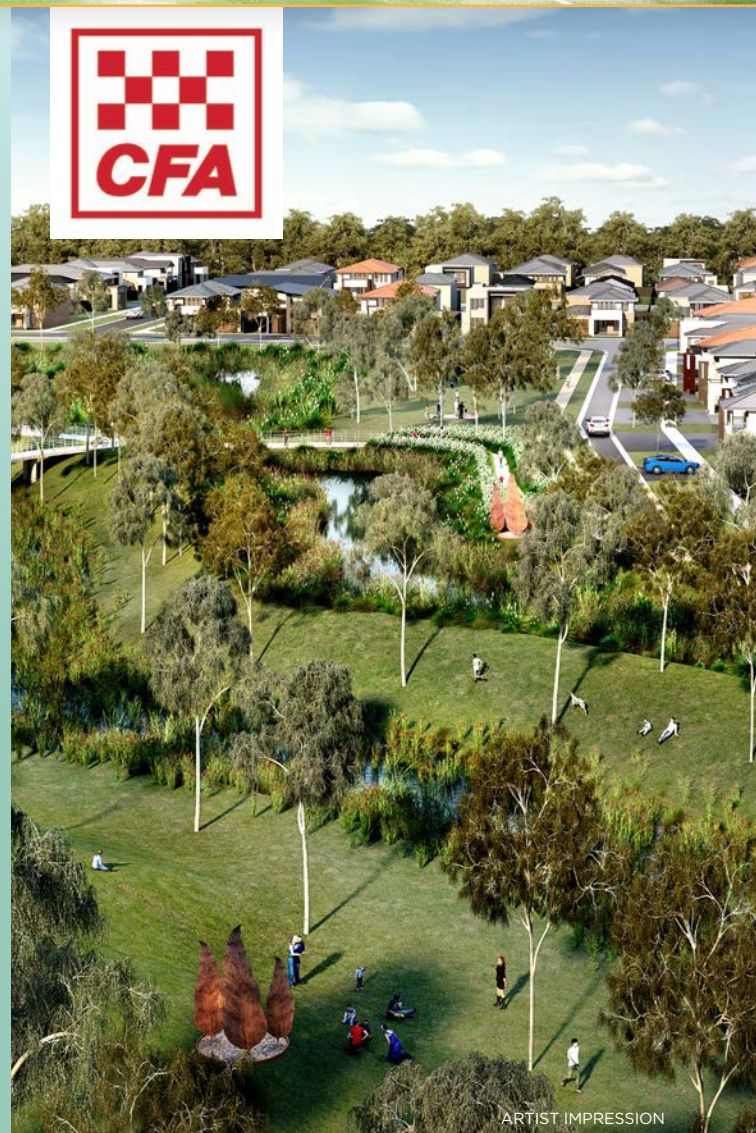
**OPEN EVERY DAY
WITH FOB KEY WHEN
BOOKED ONLINE**

HOW TO ENSURE YOU ARE FIRE READY THIS SUMMER

With summer in full swing it is extremely important that you are fire ready. Our friends at the Truganina CFA have a few tips on how to ensure you remain safe this holiday season:

- **Keep your garden tidy:** ensure all dry grass, leaves and twigs are removed and keep your grass less than 10cm high. Fire can ignite and spread quickly in long grass.
- **Remove flammables:** remove flammable items from the surrounding areas of the house. This can include door mats, boxes, furniture and flammable liquids.
- **Stay aware of fire danger ratings:** Before using any machinery or gas barbecues be aware of what the fire danger rating is. These items should not be used on days with fire bans as they can cause fires to ignite quickly.

For more detailed information and tips, please visit the CFA website: www.cfa.vic.gov.au/plan-prepare/fire-ready-kit/ or call 000 in an emergency.



ARTIST IMPRESSION

DISPLAY VILLAGE OPEN DAY *a recap*

At the end of last year, we held our display village open day with a range of free activities for locals and members of The Heartlands' community to enjoy!

The beautiful sunny afternoon saw over 300 eager members of the community visit 60 Heartlands Boulevard to explore the luxurious display homes from Metricon, Simmonds, Burbank, Persaud Homes, Granvue Homes and Sulja Homes.

Visitors were treated to free food from Babaji's Kitchen and the Truganina CFA crew, with a jumping castle, balloon artist and face painting for the kids a massive hit! A line could also be found out the front of the smoothie bikes from Foost, who gave guests the opportunity to peddle their own delicious fruit smoothies.

A big thank you to everyone who came down on the day to look through the display village and meet other members of the local community!



GOT ANY NEWS YOU'D LIKE TO SHARE?

Do you have an exciting story or any community news you'd like to share? Then we'd love to hear about it! Email your details and news tip to annica@papermillmedia.com.au for a chance to feature in our next edition.



Thanks for reading and we hope you enjoy the sunshine this summer!



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