



The
Heartlands



WINTER NEWSLETTER 2017

With winter in full swing, grab a cup of hot coffee and warm your soul with this edition of The Heartlands' newsletter.

In this edition, we'll give you an update on what's been happening at The Heartlands this year and what is still to come! We've got a delicious winter warmer recipe, a recap of our wonderful Easter event and some exciting news to share with you all.

We hope you enjoy the winter issue of our newsletter and stay tuned for activities still to come this year.



KEEP HEALTHY THIS WINTER

To help you stay on top of your health and overall wellbeing during the winter months we have some great tips to help fight off the winter cold.

CONTINUE REGULAR EXERCISE

It can be tempting to avoid exercise in winter but it is one of the most important times to keep active! By keeping up your fitness routine you are giving your body the best opportunity to remain healthy this winter.

The Heartlands' personal trainer, Jen, will be at Club Heartlands every Wednesday from 6:30pm-8:30pm for extra guidance, support and motivational training tips.

MAINTAIN A HEALTHY, NOURISHING DIET

In addition to regular exercise and workouts that suit you, it's important to maintain a healthy, nourishing diet that will keep your immune system strong to avoid colds. Comfort food doesn't have to be unhealthy!

Think tasty, hot soups with crusty bread, and pasta paired with plenty of veggies for extra nutrition.



SPICE THINGS UP IN THE KITCHEN

To help you get creative in the kitchen this winter, and cook delicious food that is healthy and nutritious, we have put together an easy sweet potato, pumpkin and sweet corn soup recipe that the whole family will enjoy.

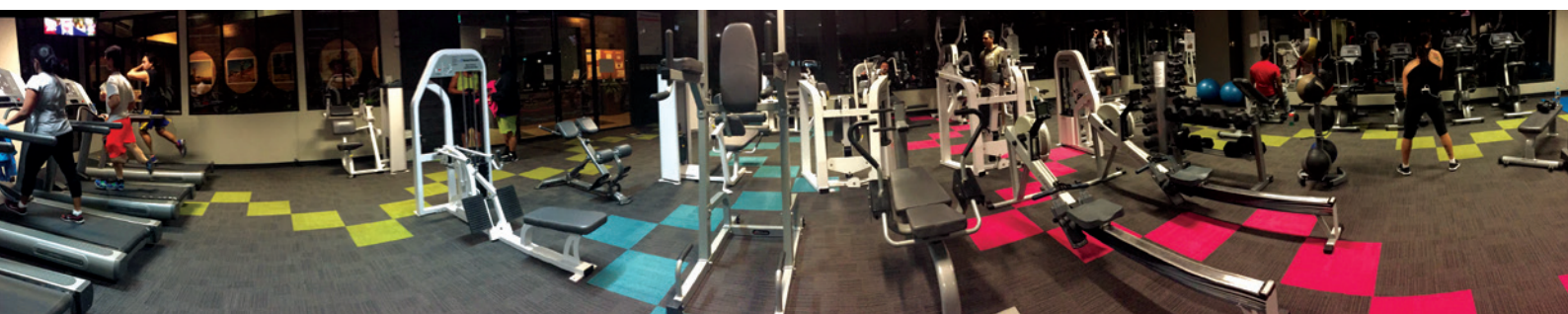
Ingredients: Serves 4

- 1 half or whole butternut pumpkin chopped into 4cm chunks
- 2 medium sized sweet potatoes, chopped into 4cm chunks
- 1 carrot, thickly sliced
- 2 cups sweet corn kernels (frozen)
- 2 garlic cloves
- 1 brown onion
- 1 L chicken or vegetable stock
- 1/2 tsp Turmeric
- Salt and pepper

Method:

1. Gently sauté the brown onion and garlic in a tablespoon of olive oil in a large saucepan until transparent. Add salt and pepper.
2. Add pumpkin, sweet potato, and carrot. Toss with onion and garlic to ensure vegetables are covered in flavour. Add 1/2 tsp of turmeric.
3. Add stock to the saucepan covering all vegetables, before adding the corn.
4. Bring to boil for 20 minutes and then leave to gently simmer for an hour.
5. Once cool, blend in food processor or blender until pureed, then serve hot.

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



Kids Crafternoon Tea

We are excited to be hosting a Kids Crafternoon Tea at The Heartlands on Saturday July 8th, 2017.

Bring your kids down to Club Heartlands for a fun filled day of exciting hands-on craft activities. Parents will have the opportunity to meet fellow Heartlands residents, relax, enjoy friendly conversation, tasty treats and a coffee whilst the kids get crafty.

Spaces are limited so parents please note that in order for your child to participate you will need to book.

Please email the following details to bonnie@papermillmedia.com.au by Monday July 1st 2017 to book!

- Parent name
- Name/s of children participating
- Age/s of children participating
- Your residential address at The Heartlands, Tarneit
- All details must be registered by Monday July 3 2017

If you have any additional questions, please get in touch with Bonnie via the email address listed above.

We look forward to hearing from you!



THE HEARTLANDS' EASTER EGG HUNT *A RECAP*

Over Easter we held our highly anticipated annual Easter egg hunt at the newly opened park on Heartlands Blvd!

Joined by families and friends in the local community, children were treated to one of The Heartlands' biggest Easter egg hunts yet, with over 300 members of the community making it down to enjoy the day. 3,000 Easter eggs were hidden across the playground and park, with special guests the Easter Bunny and his fairy friend helping the children explore and find the delicious chocolate treats.

The Truganina CFA crew were on hand to serve up a fresh sausage sizzle, with children able to explore the giant fire truck and a photo with Captain Koala.

Face painters were also kept busy turning kids into cute little bunnies or fairies and a jumping castle provided endless entertainment for the little ones.

Thank you to those who made it down on the day, we can't wait to see you all at the next event.



SHERRIDON HOMES

A PROFILE

Located on Leakes Rd, The Heartlands Display Village has an array of homes from Australia's award winning builders for those of you looking to build their new home.

One of our fantastic builders at The Heartlands, Sherridon Homes, offers a variety of housing options and designs to choose from, priding themselves on floor-plan flexibility, personalised service and stylishly seamless designs.

Sherridon Homes currently has six homes on display at The Heartlands, including two double-storey homes and four single-storey homes for guests to explore. The homes range from 19 squares to an extensive 43 squares, with something for those looking to upgrade and also for buyers looking to downsize.

We recently spoke with Saurav Bhanot, Sherridon Homes' Sales Manager, who is always on hand to offer assistance and answer any question you might have when it comes to searching for your new home.

"The biggest tip I would give home buyers is to explore all the options. Consider what you need for your home, all the different home designs available and which upgrades you might or might not need," Saurav said.

"The favourite part of my job is helping people create their own home. At The Heartlands, I love seeing not just the new faces that come through the door every day but also the old faces who I have dealt with throughout their whole building journey at The Heartlands."

The most popular Sherridon Homes at The Heartlands are the Clifton 28 and the Rockledge 25 which both feature spacious living, meal and alfresco areas that make them the perfect family home.

Visit The Heartlands Display Village now for your opportunity to explore the display homes on offer or visit Saurav at Leakes Rd, The Heartlands.

theheartlands.com.au/land-for-sale/display-village



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 bonnie@papermillmedia.com.au for a chance to feature in our next edition. Thanks for reading and we hope you stay warm this winter.



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



Find us on
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Land Sales Centre

60 Heartlands Blvd, Tarneit 3029
Melways Ref 234 K1

Free Call 1300 526 354

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theheartlands.com.au