



The
Heartlands

AUTUMN NEWSLETTER 2016



In this issue of The Heartlands newsletter we chat about our first community event for the year, give you an update on our local sporting group The Truganina Cricket Club and give you a sneak peek into some exciting activities coming up at Club Heartlands throughout April and May.

We hope you enjoy our first newsletter of 2016 and are looking forward to the amazing activities we have planned!





Easter

EVENT



EASTER
BUNNY



FACE
PAINTING



JUMPING
CASTLE



EGG
HUNT



CFA
BBQ

Our annual Easter community event was held on Saturday 19th March and was a huge success. Over 200 residents attended on the day and enjoyed a jumping castle, face painting and delicious BBQ food.

The children (and even some adults) participated in an Easter egg hunt and were delighted to meet the Easter Bunny, who paid a special visit on the day.

Our friends at the Truganina CFA provided a free sausage sizzle while their community education mascot Captain Koala and members from the CFA provided tips for fire safety around the home.

In addition to the Easter festivities and to balance the chocolate-eating, a few residents participated in a relaxing yoga session run by Trevor from Be Wise Yoga.

Thanks to everyone who came down and participated in our Easter event – we hope you had as much fun as we did!



Yoga is Back

At Club Heartlands



Due to popular demand our free yoga classes are back at Club Heartlands during April!

Yoga instructor, Trevor, from Be Wise Yoga will be at the Club Heartlands tennis courts for three Saturdays across April to provide his best tips and routines to unwind with a relaxing yoga class.

Be sure to grab your yoga mat and water bottle and come down to Club Heartlands this month - we would love to see some friendly new faces in our yoga classes!

Along with yoga classes, our gym instructor Jen is back at the Club Heartlands gym every Wednesday from 6:30pm - 8:30pm each week for all your fitness tips and advice on gym equipment.

Dates for all our gym activities can be viewed on the following page and for further enquiries about our yoga classes at Club Heartlands throughout April and May, you can visit our Facebook page.



facebook.com/TheHeartlandsByAsset1

LOCAL TEAM TRUGANINA CRICKET CLUB CELEBRATE AN AMAZING SEASON



At The Heartlands we love to support local sporting groups and are proud major sponsors of the Truganina Cricket Club who have performed amazingly this season!

We have enjoyed seeing the club grow over the past year and were very excited to hear that the Under 13 Maroons qualified for the Grand Final held over a two day match on Friday 4 & 11 March.

The team were defeated in the final but it was an amazing performance by such a young team against the very competitive Caroline Springs Cricket Club, we can't wait to see what next season has in store for these young guns!

The TCC recently presented The Heartlands with a commemorative jersey which we will have on show for everyone to see at our display office.

If you or your children are interested in joining a supportive and fun local team please get in contact.



Upcoming Activities & Events

AT THE HEARTLANDS!

At The Heartlands we constantly have a number of fun events and activities for our residents to enjoy!

With our regular monthly Facebook competitions scheduled, make sure you 'like' our Facebook page for your many chances to WIN.

We also have a number of activities over April and May at Club Heartlands including our fitness trainer, Jen, and yoga instructor, Trevor, for all your fitness needs!

Take a look below of what we've got coming up for April and May:

EVENTS IN APRIL AND MAY



GYM INSTRUCTOR

Times are as follows:

**EVERY WEDNESDAY
THROUGHOUT APRIL & MAY
6:30pm-8:30pm**

FREE YOGA CLASSES

Times are as follows:

**SATURDAY
2nd, 9th & 16th April
10:30am-11:30am**



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 zoe@papermillmedia.com.au for a chance to feature in our next edition.

 *Thanks for reading!*



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