

## Spring is in the Air



Happy springtime everyone! We trust you have been safe and healthy. As you can see, our activities are still somewhat limited by COVID-19 Restrictions. However, there are many things happening, groups meeting and membership benefits to be enjoyed.

We really hope you will sign up as a member via our new website. You will not only get

your money back in benefits in no time at all, but you also help to keep our Community Association going.

We have a new website! Please check it out at **[norwestcommunity.com.au](http://norwestcommunity.com.au)**.

We also invite you to follow us on our new Instagram account **@norwestcommunity** and like our Facebook page – **[facebook.com/norwestcommunity](https://facebook.com/norwestcommunity)**

## Special Spring Deals

Norwest Community Association is here for you! We are committed to support you and local businesses through our Loyalty Card Partners Program. If you are not a member yet, please go to **[norwestcommunity.com.au/membership](http://norwestcommunity.com.au/membership)**. Your access these specials by presenting your membership card:

**Thai Waterfront – September & October Special:** Receive a 20% discount off the Exotic Bella Vista Banquet for 4 to 20 people on Tuesdays, including a glass of wine or soft drink. Seatings are at 5.30pm and 8pm. You must book and mention the deal at time of booking.

**Address:** 5 Celebration Drive, Bella Vista.

**Phone:** 8883 1237.

**Pelotone - Indoor Cycling & Fitness Studio – October Special:** Unlimited ride pass for 14 days for only \$50. Normally valued at \$195.

**Website:** [pelotone.com.au](http://pelotone.com.au)

**Address:** Unit 205, TI Building, Level 2, 14-16 Lexington Drive, Bella Vista.

**Phone:** 8883 2146

For more information on Member Benefits go to **[norwestcommunity.com.au/membership/benefits](http://norwestcommunity.com.au/membership/benefits)**

## Live Life Get Active – Free Fitness Training



Come and discover how fitness can build friendships, improve both physical and mental health and general happiness.

**When:** Monday to Friday 12pm – 12.45pm.

**Where:** Outside Norwest Marketown, grassed area by the lake.

For information and to register to go [norwestcity.com.au/norwestalive](http://norwestcity.com.au/norwestalive).

## Free Tai Chi Classes

Classes will begin again in spring, please check our website for updates at [norwestcommunity.com.au/groups](http://norwestcommunity.com.au/groups).

## Thursday Coffee Club



Meets monthly on a Thursday morning. Come along & enjoy a coffee with new friends.

**Time:** 10 am.

**Dates:** Thursday 10th September, 8th October & 12th November.

**Venue:** Hohl, 40 Solent Circuit, Norwest.

## Norwest Men's Group

This group is a great way for men to connect and solve the problems of the world!

**Dates:** Tuesdays 8th September, 13th October & 10th November.

**Time:** 10.00am.

**Venue:** Café McKels, Shop 14, CircaRetail, 1 Circa Boulevard, Bella Vista.

**Enquiries:** Phone Barry on 0409 916 380 or

Denis on 0411 550 864.

# Spring Photography Competition

Attention all budding photographers, we have a competition for you! We invite you to enter as per information below. The competition commences on 1st October and ends on 31st October.



### Adult Competition (for 13 years and older):

Theme "What Norwest Means to Me". You can submit a maximum of 4 photos. Prize for winning photo is a \$100 voucher for one of our Loyalty Card Partner cafes/restaurants OR a \$100 donation to a charity of choice.

### Children's Competition (for 5 to 12 year olds):

Theme "Fancy Dress or Funny Photo", one photo entry per

child. Prize for winning photo is a \$50 bookstore voucher.



To enter you need to include your name, address, contact details and email your photo/s to [president@norwestcommunity.com.au](mailto:president@norwestcommunity.com.au). Entries close 31st October and winners will be notified within two weeks.



Please note all photos submitted become the property of Norwest Community Association and may be used on our social media platforms, website and newsletters.



Norwest Community Event

## Norwest Community Association AGM & Social Night

We are looking forward to getting together for refreshments, a guest speaker and catching up! The AGM will be brief affair and we invite new members to join the committee.

**When:** Friday 30th October at 7pm.

**Where:** To be confirmed.

Please visit our website for more information closer to the date. Please note this event is subject to COVID-19 Restrictions.

# September Video Clip Competition

We invite you to enter our September Video Clip Competition!

The theme is "My favourite outdoor activity. Video clips must be no longer than 90 seconds and can feature one person, a couple or even a family.

To enter you need to include your name, address, contact details and email your video to [president@norwestcommunity.com.au](mailto:president@norwestcommunity.com.au).

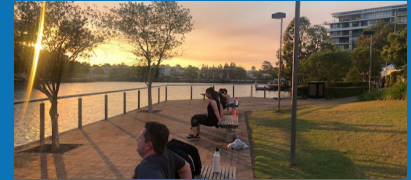
Entries open on 1st September, close on 30th September and winners will be notified within two weeks. Entries are open to all Norwest and nearby residents and will be judged on how inspiring

the video is. Winning entry will receive a \$100 voucher to a cafe or restaurant listed as one of our Loyalty Card Partners OR a \$100 donation to a charity of choice.



Please note all videos submitted become the property of Norwest Community Association and may be used on our social media platforms and website.

## Group Fitness Training



Our IN2Life NIGHT OPS Group Training runs twice a week. If you want to lose weight and have fun with other local residents, why not come along and join us!

**When:** Every Monday & Wednesday at 7pm for one hour.

**Venue:** Norwest Lake, off Maitland Place.

Cost is \$12.50 per session, running in 5-week blocks.

**Bookings:** If you are interested please email Sarah at [sarah@in2lifept.com.au](mailto:sarah@in2lifept.com.au) or call mobile 0418 417 182.

## Do you have items that need a new home?



Do you have unwanted, quality furniture, bedding or kitchen items that are in good condition? Providential Assist are happy to collect your items and pass them on to homes that need them most, free of charge. Please call 1300 364 701.

## Let's connect on social media!

Check out [facebook.com/norwestcommunity](https://www.facebook.com/norwestcommunity) and Instagram [@norwestcommunity](https://www.instagram.com/norwestcommunity).

Have you joined our Facebook Groups? They are [facebook.com/NorwestHappyHourGroup](https://www.facebook.com/NorwestHappyHourGroup) & [facebook.com/NorwestCommunityFamilies](https://www.facebook.com/NorwestCommunityFamilies).

Are you on our mailing list for email updates? If not, please email us your contact details via [president@norwestcommunity.com.au](mailto:president@norwestcommunity.com.au) or [tuula.schaeffer@connections.com.au](mailto:tuula.schaeffer@connections.com.au).

We thank Mulpha Norwest for their continuing support of our community and sponsorship of this newsletter.



Norwest Community Event

## Let's Have Lunch!

Come and join us for lunch to meet people and have a local restaurant experience!

**When:** Wednesday 18th November at 12pm.

**Venue:** To be confirmed.

Please visit our website for details closer to the date.

# Who is Mulpha Norwest?

Mulpha Norwest is owned by award-winning property developer Mulpha. In addition to the masterplanned community Bella Vista, which comprises 1400 residential blocks and 500 medium density dwellings, Mulpha has developed one of Australia's largest business parks, the 377 hectare Norwest Business Park. It also owns Hayman Island, Intercontinental Hotel, Sanctuary Cove Resort

and Bimbadgen winery.



Norwest Sales Suite is located at 36 Solent Circuit, Norwest, and is open 7 days from 10 am to 4 pm.

Phone: 1300 090 388.

## Mulpha attracts leading medical innovators to The Bond, Norwest

Norwest master developer Mulpha has secured two major tenancies by leading specialist medical innovators for its landmark timber building The Bond at Norwest, Sydney. Mulpha has secured commitments for over 30 percent of the building ahead of construction commencing later this year.



Genesis Oncology has taken 1050m<sup>2</sup> of space to set up a world class cancer treatment centre in the Hills District, and Dr Antony Lighten has taken 735m<sup>2</sup> of space for his IVF Clinic and reproductive surgery. Space has also been taken up by orthodontic, obstetrics and gynaecology practices.

GenesisCare Chief Executive Officer, Dan Collins, said: "We are proud to be designing a world class cancer treatment centre here at The Bond so that patients in the Hills District and Western Sydney can access high quality oncology care close to home.

We were immediately drawn to The Bond's innovative and sustainable design and its proximity to Norwest Private Hospital which means cancer patients will be able to access comprehensive cancer care, including surgery, medical oncology and now radiation therapy, close by."

Dr Antony Lighten, a fertility specialist and IVF and reproductive surgeon who has a 5-month waiting list for new clients, said he was drawn to The Bond because of the beauty in the wood, the glass design and green credentials, all contributing to a health and wellness environment.

The Bond, located on the corners of Elizabeth Macarthur Drive and Norbrik Drive, will be a landmark timber building at the gateway of Norwest's commercial

precinct, adjacent to the heritage-listed Bella Vista Farm and connected by on-demand shuttle buses to the Metro stations at Norwest and Bella Vista.

The Bond will comprise a ground floor retail lobby environment, six floors of commercial office building, childcare facility for 110 children, end-of-trip facilities, basement car carparking, short-term visitor parking and service vehicle and loading facilities. The building's innovative design will offer flexible campus style floor plates, allowing for a range of workspaces to cater for all needs, including open plan working spaces and private offices.

The Bond has been designed using cross-laminated timber technology for the 1600m<sup>2</sup> floorplates, walls and stairs, as well as laminated timber columns and beams for the structural frame.

In addition to offering design flexibility and unique aesthetics, this new-age timber technology has great strength and efficiency, and the potential to be carbon-neutral over its lifecycle.

## Wellness at the heart of Essentia townhomes design says Mulpha

Mulpha Developments has released the next stage of 17 'smart' townhomes in its Essentia development at Norwest, with the focus on 'wellness' central to their design and the surrounding precinct. Over half of the planned 74 townhomes have been sold to date.



The townhome development integrates the latest smart technology with wellness in design principles to create a healthier and more energy-efficient living environment. It reflects a growing trend in the property industry towards designing and building homes to support the holistic health of residents.

Construction is about to

commence on a wellness centre, located in the heart of the development to bring the community together and create a sense of belonging. The centre will be powered by solar energy with a swimming pool, gym, yoga area, fireplace, barbecue, and lounge area, offering residents their own tranquil sanctuary in which to re-connect, relax and recharge.

Set around a beautifully landscaped central park and natural waterway in the six hectare estate, Essentia offers residents luxury living within a peaceful environment while being part of a vibrant community close to all the lifestyle amenities and transport links that Norwest has to offer.

Mulpha Developments Executive General Manager Tim Spencer said:

"This year people's lives have become more centred around their homes and they have become much more conscious of how their home supports an integrated, balanced and healthy lifestyle. With so many people working and sharing home-space it is vital that their home supports rather than hinders their sense of wellbeing.

"They value living within walking distance to neighbourhood amenities, including parks, walking paths, public transport, local services and entertainment options. They prioritise light, open living spaces, greenery and fresh air and access to wellness facilities such as gyms, yoga studios and health services."

"Essentia aims to and we believe is, raising the bar in smart technology, sustainability and wellbeing."

The 17 new four-bedroom smart townhomes are now available off the plan. To find out more and visit a fully furnished display home, contact our Sales Team on 1300 090 388 or visit 36 Solent Circuit, Baulkham Hills, open 7 days a week from 10am - 4pm.

This newsletter is published by Norwest Community Association and sponsored by Mulpha. For enquiries, news to share or suggestions please contact [info@norwestcommunity.com.au](mailto:info@norwestcommunity.com.au)