

What a Christmas Time We Had!



Congratulations to Bettina and David from Haven apartments for winning our Christmas Lights Competition. Their impressive Christmas Village even made the Channel 9 news!



Huge thank you to Mulpha for another annual Norwest Residents' Christmas Party. Held at the newly opened Ribs & Burgers, it was a great night out. In conjunction with the party, we always hold a Christmas Hamper Drive.

In addition to kind donations of non-perishable food items from residents, over \$500 was raised from the Residents' Christmas Party ticket sales. The hampers were put together and distributed by Providential Homes to families in need in the Blacktown area.

Special Deals for Members Update

Become a member and enjoy the benefits!

Members' Deals

Our members are enjoying discounts as more local businesses partner with us. You just need a valid membership card to enjoy the benefits.

Welcome to new Loyalty Card Partners:

Newly opened **Italian Street Kitchen** is offering 10% discount for up to 2 people for dining in. The restaurant is by Norwest Lake at Il Solent Circuit, Norwest. Phone 8629 8708.

Looking for a plumber? Look no further than **Elm Plumbing**, for all your general plumbing needs, gas fittings and water tanks. They offer a 10% discount on labour. Address: 10/7 Inglewood Place, Norwest. Phone Tim on 0418 281 225.

To become a Member or find out more about the benefits, go to norwestcommunity.com.au. You can take advantage of the members' discounts by simply showing your valid membership card.

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

Free Tai Chi Classes

The sessions are back and go for 45 minutes. All welcome, no need to book.

When: Mondays, Wednesdays & Fridays at 8 am in March and at 8.30 am from 1st April.

Where: Grassed area along Norwest Lake, behind Norwest Marketown.

Enquiries: Vimala on 0412 888 672.

Thursday Coffee Club



Meets monthly on a Thursday morning. Come along & enjoy a coffee with new friends. Please note, depending on numbers, we meet at the café, grab our coffees and then go around to the back of the apartment building.

Time: 10 am.

Dates: Thursday 11th March, 8th April, 13th May.

Venue: Whole, 100/2 Natura Rise, Norwest.

Norwest Men's Group

Meets monthly on a Thursday morning. Come along & enjoy a coffee with new friends. Please note, depending on numbers, we meet at the café, grab our coffees and then go around to the back of the apartment building.

Time: 10 am.

Dates: Thursday 11th March, 8th April, 13th May.

Venue: Cafe McKells, Circa Retail, Bella Vista.

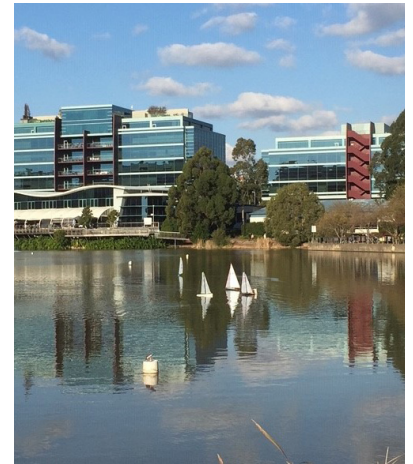
Local News

We have winning gardens amongst us! Organised by The Rotary Club of the Hills-Kellyville, the annual Sydney Hills Garden Competition entries were judged by professional and experienced horticulturists and gardening experts including Ross Miller and Bruce Pike. There were 16 categories and 45 placegetters.

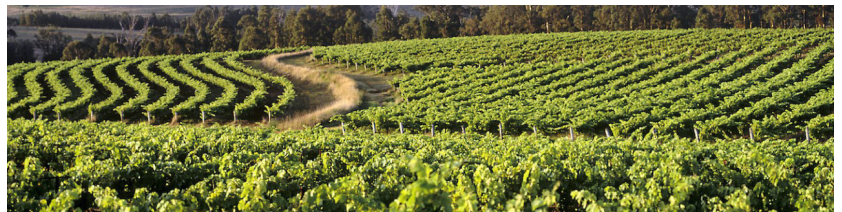


Central Park at The Lakes, Norwest, was the winner of the Strata or Community Title Property with Macarthur Ridge and The Pointe, both in Bella Vista Waters, coming second

and third. These winning estates are all looked after by the same garden contractor, Chris Shaw from Leave it Green. Congratulations all round!



Have you seen the sail boats on Norwest Lake? Sydney Maritime Modellers Club (SMMC), established in 1998, meets on most Saturdays and sail remote controlled yachts from 60 cm to 100 cm in length. The weekly competitions incorporate a variety of handicaps. For more information go to smmcl1998.weebly.com



Norwest Community Event

Hunter Valley Coach Tour

Come and join us for a wonderful day out in the beautiful Hunter Valley, travelling by luxury coach. The day includes visits to three wineries, charcuterie board for morning tea, a visit to Hunter Valley Gardens Village, where you can purchase lunch, and more.

When: Saturday 24th April. Coach departs at 7.45am and returns approximately 7pm. Departure point is Norwest Sales Suite, 36 Solent Circuit, Norwest. There is street parking available along Solent Circuit or surrounds.

Tickets: Cost is \$55 per person for Gold Members and \$65 for non-members, and includes coach travel, morning tea and all tastings. Tickets need to be purchased by 17th April via Eventbrite - search Norwest Hunter Valley Tour. Tickets available from 24th March.

Please note: This event is subject to COVID restrictions and therefore tickets are limited.



Norwest Community Event

Jurassic Easter Party

Baby dinosaurs are coming to Norwest for an Easter Party to remember! We invite you to join us for our annual family event, which will also feature refreshments, Easter Eggs and more.

We are also holding the annual Easter Hat Competition and there will be prizes to win!

When: Saturday 27th March from 2pm to 4pm.

Where: Norwest Sales Suite, 36 Solent Circuit

Bookings: Please search Norwest Jurassic Easter Party on Eventbrite. Bookings close 23rd March. Adults tickets are \$5 each, children are free.

Please note: Numbers are limited for this event.



Norwest Community Event

Let's Have Lunch!

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

When: Wednesday 26th May at 12pm.

Venue: Jazzveh, 5 Celebration Drive, Bella Vista.

Please visit our website for information on bookings and parking closer to the date.



Other Local Community Event

Bella Vista Farm Open Days

Come and visit Bella Vista Farm! Volunteers from the Friends of Bella Vista farm are available to chat and answer any question about the Farm and its history. You can also relax in the gardens of the Farm or bring a family picnic lunch to enjoy. Explore the homestead and farm buildings. Devonshire teas and children's activities are available.

When: Sunday 7th March, 4th April & 2nd May from 10 am to 2 pm.

Where: Elizabeth Macarthur Drive, Bella Vista.

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 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 or tuula.schaeffer@connections.com.au.

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

Popular Live Life Get Active free fitness classes return to Norwest

Norwest parent developer Mulpha has again teamed up with Live Life Get Active to offer free fitness training sessions to the Norwest community, including business workers and residents.

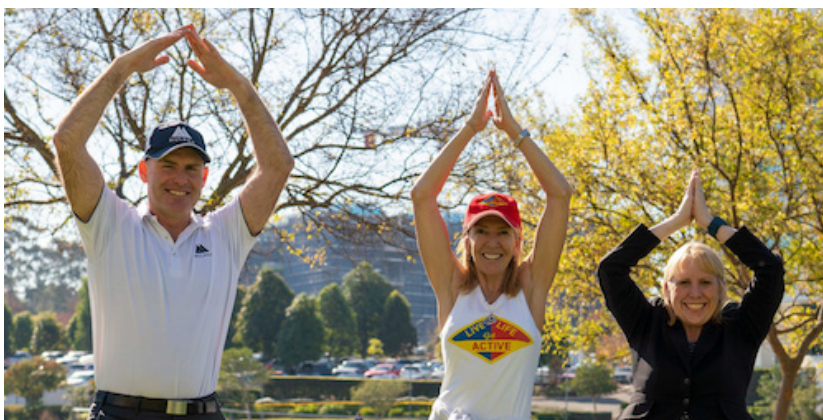
Every person who signs up to the fitness sessions receives a tailored nutrition plan based on the information they have supplied and their personal goals.

The free fitness classes have been popular with residents and businesses since first commencing in May 2018, with membership growing from 268 in September 2019 to 385 in September 2020.

Live Life Get Active Director and former Australian Olympic track and field athlete, Jane Flemming said:

“It’s a great way to start the new year by investing in your health and wellbeing, whatever your current fitness and objectives, particularly after the year we’ve just been through.

“With so many of us working from home, people have realised the importance of taking breaks, getting some exercise and taking time out to relax. You feel better, think better and function better.



“We are thrilled with the range of participants from all ages and cultural backgrounds who appreciate the no-pressure, fun atmosphere created by our highly qualified trainers.

“Getting up and active can do so much to improve quality of life by reducing the risk of chronic conditions such as heart disease and diabetes and improving our mental wellbeing.”

Mulpha Norwest Executive General Manager, Tim Spencer, said:

“We are delighted to continue the Live Life Get Active program that has demonstrably improved physical fitness and general wellbeing in the Norwest community.

“It’s a great way to get fit, feel good and enjoy connecting with others.

“This is all part of our vision to provide an environment in Norwest which fosters health and wellbeing. We see the core pillars in achieving a holistic and well-balanced lifestyle being the connection of people to nature and their neighbours,” Tim Spencer said. “It’s about growing communities full of friendships and establishing a true sense of belonging.”

Local Norwest resident Teresa Stirba who participated in the fitness classes last year said being able to go out and do this exercise with a trainer was fantastic. “I would try and do exercise at home but found having an instructor keeps me in check and the friendly group environment is great.”

Commencing February 1st, the 45-minute sessions will be held Monday to Friday, during school terms, from 12pm to 12:45pm at 4 Century Circuit, Baulkham Hills. These will include Active X Training

from Monday to Thursday and Active Yoga on a Friday. Simply register at <https://lifelifegetactive.com/location/nsw-sydney/baulkham-hills-norwest-marketown-shopping-centre/>

Enacon Car Wash Norwest



Did you know the Mulpha owned Enacon Car Wash was launched last October? The fully renovated, touch-less and automatic car wash offers all-new, state of the art equipment and will have your car washed in minutes. Located next to Norwest Marketown, it is open 24 hours a day, 7 days a week and attended by staff between 9 am and 5 pm daily.

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.

This newsletter is published by Norwest Community Association and sponsored by Mulpha. For enquiries, news to share or suggestions please contact president@norwestcommunity.com.au