



PAWSOME PET ARLO

My breed

Shorthaired black cat (I'm a rescue!)

My occupation

Professional sunbather and biscuit maker

My person is

Dad (but only when Mum isn't in the room, then I definitely love Mum more)

My favourite treats are

Pre-bagged roast chicken from Aldi

What are my favourite things about the community?

Looking at the trains out the window

HAPPINESS ROCKS – HALLOWEEN HUNT

It's that time of year! The Happiness Rocks Halloween Hunt is on 29th October from 3:00pm – 5:00pm along the Thornton Canal.

Dress up in Halloween costume and come and join in the fun, finding the spooky, creepy, crawly rock creatures designed by the amazing rock painting enthusiasts from Happiness Rocks.



THORNTON COMMUNITY CENTRE

Thornton Welcomers

Tuesdays and Thursdays
10am – 12noon
Thornton Community Centre

Thornton Hobby Hub

The ever-popular Thornton Hobby Hub continues to welcome new residents keen to be inspired by a new hobby or to share their own special creative interest with Thornton residents.

Held each Wednesday at the Thornton Community Centre but please note from **October 26th** the Hobby Hub will be held from **2:30pm – 4:30pm**.

Thornton Conversational English Classes

Tuesdays 9am – 11am
Thornton Community Centre

Thornton Community Garden

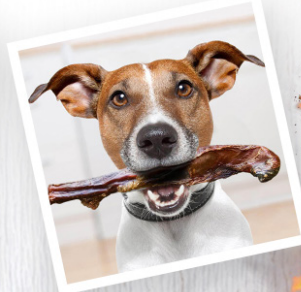
Thornton Community Garden is located at 160 Lord Sheffield Circuit Penrith



THORNTON COMMUNITY BARBEQUE

DON'T MISS THE OPPORTUNITY FOR A DELICIOUS NIGHT OUT AT THE MORTON COMMUNITY BBQ.

There will be delicious free doggy treats given out at the BBQ so all Pawsome pets get to have a snack and catch up with your doggy pals while your humans enjoy a free sausage sizzle.



THURSDAY, 27TH OCTOBER 2022

5:30 PM - 6:30 PM

BBQ AREA, RON MULOCK OVAL

Oct **2022**

Word on the Street: Thornton

Thornton market snapshot

September 2022

UNITS

27



Properties for sale

3



Properties sold in September 2022

\$540,000



Median sale price (Penrith)

\$405 pw



Median rental price (Penrith)

\$680,000



Highest sale price in September 2022

808/91 Lord Sheffield Circuit, Penrith NSW 2750

morton.

HOUSES

2

0

\$880,000

\$470 pw

\$NIL

GET TO KNOW YOUR THORNTON COMMUNITY GROUP INC. COMMITTEE

Stephanie Tesoriero
Secretary - Thornton Community Group Inc.

How long have you lived at Thornton?

I have been living in Thornton for over 2 years. I have two small doggies. One is mine and the other is a rescue. My granddaughter stays on weekend nights and school holidays.

What do you love about living in Thornton?

I love living in Thornton because of the proximity of the station and shopping centre of course. It is also really centrally located so I can easily see each of my three children and their families. Once I'm on the highway they're all only half an hour away.

What was is about Thornton that attracted you? How did you end up living here?

When looking for my new forever home it was important it ticked the boxes I had listed, and of course proximity to station and shopping centre were at the top of my list. It was important also that I should feel safe, and I was looking for a quiet, newly established area.

Since moving to Thornton what has surprised you most about living here?

At first, I thought that it was too quiet. I feared that if everyone keeps to themselves, I may be isolated being new. However, I am a people-person and a dog-person and in a few months, I soon realised that I had nothing to worry about in that regard. I still have my old friends but have made many new friends and found everyone in Thornton incredibly welcoming.

What is your favourite place to be or favourite place to go when you are out and about in Thornton?

My favourite place is the canal which is a few metres from my door. It is picturesque especially when the trees are in blossom. From my balcony it gives me the feeling that I am on holidays looking at it.

How did you come to join the Thornton Community Group?

I joined the Thornton Community Group by taking an interest in becoming a part of the community I was living in. I started attending the community garden and from there started going to some meetings and now here I am on the Committee!

What are your goals now that you are on the Management Committee?

My goal is to encourage many more members to join us and to keep finding ways to ensure Thornton remains the friendly, safe and happy community I have found it to be.

I'm also really looking forward to the "We Love Thornton" celebration.

GET TO KNOW YOUR COMMUNITY

Shelley Pow
Fitness & Health



How and when did you discover yoga?

In 2011 I attended my first in-person yoga class. It changed my whole world.

Why have you chosen to offer yoga classes here in Thornton?

I was housebound for a decade with a wide range of pain and mobility issues. I had such a long list of chronic pain issues it was quicker to list what didn't hurt. It ignited a fire in me to share my saving graces with others (yoga among other things).

I like to teach in spaces with fresh air and light so Thornton Community Centre is perfect. Thornton is a wonderful, friendly community as well and I feel privileged to teach here.

What do you think participants will get by attending your Thornton yoga classes?

I offer fun, gentle, adaptable classes to help people regain and maintain a happier, healthier life. With a special focus on classes for better energy, sleep, digestion, mood, relaxation, confidence, motivation, immune system, detox, weight loss and strength, mobility, and balance. The things that I teach are the same tools that restored and rebuilt my body, mind, and life.

Have you found your Thornton class participants are looking for anything specific?

Yes. Many of my students benefit from modified poses that allow for injuries, rehabilitation and growth. I teach a more restorative style of yoga influenced by Pilates, Hatha, Iyengar, Vinyasa and other pain-reducing tools so there are a wide range of benefits.

Where else do you teach?

I offer private virtual zoom classes and depending on location face-to-face private classes for individuals and private groups, which allows students to work on what they want, with who they want, where they want. This allows for greater detail and focus on specific needs to speed progress.

I also teach in a few gyms and soon I will be bringing my yoga toolbox to women's shelters.

Bookings are essential. Visit the website for class times and days:
shelleyfitness.com.au

YOGA CLASSES

IN-PERSON CLASSES AT THORNTON COMMUNITY CENTRE.
ON-LINE ZOOM CLASSES. PRIVATE GOAL TAILORED CLASSES.
VISIT WEBSITE FOR CLASS TIMES & DAYS
shelleyfitness.com.au

60 - 75 MINUTE CLASSES DEPENDING ON NUMBERS.



LIMITED SPACES. BOOKINGS ARE ESSENTIAL.

ENQUIRIES TEXT MOBILE: 0468 739 524

Rebuild your health. Reclaim your life.

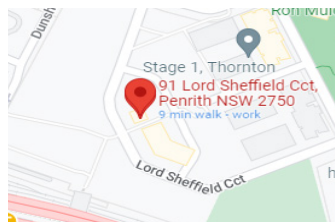
Find a happier, healthier you. Don't wait. Start today.

\$25.00 A CLASS OR \$200.00 FOR 8 CLASSES to secure your spot!

Move, Relax, & Unwind. Strengthen & Lengthen Body, Breath & Mind.
Also available: Private In-Person or Zoom classes for
- Individuals or Groups - Sessions tailored to your goals.

LOOKING TO BUY, RENT OR SELL?

For more information on buying, selling or renting within Thornton, give David Lipman a call for expert local residential property advice or drop into the new on-site office – Shop 1/91 Lord Sheffield Circuit, Penrith



David Lipman | 0409 663 535 | david.lipman@morton.com.au