

Programs & Activities at The Place: Charlestown

Monday's

100K Martial Arts System

U 9yrs 5-5:40pm, 9-14yrs 5:45-6:40pm, 15yrs+ 5:45-7pm.
For info and pricing contact Luom on 0408267935

New Body Seniors Exercise

Regular Exercise 10.30-11.30am
\$10/class, \$8 conc, first class complimentary

Do-re-mi Music for Children - Enrol now for Term 2!

0-2yrs 10:30am-11:15am, 0-6yrs 11:30am-12:15pm.
\$108 for 8 week term commencing Monday May 2nd 2011

Beginners Computer Classes with Tafe Outreach

9.15am to 12pm, \$32pp for 8 week term
2nd May - 27th June (except 13/6/11 Public Holiday)
Limited to 12 places, please RSVP on 4979 1634

Tuesday's

Tuesday Club

Weekly ladies social club, \$5pp. Morning tea at 9am.

Studio 79 Dance

7-8pm. A fun class combining hip hop, jazz, pop & funk.
Ages teen-adult. \$12 / class, no big concert or costume fees.

Eastlake Youth Centre

3 - 6pm. Ages 12 - 24yrs. Free: entry, pool tables, table tennis, foosball, dvd's, music, food + more.

Newcastle Irish Set Dancers

7.30pm - 9.30pm \$5/class (or \$3 concession).

Taekwondo

4pm - 5:30pm Korean Martial Arts; all ages (6yrs+).
4wks Free Trial! For info and pricing contact Darrel
49519505 / 0412762772

Wednesday's

Tai Chi

Term 2 commences 27th April 2011. 10 week terms \$90 / term, \$85 conc / term or \$10 / class.

8.30am - 10.00am Tai Chi Club

10-11am Beginners Tai Chi & Levels 1/2/3/4/5, Shibashi 1/2

Advanced Beginners Computers with Tafe Outreach

9.15am to 12pm, \$32pp for 8 week term 4th May - 22nd June. Limited places, please RSVP on 4979 1634

Spanish for Beginners with Hunter Community College

7pm - 9pm, 8 sessions of 2hrs 4th May - 22nd June
\$139 (\$129 conc). To enrol please call 4952 9115

Qigong with an Introduction to Tai Chi

1pm - 2.30pm, 8 sessions of 2hrs 4th May - 22nd June
\$119 (conc \$109). To enrol please call 4952 9115

Art 2 Go - After School Art

10 week term \$200, or drop in classes \$25 /class
Term 2 commencing 27th April 2011
Early Class: 4.15pm- 5.30pm, Late Class: 6pm - 7.15pm

Yoga & Meditation for Everyone

With Matthi Brown 7pm - 9pm 8 sessions of 2hrs, Fee \$159.
Commencing 4th May 2011. To enrol please call 4952 9115

Thursday's

100K Martial Arts System

U 9yrs 5-5:40pm, 9-14yrs 5:45-6:40pm, 15yrs+ 5:45-7pm.
For info and pricing contact Luom on 0408267935

Computing Level 1 with Hunter Community College

10am to 12.30pm, 6 sessions of 2.5hrs, commences 5th May 2011. \$169 (\$159 conc) To enrol please call 4952 9115

Spanish for Beginners with Hunter Community College

6.30pm - 8.30pm, 8 sessions of 2hrs, 5th May - 23rd June
\$139 (\$129 conc). To enrol please call 4952 9115

Eastlake Youth Centre

6 - 9pm. Ages 12 - 24yrs. Free: entry, pool tables, table tennis, foosball, dvd's, music, food + more.

National Seniors

1st Thursday of the Month meeting, guest speaker & morning tea. Meeting commences 10am.

Immunisation Clinic

Free for children up to 4 yrs. 2nd Thursday of the Month, with Hunter New England Health, 9am-1pm 2-4pm.

Scleroderma / Lupus Support Group Meeting

Hosted by the Scleroderma / Lupus Support Society Inc
11am - 1pm on 21st April, 16th June, 18th August, 20th October, 1st December. Morning tea available \$2.50pp

Meditation Classes

Taught by the Losang Dragpa Kadampa Buddhist Centre
7pm-8.30pm. No need to book, just show up, all welcome!
Starting 7th April 2011, \$10 / class (\$8 concession)

Friday's

New Body Seniors Exercise

Gentle Exercise 9-10am, Regular Exercise 10.30-11.30am
\$10/class, \$8 conc, first class complimentary

Art 2 Go - After School Art

10 week term \$200, or drop in classes \$25 /class
Term 2 commencing 27th April 2011

Early Class: 4.15pm- 5.30pm, Late (TBC): 6pm - 7.15pm

Programs and activities will continue to run during the April School Holidays, unless they are listed as being term based. Why not try out a fun new activity during the holidays?

The Place will be closed over the Easter Long Weekend (April 22nd - 26th inclusive).

'Massage Space at The Place'

Opening 18th April

Call 02 4032 5500 for an appointment with
Kathleen Pennington B.SocSc Dip.RM

- Remedial to Relaxation -
Health Funds | Work Cover | Hicaps



An Australian, State, Territory and Local Government Initiative

Dance It!

Thursday 7th April!

Presented by:

Eastlake Youth Centre

6pm - 9pm

DJ'd by Local Youth
Door Prizes! Free Entry!

Ages 12 - 25yrs

Drug and Alcohol Free Event!

At The Place: Charlestown

Operation Bounce Back

Learn how to reduce the chances of having your vehicle stolen

FREE Car Safe Workshops
at The Place: Charlestown for owners of 1980-2000 model cars & light trucks

30th March 2.30 - 3.30pm

31st March 7.15 - 8.15pm

Attendees will enter a draw to win one of 100 immobilisers, fitted to their vehicle for FREE!

Hosted by Lake Macquarie City Council and Lake Macquarie Police Command.

Tea, Coffee and Snacks provided.

RSVP essential on 4921 0333

SCHOOL HOLIDAY FUN AT THE PLACE!

STUDIO 79



Dance Workshop: 'At the Circus!'

Wednesday 13th April 2010

9:00am - 12:15pm

Drop the kids off for a few hours of fun & dance!
Come back at 12pm and see what they have learned!

Cost: \$40pp (To be paid by 06/04/2011)

Workshop will only run if minimum numbers met so please contact Heidi to register now!

Phone: 0438 941 279

Email: studio79dance@bigpond.com
www.facebook.com/studio79dance

Art Workshops!

Tuesday 19th April 2011!

9am - 12 pm: Drawing Action! The energetic art teachers will pose in a variety of positions while you do warm up drawings! Then they'll spend a bit of time on one pose and you'll use water colour to bring your drawing to life!

1pm - 4pm: Face Painting and Photo-shoot! Come along in pairs and learn some easy tricks of the trade! Flowers, snakes, curls and swirls! Learn fun designs like the 'rainbow tiger' or the 'mermaid princess'! Then we all have our photo taken, photo's are sent to your email!

\$60 for both workshops (7hrs), bring lunch and a snack!
\$35 for one workshop, bring a snack!

Bookings essential! Just email, call or SMS Sam & Nikki

art2go2learn@gmail.com 0417 401 227



CHILD SAFETY is no Accident

You are invited to join us for a kids safety chat. The discussion will cover ways of preventing injury to your child around the home, pool and in the car.

Learn how to be proactive and keep your children safe and healthy and save your child from being a statistic at the Emergency Room.

Mums, Dads, Grandparents & Carers are all invited to join us for an informal morning at The Place, in Frederick Street, Charlestown Square. Choose a date that suits you and contact our friendly staff to reserve your place NOW. Kids under 5 years welcome. Refreshments available.

Workshops will be held at The Place: Charlestown from 10am to 12:30pm on the following dates:

April - Thursday 7th	August - Tuesday 16th
May - Tuesday 10th	September - Wed 14th
June - Wed 15th	October - Thursday 13th
July - Thursday 21st	November - Tuesday 15th

Bookings are essential

Workshop fee just \$5 per adult

Mel at Kidsafe Hunter 02 4942 4488
Shelley at The Place 02 4032 5500

Pharmacy Assistant's Course

at The Place: Charlestown Community Centre
May 2nd - May 6th 2011

Would you love to work as a pharmacy assistant but have found it hard to break in to the pharmacy industry? This course may give you that extra advantage to enter the market.

The Pharmacy Assistant's course is being run by Metamorphic Training and RAS Recruitment in conjunction with MegaSave Chemists in Charlestown, for those interested in acquiring training and work experience in this field.

The course will include a week's training in class followed by two weeks placement with local pharmacies to complete your training. This is not a certified course but will give you valuable knowledge and experience to increase your chances for placement in the pharmacy sector. You will be working closely with a mentor for the two weeks and an evaluation will be given at the end of this time on your performance.

You will also receive a portfolio with a Certificate of Recognition, a written evaluation and a DISC personality review as well as the valuable work experience recognition.

Costs and prerequisite conditions as well as registrations may be found online at www.metamorphictraining.com This could be the opportunity for a long and rewarding career in Pharmacy. Call us now to reserve your place. Placements are limited so get in quickly.

Phone 1300 545 747 MOB: 0413 732 146

Please note: Every effort of the team will be given to assist candidates in finding employment after completion of the course but we cannot guarantee a position. It is a preparation for further training in this field.



Present's two special
days at The Place in May.
Bookings essential
ph 49529115

Women's Empowerment Day

Saturday 14th May, 9.30am- 4pm

With Sue Collins

When you've given until there's almost nothing left and you've loved and nurtured others but perhaps forgotten yourself, it's time for a day to laugh and share and have time-out for you. This workshop day explores some lovely self-esteem practices and strategies to renew your spirit.

1 session of 6.5hrs. Fee \$99, conc \$94.

Magical Mandalas

Saturday 21st May, 9.30am- 5.30pm

With Matthi Brown

MANDALA is a Sanskrit word meaning sacred or magical. It is a painting, a drawing or structure within a circle forming a passageway between dimensions. A spider web, a bird's nest, a snowflake, cross-section of fruit, an eyeball and the entire galaxy are all living MANDALAS. This is a day to create your own and heighten your awareness of your soulful self. Additional \$10 payable to the Tutor in cash for morning and afternoon tea and materials supplied.

1 session of 8hrs. Fee \$99.



Looking for a fantastic venue to host a meeting, class or social event? Come and meet the friendly staff at The Place!

The Place is a new professionally managed, non-for-profit community venue, offering a fantastic range of community rooms for hire. The Place is a space for the community to host social, professional and educational activities, and facilitate further learning and development opportunities for all ages.

Spaces for hire at The Place: Charlestown Community Centre

Community Hall

- ◆ 200m² sprung timber floor
- ◆ Lighting bar with LED white, blue and red programmable spot lights
- ◆ 3 phase power for professional sound equipment
- ◆ Fixed data projector (movie quality), motorised projector screen
- ◆ DVD & CD player
- ◆ DVD, CD, & MP3 player connections to in-room speakers
- ◆ Lap-top and DVD player connections to data projector
- ◆ Adjoining semi-commercial kitchen, accessed by a roller-shuttered servery
- ◆ Special events, catered functions, birthday parties, naming days, presentations, workshops, movie screenings, dance classes, martial arts classes.

Youth Centre

- ◆ 100m² sprung timber floor
- ◆ 45m² 'wet-area' vinyl floor and kitchenette
- ◆ Fixed data projector and motorised projector screen; DVD & CD player
- ◆ DVD, CD, Jukebox, DJ & MP3 player connections to in-room speakers
- ◆ Lap-top and DVD player connections to data projector
- ◆ Foosball table, pool table, table tennis table, air-hockey & arcade games table available for the room
- ◆ Birthday parties, meetings, presentations, dance classes and team building days.

Activity Room 1

- ◆ 50m² carpeted room
- ◆ Hitachi StarBoard, fixed data projector
- ◆ Meetings, seminars, playgroups, music lessons, and training days.

Activity Room 2

- ◆ 25m² carpeted room
- ◆ Meetings, seminars, school groups, music lessons, and training days.
- ◆ Adjoins the Youth Centre as a break out space

Semi-commercial Kitchen

- ◆ 6 burner gas stove and oven, convection microwave
- ◆ Commercial dishwasher, fridge and freezer
- ◆ Walk in pantry with crockery, cutlery, cooking pots, pans, and utensils
- ◆ Stainless steel worktops, double sink

Computer Room

- ◆ 12 networked computers with broadband internet access
- ◆ Whiteboard, fixed data projector
- ◆ Laptop connection to data projector
- ◆ Professional quality printing services are available or a desktop printer is available in the room – byo paper.

Contact us to discuss your needs, or pop in for a tour! The Place is staffed Monday to Friday 8.30am - 5pm. Facilities at The Place are available for hire before / after hours and at weekends.

Phone: 02 4032 5500 Fax: 02 4032 5511 Email: programs@theplacecharlestown.org.au
Corner of Frederick & Pearson Streets Charlestown. Entry via Frederick Street.

Also at
The Place:



Massage Space
At The Place

Opening 18th April