



MAY NEWS!

Phone: 02 4032 5500

programs@theplacecharlestown.org.au

Programs & Activities at The Place: Charlestown

Monday's

New Body Seniors Exercise Regular Exercise 10.30-11.30am, \$10/class, \$8 conc, 1st class complimentary

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

Do-re-mi Music for Children 2009 & 2010 birthdays 10:30am-11:15am, mixed ages / families 11:30am-12:15pm, \$108 for 8 week term. For more information please call Julie on 4963 2026

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

Tuesday's

Tuesday Club 9.00am - 11.30am, ladies social club, morning tea, guest speakers, games, \$5pp.

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

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.

Newcastle Irish Set Dancers 7.30pm - 9.30pm \$5/class

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

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

Spanish for Beginners with Hunter Community College 7pm - 9pm, 8 sessions of 2hrs commencing 4th May Fee \$139 (\$129 conc). To enrol please call 4952 9115

Thursday's

National Seniors 1st Thursday of the Month guest speaker & morning tea. Meeting commences 10am. For more information please call David on 4972 2241.

Free Immunisation Clinic with Hunter New England Health, 2nd Thursday of the Month, 9am-1pm 2-4pm.

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

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

Eastlake Youth Centre 6 - 9pm. Ages 12+ Free: entry, pool tables, table tennis, dvd's, music, food + more.

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 Class (TBC): 6pm - 7.15pm



Mums, Dads, Grandparents & Carers are all invited to join us for a social morning and workshop, to learn about ways of preventing injury to children around the home, pool and in the car.

Kids under 5 years welcome. Refreshments provided.

10am to 12:30pm
Tuesday, 10th May 2011

Bookings are essential! Workshop just \$5 per adult

Mel at Kidsafe Hunter 02 4942 4488

Shelley at The Place 02 4032 5500

MEET YOUR COUNCILLORS



Would you like to get to know your Councillors?

Drop into one of the centres below and have a casual chat with your local Councillors.

Date	Time	Venue	Address
North Ward Tues 17 May	5pm - 7pm	The Place: Charlestown Community Centre	Cnr of Pearson & Frederick Sts, Charlestown (entry via Frederick St)
West Ward Thurs 19 May	5pm - 7pm	Toronto Library	7 Pemell St, Toronto
East Ward Thurs 7 June	5pm - 7pm	Belmont Library	19 Ernest St, Belmont

Light refreshments provided. **Information:** Lauren Crowe, **4921 0227** or email lcrowe@lakemac.nsw.gov.au

Interactive & Motivating Seminar with Sensei LJ



Sensei LJ invites you and members of your family to attend a motivational and interactive seminar, where he will show you how to tap into your personal energy & use it to achieve your goals.

For Bookings & Information please call LJ on 0408 267 935

Date: Thursday 12th May 2011

Time: Doors open 5.30pm, Seminar starts 5.45pm

Venue: The Place: Charlestown Community Centre



Conceive - Believe - Achieve



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.

Bookings essential!

Please call the college on 02 49529115

Pharmacy Assistant's Course

at The Place: Charlestown Community Centre

May 23rd - May 27th 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. Costs and prerequisite conditions as well as registrations may be found online at:

www.metamorphictraining.com

Call us at **Metamorphic Training** to reserve your place.

Phone 1300 545 747 MOB: 0413 732 146

It's Australia's Biggest Morning Tea Time!

Pop in for Morning Tea & a Cuppa at The Place!

9.30am - 11.30am

Monday May 23rd to Friday May 27th!

Cost: a coin donation in support of the Cancer Council

Australia's Biggest Morning Tea is one of Australia's most well-loved fundraising events, and plays a vital role in raising money towards Cancer Council's work in research, education, prevention and support.

The Cancer Council works with their members, the eight state and territory cancer organisations to:

- undertake and fund cancer research
- prevent and control cancer
- provide information and support for people affected by cancer

As a national organisation they advise governments and other bodies about appropriate practices and policies for the prevention, detection and treatment of cancer and advocate for the rights of cancer patients to best treatment and supportive care.

The Cancer Council support those diagnosed as well as their families. With your help and support they can continue to offer the following services:

- Cancer Council Helpline 13 11 20
- Printed and online information
- One-to-one support
- Telephone support groups



**Australia's
BIGGEST
MORNING
TEA**



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
- ◆ 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:



Affordable rates. For appointments
please call 02 4032 5520



This Mother's Day, Treat
Your Mum to a Massage!

Massage Space @ The Place

Call Today: 40 3255 40

