

August News!

Phone: 4032 5500
programs@theplacecharlestown.org.au

Enrol now - 1 DAY WORKSHOP

Women Creating Harmonious Relationships

With Sue Collins

This one day workshop is for women who want to learn the skills and hot tips for getting through to your male partner and creating a happier and more fulfilling relationship by working smarter, not harder.

Saturday

6th August

9.30am - 4pm

1 session of 6.5 hrs
 \$99 Conc: \$94



To enrol please contact Hunter Community College:

Phone: 4952 9115

Email: enrol@hcc.nsw.edu.au



Living with Memory Loss Program

Hosted by:

Newcastle Lake Macquarie Dementia Advisory Service

If you are living with early stage dementia or are a family carer for someone with dementia, you are welcome to join this early intervention program. You will get information and support through sharing your experiences with a small group of others in a similar situation.

Participants must have a diagnosis of dementia or be accompanying a person with a diagnosis.

Tuesdays

9th August – 20th September

10.00am - 12.30pm

To enrol please contact the Newcastle Lake Macquarie Dementia Advisory Service on

Phone: 4985 5715

GIRLS, are you interested in learning how to defend YOURSELF?

Women's Self Defence Classes are starting at The Place!



Suitable for **all** girls at any age & fitness level.

Tuesdays
 6pm - 7pm
 \$15 per Class

Have **FUN** while learning how to protect yourself!

Learn techniques to keep you safe, such as:
 Awareness, Avoidance, Escape & Natural Weapons
 Enquiries / RSVP Phone: 0425 218 181



Why not support or take part in the 40 Hour Famine this August?

40 HOUR FAMINE WEEKEND
 8PM FRIDAY 19 AUGUST
 TO 12PM SUNDAY 21 AUGUST

The funds raised by the 40 Hour Famine support World Vision's work to tackle the causes of poverty, helping children, families and communities in desperate need.

Programs for Parents, Grandparents and Carers at The Place



Child Injury Prevention Workshop

Tuesday, 16th August

10am - 12:30pm

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 & booklets provided.

Workshop fee just \$5 per adult

Bookings essential, group bookings welcome

**To RSVP please contact Mel at
Kidsafe Hunter on 4942 4488**

Circle of Security

A Relationship Based Approach To Parenting

Do you feel frustrated with your child?

Feel like running away from home?

Is your toddler in control of you?

Tired of struggling? We want to help you!

You're invited to come and enjoy a series of group workshops to learn about the Circle of Security approach to parenting. The Circle of Security integrates over fifty years of early childhood attachment research, and offers clear, individualised pathways for providing a secure relationship between parent and child.

Simple parenting skills do work.

Come and learn with other parents in a warm friendly atmosphere.

Tuesday mornings 10am – 12pm

7 workshops over 7 weeks

from 6th September

Price \$425 per person

Multiple bookings made together receive
20% discount (fee reduces to \$340 per person)

MasterCard/Visa available

Limited places, to RSVP please contact Roz
on 4032 5520 (*child minding unavailable*)



FREE Immunisation Clinics

for children birth - 4yrs are hosted by
Hunter New England Health
on the 2nd Thursday of each Month
at The Place

Next Clinic:

Thursday 11th August

9am - 1pm & 2pm - 4pm

(please arrive by 3:30pm)

Please bring your child's Blue Book with you to the Clinic

Mondays

Internet & Email Classes

9.15am-12pm, \$32pp for 8 week term from 25th July, limited to 12 places, contact Cassandra 4979 1634

New Body Seniors Exercise

10.30am-11.30am, \$12/class, \$10/class concession, 1st class complimentary, contact Nancy 4943 7114

Do-re-mi Music for Children

10.30am-11.15am or 11.30am-12.15pm, \$121.50 for 9 week term from 18th July, contact Julie 4963 2026

Honeysuckle Zest Ladies Barbershop Singers

6.30pm-8.30pm during school terms, all welcome

Intermediate Spanish

6pm-8pm, 5 sessions of 2hrs, from 8th August. To enrol call Hunter Community College on 4952 9115

Tuesdays

Charlestown Square Tuesday Club

9am-11.30am, ladies social club with morning tea, an invited guest speaker or games, raffles, entertainment, new members welcome

Taekwondo

4pm-5:30pm Korean Martial Arts for all ages (6yrs+), 4 weeks free trial, contact Darrel on 0412 762 772

Women's Self Defence

6pm-7pm, \$15 / class, contact John on 0425 218 181

Studio 79 Dance

7pm-8pm, ages teen-adult, \$12/class, no big concert or costume fees, combines hip hop, jazz, pop & funk

Newcastle Irish Set Dancers

7.30pm-9.30pm, \$5pp, new dancers welcome

Wednesdays

Introduction to Computers Classes

9.15am-12pm, \$40pp for 10 week term, from 20th July for more information contact Cassandra on 4979 1634

Tai Chi

8.30am-10.00am Tai Chi Club, 10am-11am Tai Chi, Shibashi, Sword, 10wk terms \$90 (\$85 conc.), or \$10/class, Term 3 commences 20th July

Dementia Carer Support Group Meeting

10am-12pm on 17th Aug, 21st Sept, 19th Oct, 16th Nov, 21st Dec, morning tea available, all welcome

hey dee ho music for children

10am, 10 week term from 20th July, \$145. To enrol please call Elisabeth on 0403 264 618

Art 2 Go - Art Classes

5-12yrs: 4.15pm-5.30pm, teens/adults: 6pm-7.15pm
10wk term \$220 from 20th July, contact Sam and Nikki on 0417 401 227

Thursdays

Free Immunisation Clinic

hosted by Hunter New England Health
2nd Thursday of the Month, 9am-1pm and 2-4pm
(please arrive by 3.30pm & bring child's Blue Book)

National Seniors Lake Macquarie Branch

10am-12pm, 1st Thursday of the Month, guest speaker & morning tea, all welcome

Scleroderma / Lupus Support Group Meeting

11am-1pm on 18th August, 20th October, 1st Dec.
Morning tea available, all welcome

Eastlake Youth Centre

6pm-9pm, ages 12-17yrs. Free entry. Pool tables, table tennis, music, DVDs, free food/drinks, games.

Fridays

New Body Seniors Exercise

9.30am-10.30am gentle exercise, 10.30am-11.30am regular exercise, \$12 per class or \$10/class conc., 1st class complimentary

Art 2 Go - Art Classes

All ages: 4.15pm-5.30pm, \$220 for 10wk term from 22nd July, to enrol call Sam/Nikki on 0417 401 227

Massage Space At The Place

Hi All

Today my car was booked in at the mechanic's for a service because the steering felt uncomfortable and was making a nasty noise. Thankfully it just needed the right oil. Had it been left too long a cable may have broken, or worse, the whole lot may have needed replacing. Driving away from the garage, the car felt SO much better.

This got me thinking how we travel in our bodies everyday and with the right amount of maintenance we can keep them running smoothly and avoid the chance of a major breakdown. If we had the regular servicing car warranties dictate, we would surely improve our overall performance!

Book an appointment today for an hour **Maintenance Massage** in August and receive a lovely gift bottle of Jojoba Oil.



Call Kathleen: 4032 5540

EFTPOS Health Fund Rebates



Facilities at The Place

The brand new Community Hall, Youth Room, Meeting Rooms, Computer Room & Semi-commercial Kitchen at The Place are available to be hired by the whole community.

The spaces are available for special events, meetings, birthday parties, training days, presentations and classes, and can be used during & after business hours, including early mornings, nights and weekends.

Why not contact us to discuss your needs, or pop in for a tour?

The Place team are available for bookings and enquiries Monday to Friday 8.30am-5pm.

Phone: 4032 5500

Fax: 4032 5511

Email: programs@theplacecharlestown.org.au



Where is The Place?

The Place: Charlestown Community Centre is located at Charlestown Square. Our front door is in Frederick Street, opposite Charlestown Oval.

The centre is in Frederick Street, between the South Piazza stairs (at the corner of Pearson and Frederick St's), and the Frederick St car park entrance to the shopping centre.

Car parking is available within Charlestown Square and is free for the first 3 hours. The closest car parking is on Level 2, via the Frederick St car park entrance. Special parking arrangements can be made with The Place staff for participants who are attending activities at The Place for longer than 3 hours.

To get to The Place from the South Piazza, just walk down the stairs, and turn right onto Frederick Street, or, take the lift down from the South Piazza (next to Strike Bowling) to street level, and walk around the garden to Frederick Street.

To get to The Place from the Level 2 car park, just walk out past Fit n Fast Gym, and turn left onto Frederick Street.

