

October at The Place!

Phone: 4032 5500
programs@theplacecharlestown.org.au

You're Invited...

to a fun day at The Place, to celebrate the centre's official opening!

We hope you can join us
at The Place on
Saturday November 12th
from 10am - 2pm

School Holiday Dance Workshop

Drop the kids off for a few hours of fun & dance, come back & see what they've learned!

Wednesday October 5th

9am - 11.30am

\$35 / child



Please contact Heidi to register **0438 941 279**

Email: studio79dance@bigpond.com

Child Injury Prevention Workshop

Parents, carers and/or grandparents are invited to come along to an informative workshop hosted by Kidsafe Hunter. The workshop will focus on child injury prevention for children birth - 5 years old.

What a great opportunity to update your knowledge and acquire new, practical skills to keep your kids safe!

The workshop is **only \$5 per adult** and refreshments will be provided. So, why not bring along your mums group, friends or family. Kids welcome!



**Thursday 27th
October**
10am - 12:30pm

To RSVP please contact Kidsafe on 4942 4488

1-2-3 Magic® & Emotion Coaching Parent Course

Learn to manage difficult behaviour in children 2-12years old.

1-2-3 Magic & Emotion Coaching is a three session program for parents and carers that is run over three consecutive weeks.

Friday: 14th, 21st, & 28th October
6.30pm - 9pm

Learn:

- ◆ to engage your children's cooperation by positively noticing and encouraging them
- ◆ To set clear expectations and help them to develop frustration tolerance
- ◆ To help children's brains to develop filters for behaving well
- ◆ To resolve family conflict quietly
- ◆ Some simple strategies to practise being a calm parent

Registration:

The course is **free of charge** and sponsored by Southern Cross Vineyard Church.

To register for the course please contact Paula or John Watson on 0425 205 487.

Immunisation Clinic

Free immunisation clinics are hosted by Hunter New England Health for children birth - 4yrs, on the 2nd Thursday of each month at The Place.



Thursday 13th October
9am - 1pm & 2pm - 4pm
(please arrive by 3:30pm)

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

LittleKickers



COME AND HAVE A BALL WITH LITTLE KICKERS

Classes for ages 2-5yrs

For more information please contact Naomi Boots
P: 0402 533 651 E: nboots@littlekickers.com.au



Attention Ladies - Singers Wanted!

Ladies who enjoy singing are invited to join the
Honeysuckle Suite - Ladies Barbershop Chorus
on Monday evenings at The Place

The Chorus meet weekly to learn &
practice, socialise & have fun.

**Monday evenings from
6.30pm– 9.00pm**



Enrol Now: Spanish for Beginners

Wednesday evenings 7pm-9pm at The Place

8 week course from 12th Oct - 30th Nov

Course fee: \$149 / \$139 conc.

For more information or to enrol contact Hunter
Community College on 4952 9115

Christmas Functions & AGM's

Looking for a great venue to host your
AGM or end of year event?

Contact The Place for an
affordable venue and
catering package
tailored to your
needs.

P: 4032 5500

Enrol now for Computer Classes at The Place

"Classes for your learning at your pace"

Internet & E-mail Basics

If you are self taught and/or wish to improve your skills, this short course will build your confidence and introduce you to the core elements of navigating and communicating using the Internet.

Wednesdays 9.00 am to 12.00 pm

12th October - 30th November

FEE: \$32.00 for 8 sessions (\$4/week)

Word Processing and Keyboard Basics

Are you self taught or looking to refresh or enhance your word processing and or keyboard skills? This short course will build your word processing skills using Microsoft WORD.

Wednesdays 12.30 pm to 3.00 pm

12th October - 30th November

FEE: \$32.00 for 8 sessions (\$4/week)

Spreadsheet Basics

Columns? Rows? Formulas?

This short course will build file management skills and introduce you to the features of Microsoft Excel. Great for home use, volunteer work or the workplace.

Fridays 9.00 am to 12.00 pm

21st October- 9th December

FEE: \$32.00 for 8 sessions (\$4/week)

For more information and to enrol contact Tafe Outreach on 4979 1634 (please call from Oct 6th)

**A Monday morning class on working with photos and using Microsoft PowerPoint commences October 10th for 8 weeks from 9am - 12pm. This class is currently fully booked, however please call 4979 1634 if you would like to be placed on the wait list for this class for Term 4 or next year.*



Programs and Activities at The Place

Mondays

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

10am-10.45am or 11am-11.45am, during school terms eldest child \$121.50, all siblings \$112.50.

Contact Julie 4963 2026

Honeysuckle Suite - Ladies Barbershop Chorus

6.30pm- 9.00pm. New singers invited & welcome

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

Studio 79 Dance

7pm-8pm, Ladies Dance Classes \$12/class.

Dance classes with a fusion of jazz, funk, pop and hip hop styles. Designed to be fun and sociable, and improve confidence, co-ordination, flexibility and creativity. No strict syllabus, exams or big concert.

Contact Heidi 0438 941 279

Newcastle Irish Set Dancers

7.30pm-9.30pm, \$5/class.

Classes in Irish Set dancing - the social dancing of the Irish, young and old! All welcome, no experience necessary. Contact Julia & Arthur 4955 5701

Wednesdays

Tai Chi (with the Australian Academy of Tai Chi)

8.30am-10.00am Tai Chi Club, 10am-11am Beginners Tai Chi & Levels 1-5, Shibashi, Sword. 10 week terms \$90 (\$85 concession) during school terms. Casual class \$10/class. Contact Barbara on 4963 2139

Dementia Carer Support Group Meeting

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

hey dee ho music for children

10am \$145 / term during school terms. Contact Elisabeth 0403 264 618

Art 2 Go - Art Classes

4.15pm-5.30pm (5-12yrs), 6pm-7.15pm (teens/adults) 10 week term \$220 during school terms.

Contact Sam & Nikki 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)

NEW!! Little Kickers

9.30am-10.15am Junior Kickers (2yrs – 3½ yrs)

10.30am – 11.15am Mighty Kickers (3½ yrs – 5yrs)

National Seniors Lake Macquarie Branch

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

Scleroderma / Lupus Support Group Meeting

11am-1pm on 1st December. Morning tea available, all welcome (no meeting at The Place in October)

Eastlake Youth Centre

6.30pm-9pm, ages 12-17yrs. Free entry. Games, pool table, table tennis, music, DVDs, food.

Fridays

New Body Seniors Exercise

9.30am-10.30am gentle exercise, 10.30am-11.30am regular exercise, \$12/class or \$10/class concession 1st class complimentary, contact Nancy 4943 7114

Tai Chi for a Healthy Life

10.30am-11.30am all welcome.

Contact Adrienne 4946 2126

Art 2 Go - Art Classes

4.15pm-5.30pm (all ages), \$220 for 10 week term during school terms. Contact 0417 401 227.



STUDIO 79

Looking for a fun Girls Night In or Hens Party idea?



Studio 79 Dance now offer one-off ladies dance workshops on Friday or Saturday nights!

Why not get a group of friends together and come along for a night of fun & fitness (champagne and nibbles optional!).

Different dance styles and levels of experience are available. Studio 79 Dance will tailor the workshops to suit you and your group. Contact Heidi at Studio 79 Dance for more information or to book in!

Facilities at The Place

The brand new Community Hall, Youth Room, Activity 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, AGM's, 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.

