

February News

Phone: 02 4032 5500
programs@theplacecharlestown.org.au

February will be an exciting month at The Place! Highlights this month include:

- ◆ Imagine Youth Drama, God's House, Krysalis Astrology, Princess Ballet, and Playgroup will commence regular programs at the centre
- ◆ The Newcastle/Lake Macquarie Dementia Advisory Service will host a free 7-week 'Living with Memory Loss Program' from Tuesday 7th February (bookings essential)
- ◆ From Friday 10th February Muloobinba Aboriginal Corporation will host a free 8-week 'Triple P - Positive Parenting Program' (bookings essential)
- ◆ The Place website will be launched in February! Stay tuned at: www.theplacecharlestown.org.au



Does your child love to perform?

Do they need an outlet for their energy and creativity?

Would they like to make new friends and exercise their imagination?

Imagine Youth Drama provides high-quality, engaging and fun drama lessons for young people. All classes are taught by a qualified and experienced drama teacher. Class sizes are limited so call or email Tamara today to register your interest and secure a place.

P: 0422 409 267 email: imagineyouthdrama@gmail.com

Playgroup

A new playgroup is forming at The Place on Monday mornings. Playgroup is a fun way to get together and provide play experiences for children from babies to school aged.

Come along to The Place on Monday
February 6th from 10am - 12pm
for a playgroup meet and greet morning.

To register your interest or for more information
please contact Danielle.
email: dannichild@gmail.com



KRYNALIS ASTROLOGY

ASTROLOGY CLASSES

Want to come on a journey of self-discovery?
Meet other like-minded souls? Learn to
understand and accept others for who they are?
Come and learn astrology for all this and more!

Classes commence Wednesday 22nd February
From 10am-1pm for 12 weeks

To register or for more details please contact
Kim on 0402 645 774 or email:
kim@krysalisastrology.com.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.

Numbers are limited and bookings are essential.

**Tuesdays 7th February – 20th March
10.00am - 12.30pm**

To enrol please contact the Newcastle / Lake Macquarie Dementia Advisory Service on
Phone: 4985 5715

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

Indigenous Triple P Positive Parenting Program

Hosted by:

Muloobinba Aboriginal Corporation

Triple P is a parenting program for all families that provides practical answers to everyday parenting concerns. Families NSW is offering Triple P free to all families with children aged 3-8 years.

**Fridays 10th February - 30th March
10.30am - 1.30pm**

To find out more or to book into a course please contact: Kara Larrigo 0448 660 243 or Samantha Smith 0457 522 504 or 4969 5299

Please note that bookings are essential so that course sizes are manageable



Term 1 Computer Classes at The Place

Friendly classes for learning at your pace.
Classes starting from Monday 13th February

Class length: 8 weeks
Class fees: \$32.00 for 8 sessions (\$4/week)

Class numbers are limited (12 participants per class) and bookings are essential. To enrol in a class or for more information, please contact Nadene on 0410 612 993 or email nadene.curzi@tafe.nsw.edu.au

Term 1 Classes:

**Monday mornings 13th Feb - 2nd Apr
9.00am - 12.00pm**

Word processing using Microsoft Word

This short course will build your word processing skills using Microsoft WORD.

**Monday afternoons 13th Feb - 2nd Apr
12.30pm - 3.30pm**

Introduction to Computers

Whether your self taught or have never turned one on, you're never too old to start learning the essentials of operating a computer.



**Wednesday mornings 15th Feb - 4th Apr
9.00am - 12.00pm**

Photos and Microsoft PowerPoint

Learn how to work with photos and images on the computer, and how to make slideshows.

**Wednesday afternoons 15th Feb - 4th Apr
12.30pm - 3.00pm**

Desktop publishing using Microsoft Publisher

This short course will introduce you to the features of Microsoft Publisher including clipart, word art, and shapes.

Interested in attending a Tuesday evening class? Contact Nadene to register your interest.



On Friday evenings from
27th January,
God's House will host a
weekly youth night (House)
& church service
at The Place

House: Fridays 5.45pm - 7.15pm
Ages 12-18

Church Service: Fridays 7.30pm
All welcome

For more information, please visit
www.godshouse.com.au
or email info@godshouse.com.au

Perform-Ability

Perform-Ability is a rewarding new class offered by Centre Stage Performing Arts. The class is designed for people of all ages who struggle with various special needs & disabilities.

Classes last for 45 minutes with:

- ◆ 15 minutes stretching, warm ups & Jazz dance
- ◆ 15 minutes singing & movement
- ◆ 15 minutes acting & drama games

All students are given the opportunity to perform in local events & concerts. Parents & carers are required to stay for the duration of the class & encouraged to join in! Casual classes \$5 or a 10 week term \$50. Contact Miranda 0431 036 659 email: miranda@centrestageperformingarts.com

Mindset, Motivation and Marketing Workshop

Most business owners are hoping that 2012 is going to be their best year yet. Now the year has begun, many are so focused working in their businesses they are giving little thought to how they will make 2012 their best year yet.

Newcastle coaches Dallas Fell, Geraldine Moran and Lenore Miller are combining their coaching and training expertise to help local business owners have just that, their best year yet!

The trio are running an afternoon workshop for business owners titled 'Mindset, Motivation and Marketing – Make 2012 Your Best Year Yet.'

There will be 3 educational sessions:

- ◆ Make your Mind – the 5 keys to a Brilliant Business Mindset
- ◆ Motivate for Success
- ◆ The Money's in the Marketing

Friday 17th February
2pm - 5pm

Cost: \$97 buy one ticket and bring a friend at no extra cost

RSVP essential, book your place at:
www.IgniteYourBusinessMojo.com/mmm

Also at The Place:

NEW PROBATE wills and estates

If you would like to put your affairs in order before any loss of capacity to make your own estate planning decisions, New Probate can quickly and economically prepare or update your:

- Will
- Powers of Attorney
- Appointments of Enduring Guardian
- Advance Health Directive

and can economically administer deceased estates.

Phone: 0466 661053 or 4032 5530

Oz Spectrum Success Coaching

Coaching services include:

- Work life harmony – bringing balance back into your life;
- Home life harmony – bringing out the best in your tweens and teens;
- One on one and workshop group work

www.ozspectrumsuccesscoaching.com.au



Affordable rates. For an appointment please call Roz on 0433 879001



Massage Space

Neck and shoulders tight?
Getting headaches?
Feeling stressed?
Sore from fitness routine?
Massage relieves pain and increases your freedom of movement. **Hicaps Eftpos**



Kathleen warmly welcomes you.
Appointments Available;

Massage Ph: **40325540**

Regular Programs and Groups at The Place

Mondays

New Body Seniors Exercise

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

Do-re-mi Music for Children

10am-10.45am or 11am-11.45am, for 0 - 5years
Classes during school terms. Eldest child \$130.50,
siblings \$121.50. Term 1: 30th Jan - 26th March.
Contact Julie 4963 2026

Playgroup

10am - 12pm. Commencing in February. Contact
Danielle dannichild@gmail.com

Computer Classes with TAFE Outreach

9am-12pm or 12.30pm-3.30pm. \$32/8wk course.
Term 1: 13th Feb - 2nd Apr.

Bookings essential contact 4979 1634

Imagine Youth Drama

4pm-5.30pm Intermediate (high school years 7-9)
\$130/term, 10 week term from 30th January.
Contact Tamara 0422 409 267

Honeysuckle Suite - Ladies Barbershop Chorus

6.30pm- 9.00pm. New singers welcome. Contact
0401 393 366

Tuesdays

Charlestown Square Tuesday Club

From 9am, ladies social morning tea, with an invited
guest speaker or games, raffles, entertainment.
New members welcomed

Taekwondo (Hwa Rang Do)

4pm-5:30pm Korean Martial Arts for ages 6yrs-
adult, \$50/month, contact Darrel on 0412 762 772

Imagine Youth Drama

4pm-5pm Primary (primary school years 4-6)
\$100/term, 10 week term from 31st January.
5pm-6.30pm Senior (high school years 10-12)
\$130/term, 10 week term from 31st January.
Contact Tamara 0422 409 267

Al-Anon Family Groups Meeting

7.30pm-8.30pm for relatives and friends of people
who have a drinking problem. Contact Al-Anon
1300 ALANON (1300 252 666)

Newcastle Irish Set Dancers

7.30pm-9.30pm, \$5/class. Classes in Irish Set
Dancing for adults, no experience necessary.
Contact 4955 5701

Wednesdays

Tai Chi (Australian Academy of Tai Chi)

8.30am-10.00am Tai Chi Club, 10am-11.30am
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

Computer Classes with TAFE Outreach

9am-12pm or 12.30pm-3pm. \$32/8wk course.
Term 1: 15th Feb - 4th Apr.

Bookings essential contact 4979 1634

Wednesdays continued

Dementia Carer Support Group Meeting

10am-12.30pm. 3rd Wednesday of the month.
Next meeting 15th February. Contact 4985 5715.

Astrology Classes

10am-1pm for 12 weeks from 22nd February.
Contact Kim 0402 645 774

Thursdays

Free Immunisation Clinic

9am-1pm and 2-4pm on the 2nd Thursday of the
Month, hosted by Hunter New England Health.
Please arrive by 3.30pm & bring child's Blue
Book and Medicare Card

Little Kickers

8.30am - 9.15am (18mths - 2yrs 3mths)
9.30am - 10.15am (18mths - 2yrs 3mths)
10.30am - 11.15am (2yrs - 3½ yrs)
11.30am - 12.15pm (3½ yrs - 5yrs)

Contact Naomi on 4009 1545

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, bi-monthly on the 3rd Thursday of the
month. Next meeting 16th February. Morning tea
available.

Eastlake Youth Centre

6.30pm-9pm, ages 12+. 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

God's House - House

5.45pm-7.15pm, youth group for ages 12-18

God's House - Church Service

7.30pm, all welcome.

Coming soon to The Place:

Princess Ballet

For information contact Simone 1300 353 795
dance@princessballet.com.au

Zumba

Classes in planning for Wednesday morning
and Wednesday evening