

March News

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



Zumba Classes are commencing at The Place on
 Wednesdays from 29th February!

Classes will be hosted by Celia Teale

**JOIN THE
 party**
Wednesdays
9.15am - 10am
7.15pm - 8pm

Ages 12yrs - Adult

\$10/class (\$5/class 16yrs & under)

For more information contact Celia 0407 780 108

Playgroup

Playgroup is a fun way to get together and
 provide play experiences for children from
 babies to school aged.

Come along to Playgroup at The Place
Monday mornings
10am - 12pm

Bring along a piece of fruit to share at fruit time.

For more information please contact Danielle.
 email: dannichild@gmail.com

'Aged care - fees and charges' seminar

Wednesday 14th March
9.30am - 11.30am

This FREE seminar will be hosted by the
 Department of Human Services - Centrelink,
 Financial Information Service

Topics covered by the seminar include:

- ◆ Entry into different levels of care
- ◆ Fees and charges
- ◆ Options for your former home
- ◆ Pension issues

'Salary Sacrifice' seminar

Tuesday 27th March
5.30pm - 7.30pm

This FREE seminar will be hosted by the
 Department of Human Services - Centrelink,
 Financial Information Service

Topics covered by the seminar include:

- ◆ How salary sacrifice works
- ◆ Salary sacrifice to Super & other choices
- ◆ Taxation and salary sacrifice
- ◆ Impact on family payment



Does your child love to perform?

Do they need an outlet for their energy and creativity?

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

Imagine Youth Drama provides engaging and fun drama
 lessons for young people. All classes are taught by a qualified
 and experienced drama teacher. Call or email Tamara today to
 register your interest and secure a place.

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

"The Face Of Birth. A new Australian film about pregnancy, childbirth and the power of choice. Three years in the making, filmed across the globe from London to Alice Springs, The Face Of Birth is a moving documentary with vital information for anyone considering giving birth in Australia today. Beautifully shot and openly revealing, The Face Of Birth tells about all the things we never knew about birth and the power of choice."

Face of Birth is screening around Australia in March 2012. The two Newcastle screenings will be held at The Place:

Saturday 24th March

Doors Open at 6:30pm

Movie starts at 7:30pm sharp

Tickets \$20 each includes a light supper, tea and coffee.

Guest Speakers include former John Hunter Hospital Obstetrician and 'expert' of birth Dr Andrew Bisits, as well as Producer and Director of Face of Birth Gavin Banks.

No age limits for event, Babes in Arms welcome, please no prams.

To book tickets please call Chrissy on 0418 237 938 or tickets are available online at <http://www.webticketing.com.au/DisplayEvent.aspx?eventid=222>

Sunday 25th March

Doors Open at 2:30pm

Movie starts at 3:00pm sharp

Tickets \$20 each includes a light afternoon tea, tea and coffee.

Guest Speakers include Producer and Director of Face of Birth Gavin Banks.

No age limits for event, Babes in Arms welcome, please no prams.

To book tickets please call Chrissy on 0418 237 938 or tickets are available online at <http://www.webticketing.com.au/DisplayEvent.aspx?eventid=226>

For more information on the film please visit www.faceofbirth.com

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, music classes for children 0 - 5years, with parents / care-givers participating. Classes during school terms. Eldest child \$130.50, siblings \$121.50. Term 1: 30th Jan - 26th March. Contact Julie 4963 2026

Playgroup

10am - 12pm. Playgroup is a fun morning to get together and provide play experiences for children from babies to school aged. For more information 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

4.30pm-5.30pm during school terms. Fun and engaging drama lessons for young people.
Contact Tamara 0422 409 267

Honeysuckle Suite - Ladies Barbershop Chorus

6.30pm- 9.00pm. Weekly rehearsals in 4 part harmony, all materials provided. New singers welcome. \$10/week. Contact Lesley 0401 393 366

Tuesdays

Charlestown Square Tuesday Club

From 9am, ladies social club. Morning tea, with an invited guest speaker or games, raffles, or other 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

3.30pm-4.30pm and 4.30pm-6pm during school terms. Fun and engaging drama lessons for young people. 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

Dementia Carer Support Group Meeting

10am-12.30pm. 3rd Wednesday of the month. Next meeting 21st March. Contact the Newcastle/Lake Macquarie Dementia Advisory Service for more information on 4985 5715.

Zumba

Fun dance based fitness classes with Celia.
9.15am-10am and 7.15pm-8pm. Ages 12 - adult.
\$10/class (\$5/class for ages 12-16yrs)

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

Preschool soccer based engaging classes
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

Scleroderma / Lupus Support Group Meeting

11am-1pm, bi-monthly on the 3rd Thursday of the month. Next meeting 19th April. Morning tea available.

Eastlakes 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.

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

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!

To register for classes at The Place or for more details please contact Kim 0402 645 774 or email: kim@krysalisastrology.com.au

Organise your Affairs

Control what happens to you and your family - ensure your estate planning documents are put in place while you are sound of mind and in your full capacity to give your instructions.

Documents:

- Wills - Power of Attorney - Enduring Guardian - Advance Health Directives - Administration of Deceased Estates

east coast WILLS & PROBATE
acn 152572800

Margot is available to assist at The Place or offers a mobile meeting option.

Tel: 0466 661 053



Birthday Parties & Special Occasions

The Community Hall and Youth Room at The Place are fantastic spaces for celebrating birthdays & other special occasions. The semi-commercial Kitchen at The Place is available for self-catering, or The Place can assist with your catering needs. Contact us to discuss your ideas. **P: 4032 5500**

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

