

May News

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

FREE SENIORS ROAD SAFETY PRESENTATION

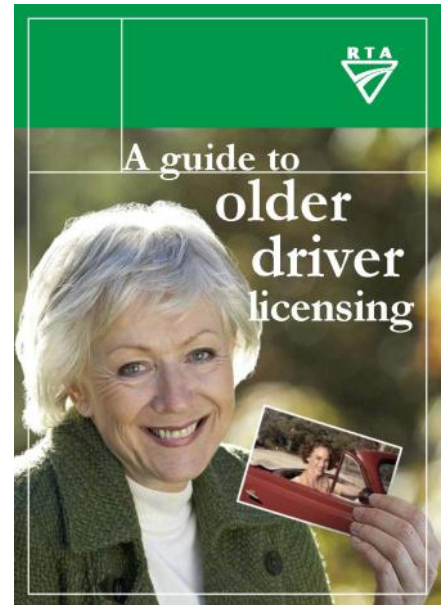
10.30am Wednesday 30th May

Free Morning Tea and Lunch provided

Hosted by the Roads & Maritime Services (formerly the RTA)



RSVP: Please call 4924 0654 to confirm attendance.



Mother's Day

Over the years, has your Mum
made you feel good?

This year make your Mum feel
great with a lovely hour of
relaxation massage with
natural aromatherapy oils.

Bookings essential, please
phone 4032 5540.

Women's Workshop: 'Morphing Lifestyle with Money'

Friday 25th May 9.30am - 12.30pm

Do you have a business idea but are not sure how to get started?
This workshop covers a range of topics including:

- ◆ Deciding on your business name.
- ◆ Defining your niche.
- ◆ Getting registered online & with ASIC.
- ◆ Getting people to know who you are.
- ◆ Getting a product up and running with little or no money.
- ◆ Creating a website.

Bookings essential with Dee Havebond, workshop host, by calling
02 4944 8587 or register online at: <http://mifestyle.com/workshops/>

COST: \$97pp (Register today and bring a friend for free)

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 0-3years, with parents / care-givers participating. Classes during school terms. Eldest child \$130.50. Term 2: 23rd April - 25th June (no class 11th June). Contact Julie 4963 2026

Playgroup

Restarting in June/July 10am - 12pm. A fun morning to get together & provide play experiences for children from babies to school age. Contact Shelley at The Place on 4032 5500

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

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, Fan. 10 week terms \$90 (\$85 concession) during school terms. Casual class \$10. Contact Barbara on 4963 2139. Term 2 dates: 2nd May-27th June

Dementia Carer Support Group Meeting

10am-12.30pm. 3rd Wednesday of the month. Next meeting 16th May. Contact the Newcastle / Lake Macquarie Dementia Advisory Service for more information on 4985 5715.

Zumba

Fun dance based fitness classes with Celia. 7.15pm-8pm. Ages 12 - adult. \$10/class (\$5/class for ages 12-16yrs) profit to local charity.

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
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 21st June. Morning tea available.

Eastlakes Youth Centre

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

Australian Breast Feeding Association **NEW!**

10am-12pm on the 3rd Thursday of the month, all welcome, tea/coffee provided, bring a morning tea plate to share if you have time (no nuts please). Next meeting 17th May, guest speaker early language development: Paediatric Speech Pathologist

Computer Classes with TAFE Outreach

Friendly classes for learning at your own pace. Bookings essential, limited to 12 people / course.

Cost: \$32 / 8 week course (\$4 / class).

Topics include: introduction to computers, internet/email, word processing, working with photos and file management.

For enquiries and enrolments please contact TAFE Outreach on **49791634**.



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**

... regulars continued

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.
Gentle class suitable for all, classes follow the
Tai Chi for Arthritis program.
Contact Adrienne 4946 2126

God's House - House

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

God's House - Church Service

7.30pm, all welcome, children's program available.

Saturdays

Little Kickers

Preschool soccer based engaging classes

8.30am - 9.15am (2yrs – 3½ yrs)

9.30am - 10.15am (2yrs – 3½ yrs)

10.30am - 11.15am (3½ yrs – 5yrs)

11.30am - 12.15pm (3½ yrs – 5yrs)

Contact Naomi on 4009 1545

Sundays

C3 Church Victory - WG Youth Program NEW!

5.00pm, high school years 7 - 12

C3 Church Victory - Church Service NEW!

6.30pm, all welcome



Join the party at Zumba classes with Celia Teale!

Wednesdays at The Place

7.15pm - 8pm

Ages 12yrs - Adult

\$10/class (12yrs-16yrs \$5/class)

Profit from classes donated to a local charity.

For more information contact Celia on 0407 780 108

Playgroup

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

Re-starting Monday mornings

from June/July at The Place

10am - 12pm

For more information please contact Shelley
at The Place on 04032 5500 or email:

programs@theplacecharlestown.org.au



Australia's
**BIGGEST
MORNING
TEA**

It's Australia's Biggest Morning Tea Time!

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

When: 9am - 11am daily, from Monday May 21st to Friday May 25th

Costs: 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 the Cancer Council's work in research, education, prevention and support.

The Cancer Council works to:

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

The Cancer Council provides support to those diagnosed as well as their families.

With our help and support they can continue to offer the following services:

- *Cancer Council Helpline
- *Printed and online information
- *One-to-one support
- *Telephone support groups



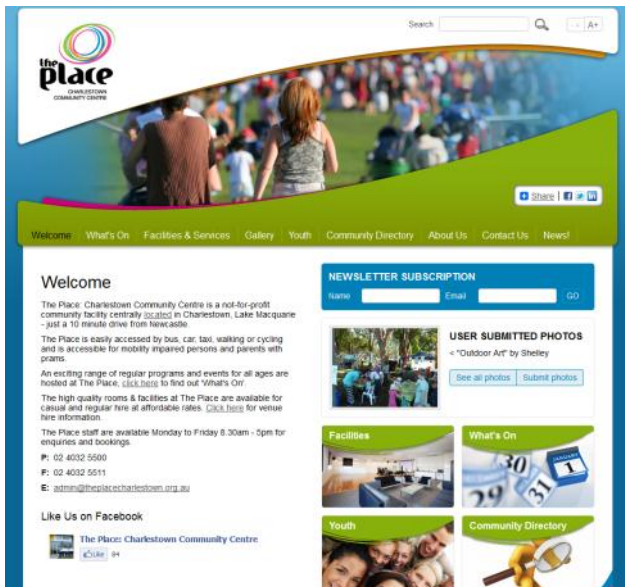
The Place Website

Visit The Place's new website for the latest news on What's On at The Place, detailed information on regular groups and programs, venue hire information and more!

Check out the online Photo Gallery, and upload and share your photo's with The Place.

List your community group, organisation or business in the online Community Directory.

www.theplacecharlestown.org.au



EASTCOAST
Wills+Estates

Cost conscious, professional & friendly assistance in getting your affairs in order. Services include:

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

Visit the private office at The Place, or request a home visit. To make an appointment please contact:

Margot McAlary LLB DIRECTOR

T: 02 4032 5530 M: 0466 661 053

E: mmcalary@exemail.com.au

Facilities at The Place

The 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 The Place 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

