

# June News

Phone: 02 4032 5500  
[programs@theplacecharlestown.org.au](mailto:programs@theplacecharlestown.org.au)

## Special Events and Workshops at The Place in June:

- |                         |   |               |             |
|-------------------------|---|---------------|-------------|
| • Sat 2 <sup>nd</sup>   | Balance and Energy Health & Well-being Forum  | 1pm-5pm       | \$40pp      |
| • Wed 6 <sup>th</sup>   | Marine Discovery Talk: Theme 'Marine Mammals' | 7pm           | FREE        |
| • Tues 19 <sup>th</sup> | Photograph Organising Workshop                | 10am-11.30am  | \$25pp      |
| • Sat 23 <sup>rd</sup>  | Family Fun Day with 'hey dee ho music'        | 10.15-11.15am | \$10/family |
| • Fri 29 <sup>th</sup>  | Photograph Organising Workshop                | 10am-11.30am  | \$25pp      |



## Family Fun Day

**Saturday 23<sup>rd</sup> June**

**10.15am to 11.15am**

Music session for children of all ages followed by morning tea provided by hey dee ho

**\$10 per family**



Join us for a fun filled morning of music, dance, puppets, instruments and laughter!

**RSVP to Elisabeth**

0403 264 618

[elisabeth.pont@heydeeho.com](mailto:elisabeth.pont@heydeeho.com)

[www.facebook.com/heydeeholakemac](http://www.facebook.com/heydeeholakemac)

## Photograph Organising Workshops

Hosted by **Click Photography + Design**

**Tuesday 19<sup>th</sup> June or Friday 29<sup>th</sup> June**

**10.00am to 11.30am**

Begin the process of organising that overwhelming pile of photographs and / or school artwork / merit certificates you've been meaning to do something about!

**Cost: \$25 per workshop**

Secure your place by phoning

Melissa on 0439 446 212

**Bookings are essential**

[www.facebook.com/clickphotographydesign](http://www.facebook.com/clickphotographydesign)



# Regular Programs and Groups at The Place

## Mondays

### **New Body Seniors Exercise**

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

### **Do-re-mi Music for Children**

10am-10.45am or 11am-11.45am, music classes for children, with parents / care-givers participating. Classes during school terms. Eldest child \$130.50, discounts for siblings. Term 2: 23<sup>rd</sup> April - 25<sup>th</sup> June (no class 11<sup>th</sup> June). Term 3: 16<sup>th</sup> July - 10<sup>th</sup> September (9 weeks) For more information contact Julie 4963 2026

### **Playgroup**

#### **Resumes July 2<sup>nd</sup> 10am - 12pm**

A fun morning for families to get together & enjoy play experiences for children from babies to school age. For more info contact Shelley 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

### **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: 2<sup>nd</sup> May-27<sup>th</sup> June

### **Dementia Carer Support Group Meeting**

10am-12.30pm. 3<sup>rd</sup> Wednesday of the month. Next meeting 20<sup>th</sup> June. Contact the Newcastle / Lake Macquarie Dementia Advisory Service for more information on 4985 5715.

### **Zumba**

Fun dance based fitness classes.  
7.15pm-8pm. Ages 12 - adult. \$10/class (\$5/class for ages 12-16yrs) profits to local charity. For more information contact Celia 0478 130 138

## Thursdays

### **Free Immunisation Clinic**

9am-1pm and 2-4pm on the 2<sup>nd</sup> Thursday of the Month, hosted by Hunter New England Health. Please arrive by 3.30pm & bring along your 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, start anytime

### **National Seniors Lake Macquarie Branch**

10am-12pm, 1<sup>st</sup> Thursday of the Month, guest speaker, morning tea available

### **Scleroderma / Lupus Support Group Meeting**

11am-1pm, bi-monthly on the 3<sup>rd</sup> Thursday of the month. Next meeting 21<sup>st</sup> 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**

10am-12pm on the 3<sup>rd</sup> 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 21<sup>st</sup> June, discussion topic 'Breastfeeding and Busy Mums'.

## **Computer Classes with TAFE Outreach**

*"Friendly classes for learning at your own pace"*

Course topics include: word processing, desktop publishing, internet/email, working with photos, introduction to computers, and file management.

Bookings are essential, as class sizes are limited to 12 people per course.

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

### **Enrol now for Term 3!**

Four new courses will commence mid-July on:

- Wednesday mornings
- Wednesday afternoons
- Friday mornings
- Friday afternoons

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

# ... 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 1<sup>st</sup> class complimentary,  
Contact Nancy 4943 7114

### **Tai Chi for a Healthy Life**

10.30am-11.30am all welcome.  
Gentle class suitable for all abilities, 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, start anytime

## Sundays

### **C3 Church Victory - WG Youth Program**

5.00pm, youth group for high school years 7 - 12

### **C3 Church Victory - Church Service**

6.30pm, all welcome

## 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!

[www.theplacecharlestown.org.au](http://www.theplacecharlestown.org.au)

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.



Find and like The Place on Facebook!  
[www.facebook.com/theplacecharlestown](http://www.facebook.com/theplacecharlestown)

# Playgroup!

Would you like to:

- ☺ Have fun with your child?
- ☺ Meet other parents and children?
- ☺ Expose your child to new experiences in a safe environment?
- ☺ Play, sing, laugh, share, & try new things?

Then come along for a fun morning at Playgroup!

The Playgroup room will be nice and cosy over winter, with a variety of toys, craft, books, music and activities to enjoy.

We'll have a break mid-morning for morning tea.

Anyone is welcome to bring along their children and join in the fun - Mums, Dads, Grandparents, Carer's and Nannies.

### **Where?**

The Place: Charlestown Community Centre  
Corner of Frederick & Pearson Streets

### **When?**

**10am - 12pm**

Monday mornings **from 2<sup>nd</sup> July**  
*Come along for the whole morning,  
or arrive and join in when you can*

### **What to bring?**

A piece of fruit to share for morning tea  
**(no nuts please)**

### **Cost?**

\$3 per week  
*plus Playgroup NSW membership (\$39 per year)*

## **This is a brand new Playgroup!**

You're invited to become as involved in the weekly running of the group as you would like to!

Planning is underway and your ideas for how the group could run are very welcome.

For more information please contact Shelley  
at The Place on 4032 5500 or email:

[programs@theplacecharlestown.org.au](mailto:programs@theplacecharlestown.org.au)



You are invited to attend a

## **FREE Marine Discovery Talk**

to celebrate World Environment Day and World Oceans Day

**Wednesday 6th June at 7pm**

Hosted by **Ocean & Coastal Care Initiatives (OCCI)**  
Lake Macquarie - Newcastle Arm



### **Speakers:**

#### **ORRCA - Rescuing our marine mammals**

Hear how ORRCA is leading the way with the development of effective rescue procedures and their expertise in the protection and welfare of seals, sea lions, dolphins, and dugongs. Ronny Ling, ORRCA's retired President will also talk about Australia's excellent success at mass strandings.

#### **Surfers for Cetaceans (S4C)**

Howie Cooke, artist and marine conservationist for 35 years and co-founder of Surfers for Cetaceans (S4C) joins us to tell how he and pro-surfer Dave Rastovich have activated the international surfing community to speak out against the killing of dolphins and whales and speak up for clean waves and a healthy ocean.

### **Displays:**

Underwater photography and displays by local coastal and marine groups such as Combined Hunter Underwater Group (CHUG), OCCI and Snappers Underwater Photography Group.



Photo courtesy of ORRCA



Photo courtesy of Howie Cooke

**Light refreshments will be provided so bookings are preferred.**

**Please RSVP via email to [occi\\_lmn@live.com.au](mailto:occi_lmn@live.com.au)**

OCCI Lake Macquarie-Newcastle is a volunteer community group, aiming to raise awareness of marine and coastal issues.

## **OZ SPECTRUM SUCCESS COACHING**

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### **Diary Dates**

**Monday 2<sup>nd</sup> July**

Playgroup resumes at  
The Place 10am - 12pm

**Wednesday 4<sup>th</sup> July**

'Aged Care - fees and  
charges' seminar  
9.30am - 11.30am

**Thursday July 5<sup>th</sup>**

Art & Photographic  
Exhibition Fundraiser for  
Oxfam 6pm - 9pm