

School Holiday Fun at The Place! Info back page & inside

- Mon 2nd & 9th Playgroup! For parents & children 0-5yrs 10am-12pm \$3 / family / week
- Wed 4th & 11th NIB Hunter Festival of Sports try Tai Chi! 7yrs & up 10am-11am FREE
- Thurs 5th & 12th Drop in to Eastlakes Youth Centre 12yrs-18yrs 6.30pm-9pm FREE
- 3rd, 4th, 5th School Holiday Magic Workshops 8yrs & up 9.30am-12.30pm \$45/day 1st child, siblings \$35
- 10th, 11th, 12th School Holiday Magic Workshops 8yrs & up 9.30am-12.30pm \$45/day 1st child, siblings \$35



Special Events/Workshops in July, more info back page

- Wed 4th 'Aged Care - fees & charges' seminar 9.30-11.30am FREE
- Thurs 5th Art & Photographic Exhibition Fundraiser for Oxfam 6pm-9pm Gold Coin
- Tues 24th IR Workshop - Fairwork for Payroll 9.30am-1pm FREE
- Wed 25th Parent Teen Coaching workshop for parents 6pm-9pm \$47pp \$70/couple
- Thurs 26th Photograph Organising Workshop 10am-11.30am \$30pp

Programs commencing/resuming in July, more info inside

- Mon 2nd Playgroup starts! Monday mornings weekly 10am-12pm \$3/family/wk
- Mon 16th Do Re Mi music Mondays for 9 weeks 10am-10.45 or 11am-11.45 term fees apply
- Tues 17th Drop & Shop Sew Funky children's program (3-5yrs) 9am-12.30pm hourly rates
- Wed 18th Hey dee ho music Wednesdays for 10weeks 10.15am-10.45am term fees apply
- Wed 18th Term 3 Tai Chi, 10 week term 8.30am Tai Chi Club 10am Levels 1-5 \$90/term (\$85conc)
- Wed 18th Mindfulness & Well-being course, 8 sessions 7pm-9.30pm \$475 for course
- Fri 20th Tai Chi for Arthritis 10.30am-11.30am low fee / week
- Sat 21st Hey dee ho music Saturdays for 10weeks 10.15am-10.45am term fees apply
- Tues 24th 'Triple P' Positive Parenting Program , 5 weeks 9.45am-12.30pm FREE
- Wed 25th Term 3 Computers 8 week course (mornings) 9am-12pm \$32 /course
- Wed 25th Term 3 Computers 8 week course (afternoons) 12.30pm-3pm \$32 /course
- Fri 27th Term 3 Computers 8 week course (mornings) 9am-12pm \$32 /course
- Fri 27th Term 3 Computers 8 week course (afternoons) 12.30pm-3pm \$32 /course

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 & accompanying adults. Classes during school terms. Term 3: 16th July-10th Sept (9 weeks) Eldest child \$130.50, discounts for siblings. For more details or to enrol contact Julie 4963 2026

Playgroup

10am-12pm. A fun morning for adults & children to get together & enjoy play experiences. Children from babies to school age welcome. \$3/week/family plus Playgroup NSW membership (\$39, due after 3rd visit). Bring along a piece of fruit to share for morning tea (no nuts please). For more info please 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, low fee.

Newcastle Irish Set Dancers

7.30pm-9.30pm, \$5/class. Classes in Irish Set Dancing (folk dancing) for adults, no experience necessary. Contact Julia or Arthur on 4955 5701

Shop & Drop! Sew Funk Pre-schooler Program

9am-12.30pm. Tuesdays only, ages 3yrs-5yrs. Whether you want to drop the kids off and shop or go and see a movie, Sew Funky is your first stop! Simply drop your kids off between 9am-9.30am and pick them up again between 12pm -12.30pm. Children will be supervised by Sew Funky staff. With lots of age appropriate creative projects for the kids to do, they'll be excited when they see you again with their masterpieces. Please bring their morning tea & drink bottle.

Shop & Drop Pricing:

	First Child	Second Child
First Hour	\$10	\$8
Second Hour	\$10	\$8
Third Hour	\$5	\$5

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/fan/flute. 10 wk terms \$90 (\$85 concession) during school terms. Casual class \$10. Contact Barbara on 4963 2139. Term: 18th July - 19th Sept

Dementia Carer Support Group Meeting

10am-12.30pm. 3rd Wednesday of the month. Next meeting 18th July. Contact the Newcastle / Lake Macquarie Dementia Advisory Service for more information on 4985 5715.

Hey dee ho Music for Children

10.15am-10.45am, music classes for children & accompanying adults. 10 week term: 18th July-19th Sept. 1st child \$14.50/wk, 2nd/3rd child over 12mths old \$8/wk, 2nd/3rd child under 12mths FREE. To enrol please contact Elisabeth 0403 264 618

Computer Classes - various topics

9am-12pm or 12.30pm-3pm. Bookings essential, as class sizes are limited to 12 people per course. Course Cost: \$32 for 8 week course (\$4 / class). Friendly classes for learning at your own pace. Courses start 25th July. To enrol call 49791634

Zumba

7.15pm-8pm. Fun dance based fitness classes no experience needed. Ages 12 - adult. \$10/class (\$5/class for ages 12-16yrs) profits to charity. For more information contact Celia 0478 130 138

Thursdays (continued next page)

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 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, 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 16th August. Morning tea available at low cost.

... regulars continued

Thursdays (continued)

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 3rd Thursday of the month, all welcome, tea/coffee provided, bring morning tea to share if you have time (no nuts please). Next meeting 19th August, discussion topic: 'Sleep'.

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 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.

Computer Classes - various topics

9am-12pm or 12.30pm-3pm. Bookings essential, as class sizes are limited to 12 people per course. Course Cost: \$32 for 8 week course (\$4 / class). Friendly classes for learning at your own pace. Courses start 27th July. To enrol call 49791634

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

Hey dee ho Music for Children

10.15am-10.45am, music classes for children & accompanying adults. 10 week term: 21st July-22nd Sept. 1st child \$14.50/wk, 2nd/3rd child over 12mths old \$8/wk, 2nd/3rd child under 12mths FREE. To enrol please contact Elisabeth 0403 264 618

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

Mindfulness & Well-being Program



An invitation to realign your mind, body & spirit. Experience a state of well-being & harmony & move toward greater balance, control & participation in your life... along with less stress, less anxiety & less pain.

This program is based on Mindfulness Based Stress Reduction (MBSR), the latest up to date research on neuroplasticity and over 20 years of personal & clinical experience.

Duration: 8 x 1.5hr sessions plus one day retreat

Dates: July 18th-8th August then 5th-25th Sept
one day retreat date TBA

Times: 7pm – 9.30pm (plus one day retreat)

Cost: Course is \$475 and the full amount is to be paid prior to commencing program (\$100 deposit needed to secure your place). Workbook & refreshments will be provided.

For more information or to enrol, please contact Charlotte on: 0432 724 764 or email:

charlotte@creativetransformations.com.au



Free Parenting Program

For parents with children aged 2-12 years

Kids don't come with an instruction manual. Whether you are a mum, dad, step-parent, grandparent, or carer, the Triple P positive parenting program can help you with a specific problem, or provide general tips on parenting. It can also help you understand your child's behaviour and enjoy their development.

Program duration: Five Tuesday Mornings

24th July / 31st July / 7th Aug / 14th Aug & 21st Aug

9:45am for a 10am start each day
(to finish by 12:30pm). Free parking available.

Register: online at www.families.nsw.gov.au or call Jane on 4985 4939 or Mel on 4921 7323



Hosted by:
The Family
Action Centre

IR Workshop - Fairwork for Payroll

Hosted by NSW Industrial Relations

Do you work in payroll? Are you the go to person that everyone turns to for all the IR and payroll answers? NSW Industrial Relations is here to help you keep your knowledge up-to-date on all the current issues that you may be asked.

Date: Tuesday 24th July
Time: 9.30am-1pm
Cost: FREE. Free parking available.

Register **online** to attend this free workshop

www.industrialrelations.nsw.gov.au

Contact NSW Industrial Relations for more information on (02) 9020 4612.

Parent Teen Coaching Workshop

Hosted by Oz Spectrum Success Coaching

How is your teenager going, and what can you do to help? Come to a parent Teen Coaching workshop presented by Success Coach and Author Geraldine Moran and learn to:

- Take responsibility for your role as a parent
- Build lines of communication
- Learn to appreciate all aspects of your teen
- Feel like you are relevant to them again

Date: Wednesday 25th July
Time: 6pm-9pm
Cost: \$47pp or \$70 per couple
Free parking will be available.

Bookings are essential. Secure your place by phoning Geraldine on 0438 466 029 or visit <http://www.trybooking.com/BOCY>

Photograph Organising Workshop

Hosted by Click Photography + Design

Begin the process of uploading, organising and backing up your digital images ... and learn how you can organise that overwhelming pile of photographs and / or school artwork and merit certificates that you've been meaning to do something about.

Date: Thursday 26th July
Time: 10.00am to 11.30am
Cost: \$30

Bookings are essential. Secure your place by phoning Melissa on 0439 446 212.

Aged Care - fee & charges seminar

Hosted by Centrelink (Dept Human Services)

This FREE seminar will cover a range of topics to assist in understanding Aged Care options, including:

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

Date: Wednesday 4th July
Time: 9.30am-11.30am
Cost: FREE. Free parking available.

Art & Photographic Exhibition

Fundraising night in support of Oxfam

This fundraising night will raise money for Oxfam to support their work around the world. Many local artists & photographers have donated works for purchase on the evening, with a 'coastal theme'.

Date: Thursday 5th July
Time: 6pm-9pm
Cost: Gold coin donation welcomed.
Art work available to purchase.
Free parking available.

RSVP: OxfamArtExhibition@gmail.com

NIB Festival of Sports - Try Tai Chi

Hosted by the Australian Academy of Tai Chi

Just turn up on the day and learn the basics of Tai Chi in a fun setting. Great for ages 7yrs-90yrs!

Date: Wednesday 4th and 11th July
Time: 10am-11am
Cost: FREE!
RSVP: No RSVP needed, just show up!

MAGIC WORKSHOPS

Hosted by The Academy of Magic

A fun morning with Jaz the Magician for kids aged 8yrs & up! Workshop activities will include: magic tricks, an interactive magic show, how to make balloon animals, juggling lessons, how to make a set of juggling balls. Everything made on the day is yours to keep - take home your juggling balls and your very own magic trick!

Dates: Tues 4th, Wed 5th, Thurs 6th
Tues 10th, Wed 11th, Thurs 12th
Times: 9.30am - 12.30pm daily
Cost: \$45 1st child, \$35 siblings
(Incl take home gear worth > \$15!)

Bookings essential, for more information or to RSVP please call: 4954 4521