

August News

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

2012 Will Awareness Day

Free Talk: 11am Friday 17th August 2012

Should people make provision in their wills for their adult children? Most people would agree that a person making a will should provide for their spouse and any children who are young or dependent on them.

But what about adult children?

Often adult children make claims in Court on the basis that either their parents did not provide for them in their wills, or did not provide enough.

Parents who wish to make a will leaving little or no provision for their adult children will be warned by their solicitor that they are running the risk of the child bringing a court action claiming provision, which could end up costing the estate a lot of money.

The parent might then ask the solicitor:

"Why bother making a will when a will can be contested?"

The Newcastle Law Society will host a free talk at The Place at **11am, 17th August 2012** to discuss this important issue. All welcome. Refreshments provided.

Birth & Parenting Classes

Hunter New England Health now offer their Birth and Parenting (Antenatal) Classes at The Place on Tuesday evenings & Saturday mornings.

The classes will be the same classes as those held at John Hunter Hospital, and include a Birthing Services Tour at the Hospital.

Tuesday evening classes:

Run from 6.30pm-8.30pm for 6 weeks

Saturday morning classes:

Run from 9am - 1pm for 3 weeks.

Cost: \$155.00 (concessions available)

For more information on the classes, or to book your place, please contact the John Hunter Hospital on **4921 3992** or email: JHParentingEducation@hnehealth.nsw.gov.au



Health
Hunter New England
Local Health District

Health Coach Assisted new mums program

- *Weight Loss - Body Shape - Move More*
- *Nourishing Food - Meal Plans*
- *Time for you - Rest - Hobbies*
- *Healthy Relationships*

A small support group for mothers with babies between 0-6 months, facilitated by registered nurses / mothers with a passion for health and wellbeing.

freshaMUMS

Commencing on Tuesday 28th August 2012, this new, 4 week program will be held on Tuesday mornings from 10.30am to 12pm at The Place.

Program dates: 28/8/12, 4/9/12,
11/9/12, 18/9/12.

Cost: \$100pp. To RSVP please contact Debra or Tracey, details below!



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. Enrol now for Term 4!

Playgroup - "Charlestown Caterpillars"

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 or dairy 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, educational materials and voice coaching provided. New singers welcome, no experience needed. \$10/week. Contact Lesley 0401 393 366

Dance Classes

Register your interest! Call Ali on 0403 909 338

Tuesdays

Charlestown Square Tuesday Club

From 9am, ladies social club. Morning tea, with an invited guest speaker or games, raffles, or other entertainment. Low membership and weekly fees.

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

COMING SOON! Whether you want to drop the kids off and shop or go and see a movie, Sew Funky is your first stop! 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.

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 week terms \$90 (\$85 concession). Casual class \$10/week. Term 3: 18th July - 19th Sept. Contact Barbara on 4963 2139.

Wednesdays (continued)

Dementia Carer Support Group Meeting

10am-12.30pm. 3rd Wednesday of the month. Next meeting 15th August. Contact the Newcastle / Lake Macquarie Dementia Advisory Service for more information on 4985 5715.

Hey dee ho Music for Children

Music classes for children & accompanying adults. 10 week term. 9.30am - 10am for children 18months - 4years old, 10.15am-10.45am for children under 2years old. Term 3: 18th July-19th Sept. 1st child \$14.50/wk, 2nd/3rd child over 12mths old \$8/wk, 2nd/3rd child under 12mths FREE. 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. *Call now to enrol for Term 4, starting in October.*

Zumba

Zumba is taking a break in August!

Classes resume Wednesday 5th September. 7.15pm-8pm. Fun dance based fitness classes, no experience needed. Ages 12 - adult. \$10/class (\$5/class for ages 12-16yrs) profits to a local youth charity. For more information please contact Celia on 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. All welcome.

... 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 16th August, discussion topic: 'Breastfeeding Myths'

Speech Pathology

NEW! Thursday Afternoons by appointment Contact Melinda Sullivan 0418971124

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. \$6/class. Contact Adrienne 4946 2126

Computer Classes - various topics

9am-12pm or 12.30pm-3pm. Bookings essential. Course Cost: \$32 for 8 week course (\$4 / class). Courses start 27th July. To enrol call 49791634. *Call now to enrol for Term 4, starting in October.*

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

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

The Place Website

Visit The Place's 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

Photo Gallery

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

Community Directory

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



Find and 'Like' The Place on Facebook

www.facebook.com/theplacecharlestown



Looking to meet other young parents?

Come along to a new Young Parents Group at The Place on Friday afternoons, and get to know some other young parent's and parent's to be.

The Young Parents Group will be a relaxed, friendly afternoon for parents to meet & socialise, share information, & support each other.

Tea & coffee provided, bring along something to share for afternoon tea if you can, e.g. fruit, bikkies (no nuts please!).

Children are welcome, children's toys & activities will be available.

When: Friday's afternoons from 24th August!

Time: 12.30pm - 2.30pm at The Place

Cost: Gold Coin Donation

No RSVP needed, just drop in!

Need more info? Call Shelley on 02 4032 5500 or email: shelley@theplacecharlestown.org.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



PROFESSIONAL SERVICES AVAILABLE AT THE PLACE



Services include:
Wills, Powers of Attorney, Appointments of Enduring Guardians, Advance Health Directives, Administration of Deceased Estates.

Contact Margot McAlary
T: 02 4032 5530
M: 0466 661 053

**OZ SPECTRUM
SUCCESS
COACHING**



Coaching Services Include:
◆ Work Life Harmony
◆ Home Life Harmony
◆ One on One & Group Workshops

Contact Geraldine Moran
M: 0438 466 029

MASSAGE SPACE @ THE PLACE



Improving your life's quality with massage therapy
Remedial & Relaxation
Call Kathleen
T: 02 4032 5540
Health Fund Rebates
HICAPS EFTPOS

DIARY DATES

Tuesday 11th September
Free IR Workshop on the Clerks Award 9.30am-1pm
Call 9020 4612 for more info or RSVP online at www.industrialrelations.nsw.gov.au

Saturday 15th Sept
Living Smart Festival at Speers Point Park 9am-3pm
Come along and visit The Place team & join in some fun free workshops

Sept/Oct School Holidays!
School Holiday Fun at The Place! Limited places.
Register your interest now to Shelley on 4032 5500

Tuesday 16th October
7 week 'Living with Memory Loss Program' starts Tuesday 16th October.
Contact the Newcastle / Lake Macquarie Dementia Advisory Service 4985 5715