

September News

Phone: 02 4032 5500
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Visit us at the "Living Smart Festival"!

The Living Smart Festival is back for its third year on **Saturday 15 September** from **9am to 3pm** at Speers Point Park.

The Place team will be hosting a fun stall with lots of information on the activities available at The Place. We will be joined by the lovely ladies from Honeysuckle Suite Ladies Chorus - pop in and say hello!

Throughout the day, groups from The Place will host some fun workshops at The Place stall, in the "Wellbeing Zone" and in the "1233 ABC Newcastle Planet Kids Zone". Come and join in the fun with Little Kickers, Do Re Mi Music for Children, Newcastle New Body New Life: Over 50's Fitness, Sew Funky and Hey Dee Ho Music!

The 2012 festival will focus on 'your sustainable home and garden' and will again feature the popular *Native Plant Giveaway* for Lake Macquarie residents. Come along to enjoy music, art, workshops, fashion, food, and market stalls and at the same time learn about green living. Visit: <http://www.lakemac.com.au/living-smart-festival>



What	Where	When
New Body New Life: Over 50's Exercise Class Demonstration	Wellbeing Zone	9.30am - 10am
Do Re Mi Music for Children Active Kids Move It! 0-8yr's Hop, Skip 'n Jump to Music!	1233 ABC Newcastle Planet Kids Zone	9.30am - 10am
Tai Chi With the Australian Academy of Tai Chi	Wellbeing Zone	11:15am - 12pm
Do Re Mi Music for Children Active Kids Move It! 0-8yr's Hop, Skip 'n Jump to Music!	The Place Festival Stall	11.30am - 12pm
Little Kickers Soccer Fun & Games Come along & kick some goals!	The Place Festival Stall	1pm - 2pm
Hey Dee Ho Music Recycled Instrument Making Make your own Drum!	1233 ABC Newcastle Planet Kids Zone	2.30pm - 3pm
Sew Funky for Kids! Funky Sewing Projects for ages 3+	The Place Festival Stall	All day!
Hey Dee Ho Music Recycled Instrument Making Make your own Drum!	The Place Festival Stall	All day!

School Holidays at The Place!



Fun-Key Music Workshop!

A Fun-Key music class for primary aged children to come along & try singing & some dance! We will work on some basic singing skills & then workshop a song that we can perform as a group at the end of the session. Come along & join in the 'Glee' style FUN!

- Date:** Wednesday 26th September 2012
Time: 10.30am - 11.30am
Ages: 5 - 12 years
Cost: \$9 per child, or \$20 family of 3 children
RSVP: By 25th Sept to Elisabeth on 0403 264 618

Wear comfy clothes, sensible shoes & bring a bottle of water!



Hey Dee Ho Music Workshop!

An exciting & interactive music session for babies, toddlers & pre-schoolers. Join us for a fun filled morning of music, dance, puppets, instruments & laughter!

- Date:** Thursday 27th September 2012
Time: 10.30am - 11.15am
Ages: newborn - 4 years
Cost: \$9 per child, or \$20 family of 3 children
RSVP: By 25th Sept to Elisabeth on 0403 264 618

Parents / carers stay & participate in the fun activities with their children!



JD's Magic Circus Show!

JD's circus themed magic show includes juggling, audience participation & a spectacular finish on a giraffe unicycle! Bring the whole family along for an interactive & entertaining morning of magic.

- Date:** Wednesday 3rd October 2012
Time: 10.30am - 11.30am
Ages: Suitable for all ages
Cost: \$9 per child, or \$20 family of 3 children (accompanying adults free!)
RSVP: By 2nd October to The Place on 02 4032 5500



Creative Paper Craft Workshop!

Spring has Sprung! Come along & get crafty for the afternoon. We'll be making some bright & bouncy spring bugs & some glittery paper lanterns!

- Date:** Thursday 4th October 2012
Time: 1.30pm - 3pm
Ages: 5 - 12 years
Cost: \$9 per child, or \$20 family of 3 children
RSVP: By 3rd October to The Place on 02 4032 5500

Wear comfy clothes, sensible shoes & bring a bottle of water!

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. Enrol now for Term 4!

Term 4: 8th Oct - 3rd Dec (9 weeks)

Eldest child \$130.50, discounts for siblings. For more details or to enrol contact Julie 4963 2026.

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

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 fee & 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

Birth & Parenting Classes (Antenatal) New!

6 week courses, 6.30pm - 8.30pm. Hosted by John Hunter Hospital staff (same classes as those held at John Hunter Hospital). The classes include a Birthing Services Tour at John Hunter Hospital. Cost \$155, concessions available. Bookings are essential. Phone 4921 3992 to book your place.

Shop & Drop! Sew Funky Pre-schooler Program

Starting mid Sept! 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. Call Dee for more info or to book in: 1300 091 511

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 4: 10th Oct - 12th Dec. Contact Barbara on 4963 2139. All welcome.

Dementia Carer Support Group Meeting

10am-12.30pm. 3rd Wednesday of the month. Next meeting 19th September. 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 4: 10th Oct - 12th Dec. 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

9am-12pm: Introduction to Computers.
12.30pm-3pm: Internet, Email, File Management. Courses cost \$32 per 8 week course (\$4 / class). Friendly classes for learning at your own pace. Courses start 10th Oct. Bookings essential, as class sizes are limited to 12 people per course. To enrol please call TAFE Outreach 4979 1634.

Zumba

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 info please contact Celia on 0478 130 138. Come & join the party!

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

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 18th October. Morning tea available at low cost. All welcome.

... regular programs and groups continued

Thursdays (continued)

Little Kickers

Preschool soccer based engaging classes

9.30am - 10.15am (1½ yrs - 2yrs 3mths)

10.30am - 11.15am (2yrs - 3½ yrs)

11.30am - 12.15pm (3½ yrs – 5yrs)

Contact Naomi on 4009 1545 for details.

6 sessions \$90, 12 sessions \$180. Bookings

essential. One off registration fee of \$50.

Registration fee gives you FREE Little Kickers foot-
ball uniform and priority re-registration.

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
20th September, discussion topic: 'Introducing Solids'.

Speech Pathology

Thursday afternoons by appointment. Contact
Melinda Sullivan 0418 971 124.

Yoga! Starting from October 11th!

6pm-7pm, \$12pp. BYO Yoga mat if you can.

Beginners welcome. Contact Suzanne 0421 076 244

Eastlakes Youth Centre

6.30pm-9pm, ages 12-18yrs. 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. 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: Microsoft Word & Spread sheets (Excel)

12.30pm-3pm: Microsoft Publisher.

Courses cost \$32 per 8 week course (\$4 / class).

Courses start 10th Oct. Bookings essential, as class
sizes are limited to 12 people per course. To enrol
please call TAFE Outreach 4979 1634.

God's House - House

5.45pm-7.15pm, fun and engaging youth group for
ages 12-18yrs, all welcome

God's House - Church Service

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

Fridays (continued)

Young Parents Group New!

12.30pm-2.30pm. \$2/adult. Come and get to
know some other young parent's and parent's to
be (ages 25 and under!). Children welcome,
children's toys & activities provided. Please bring
along a piece of fruit for your child to share with
the other children at afternoon tea time.

Tea & coffee provided, bring your lunch and/or
afternoon tea if you like! No RSVP needed.

For more info contact Shelley on 4032 5500.

Find us on Facebook:

www.facebook.com/YPGCharlestown

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 for details.

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football uniform and priority re-registration.

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10.15am-10.45am, music classes for children &
accompanying adults. 10 week term: 13st Oct -
15th Dec. 1st child \$14.50/wk, 2nd/3rd child over
12mths old \$8/wk, 2nd/3rd child under 12mths
FREE. To enrol contact Elisabeth 0403 264 618

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Hunter Hospital staff (same classes as those
held at John Hunter Hospital). The classes
include a Birthing Services Tour at John Hunter
Hospital. Cost \$155, concessions available.
Bookings are essential. Phone 4921 3992 to
book your place.

Sundays

C3 Church Victory - WG Youth Program

5.00pm, fun and engaging youth group for high
school years 7 - 12, all welcome.

C3 Church Victory - Church Service

6.30pm service, all welcome.

Visit The Place website for up to date news & program
details! www.theplacecharlestown.org.au