

October News

Phone: 02 4032 5500

programs@theplacecharlestown.org.au



Yoga classes are now available at The Place!

When: Thursday evenings 6pm-7pm
Cost: \$12pp.
RSVP: Not required, just arrive and enjoy

Beginners welcome. Please bring along your own Yoga mat. Contact Suzanne on 0421 076 244 for more information.

Sue Walter Health and Nutrition



Are your kids fussy eaters?

Are you unsure what to feed your baby?

Does someone in your family always seem to be rundown?

Or do you simply want better digestion, more energy, to lose weight or to detox?

Improve your health and book in now to see Sue Walter, Nutritionist, at The Place.

Receive 20% off your first consultation if booked before 10 November 2012 (upon mentioning this offer)!

For bookings or enquiries please contact Sue on 0406 778 169

www.suewalter.com.au



Sue Walter
BA LLB
Dip Nut Dip Irid
ATMS 22705

Marine Discovery Talk

Combined Hunter Underwater Group (CHUG) invites you to a FREE presentation at The Place on:



'Spot a Shark' Peter Simpson will give an overview of the innovative Spot a Shark program, which uses photos supplied by divers and pattern-matching software to identify individual grey nurse sharks.



Is Native Seaweed turning Rogue?

Dr Paul Gribben will discuss his research on the rapid expansion of native seaweed along our rocky shores and its impact on local marine species.



When: Wednesday 17th October at 6.30pm
Cost: FREE
RSVP: 0414 548 213 to book (limited spaces)
 Light refreshments will be provided.

Health Coach Assisted
new mums program

freshaMUMS

The freshaMUMS program is a small support group for Mothers with babies between 0 - 6 months old.

The program is facilitated by two experienced Mums who are Registered Nurse Health Coaches with a passion for Health and Wellbeing.

The program covers topics of interest for Mums about women post childbirth such as: weight loss, body shape, nourishing food, recipes & meal plans, sleep, rest, time out for themselves, relaxation & hobbies, and keeping your primary relationships healthy.

When: Monday mornings from 10.30am - 12.30pm at The Place from Monday 22nd October
Cost: The 4 week program is just \$200 per person. Payment is required on booking.
RSVP: Places are limited to 8 Mothers. Bookings are essential. For more information on the program & to reserve your place, please call Debra on 0417 407 438

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 week term)

Eldest child \$130.50/term, discounts for siblings.

For more details / to enrol contact Julie 4963 2026.

freshaMums

The freshaMUMS program is a small support group for Mothers with babies between 0 - 6months old.

This 4 week program will be held on Monday mornings from 10.30am - 12.30pm, from 22nd October. Places limited to 8 Mothers. Bookings are essential. The 4 week program is just \$200 per person. For more information contact Debra on ph. 0417 407 438

Playgroup - "Charlestown Caterpillars"

10am-12pm. A fun morning for adults & children to get together & enjoy play and craft. Children from babies to school age welcome. \$3/week/family plus Playgroup NSW annual membership (\$39, due in November). 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)

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.

Tuesdays (continued)

Shop & Drop! Sew Funky Child-minding

Sew Funky will soon be offering child-minding services (1 - 3 hours) for children aged 3-5 years on Tuesday mornings. 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. To express your interest call Dee on: 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, and lessons in sword / fan / flute.

Term 4: 10th Oct - 12th Dec (10 weeks)

Term costs \$90 (\$85 concession). Casual class \$10/week. Contact Barbara on 4963 2139.

Dementia Carer Support Group Meeting

10am-12.30pm on the 3rd Wednesday of the month. Next meeting 17th October. 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. Term 4: 10th Oct - 12th Dec (10 weeks)

9.30am-10am (babies - 18 months)

10.15am-10.45am (19 months to 2½ years),

11.00am-11.30am (special needs)

Eldest child \$14.50/week, \$8/week for siblings over 12 months. For more information or to enrol 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.

C3 Church Victory—Gatekeepers (over 55's)

10am - 1.30pm on selected Wednesdays only.

Church Ministry for people over 55 years old.

Dates for October: Wed 17th, Wed 24th, Wed 31st

To RSVP or for more information please contact C3 Church Victory 4922 6800.

... regular programs and groups continued

Thursdays (continued)

Free Immunisation Clinic

9am-1pm and 2pm-4pm on the 2nd Thursday of the Month, hosted by Hunter New England Health. Next Clinic 11th October. Please arrive by 3.30pm & bring along your child's Blue Book and Medicare Card.

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.

Speech Pathology

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

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 (incl. FREE Little Kickers football uniform & 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 18th October, discussion topic: 'Breastfeeding and baby weight gains'.

Yoga! Starting October 11th!

6pm-7pm, \$12pp. Stretch, tone, relax! Beginners welcome. BYO Yoga mat. No RSVP needed, just come along and enjoy the class. For more information 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

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

Fridays (continued)

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

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 church service, all welcome, children's program available during service.

Young Parents Group New!!

12.30pm-2.30pm. Aged 25 and under? Come and get to know some other young parents and parents to be. Children welcome, children's toys & activities provided. Tea & coffee provided, bring your lunch or afternoon tea if you like! Cost: gold coin donation per adult. No RSVP needed.

What's On at YPG this month:

Oct 12th - cooking mini pizzas

Oct 19th - visit and talk by midwives / nurses

Oct 26th - day out! Meet at Warners Bay Park, not at The Place. Find YPG on Facebook:

www.facebook.com/YPGCharlestown

For more info contact Shelley on 4032 5500.

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)

Bookings essential. Contact Naomi 4009 1545.

Birth & Parenting Classes (Antenatal)

3 week courses, 9am - 1pm. 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.

Sundays

C3 Church Victory - WG Youth Program

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

C3 Church Victory - Church Service

6.30pm church service, all welcome.

About The Place:

The Place: Charlestown Community Centre is a not-for-profit community facility conveniently located at Charlestown Square.

An exciting range of regular programs and events for all ages are hosted at The Place each week. Visit The Place website to see 'What's On!'. New and existing groups are welcome to enquire about hosting their programs at The Place.

The high quality rooms and facilities at The Place are available for casual and regular hire by individuals, groups, or businesses at affordable rates. The Place has two large halls, each with sprung timber floors, two carpeted activity rooms, a semi-commercial kitchen and a computer room available for hire. The rooms are perfect for private or community functions, special events, birthday parties, meetings, workshops, and training.

The Place staff are available Monday to Friday 8.30am - 5pm for enquiries and bookings.

Phone: 4032 5500

Fax: 4032 5511

Email: programs@theplacecharlestown.org.au



The Place is located at the corner of Frederick Street and Pearson Street in Charlestown. Entry to The Place is via our front door in Frederick Street.



www.facebook.com/theplacecharlestown

PROFESSIONAL SERVICES AVAILABLE AT THE PLACE

MASSAGE SPACE @ THE PLACE



Improving your life's quality
with massage therapy
Remedial & Relaxation
Call Kathleen **02 4032 5540**
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Contact Margot McAlary **02 4032 5530**

OZ SPECTRUM SUCCESS COACHING

Coaching Services Include:

- ◆ Work Life Harmony
- ◆ Home Life Harmony
- ◆ One on One & Group Workshops

Contact Geraldine Moran
0438 466 029



Sue Walter
Health & Nutrition
Specialising in:
Digestive disorders, IBS,
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loss, personalised dietary &
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