

March News

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



Feel Good Fitness for Mums

Mums and Bubs Fitness Classes will be hosted at The Place from March 12th 2013

Come along and meet other lovely Mums who share similar interests. A great way to start your day with your little ones, get out of the house and feel fantastic!

The 45 min classes will include: boxing drills, cardio fitness, body weight and strength exercises, pelvic floor emphasis, core stability and balance exercises, group and partner work, games, nutrition info/handouts and much more. All fitness levels are welcome.

When: Tuesday mornings 10am-10.45am
Contact: Michelle 0413 109 072

If you bring a friend along you get the class for FREE!
Cost \$60 for 5 consecutive classes OR \$20 casual

www.facebook.com/NewcastleMumsFitness

FREE Industrial Relations Workshop at The Place:

Nurses Award

Wednesday 13th March
9:30AM- 1:00PM

Places limited, RSVP essential

For enquiries or to RSVP please call 02 9020 4612 or visit www.industrialrelations.nsw.gov.au

Free parking available for all workshop attendees.

Would you be interested in French Lessons at The Place?

Please **register** your interest in attending with Shelley at The Place.

Call 4032 5500 or email programs@theplacecharlestown.org.au

Community Builders Funding Success

The Place is very pleased to announce that our funding application in the NSW Department Family and Community Services' Community Builders Fixed Term 2012 Funding Round was successful!

The Place will receive funding to enable us to deliver a FREE weekly homework / study space for Lake Macquarie based Year 11 & 12 students, with a dedicated computer room, internet access, printing, group study room, quiet study room - and snacks!

Community mentors (could this be you?) will be invited to support the program, and the attending students will receive access to FREE online tutoring through <http://yourtutor.com.au/>

If you would like more information on this exciting new program that will soon be on offer to our community, please contact The Place on 4032 5500 or email Shelley: programs@theplacecharlestown.org.au



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

Change of class time from 8/4/13: 10am-11am

Do-re-mi Music for Children

Morning music classes for children & accompanying adults. Classes during school terms.

Term 1 4th February - 8th April 2013.

9:45am - 10.30am (Babies - 2yrs)

10:45am - 11.30am (2yrs - 3yrs)

Eldest child \$135/term, discounts for siblings.

For more details or to enrol contact Julie 49632026.

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 after 3rd visit).

Bring along a piece of fruit for the children 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, \$10/class, \$8 for Newcastle & Hunter Valley Folk Club members. 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.

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 1 begins 6th February 2013.

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 20th March.

Contact the Newcastle / Lake Macquarie

Dementia Advisory Service for more information on Ph. 4985 5715.

Do-re-mi Music for Children

Morning music classes for children & accompanying adults. Classes during school terms.

Term 1 6th February - 3rd April 2013.

9:30am - 10.15am (2yrs - 3yrs)

10:30am - 11.15am (Babies - 2yrs)

For more details or to enrol contact Julie

49632026.

C3 Church Victory Gatekeepers (over 55's)

10am - 1.30pm on selected Wednesdays only.

Church Ministry for people over 55 years old.

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

Computer Classes

9:00am - 11:00am Introduction to Computers

11:15am - 1:15pm Internet / email

1:30am - 3:30pm Photos / PowerPoint / Publisher

Courses cost \$32.00 per 8 week course (\$4/class)

Friendly classes for learning at your own pace.

Bookings essential as class sizes are limited.

To enrol please call TAFE Outreach 4979 1634

Term 1: 20th Feb - 10th April

Term 2: Commencing in May

Thursdays

Free Immunisation Clinic

9am-1pm and 2pm-4pm on the 2nd Thursday of the Month, hosted by Hunter New England Health. Next Clinic 14th March. Please arrive by 3.30pm & bring along your child's Blue Book and Medicare Card.

Speech Pathology

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

Thursdays (continued)

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 21st March 2013. Topic: "Sleeping like a baby".

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 - 5th Birthday)
Bookings essential. Contact Naomi on 4009 1545 for details and to enrol. 6 sessions \$90, 12 sessions \$180. One off registration fee of \$50 (incl. FREE Little Kickers football uniform & priority re-registration).

Yoga!

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

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, youth group for ages 12-18yrs.

God's House - Church Service

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

Young Parents Play Group

1pm-3pm. A fun afternoon to get to know some other parents and parents to be. Children welcome, children's toys & activities provided. Tea & coffee provided, bring your lunch or afternoon tea if you like. Activities include craft, pamper days, workshops e.g. baby CPR. On the last Friday of the month we may meet at a park, pool, museum or local café (check Facebook or call Shelley at The Place on 4032 5500). Cost: \$2 donation per adult toward room hire.

No RSVP needed, just show up!

Most parents who attend are under 26

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)
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 - Church Service

6pm church service, all welcome.

Visit The Place website for up to date news & program details.

www.theplacecharlestown.org.au

Name Your Room!

It's your Place, so we'd like your help to re-name our rooms.

Activity Room 1, Activity Room 2, Community Hall, Youth Room...

What should they be known as?

Birds...flowers...gems...fish...
historical figures...mythical
creatures... local characters... ?

Whatever your suggestions are, drop them into us here at The Place or email through to:
programs@theplacecharlestown.org.au

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**
Health Fund Rebates
HICAPS | EFTPOS



EASTCOAST
Wills+Estates

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

For more information call 02 4032 5530 or 0466661053

OZ SPECTRUM SUCCESS COACHING

Coaching Services Include:

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

Contact Geraldine Moran
0438 466 029



Parties & Special Occasions

The Community Hall and Youth Room at The Place are fantastic spaces for celebrating birthdays & other special occasions. The commercial Kitchen at The Place is available for self-catering, or The Place can assist with your catering needs. Contact us to discuss your ideas. **Ph: 4032 5500**

