

April News

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

Feeling great CAN be simple and fun again!

Food sampling, Health and Nutrition Workshop

Date: Saturday 6th April 2013

Time: 2pm - 4pm

Cost: \$39 pp

RSVP: www.lisainmypocket.com.au

Book before 27 March and get a free copy of Lisa's new book



ClubGRANTS

FREE Community Information Session - Applying Online

To assist community groups and organisations with the transition to the online application system.

Date: Tuesday 9th April 2013

Time: 4pm - 6pm

Cost: FREE

Contact: Tony Ellitt, Community Development Officer
Lake Macquarie Council 4921 0182

Hunter Disability Support Organisation Presents

It's All About Me!

A free workshop for people with disability and their families who want to find out how to get the life they want.

Date: Wednesday 3rd April 2013

Time: 6pm - 9:30pm

Cost: Free

Registration: www.ndishunter.net.au

HUNTER DISABILITY SUPPORT ORGANISATION (DSO)

GIVING VOICE, CHOICE AND CONTROL TO PEOPLE WITH DISABILITY

Accidental Counsellor

Basic Skills for dealing with people in crisis

Date: Monday 15th April 2013

Time: 9am - 4:30pm

Cost: \$ 195 pp

Contact: Dr June Anderson

Lifeline Newcastle & Hunter

Ph. 4940 2000

june@lifelinehunter.org.au



Baby TACTICS

Unravel the mysteries of being a parent. An informative and interactive workshop covering Developmental Play, Sleep & Nutrition.

Date: Saturday 20th April

Time: 9am - 12pm

Cost: \$60 pp

Contact: www.babytactics.com



AGING NOW

Do you need independent advice and guidance about entering an Aged Care facility?

FREE Aged Care information sessions hosted by Ageing Now Placement Services

Date: Thursday 11th April

Time: 5:30pm - 6:30pm

Cost: Free Tea, coffee & refreshments provided

Contact: 4959 7744

info@ageingnow.net.au



Studio 79

Dance Workshop

Drop the kids off for a few hours of fun & dance

Date & Time: Primary Wed 17th April, 2:15pm - 4:45pm
Infants Thurs 8th April, 9:15pm - 11:45pm

Cost: \$35 pp (paid in full by 8/4/13)

RSVP: Heidi 0438 941279 or

studio79dance@bigpond.com

SCHOOL HOLIDAY FUN

Up a tree

with Do Re Mi

Musical Fun & Games for Autumn

Date: Wednesday 24th April

Time: 10.15am for 10:30am - 11:15am

Age: 6mths - 7yrs with accompanying adult

Cost: \$10 per child/ \$7.50 with Entertainment Book card

RSVP: Julie 4963 2026



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 2 29th April - 1st July 2013.

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

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

No Class 10th June

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. RSVP essential as places are limited. \$3/week/family plus Playgroup NSW annual membership (\$39). Contact Shelley at The Place on 4032 5500.
Second group opening in May with new times.

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.

Mums & Bubs Fitness

10.00am - 10.45am. Classes during school terms. Cost \$15.00 pp. Feel Good Fitness for Mums. Contact Michelle 0413 109072. No Class 16th & 23rd - resumes 30th April. First class complimentary.

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 2 begins 1st May 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 17th April 2013.
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 2 1st May - 26th June 2013.
9:30am - 10.15am (2yrs - 3yrs)
10:30am - 11.15am (Babies - 2yrs)
For more details / 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 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 2: Commencing 1st May

mPole Dance & Fitness

5:30pm - level 1/beginners \$35.00 per class
6:30pm - levels 3/4/5 \$35.00 per class
7:30pm - mKata \$20.00 per class
Term packages available. Contact Leeanne 1300 267653. Bookings essential, class sizes are limited.

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 your child's Blue Book and Medicare Card.

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). *No meeting in April.* Next meeting 16th May 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 12-17yrs. 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. *No classes 19th April & 26th April. Classes resume 3rd May.* Contact Adrienne 4946 2126

Computer Classes

Classes for Term 2 commencing in May
Friendly classes for learning at your own pace.
Bookings essential as class sizes are limited.
To enrol please call TAFE Outreach 4979 1634

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!

Fridays (continued)

God's House - House

6.45pm Youth group for high school students.

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



Feel Good Fitness for Mums

Mums and Bubs Fitness at The Place

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 during school terms.
No class 16th and 23rd April

Contact: Michelle 0413 109 072

First Class Complimentary!

Cost: \$15pp casual. No bookings needed. Start anytime.

www.facebook.com/NewcastleMumsFitness

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
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Call Kathleen **02 4032 5540**
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Services include:
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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**

