

May News

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

"You're Kidding Me"

Thursday 30 May 10am - 2pm
Lake Macquarie
Performing Arts Centre
39 John St,
Warners Bay

For more info:
events@lakemac.nsw.gov.au

Free Expo to find your local playgroup, neonatal class, parenting or fitness program and more!

Guest speakers on children's nutrition, speech and development.

Child Restraint fitting by KidSafe

The Place and Young Parents Group will be at the Expo - Come and find us!

Free Industrial Relations Workshop Educational Services (Teachers) Award 2010



Employers will learn about the National Employment Standards, transitioning arrangements, employment records, as well as a major focus on key issues under the modern award such as terms of engagement, coverage, overtime and termination of employment.

Book now - Places Limited!

Date: Tuesday 14 May 2013
Time: 9:30am - 1pm
To Register: www.industrialrelations.nsw.gov.au

Free Parking provided for all attendees

Your Business Connections presents

YOUR CASH COW BUSINESS EXPO



Come and join a dynamic, friendly business group for afternoon organic nibbles and wine.

"Your Cash Cow Expo" is an ideal opportunity to meet other proactive business people who want to grow their business and also help you grow yours organically.

Speaker: Alan Stevens - The Face Profiler
Catering: Goodness Me Organics, Ascella
Organic Wine & River Flats Estates
Date: Friday 31 May
Time: 1pm - 4pm
Cost: \$10 pp
RSVP: www.trybooking.com/CTHH

Regular Programs and Groups at The Place

Mondays

New Body Seniors Exercise

10am - 11am, \$12/class, \$10/class conc.
1st class complimentary, contact Nancy 4943 7114

Do-re-mi Music for Children

Morning music classes for children & accompanying adults. Classes during school terms.
Term 2 29th April - 24th June 2013.

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

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

No Class 10th June

Eldest child \$120 term (Term 2), discounts for siblings. Bookings Essential.

For more details or to enrol contact Julie 49632026.

Playgroup - "Charlestown Caterpillars"

A fun morning for adults & children to get together & enjoy play and craft. RSVP essential as places are limited - waiting list may apply. \$3/week/family plus Playgroup NSW annual membership (\$39). 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. Monthly member fee \$40. Friendly audition process for prospective members. New singers welcome. 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 pp. Feel Good Fitness for Mums.
Contact Michelle 0413 109072.

First class complimentary.

Newcastle Irish Set Dancers

7.15pm-9.15pm, \$10/class, \$8/class for Newcastle & Hunter Valley Folk Club members. Classes in Irish Set Dancing (folk dancing) for adults, no experience necessary.

No classes 7th, 14th or 21st May.

Classes resume 28th May.

Contact Julia or Arthur on 4955 5701

Tuesdays (continued)

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 15th May 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 - 19th 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.

mPole Dance & Fitness

5:30pm, 6:30pm, 7:30pm - class times depend on class level. Term packages available. Contact Leeanne 1300 267653.

Bookings essential, class sizes are limited.

Thursdays

Speech Pathology

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

Free Immunisation Clinic

9am-1pm and 2pm-4pm on the 2nd Thursday of the Month, hosted by Hunter New England Health. Next Clinic 9th May. 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). Next meeting 16th May 2013. Topic: "Common Breastfeeding Challenges".

Computer Classes

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

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).

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 in school terms. All welcome. Gentle class suitable for all abilities, classes follow the Tai Chi for Arthritis program. \$6/class.

Classes resume 3rd May. Contact Adrienne 4946 2126

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!

Group is for parents aged 26 and under.

www.facebook.com/YPGCharlestown

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.

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
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**

