

What's On at The Place for Parents & Families:

Young Parents Play Group

Are you under 26, and a parent,
or soon to be a parent?

Catch up with other younger parents on
Friday afternoons at The Place
1pm - 3pm

Children welcome, toys & craft provided

www.facebook.com/YPGCharlestown



Enjoyable, educational
music sessions
for children 0 - 3yrs

Monday & Wednesday
mornings

Bookings essential
(see inside for details)



A fun-filled soccer based program for
children 18mths - 5yrs in a friendly,
pressure free environment

Thursday & Saturday mornings
Bookings essential (see inside for details)

Charlestown
Caterpillars



A fun social morning
of play & craft
for parents / carers
& children 0 - 5yrs

Monday mornings

Bookings essential
(see inside for details)



Free Immunisation Clinic for 6wks - 4yrs
Hosted by Hunter New England Health

2nd Thursday of the Month at The Place

No appointment necessary
(see inside for details)



Antenatal Birth &
Parenting Classes

Tuesday nights &
Saturday mornings

Hosted by Hunter New
England Health

Bookings essential
(see inside for details)



3rd Thursday of
the Month

All welcome
(details inside)

Not Just Breastfeeding! ABA meetings also cover
parenting issues such as introducing solids, play &
sleep, & are a great way to meet other local mums

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

No class 10th June (Long Weekend)

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 (Long Weekend)

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.

No Playgroup 10th June

Honeysuckle Suite - Ladies Barbershop Chorus

6.30pm– 9.00pm. Weekly rehearsals in 4 part harmony, educational materials and voice coaching provided. New singers welcome. Monthly member fee \$40. First rehearsal free. For more information contact Lesley 0401 393 366

No rehearsal 10th June (Long Weekend)

Tuesdays

Charlestown Square Tuesday Club

From 9:30am on most Tuesdays. Ladies social club. Morning tea, with an invited guest speaker or games, raffles, or other entertainment, organised outings. Low membership fee & weekly fees.

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. 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)

Crohns and Colitis Australia Support Meeting

7pm-9pm on the 3rd Tuesday of the month.

Next meeting 18th June 2013.

Support group for people living with Inflammatory Bowel Disease. Contact CCA 1800 138029.

Wednesdays

Tai Chi (Australian Academy of Tai Chi)

8.30am-10am Tai Chi Club

10am-11.30am Beginners Tai Chi, Levels 1-5, Shibashi, and lessons in sword / fan / flute.

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 19th June 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

Free Immunisation Clinic

9am-1pm and 2pm-4pm on the 2nd Thursday of the Month, hosted by Hunter New England Health. Next Clinic 13th June. Please arrive by 3.30pm & bring your child's Blue Book and Medicare Card.

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 June 2013. Discussion topic: "Breastfeeding and Family Foods".

Thursdays (continued)

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
Enrol now for Term 3 classes commencing in July.

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).

Speech Pathology

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

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. Contact Adrienne 4946 2126

God's House - House

6.45pm youth group for high school students. For more information contact God's House 4947 8781

Young Parents Play Group

1pm-3pm. Fun, social afternoon for parents aged 26 and under to get to know some other younger parents and parents to be.

Children welcome, children's toys & activities provided. Activities vary each week and include craft, pamper days, workshops e.g. baby CPR, cooking, parenting. Most weeks are at The Place, check Facebook for excursion dates (park, café, museum, pool). Cost: \$2 donation per adult toward room hire.

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)
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 more info
www.theplacecharlestown.org.au

New Body New Life



Over 50's Fitness Classes

Come and join us for
FUN, FITNESS AND
FRIENDSHIP.

Classes are held:
Mondays 10am-11am
Fridays 10:30-11:30am

New Body also offers a gentle exercise class, perfect for those returning to exercise or recovering from injury. Gentle classes are held on Fridays 9am-10am

Your First Class is Complimentary



No bookings needed

For more info contact Nancy 4943 7114

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



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Call Kathleen **02 4032 5540**
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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**

