

July News

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



Little People
NUTRITION

NEW at
The Place

Holiday Music Fun for Everyone

Sing, dance and play your winter blues away

Date: Thursday 4th July, 2013
Time: 10.30am – 11.15am
Ages: 6 months – 7 years
(with accompanying adult)



Cost: \$10.00 per child or
\$7.50 with Entertainment Book Card
Contact: 4963 2026
julie@julieloganmusic.com.au

ARE YOU CONCERNED ABOUT YOUR CHILD'S SPEECH OR LANGUAGE DEVELOPMENT?

Paediatric Speech Pathology Screening Assessments will be conducted at The Place during the school holidays.

Cost: \$50
Time: Approximately 30 minutes.

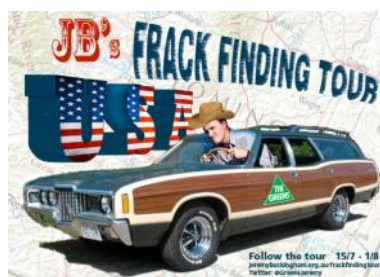
If you are interested in taking part, please contact Melinda as soon as possible on 0418 971 124 to book your appointment.

WOMENS WELLNESS WORKSHOPS

A new series of fun workshops hosted by Lisa Mills. Come to all the workshops, or just the ones that take your fancy.

July Workshop: Is Your Mind Holding You Back?
With guest presenter Michelle Crawford,
Organisational Development Manger, Forsythes

Time: Saturday 20th July from 2pm - 4pm
Cost: \$49pp
To Book: www.lisamillsinc.com.au/



Community Forum & Film Night

Jeremy Buckingham, Greens MP & Mining spokesperson, will speak about the consequences of years of coal seam gas fracking in the USA.

Date: Wednesday 24th July
Time: 7pm
Cost: Free, supper provided
Contact: Jane Oakley 0401867080

ParaQuad has developed a fantastic new spinal cord injury awareness program "Mind Your Back Pack".

To launch "Mind Your Back Pack" ParaQuad would like to invite representatives from councils and schools, educational bodies, community workers and youth councils of the Hunter region to attend a short presentation outlining the new spinal cord injury prevention program.

Date: Wednesday, 31 July 2013
Time: 10.30 am – 12pm, includes morning tea
RSVP: Melanie Lloyd, ParaQuad NSW, Tel 4969 6388 Ext 3 or melanie.lloyd@paraquad.org.au



supporting life choices after spinal cord injury

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 3 22nd July - 16th September 2013.

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

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

Eldest child \$120/term, 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. New singers welcome. Monthly member fee \$40. First rehearsal free. For more information contact Lesley 0401 393 366

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.

Visit The Place website for more info
www.theplacecharlestown.org.au

Tuesdays (continued)

Crohns and Colitis Australia Support Meeting

7pm-9pm on the 3rd Tuesday of the month.
Next meeting 16th July 2013.

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

Little People Cooking Classes **NEW!**

9.45am - 10.30am Healthy cooking classes for children (3 - 6 years). Cost: 1 class for \$18, set of 4 classes for \$64 or buy a set of 8 classes and receive a free apron and special cooking knife. Bookings Essential. For more details contact Mandy info@littlepeoplenutrition.com.au

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. Term 3 commences 17th July. Contact Barbara on 4963 2139.

Dementia Carer Support Group Meeting

10am-12.30pm on the 3rd Wednesday of the month. Next meeting 17th July 2013.

Contact the Newcastle / Lake Macquarie Dementia Advisory Service for more information on Ph. 4985 5715.

Do-re-mi Music for Children

Term 3 dates - Wednesday 7th August and Wednesday 4th September. Mixed age classes once per month during school terms.

10:30am - 11.15am Bookings Essential. 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.

Thursdays

Free Immunisation Clinic

9am-1pm and 2pm-4pm on the 2nd Thursday of the Month, hosted by Hunter New England Health. Next Clinic 11th July. Please arrive by 3.30pm & bring 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 18th July 2013. Discussion topic: "Expressing and Storing including Increasing Supply".

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).

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. Term 3 starts 19th July. 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 Group

12.30pm - 3pm. Fun, social afternoon for parents in their teens and early twenties (26 and under) to get to know some other younger parents and parents to be. Activities vary each week and include craft, pamper days, workshops e.g. baby CPR, cooking, parenting. Children welcome, children's toys & activities provided. Most weeks are at The Place, check Facebook for excursion dates (park, café, museum, pool).

Cost: FREE. Free lunch provided. Free transport assistance available. Contact Shelley on 4032 5500
www.facebook.com/YPGCharlestown

Fridays (continued)

Little People Cooking Classes NEW!

9.30am - 10.15am Healthy cooking classes for children (3 - 6 years). Cost: 1 class for \$18, set of 4 classes for \$64 or buy a set of 8 classes and receive a free apron and special cooking knife. Bookings Essential. For more details contact Mandy info@littlepeoplenutrition.com.au

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.



In Little People Nutrition's cooking classes, your child will learn to prepare and create simple foods, recipes and techniques they can even help you with at home. The classes are perfect for fussy eaters, budding chefs, and all little people!

Classes will run will run for an 8 week term starting from Tuesday July 23rd & Friday 25th July

Times : Tuesdays 9:45am - 10.30am
Fridays 9:30am - 10.15am

Cost: 1 class for \$18
or 4 classes for \$64
(buy a set of 8 classes & receive a free apron & special cooking knife)

Ages: 3 - 6 years.

RSVP: **Bookings Essential**
info@littlepeoplenutrition.com.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**

