

October News

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



Little People NUTRITION

School Holiday Cooking Class

Fun, educational cooking class for primary schoolers hosted by Little People Nutrition.

Ages: 7yrs - 10yrs
When: Friday 4th Oct
Time: 9am - 10.30am
Cost: \$35 per child. Places limited.
RSVP: To Mandy on 0412 858 080
Weekly classes for 3 - 6 years also available, see inside for details.



School Holiday Music Fun

Have a Ball with Music! Sing, Bounce and Play with Do Re Mi Music for Children.

Ages: Babies - 7 yrs
(with accompanying adult)
When: Wednesday 2nd Oct
Time: 10.30am - 11.15am
(rego from 10.15am)
Cost: \$10 per child
(\$7.50 w Ent. Book Card)
RSVP: To Julie on 02 4963 2026
Weekly classes for 0 - 5 years also available, see inside for details.



Active Kids and Martial Arts

Fun classes to build confidence, fitness, self-defence, flexibility and coordination.

Ages: Primary School
When: Thursdays in Term 4
10th Oct - 19th Dec
Time: 5pm - 6pm
Cost: \$40 per child per term
Family Discount Available
RSVP: To Darrel on 0412 762 772
Teacher Qualifications: World Taekwondo Federation 3rd Dan, Hwa Rang Do 4th Dan, Community Coach, UON Club Coach



Playgroup

Charlestown Caterpillars Playgroup is a fun morning for children 0-5yrs and their parent / guardian to get together and enjoy play activities and craft.

Ages: 0-5yrs
(with accompanying adult)
When: Mondays mornings in Term 4
14th Oct - 16th Dec
* Library Excursion 14th Oct
Time: 10am - 12pm
Cost: \$3 per family per week.
\$39 annual Playgroup NSW membership fee
RSVP: To Shelley on 02 4032 5500



Young Parents Group

YPG is a fun, social afternoon at The Place for parents who are in their teens & early twenties (up to 26yrs) to get together with their children and meet other families. Activities include cooking, craft, pamper days, guest speakers, self-defence, excursions.

Ages: Parents aged 26 & under
When: Fridays
Time: 12.30pm - 3pm
Cost: Free, includes free lunch
Some transport assistance available
RSVP: To Shelley on 4032 5500
Facebook.com/YPGCharlestown



Soccer Fun at The Place

Play not Push – a positive, fun-filled programme executed in a friendly, pressure-free environment.

Ages: 18mths - 5th Birthday
When: Thursday & Saturday mornings at The Place
Time: Class times based on ages
Cost: 6 sessions \$90, registration fee \$50, includes uniform
RSVP: To Naomi on 02 4009 1545

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 Monday Oct 7th, break for public holiday.

Do-re-mi Music for Children

9:45am - 10.30am

10:45am - 11.30am

Fun music classes for children 0 - 3 years & accompanying adults. Classes during school terms.

Term 4: 14th Oct - 9th Dec. Discounts for siblings.

Bookings Essential. For more information or to

enrol please contact Julie 4963 2026.

Playgroup - "Charlestown Caterpillars"

10am-12pm, \$3/week or \$30 / 10 week term, plus

Playgroup NSW annual membership (\$39). A fun

morning for adults & children to get together &

enjoy play and craft. RSVP recommended. Contact

Shelley at The Place on 4032 5500. *Term break*

Sept 30th - Oct 9th, resumes Oct 14th - meet at

Charlestown Library on Oct 14th for Puppet Show).

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 Mon Oct 7th, break for public holiday.

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). Social

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 15th October 2013.

Support group for people living with Inflammatory

Bowel Disease. Contact CCA 1800 138 029.

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.

Term 4: 16th Oct - 11th Dec

Dementia Carer Support Group Meeting

10am-12.30pm on the 3rd Wednesday of the

month. Next meeting 16th October 2013.

All welcome, no RSVP needed. Contact the

Newcastle / Lake Macquarie Dementia Advisory

Service for more information on Ph. 4985 5715.

Music Fun for Everyone

Next sessions: 30th Oct, 27th Nov.

11am - 11.45am. Fun, interactive and educational

music sessions for little ones. Monthly session,

suitable for ages 0-5 years, bookings essential.

Cost: \$16.50/child, \$30 for both sessions. For

more details or to enrol contact Julie 4963 2026.

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.

STUDY SPACE NEW! Enrolments Open Now!

3.30pm - 6pm weekly in school terms. Free study

centre for Year 11 & 12 students, supported by

volunteer mentors & online professional tutoring.

Student & Mentor enrolments open now!

Contact Erin or Shelley at The Place 4032 5500.

Photoshop Fundamentals Classes NEW!

6.30pm - 8.30pm. \$120 pp for 3 week courses.

First course commences Oct 9th. Small, 4 person

classes. Course covers: Image size vs resolution,

colour correction, compositing / overlaying

images, how to use layers, repairing and restoring

images, adding text & simple graphics.

RSVP essential as class limited to 4 participants.

Please contact Darren for more information or to

enrol on 0405 643 343.

Thursdays

Free Immunisation Clinic

9am-1pm and 2pm-4pm on the 2nd Thursday of the Month, hosted by Hunter New England Health. Next Clinic 10th October. Please arrive by 3.30pm & bring along your child's Blue Book and Medicare Card.

Active Kids & Martial Arts NEW!

5pm - 6pm. \$40 / term per child. Family discount available. Term 4 dates: 10th Oct - 19th Dec. Fun classes to build confidence, self-defence skills, fitness, flexibility and coordination. Enrolments are now open. For more information or to enrol please contact Darrel on 0412 762 772.

Computer Classes

Friendly classes for learning at your own pace. Courses cost \$32.00 per 8 week term (\$4/class) 9am: Internet & Email. 11.15am: Photos / file mgmt. Bookings are essential as class sizes are limited to 12. Term 4 enrolments now open, Term 4 starts 10th Oct. To enrol, please call TAFE Outreach 4979 1634

Little Kickers

Fun soccer based classes for under 5's
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 4009 1545.
6 sessions \$90. Rego fee of \$50, incl's uniform.

Eastlakes Youth Centre

6.30pm-9pm, ages 12-17yrs. Free entry. Games, pool tables, table tennis, music, DVDs, food. Hosted by Eastlakes Youth Centre Youth Workers.

Speech Pathology

Thursday afternoons by appointment. Contact Melinda 0418 971 124.

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

Young Parents Group

12.30pm - 3pm. Free social afternoon for parents in their teens & early twenties (26 & under). Activities are chosen by attending parents & include craft, pamper days, workshops, First Aid, cooking, self-defence, movie days & excursions. Children welcome, toys provided. Free lunch provided. Free transport assistance available by request. Most weeks are at The Place, please check Facebook for excursion dates. Contact Shelley on 02 4032 5500
www.facebook.com/YPGCharlestown

Fridays (continued)

House

6.45pm - 8pm. Youth group for ages 12-18yrs. For more info call Central Newcastle 4947 8781

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. Term 4 commences 11th Oct.

Little People Cooking Classes

9am - 10am. Fun, weekly healthy cooking classes for children (3 - 6 years) in school terms. \$16 / class. Bookings essential. To book or for more info please contact Mandy 0412 858 080

Teens Place Social Club NEW!

5:30pm - 7:30pm in school terms. \$10 per week, includes pizza. A social group for high school age children with High Functioning Autism and Asperger's. For more information and to RSVP please contact Gayle on 0408 473 136, Shelley on 4032 5500 or email Aspy.youth@hotmail.com Oct 11th: Board games, bring along your favourite game. Oct 18th: Movie Night.

Saturdays

Little Kickers

Fun soccer based classes for under 5's
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.
6 sessions \$90. Rego fee of \$50, incl's uniform

Little People Cooking Classes

10am - 11.15am. Fun, monthly healthy cooking classes for children (3 - 6 years). \$20 / class. Class dates: 19th Oct, 16th Nov. Bookings essential. Contact Mandy 0412 858 080

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.

Sundays

C3 Church Victory - Church Service

6pm - The City. All welcome - a great place to connect. Upbeat, relaxed service. Visit www.c3victory.org.au for more information



Film Night Fundraiser

Come along to Newcastle's only screening of this inspiring true story and to fundraise for The Friends of Belmont Birthing in support of The Belmont Birth Centre.

The film captures a spirited group of women who taught themselves how to deliver babies on a 1970's hippie commune, and changed the way a generation thought about childbirth.

- Date:** Saturday October 12th 2013.
- Time:** 6.30pm for pre-film appetisers, 7pm screening.
- Cost:** \$20 per person
- Tickets:** www.trybooking.com
- Contact:** Natalie on 0468 720 327 or E: natalie@goldenchairyoga.com.au

Photoshop Classes

Commencing at The Place in October on Wednesday nights. See inside for details, bookings essential.

Estate Planning Special Offer

East Coast Wills & Estates are pleased to offer a special opportunity to help you get organised before Christmas (available until 31 Dec 2013):

Estate Planning Documents:

- Simple Will \$100
- Power of Attorney \$70
- Enduring Guardian \$70

If requesting more than one document \$50 each

Probate Applications:

For estates worth \$150,000 costs normally \$1,670, This offer : \$750

Conveyancing \$750

For more information or to book an appointment at The Place or in your home, please contact East Coast Wills & Estates on 4032 5530, 0466 661 053 (Mobile)
E: eastcoastwillsandestates@exemail.com.au



STUDY SPACE Enrolments Now Open

Study Space is a FREE program for Year 11 & 12 students to access support during their HSC. Study Space offers HSC students FREE access to:

- Quiet & group study spaces
- Computers, internet & printing
- Study guides & resources
- Info about career pathways, Uni & TAFE
- Social support from volunteer mentors
- "yoututor" & "SkillsBuilder" online tutoring
- Food & drinks while at Study Space.

When? Study Space starts on 9th October & runs weekly in school terms, Wednesdays 3.30pm - 6pm

Who? Year 11 & 12 students and volunteer mentors from the community. Applications for mentors and enrolments for students are now open.

More Info? For more information on how to be involved, please contact Shelley or Erin on 02 4032 5500 or email: study@theplacecharlestown.org.au

Playgroup Fundraiser

Charlestown Caterpillars Playgroup at The Place are selling Playgroup NSW Raffle Tickets as a fundraiser for their Monday morning group.

Tickets are \$2 each, and \$1 from each ticket will go to Charlestown Caterpillars Playgroup for toys, craft & resources. Tickets are available at The Place reception during September / October.

Women's Wellness Workshop

Monthly workshops for women hosted by Lisa Mills. Guest Presenter: Karen Amos, Counsellor with a twist, from 'Walk and Talk Australia'.

- When:** Saturday 19th October 2013
- Time:** 1pm - 4pm
- Cost:** \$49 pp. Light refreshments included.
- RSVP:** To Lisa Mills on 0403 166 587