

November News

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

Little People NUTRITION

Workshop: Developing Healthy Eating Habits for 1 to 3 Year Olds

Topics include: dairy / milk, sodium, sugar, fat, reading labels, serving guides, developing healthy routines, fussy eaters, recipes & more.

When: 4th December

Time: 7pm - 9pm

Cost: \$15 per adult (\$25 for you and a friend).

To Book: Book online at: <http://littlepeoplenutrition.com.au/workshops-2/>



Weight Watchers

Make friends, share tips, get motivated, get started. Three meetings a week at The Place from Tuesday 12th Nov 2013.

When: Tuesday 10am
 Tuesday 5.30pm
 Saturday 8am

Contact: For more information contact Deb on 0417 278 964



Colouring In Fun

Congratulations to Harry, Gisele and Annalise - the winners of our Grandparents Day colouring in competition.

Harry, Gisele and Annalise have won a Gift Pack from The Place for their lucky Grandparents!

We would like to say a big thank you to all our wonderful entrants.

FREE HSC WORKSHOPS... In November at The Place

Workshop 1

Organisation and Planning for Success.
 Time management tips and tricks that work.

Workshop 2

Study skills and.... how to help someone with something you know nothing about!

WHEN: **Monday 4th Nov** from 7:30pm - 9pm
 (doors open 7pm)

Monday 25th Nov from 7:30pm - 9pm
 (doors open 7pm)

WHERE: The Place: Charlestown Community Centre
 Cnr Frederick & Pearson Sts Charlestown

WHO: Year 10, 11 & 12 students, their parents / guardians & teachers.

COST: **FREE**

RSVP: RSVP preferred, please phone 4032 5500
 or E: study@theplacecharlestown.org.au

A light supper & drinks will be provided.



The workshops are part of the Department of Education & Training's "Senior Success" program, developed by Dr Katherine McCrohon. Both workshops will be presented by Dr Kate, an engaging Stage 6 (Year 11 & 12) teacher with 20 years+ teaching experience.

Dr Kate is also a parent of 6, & has recently supported a number of her children through their HSC. She offers valuable insights from both a school & home perspective on how to survive and thrive during the HSC.

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

9:45am - 10.30am and 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, plus Playgroup NSW annual membership (\$39). A fun morning for adults & children to get together & enjoy play and craft. RSVP recommended, places are limited. Contact Shelley at The Place on 4032 5500.

Little Kickers NEW CLASSES!

Fun soccer based classes for under 5's
11:40am Junior Kickers (2-3½ years)
12:30am Mighty Kickers (3½ - 5 years)
Bookings essential. Contact Naomi 4009 1545.
6 sessions \$90. Rego fee of \$50, incl's uniform.

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.

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). Classes include a Birthing Services Tour at John Hunter Hospital. Cost \$155, concessions available. Bookings essential. Phone 4921 3992 to book your place.

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

Tuesdays (continued)

Weight Watchers NEW!

10am and 5.30pm meetings (from 12th November)
Make friends, share tips, get motivated, get started. For more information contact Deb on 0417 278 964

Crohns and Colitis Australia Support Meeting

7pm - 9pm on the 3rd Tuesday of the month.
Next meeting 19th November 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 20th November 2013.
All welcome, no RSVP needed. Contact the Newcastle / Lake Macquarie Dementia Advisory Service for more information on Ph. 4985 5715.

Do-re-mi Music for Children

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.

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.
Small 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.

Wednesdays (continued)

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 14th November. Please arrive by 3.30pm and bring along your child's Blue Book and Medicare Card.

Active Kids & Martial Arts NEW!

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

Computer Classes

Friendly 2 hour classes for learning at your own pace. Courses cost \$32.00 per 8 week term (\$4/class) Bookings are essential as class sizes are limited to 12. 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 -17 years. Free entry. Games, pool tables, table tennis, music, DVDs, food. Hosted by Eastlakes Youth Centre Youth Workers. Contact EYC on 4972 1111 for enquiries.

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 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 Like us at: www.facebook.com/YPGCharlestown

Fridays (continued)

House

6.45pm - 8pm. Youth group for ages 12 - 18 years. 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.

Teens Place Social Club

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

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, healthy cooking classes for children (3 - 6 years). \$20 / class. Next Classes: 2nd Nov, 16th Nov, 30th Nov. Bookings essential. Contact Mandy 0412 858 080

Weight Watchers NEW!

8am (from 16th Nov) Make friends, share tips, get motivated, get started. For more information contact Deb on 0417 278 964

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.

Visit The Place website for more details
www.theplacecharlestown.org.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 from 8.30am - 5pm for enquiries and bookings.

Phone: 4032 5500

Fax: 4032 5511

Email: programs@theplacecharlestown.org.au



[Facebook.com/theplacecharlestown](https://www.facebook.com/theplacecharlestown)



Speech Pathology

Melinda Sullivan

Certified Practising Speech Pathologist

B.Sp.Path. MSPA CPSP

ABN: 32 615 144 412

Speech and Language Screening Assessments for children evaluate how easily your child is understood by others, how well your child follows directions, and how easily your child can express thoughts and feelings in words and sentences.

Screening Assessments are now available at The Place: Charlestown Community Centre. The assessment will screen articulation of speech, receptive and expressive language and fluency. The fee for the screening assessment is \$85 and will take approximately 30 minutes. Parents will be given a written report with the results. Assessment fees may also be claimed from private health insurance. If you are interested in a Speech Pathology Screening Assessment contact Melinda.

Mobile: 0418 971 124

Email: mel-sullivan@bigpond.com

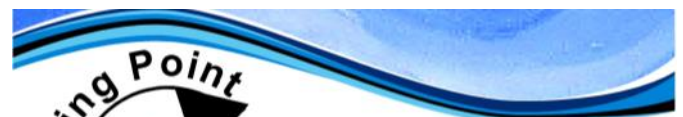


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Coaching Services Include:

- ◆ Work Life Harmony
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- ◆ 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**