

December / January

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



Weekend Computer Classes for Beginners

Three week courses.
Classes also available in
Microsoft Word and Excel.

When: Saturdays in 2014
Time: 9.30am - 11.30am
Cost: \$98 per 3 week course
Contact: Karen at Hunter
 Training & Development
 on 0408 230 155
 RSVP's are essential.



Social Media Training - 2014

Are you managing your own social media? Maxed Out Solutions offer 2hr "Quick Fix" & 4hr "In-depth" workshops to help you achieve your marketing goals.

Contact Gillian on (02) 8007 4680 to register your interest and to book into 2014 workshops



Infant Massage Workshops

Infant massage workshops will be offered weekly at The Place from January 2014.

When: Mondays 2pm - 4pm
Cost: \$20, includes oil to use at the workshop and a sample of oil to take home.
Ages: Newborn to 12 months
Contact: RSVP's are essential.
 Sarah on 0466 542 604
 or: nurture-connect@outlook.com

The Place will be closed from **Friday 20th December** and will re-open on **Monday 13th January**.

The Staff of The Place hope that you have a safe and happy Festive Season and offer you all our very best wishes for the New Year!



The Ultimate Booty Camp

Offers a variety of fitness classes for women of all ages and all fitness levels. Classes are held in blocks of 12 week and 3 week challenges.

Classes are located indoors at The Place and outdoors at Redhead, and include endurance training, yoga, water aerobics & boxing.

Next Challenge:

12 weeks: 13/1/2014 - 4/4/2014

Contact: Kate on 0431 511 232

SCHOOL HOLIDAY FUN - IN JANUARY 2014



"Come Boating with Me"
at Do Re Mi
Music Fun for Everyone!



Make a summer splash Singing, Dancing & Playing with Do Re Mi Music for Children at The Place (pretend water only!).

Feel free to dress up as your favourite sea character (optional!)

When: Wednesday 22nd January
Time: 10am - 10.45am
Ages: Babies to 6 years with accompanying adult
Cost: \$10 per child / \$7.50 with entertainment book
To Book: Please RSVP to ensure there are enough instruments and props on the day. To RSVP please contact Julie on 4963 2026 or email julie@julieloganmusic.com.au

Regular Programs and Groups at The Place

Mondays

New Body New Life: Over 50's Exercise

10am - 11am, enjoyable fitness classes for adults, \$12/class, \$10/class conc. 1st class complimentary. For more information contact Nancy on 4943 7114
Last class for the year 9th December 2013.
Classes resume 13th January 2014.

Do-re-mi Music for Children

Fun and educational morning music classes for children & accompanying adults. Classes during school terms, for ages 6mths - 2.5yrs and turning 3. Discounts for siblings. Bookings Essential. For more information or to enrol please contact Julie on 4963 2026. *Last class for 2013 9th December.*
Classes resume 3rd February 2014.

Charlestown Caterpillars Playgroup

10am - 12pm during school terms. \$30 term fee for 10 week term, plus Playgroup NSW annual membership (\$39). A fun morning for adults and children to get together and enjoy play and craft. RSVP recommended, as places are limited. Contact Shelley at The Place on 4032 5500.
Christmas party & last day 16th December 2013 (RSVP essential). Resumes 3rd February 2014.

Little Kickers

Fun soccer based classes for under 5's.
11.40am - 12.25pm Junior Kickers (2 - 3½ years)
12.30pm - 1.15pm Mighty Kickers (3½ - 5th b'day)
Bookings essential. Contact Naomi 4009 1545.
6 sessions \$90. Rego fee of \$50, incl's uniform.
Last class for 2013 9th December.

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.
Last rehearsal for 2013 is 16th December.
Rehearsals resume 3rd February 2014.

Infant Massage Workshops NEW!

2pm - 4pm Massage workshops for parents of infants from newborn to 12 months old. Cost per person \$20, includes massage oil to take home. For bookings please contact Sarah on 0466542604

Tuesdays

Charlestown Square Tuesday Club

From 9:30am on most Tuesdays. Ladies social club. Morning tea, guest speakers, games, raffles, other entertainment and organised outings. Low membership fee & weekly fees.
Last meeting for 2013 10th December.
Returns 28th January 2014.

Weight Watchers NEW!

10am and 5.30pm meetings. Make friends, share tips, get motivated, get started. For more information contact Deb on 0417 278 964. *Last meeting for 2013 24th December (5.30pm only).*
Meetings resume 7th January 2014.

Crohns and Colitis Australia Support Meeting

7pm - 9pm. Support group for people living with Inflammatory Bowel Disease. Meetings are held monthly. Next meetings: 17th December 2013 & 28th January 2014. Contact CCA 1800 138 029.

Birth & Parenting Classes (Antenatal)

6 week courses, 6.30pm - 8.30pm. Hosted by 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, social classes in Irish Set Dancing (folk dancing) for adults, no experience necessary. \$10/class (\$8/class for Newcastle & Hunter Valley Folk Club members). Contact Julia or Arthur on 4955 5701. *Last class for 2013 10th December.* *Returns 4th February 2014.*

Wednesdays

Dementia Carer Support Group Meeting

10am - 12.30pm on the 3rd Wednesday of the month. Next meeting 15th January 2014. 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

Monthly morning music taster session, suitable for ages 0 - 5 years, bookings essential. Next date 26th Feb 2014. Cost: \$16.50/child. For more details or to RSVP contact Julie 4963 2026.

Wednesdays (continued)

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.

Last class 11th December 2013.

Term 1 commences 5th February 2014.

STUDY SPACE

3.30pm - 6pm weekly in school terms. Free study centre for Year 11 & 12 students, supported by volunteer mentors & online professional tutoring.

Enrolments essential as places are limited. Contact Erin or Shelley at The Place 4032 5500. *Last session 18th December 2013. Resumes on 5th February 2014.*

Photoshop Fundamentals Classes NEW!

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

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.

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 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 12th December. 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. Fun classes to build confidence, self-defence skills, fitness, flexibility and coordination. For more information or to enrol contact Darrel on 0412 762 772. *Last class for 2013 19th December.*

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 for Term 1 2014, please call TAFE Outreach on 4979 1634.

Thursdays (continued)

Little Kickers

Fun soccer based classes for under 5's

9.30am - 10.15am (Little Kicks 1½ yrs - 2yrs 3mths)

10.30am - 11.15am (Junior Kickers 2yrs - 3½ yrs)

11.30am - 12.15pm (Mighty Kickers 3½yrs - 5th b'day)

Bookings essential. Contact Naomi 4009 1545.

6 sessions \$90. Rego fee of \$50, incl's uniform.

Last class for 2013 12th December.

Returns 16th January 2014.

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.

Last group for 2013 19th December.

Fridays

New Body New Life: Over 50's Exercise

9.30am - 10.30am gentle exercise

10.30am-11.30am regular exercise

Enjoyable fitness classes for adults

\$12/class or \$10/class concession. 1st class complimentary. Contact Nancy 4943 7114.

Last class 13th December.

Classes return 17th January 2014.

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. Free lunch

provided. Free transport assistance available.

Please check Facebook for excursion dates.

Contact Shelley on 02 4032 5500 Like us at:

www.facebook.com/YPGCharlestown

Excursion day 13th December. Last group 20th December 2013. Returns on 24th January 2014.

House

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

For more info call Central Newcastle 4947 8781.

Last group 13th December 2013.

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. *Last class 13th December.*

Classes resume 31st January 2014.

PTO

Fridays (continued)

Teens Place Social Club

5:30pm - 7:30pm in school terms. \$10 per week, includes pizza. A fun 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.

Last group 29th November 2013.

Returns 7th February 2014.

Saturdays

Weight Watchers NEW!

8am meeting. Make friends, share tips, get motivated, get started. For more information contact Deb on 0417 278 964

Last meeting for 2013 28th December.

Meetings resume 18th January 2014.

Little Kickers

Fun soccer based classes for under 5's

8.30am - 9.15am (Junior Kickers 2yrs - 3½ yrs)

9.30am - 10.15am (Junior Kickers 2yrs - 3½ yrs)

10.30am - 11.15am (Mighty Kickers 3½ yrs – 5yrs)

11.30am - 12.15pm (Mighty Kickers 3½ yrs – 5yrs)

Bookings essential. Contact Naomi 4009 1545.

6 sessions \$90. Rego fee of \$50, incl's uniform .

Last date 14th December 2013.

Classes return 18th January 2014.

Birth & Parenting Classes (Antenatal)

3 week courses, 9am - 1pm. Hosted by 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. Upbeat, relaxed service.

All welcome - a great place to connect. Visit www.c3victory.org.au for more information.

Last Service for 2013 15th December.

Services resume 12th January 2014.

About The Place

The Place: Charlestown Community Centre is a not-for-profit community facility, conveniently located at Charlestown Square shopping centre.

The high quality rooms and facilities at The Place are perfect for private functions, community events, birthday parties, meetings, interviews, workshops and training.

Venue hire is available to individuals, community groups and businesses at affordable rates. Weekend and evening bookings are welcome.

The Place staff are available Monday to Friday from 8.30am - 5pm for enquiries and bookings.

Phone: 4032 5500

Fax: 4032 5511

Email: admin@theplacecharlestown.org.au

The Place is located at the corner of Frederick St and Pearson St in Charlestown. Entry to The Place is via our front door in Frederick St.



Visit The Place website for more details on regular programs, special events and School Holiday Activities: www.theplacecharlestown.org.au

Like us on Facebook at: www.facebook.com/theplacecharlestown