

February News

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



Computer Classes with Hunter & Development

Small group classes taught by an experienced educator from Hunter Training & Development.

3 week courses starting soon:

- Computers for Beginners:
Sat 8/2/14, 22/2/14 & 1/3/14
- Microsoft Word:
Fri 14/2/14, 21/2/14, 28/2/14
- Microsoft Word:
Sat 15/2/14, 22/2/14, 29/2/14

Cost: Computers for Beginners \$98
Microsoft Word \$120

Contact: Karen on 0408 230 155

Bookings Essential



Social Media Training - 2014

Are you managing your own social media? Want some personal training on how to get the most out of the different platforms? Let Maxedout Solutions help.

February Workshops:

- Google +
- Facebook Business Pages
- Pinterest
- LinkedIn Profiles

2 hour "Quick Fix" & 4 hour "In-depth" workshops available.

Contact Gillian on (02) 8007 4680

Bookings Essential



Drama Workshops

Tantrum Youth Arts offers dynamic, creative classes for young people aged from 3 to 26yrs. Workshops explore play and imagination through a variety of contemporary dramatic arts practices.

When: Mondays & Saturdays

Cost: From \$140 per term

Contact: For more information or to enrol, contact Tantrum on 4929 7279

Online bookings available at:
<http://www.tantrumtheatre.org.au>

Quote "THEWORM" when booking online to receive a **\$20 discount**



The Ultimate Booty Camp

Fun fitness classes for women of all ages and all fitness levels.

Classes are held in blocks of 12 week challenges.

Choices of workouts styles and locations are available, so you can create your own weekly fitness plan with the help of fully qualified trainers. Indoor classes held weekly at The Place.

Contact: Kate on 0431 511 232 or 'Like' the group on Facebook

www.facebook.com/theultimatebootcamp



Get Fit - Tone Up - Have Fun

With a combination of fun, challenging workouts, nutritional advice and an amazing support network, Fiit Chicks takes care of the many areas needed to make a complete transformation.

Indoor classes held weekly at The Place. Visit the Fiit Chicks Website for your Free Fiit Chicks Fiitness Tryout Session

Contact: For more information visit the Fiit Chick website:

www.fiittransformations.com.au/nsw/newcastle/charlestown/



Free HSC Workshops

For Year 11 & 12 Students and their parents / guardians.

Monday 17th February

- Topic: Stress Management and Caring for your Health

Monday 17th February

- Topic: Examination Preparation and Advanced Reading Skills

Time: 7.30pm-9pm. Doors open 7pm

RSVP: RSVP essential, workshops are limited to 70 participants. Please call The Place on 4032 5500 or email: study@theplacecharlestown.org.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

Do-re-mi Music for Children

Fun and educational music classes for children & accompanying adults. Classes during school terms, for ages 6mths - 3years

10.30am Toddlers (mostly 2011 birthdays)

11.30am Tiny tots (2012-2014 birthdays)

\$16.50 / lesson. Discounts for siblings. Bookings essential. Contact Julie on 4963 2026

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.

Honeysuckle Suite - Ladies Barbershop Chorus

6.30pm - 9pm. Weekly rehearsals in Four Part Harmony. Educational materials and voice coaching provided. New singers welcome. Monthly member fee \$40. First rehearsal free. For more information contact Lesley on 0401 393 366.

Tantrum Theatre NEW!

4pm - 6pm. "The Ghostwriters" Writing and Acting for Stage and Screen, for Year 7 - 9 students. \$220 per term. Term 1: 3rd Feb - 31st March 2014. For more information or to enrol, contact Tantrum on 4929 7279

Tuesdays

Weight Watchers

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

Charlestown Square Tuesday Club

From 8.30am most Tuesdays. Ladies social club. Morning tea, guest speakers, games, raffles, other entertainment and organised outings. Low membership fee & weekly fees. Contact The Place for more information on 4032 5500.

Tuesdays (continued)

Crohns & Colitis Australia Support Meeting

7pm - 9pm. Support group for people living with Inflammatory Bowel Disease. Meetings are held bi-monthly. Next meeting: 25th March 2014. Contact CCA 1800 138 029.

Birth & Parenting Classes (Antenatal)

6 week courses, 6pm - 8.30pm. Hosted by Hunter New England Health. Course fee \$155, concessions available. Bookings essential. Phone 4016 4595 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.

Wednesdays

Dementia Carer Support Group Meeting

10am - 12.30pm on the 3rd Wednesday of the month. Next meeting 19th February 2014. All welcome, no RSVP needed. Contact the Newcastle / Lake Macquarie Dementia Advisory Service for more information on 4985 5715.

Tai Chi (Australian Academy of Tai Chi)

8.30am - 10am Tai Chi Club
10am - 11.30am Beginners Tai Chi, Tai Chi Levels 1-5, Shibashi 1-2. Sword, fan, flute. Term costs \$90 (\$85 concession). Casual class \$10/week. Contact Barbara on 4963 2139.

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. Mentor applications welcome.

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

Photoshop Classes

6.30pm - 8.30pm by request. 3 week courses hosted by Darren Hughes Photography. \$150 / course. Contact Darren on 0405 643 343.

Thursdays

Immunisation Clinic

9am - 1pm and 2pm - 4pm on the 2nd Thursday of the Month, hosted by Hunter New England Health. Next Clinic 13th February. 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.

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. Term 1 commences 13th February.

Little Kickers

Fun soccer based classes for under 5's
9.30am - 10.15am (Little Kicks 18mths - 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.

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 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.

Young Parents Group

12.30pm - 3pm. Free, social afternoon for parents in their teens & early twenties (26yrs & under). Activities include craft, pamper days, workshops, First Aid, cooking, self-defence, movie days & excursions. Children welcome. Free light lunch provided. Transport assistance available. Please check Facebook for excursion dates. Contact Shelley or Erin on 4032 5500 Like us at: www.facebook.com/YPGCharlestown

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 1 commences 31st Jan.

Teens Place Social Club

5:30pm - 7:30pm in school terms. \$10 / week, includes pizza and activities. A fun social group for high school age children with High Functioning Autism and Asperger's. For more information or to RSVP please contact Gayle on 0408 473 136, Shelley on 4032 5500 or email Aspy.youth@hotmail.com.

Saturdays

Tantrum Theatre NEW!

10am - 10.50am "The Adventurers"
(creative play for 3 - 5 year olds, \$140 / term)
11am - 12pm "The Seafarers"
(theatre workshop for Kinder - Year 2, \$160 / term)
12pm - 1pm "The Space Explorers" (Years 3 & 4)
1pm - 2.30pm "The Warriors"
(theatre workshop for Years 5 & 6, \$170 / term)
Term 1: 8th Feb - 5th April 2014.
For more information or to enrol, contact Tantrum on 4929 7279

Weight Watchers

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

Birth & Parenting Classes (Antenatal)

3 week courses, 8.30am - 1pm. Hosted by Hunter New England Health. Cost \$155, concessions available. Bookings are essential on 4016 4595

Continued overleaf.....

AN INVITATION TO CARERS

*Do you provide care and support to another person? You are invited to attend **FREE Family Carer Information Sessions** that will be held each Thursday over three weeks at The Place.*

When: Thursday 20th Feb, 27th Feb & 6th March

RSVP: Monday 17th February

Contact: EDuCARE 4921 4895 or 1300 887 776
or email: Educare_Admin@hnehealth.nsw.gov.au



Health
Hunter New England
Local Health District

Saturday (continued)

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 .

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.

OZ SPECTRUM SUCCESS COACHING

Coaching Services Include:

- ◆ Work Life Harmony
- ◆ Home Life Harmony
- ◆ One on One & Group Workshops

Contact Geraldine Moran
0438 466 029



MASSAGE SPACE @ THE PLACE



Improving your life's quality
with massage therapy
Remedial & Relaxation
Call Kathleen **02 4032 5540**
Health Fund Rebates
HICAPS | EFTPOS

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.



Approved
Medicare
Provider

**Valerie Milner
Counsellor**
BSW (Hons) Adv Dip Couns
MAASW (Acc) Mental Health

Mob: 0406 047 800
tpcounselling@bigpond.com

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