

March News

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



Birthing Kits Assembly Day

Enjoy an afternoon tea while making Birthing Kits to distribute to women in remote and rural regions of developing countries on International Women's Day. Stay from 2-5pm or drop in for a cuppa and to make a few kits. Donate your time for this important initiative.

Hosted by NURTURE - Pregnancy, Childbirth, Breastfeeding & Family Support and Sofie's Candles, who are BIG supporters of Birthing Kit Foundation (Australia).

When: Saturday 8th March
Time: 2pm - 5pm
Contact: Sarah from Nurture
 0466 542 604 or email
nurture-connect@outlook.com



Beautifully Organised

A workshop for busy mothers who want a calmer, happier home and more time to get things done.

Spend the afternoon with Marissa and learn simple techniques that give you more calm, more time, and more help around the house from your family

Date: Sunday 9th March

Time: 2pm - 4pm

Cost: \$35

Bonus: Get the *Beautifully Organised House & Family Binder* free when you register (valued at \$16.95)

RSVP: Bookings available online at
www.bit.ly/MumsWorkshop

Contact: Marissa via email at:
marissa@beautifullyorganised.com



Getting the most out of your School

Do you have a school aged child with a disability? FirstChance is presenting a free workshop session covering:

- Disability standards in education
- Different types of funding
- Communicating with your school

Date: Wednesday 12th March
Time: 10am - 12.30pm
RSVP: Please contact
 FirstChance Strengthening
 Families 4921 8723

Bookings Essential

The Theosophical Society in Australia City of Greater Newcastle

The Theosophical Society are hosting international Scholar Pedro Oliviera to present a Study Class on the Bhagavad Gita. All welcome.

Date: Saturday 15th March 2014
Time: 9am - 12pm
Cost: \$7.00
RSVP: Send name and contact details by SMS to 0432 474 207 or email to gnlodgetheos@gmail.com



**Bookings
 Essential**



Free HSC Workshop

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

Topic: Examination Preparation and Advanced Reading Skills

Date: Monday 10th March

Time: 7.30pm—9pm.
 Doors open 7pm

RSVP: RSVP essential, workshop limited to 70 participants.

Contact: The Place on 4032 5500 or email:
study@theplacecharlestown.org.au

SURVEY!

Complete The Place's annual survey in March for your chance to win a \$100 Charlestown Square Voucher!

Survey's are available at reception, on the coffee tables, or complete the survey online at:

www.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.

Waitlist Applies. 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 during school terms. "The Ghostwriters" Writing and Acting for Stage and Screen, for Year 7 - 9 students. Discounted mid-term enrolments available. 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.

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 March 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 March. 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. Contact TAFE Outreach on 4979 1634 to enrol.

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.

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 / 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 Shelley on 4032 5500

Young Parents Group

12.30pm - 3pm most weeks. 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. Check Facebook for excursion dates. Contact Shelley or Erin on 4032 5500. Like us at: www.facebook.com/YPGCharlestown

Aspect Hunter Community Connect NEW!

9.30am - 11.30am. Drop in morning for people with ASD, their families and the community to access information and support. Contact Lara on lcheney@aspect.org.au

Theosophical Society

8.00pm. Discussion group devoted to the study of Philosophy, Religion and Science. Public presentations are held on the 2nd Friday of each month, entry by gold coin donation. Next Meeting 14th March 2014. Contact Melanie on 4948 1733 for more information.

Saturdays

Tantrum Theatre NEW!

12pm - 1.30pm during school terms. Improvisation, Movement, Creative Expression and Theatre-making for Year 3 - 6 students. Discounted mid-term enrolments available. 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

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

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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 church service. All welcome - a great place to connect. Phone C3 Church Victory on 4922 6800 for more info.

Aspect Hunter Community Connect

is hosting a drop-in morning to connect people with ASD, their families and the community.

When: Weekly on Friday mornings 9.30am - 11.30am

Where: The Place: Charlestown Community Centre

Contact: Lara Cheney email: lcheney@aspect.org.au

The drop in morning will:

- Provide information and resources to support people with autism spectrum disorder (ASD)
- Connect people with ASD and their families to existing services
- Listen to people with ASD and their families and respond to opportunities



OZ SPECTRUM SUCCESS COACHING

Coaching Services Include:

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

Contact Geraldine Moran
0438 466 029



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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.

The logo for Turning Point Counselling, featuring a stylized figure with arms raised in a circular motion, with the text "Turning Point counselling" around it.

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

Mob: 0406 047 800
tpcounselling@bigpond.com

Approved
Medicare
Provider

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