

May News

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



Join these relaxing and rejuvenating classes which incorporate yoga asanas, breath, meditation and philosophy. Suitable for beginners or those with some yoga experience. Wear comfortable clothes and bring your own mat.

When: Tuesday
6.15pm - 7.15pm
Wednesday
6.45 - 7.45pm

Cost: \$15.00

Contact: Sarah on 0438 556966
 or email: sarah.gb@hotmail.com



Early Intervention Information Session

If you have a child with a disability or developmental delay under the age of 6 and would like more information about early intervention and the NDIS, come along to this free information session.

Bookings essential

When: Thursday 22nd May at

Time: 4pm - 5pm

Cost: Free

Contact: Yasmina at Disability Services Australia on 0412 540647
 or email: yddenanovic@dsa.org.au

You:
A purely
spiritual view



A half hour lecture followed by Q & A. Mary Beattie shares ideas from the book "Science and Health", that took her from pain and upheaval to peace and happiness.

Free childcare available.

When: Saturday 17th May at
3.30pm - 5pm

Contact: call 0425 269 537
 or email:
newcastlechristianscience@gmail.com

This lecture is sponsored by the Christian Science Church in Newcastle

Advanced Study Skills FREE HSC WORKSHOP



WHEN: Monday 19th May from
7:30pm - 9pm (doors open 7pm)

WHERE: The Place: Charlestown
Community Centre
Corner Frederick & Pearson
Streets, Charlestown
(entry via Frederick St)

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

COST: FREE. Workshops funded by
NSW Dept. Family & Community
Services.

RSVP: RSVP is essential as workshops
are limited to 70 participants.

To book, please phone 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.

Waiting list applies. Contact The Place on 40325500.

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

4pm - 6pm during school terms. "The Ghostwriters" Writing and Acting for Stage and Screen, for Year 7 - 9 students. For more information or to enrol, contact Tantrum on 4929 7279

Tuesdays

Charlestown Square Tuesday Club

From 9.30am most Tuesdays. Ladies social club. Morning tea, guest speakers, games, raffles, and organised outings. Low membership fee & weekly fees. All Welcome. Contact The Place for more information on 4032 5500.

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.

Weight Watchers

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

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: 27th May 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.

Yoga NEW!

Relaxing and rejuvenating classes for beginners and those with some yoga experience.

6.15pm—7.15pm. \$15 per class. Contact Sarah on 0438556966 or sarah.gb@hotmail.com

Wednesdays

Dementia Carer Support Group Meeting

10am - 12.30pm on the 3rd Wednesday of the month. Next meeting 21st May 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

Yoga NEW!

Relaxing and rejuvenating classes for beginners and those with some yoga experience.

6.45pm—7.45pm. \$15 per class. Contact Sarah on 0438556966 or sarah.gb@hotmail.com

Thursdays (see back page for Outreach Program)

Active Kids Martial Arts

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

Seniors Computer Classes

Friendly 2 hour classes learning at your own pace, for seniors. Courses cost \$40 per 8 week term (\$5/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.

Speech Pathology

3pm—6pm Fortnightly. For appointments contact Melinda Sullivan on 0418971124

Fridays

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.

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.

Aspect Hunter Community Connect 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 (see back page for details)

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

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 email Lara at

lcheney@autismspectrum.org.au

Theosophical Society

8.00pm. Discussion group devoted to the study of Philosophy, Religion and Science. 2nd Friday of each month, entry by gold coin donation. Next Meeting: "The Vision of Vedanta", 9th May 2014. Contact Melanie on 4948 1733 .

Saturdays

Tantrum Theatre 12pm - 1.30pm during school terms. "The Space Warriors" - Improvisation, Movement, Creative Expression and Theatre making for Year 3 - 6 students. 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

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 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: lcheney@autismspectrum.org.au

The drop in morning will:

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



Thursday Outreach at The Place

Do you need information on your housing options?

Tony and Kerry will be available to see Compass tenants and anyone with general housing enquiries, including:

- Options for those experiencing homelessness
- Help to complete applications for Housing NSW
- Waiting list enquiries
- Those needing temporary accommodation

When: Thursday 12.30 - 5pm (fortnightly)

Contact: Compass on 4920 2600



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

The Hunter Tenants Advice and Advocacy Service provides free, independent information, advice and advocacy to tenants throughout New South Wales including:

- Aboriginal tenants
- Park residents
- Older persons
- Social Housing tenants
- Boarders & lodgers

When: Thursday 8.30am - 12pm (fortnightly)

Contact: 4969 7666 or 1800 654 504 (free call)



respect - connect - create

How can I be understood?
Who will listen?
How can I get more out of life?
Why do I feel alone?



PO Box 7047 Redhead NSW 2290
P 0438 466 029 E info@CentreForHope.com
W <http://www.centreforhope.com>

The Business Centre offers the opportunity to meet with an advisor for a one-on-one business advisory session at The Place.

The Small Biz Connect program, fully subsidised by the NSW Small Business Commissioners Office, supports small & medium businesses at any stage of growth, helping you to plan for your business' success.

When: 9am - 5pm (fortnightly)

Contact: Visit www.businesscentre.com.au or call 4925 7700 to book your appointment.



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