

# August News

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

## Groove Connections!



Community connection through RHYTHM! 8 week drumming courses for all ages and abilities.

**When:** Wednesday 7- 8.15pm  
Friday 1.30—2.45pm

**Intro Special:** \$15/class for 8 weeks

**Contact:** Carly 0432 642 807

[www.facebook.com/#!/grooveconnectionsau](http://www.facebook.com/#!/grooveconnectionsau)

## Tuning in to Kids

Emotionally intelligent Parenting - Help your child to manage emotions and deal with conflict in this six session program for parents of kids aged 3 - 12.

**When:** Monday 4th August

**Time:** 6.30 - 8.30pm

**Cost:** \$25pp

**Contact:** Paula Watson  
0425 205 487



## The Art of Public Speaking



This course will teach you body language, vocal techniques and give you a framework to allow you to give business presentations with confidence. Every time.

**When:** 15th August, 8.50am - 12pm

**Cost:** \$150 pp

[www.stickytickets.com.au/17820](http://www.stickytickets.com.au/17820)

## Dying to Know Day

Become confident to talk to family and friends about death and grief with the same enthusiasm we have for talking about other things in life. This is an opportunity for us to share our experiences and support each other.

**When:** Tuesday 5<sup>th</sup> August

**Time:** 9.30am - 11am or  
11.30am - 1pm

**Cost:** \$2pp incl. morning tea

**Contact:** Stuart 4954 7996 or  
0437 543 465



Are you looking to *Feel Better. Look better. Live Better?*

HealthCo is an innovative and contemporary Health and Wellness Consultancy offering general and postnatal Pilates, Nutrition and Health Counselling at The Place. HealthCo makes healthy living deliciously simple.

**Contact:** Anna 0407 487 267

[www.facebook.com/#!/Healthco](http://www.facebook.com/#!/Healthco)

## Eastlakes U3A

Eastlakes U3A offers low cost educational opportunities, fun and friendship for seniors, in a supportive social setting. They are currently running two classes at The Place: Numerology and the "Balance and Bones" exercise class. See inside for details!

[www.eastlakes.u3anet.org.au](http://www.eastlakes.u3anet.org.au)

## TAX HELP @ The Place

Wednesdays from July to October.

Free help to complete your Tax return. Eligibility criteria applies.

To make an appointment contact The Place on 4032 5500

## Wednesday Night YOGA is Back! 6.45pm - 7.45pm

### "The Home Stretch to the HSC"

This free workshop for HSC students will focus on:

- Reflecting on Trial Exams
- How to build from Trial results to succeed in the HSC
- Tips on making it through the HSC exam period
- Info on what the HSC Bands mean

## Free HSC Workshop

**When:** Monday 18<sup>th</sup> August  
7:30pm - 9pm

**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](mailto:study@theplacecharlestown.org.au)



## Support The Place by purchasing your Entertainment Membership

For only \$60 you'll receive over \$20,000 of valuable offers!

Now available in two formats: the Entertainment Book and **New** Digital Membership - redeem offers directly from your smart phone. Available at The Place, or order and pay online:

<https://www.entertainmentbook.com.au/orderbooks/9148v57>

# 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. 1<sup>st</sup> 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. \$25 term fee plus Playgroup NSW annual membership (\$39).

A fun morning for parents and children to enjoy play and craft. Waiting list may apply. Contact 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.

### **Postnatal Pilates for Mums and Bubs NEW!**

11.30am - 12.30pm. Rebuild your body post baby with Pilates based exercises. \$15 / class. BYO exercise mat and your babies favourite toy. Contact Anna on 0407487 267.

### **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.

### **Crohns & Colitis Australia Support Meeting**

7pm - 9pm. Support group for people living with Inflammatory Bowel Disease. Meetings are held bi-monthly. *Next meeting: 30th September 2014.* Contact CCA 1800 138 029.

## Tuesdays (continued)

### **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 weekly. Make friends, share tips, get motivated, get started. For more information contact Deb on 0417 278 964.

### **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.

### **Pilates NEW!**

12pm - 1pm Lunchtime classes!. \$15 / class. BYO exercise mat Contact Anna on 0407 487 267 or [www.facebook.com/#!/Healtheco](http://www.facebook.com/#!/Healtheco)

### **Eastlakes U3A NEW!**

"Balance and Bones" exercise class. 8.15 am - 9.15am. Must be a member of U3A - all classes are free for members. For more details contact [membership@u3anet.org.au](mailto:membership@u3anet.org.au) or go to [www.eastlakes.u3anet.org.au](http://www.eastlakes.u3anet.org.au)

## Wednesdays

### **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.

### **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

### **Eastlakes U3A NEW!**

11am - 12.30 pm Numerology Class.

Must be a member of U3A - all classes are free for members. For more details contact [membership@u3anet.org.au](mailto:membership@u3anet.org.au) or go to [www.eastlakes.u3anet.org.au](http://www.eastlakes.u3anet.org.au)

### Wednesdays (continued)

#### **Groove Connections Drumming Class NEW!**

7pm - 8.15pm For all ages and abilities. Community connection through rhythm. Drums, tea & coffee provided. \$15/class intro special!

Contact Carly 0432 642 807

#### **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 and student applications welcome.

#### **Yoga NEW!**

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

6.45pm - 7.45pm. \$15 per class. BYO Yoga Mat.

Contact Sarah on 0438 556 966

#### **Dementia Carer Support Group Meeting**

10am - 12.30pm on the 3<sup>rd</sup> Wednesday of the month.

*Next meeting 20<sup>th</sup> August 2014.*

All welcome, no RSVP needed. Contact the Newcastle / Lake Macquarie Dementia Advisory Service for more information on 4985 5715.

### Thursdays

#### **Active Kids Martial Arts**

5pm - 7pm. \$40 / term per child (\$4 / week). Family discounts 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 for learning at your own pace. 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 - 5<sup>th</sup> 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.

### Thursdays (continued)

#### **Speech Pathology**

3pm - 6pm Fortnightly. For appointments contact Melinda Sullivan on 0418 971 124

#### **The Business Centre**

One on one business advice sessions. Visit [www.businesscentre.com.au](http://www.businesscentre.com.au)

or call 4925 7700 to book your appointment.

#### **Compass Housing**

12.30pm - 5pm Fortnightly. For information on housing options, including social housing and Housing NSW applications. For appointments Contact Compass on 4920 2600

### Fridays

#### **ASPECT Hunter Community Connect**

9.30am - 11.30am. Adult Social Group and Drop in morning for people with ASD, their families and the community to access information and support. For further information on ASPECT services at The Place contact Lara on [lcheney@aspect.org.au](mailto:lcheney@aspect.org.au) or call 0425 291 712

#### **Groove Connections Drumming Class NEW!**

1.30pm - 2.45pm For all ages and abilities. Community connection through rhythm. Drums, tea & coffee provided. \$15/class intro special!. Contact Carly 0432 642 807

#### **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. 1<sup>st</sup> 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.

#### **Young Parents Group**

12.30pm - 3pm. Social afternoon for parents in their teens & early twenties (26yrs & under) and their children. Activities include craft, pamper days, parenting workshops, First Aid, cooking, movie days & excursions. Free to attend, light lunch provided. Check Facebook for excursion dates. Contact Shelley or Erin on 4032 5500.

Like us at: [www.facebook.com/YPGCharlestown](http://www.facebook.com/YPGCharlestown)

#### **Postnatal Pilates for Mums and Bubs NEW!**

9.15am - 10.15am. *Friday classes in August only.* \$15 / class. BYO exercise mat and your babies favourite toy. Contact Anna on 0407487 267.

**Continued overleaf.....**



## Fridays (continued)

### Teens' Place

5:30pm - 7:30pm in school terms. \$10 / week, includes pizza and activities. A social opportunity for young people with autism who attend high school. For more information or to RSVP please email Lara at [lcheney@autismspectrum.org.au](mailto:lcheney@autismspectrum.org.au) or call 4032 5500.

### Theosophical Society

8.00pm. Discussion group devoted to the study of Philosophy, Religion and Science. 2<sup>nd</sup> Friday of each month, entry by gold coin donation. Next Meeting: "The Devic Kingdom - do you believe in faeries?", 11<sup>th</sup> July 2014. Enquiries: send your name and contact details by SMS to 0432 474 207

## 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 weekly. Make friends, share tips, get motivated, get started. For more information contact Deb on 0417 278 964

## 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)  
Bookings essential. Contact Naomi 4009 1545.  
6 sessions \$90. Rego fee of \$50, incl's uniform.

### Hypnobirthing Classes **NEW!**

9.30am - 1.30pm. Learn self hypnosis and relaxation skills to help you have a positive, empowering birth. Bookings essential. Contact Stacey on 0421 137 740

### Westlakes Community Counselling

9am - 12.30pm clinical Social Worker with over 17 years experience. Contact Emma Bullen on 0414 947 914 or email

[emmabullen.therapist@gmail.com](mailto:emmabullen.therapist@gmail.com)

### 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

## Sundays

### C3 Church Victory - Church Service

6pm. "The City" - upbeat, relaxed church service. All welcome. Contact C3 Church Victory for more information on 4922 6800

## Services available at The Place

### MASSAGE SPACE @ THE PLACE



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

### OZ SPECTRUM SUCCESS COACHING

Coaching Services Include:

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

Contact Geraldine Moran  
**0438 466 029**



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

**Mob: 0406 047 800**  
[tpcounselling@bigpond.com](mailto:tpcounselling@bigpond.com)

Approved  
Medicare  
Provider

Visit The Place website for more details on regular programs, special events services and School Holiday Activities:  
[www.theplacecharlestown.org.au](http://www.theplacecharlestown.org.au)

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[www.facebook.com/theplacecharlestown](http://www.facebook.com/theplacecharlestown)