

September News

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

Theosophical Society Presents: A Reflection on Shakespeare

Come along and listen to an enjoyable recount by Simon O'Rourke on the central themes and symbology in Shakespeare's "The Merchant of Venice". All welcome.

Date: Saturday 13th Sept

Time: 2pm to 5pm

Cost: \$5pp

RSVP: By SMS to 0432 474 207

Back to Basics Budget Morning

This workshop is hands on and covers the basics of:

- Home budgeting
- Controlling your expenses
- Tips on how to save \$

Receive all the tools you need to start your budget.

Date: Monday 15th Sept

Time: 9.30am - 11.30am

Cost: \$50pp

RSVP: Lynelle on 0438 233 017

'Microbirth' Film Premiere

'Microbirth' questions: How does the way we give birth impact the lifelong health of our children?

All proceeds from the event go to 'Friends of Belmont Birthing' and 'Hunter Home & Natural Birth'.

Date: Saturday 20th Sept

Time: 5.30pm

Cost: \$12pp including film and refreshments.

RSVP: Tickets available online at <http://tix.yt/microbirth-film-premiere>

Start Your Own Business

Thinking of starting your own business? Have you been in business for less than 12 months and want to make sure you are on the right track? This workshop is for you. Hosted by The Business Centre.

Date: Wednesday 24th Sept

Time: 9.30am - 12pm

Cost: \$40pp

RSVP: Ph 4925 7700

Morning YOGA with Suzanne

Come and stretch, tone and relax. Suitable for everyone, beginners very welcome. BYO mat.

Date: Friday Mornings

Time: 9.15am - 10.15am

Cost: \$12

Contact: Suzanne 0421 076 244

ASPECT Programs at The Place

ASPECT host a range of social and support opportunities at The Place for young people and adults with Autism Spectrum Disorder (ASD).

See inside for details on:

- Lights, Camera, ASPECT
- Primary Club
- Teens' Place
- Community Drop In Morning

School Holiday Fun at The Place

SPRING into Music!

Music Fun for Everyone! Hosted by Julie Logan Music. Your child will blossom playing games & percussion, singing & dancing. No prior experience necessary. Children must have an accompanying adult with them during the session.

Ages: Ages 6 months – 6 years

Date: Wednesday 24th September

Time: 10.30am - 1.15pm

Cost: \$10 (\$5 conc. card) or \$20.00 for 3 siblings

RSVP: Please register on 4963 2026

www.julieloganmusic.com.au

Kids two - day Hockey Clinic!

Hosted by the Office of Sport & Recreation. A fun two-day introductory clinic for boys and girls aged 4 - 8yrs. Your child will develop beginner skills by taking part in drills, activities and game-based scenarios. Clinics are run by accredited coaches using soft equipment modified for indoor play.



Ages: Ages 4 years to 8 years

Date: Wed 1st Oct and Thurs 2nd Oct

Times: Two time-slots to choose from
1pm - 2.30pm or 2.30pm - 4pm

Cost: \$30pp (incl. 1 x 90min session on each day)

RSVP: Bookings essential. To enrol your child, please call 13 13 02 or register online at:

www.dsr.nsw.gov.au/active/whatson.asp

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, 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

Last day for Term 3 8th Sept.

Term 4 starts 13th October.

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. *Last day for Term 3 15th Sept.*

Term 4 starts 13th October.

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 to RSVP 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.

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.

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.

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.

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 to RSVP.

Eastlakes U3A

"Balance and Bones" exercise class.

8.15am - 9.15am. Open to members of U3A, classes are free for members. For more details on membership: 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.

Last day of Term 3 17th Sept.

Term 4 starts 8th October.

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

Study Space **ENROL NOW!**

3.30pm - 6pm weekly in school terms. Free study centre for Year 11 & 12 students, supported by volunteer mentors & online professional tutoring. Enrolments essential, places limited. Contact Erin or Shelley at The Place 4032 5500.

Student applications now open for Term 4.

Wednesdays (continued)

Turning Point Counselling

Wednesday & Friday appointments available. Contact Valerie on 0406 047 800

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

Yoga

6.45pm - 7.45pm. Relaxing and rejuvenating classes for beginners and those with some yoga experience.

\$15 per class. BYO Yoga Mat.

Contact Sarah on 0438 556 966

Class dates: Thurs 4th Sept, Wed 10th Sept.

Dementia Carer Support Group Meeting

10am - 12.30pm on the 3rd Wednesday of the month.

Next meeting 17th September 2014.

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

Eastlakes U3A

11am - 12.30pm Numerology Class.

Open to members of U3A, classes are free for members. For more details on membership:

www.eastlakes.u3anet.org.au

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.

Student applications now open for Term 4.

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.

Thursdays (continued)

Speech Pathology

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

The Business Centre

Appointments available fortnightly for one on one business advice sessions. Call 4925 7700 to book your appointment.

Compass Housing

Appointments available fortnightly for free information on housing options, including social housing and Housing NSW applications. For appointments Contact Compass on 4920 2600

Lights, Camera, Aspect NEW!

3pm - 5pm fortnightly. September dates: 11th Sept, 25th Sept. A social opportunity for adults with autism to participate in film making. No experience required. Express yourself through film, have fun and meet new people. \$10pp. For more information or to RSVP please contact Lara on 0425 291 712.

Fridays

Turning Point Counselling

Friday & Wednesday appointments available.

Contact Valerie on 0406 047 800

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. For further information on ASPECT services at The Place contact Lara on 0425 291 712

Primary Club NEW!

4pm - 5:30pm in school terms. \$10 / week. A social opportunity for young people with autism who attend primary school to participate in a range of activities. For more information or to RSVP please call Lara on 0425 291 712

Last day for Term 3 Friday 19th September.

Term 4 starts Friday 10th October.

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 call Lara on 0425 291 712

Last day for Term 3 Friday 19th September.

Term 4 starts Friday 10th October.

Continued overleaf.....

Fridays (continued)

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

Yoga NEW!

9.15am - 10.15am. Come and stretch, tone, relax. Suitable for everyone, beginners welcome. \$12/class, BYO yoga mat. Contact Suzanne 0421 076 244

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. All welcome. Gentle class suitable for all abilities, classes follow the Tai Chi for Arthritis program. \$6/class. Contact Adrienne 4946 2126.

Classes break for three weeks in Sept. No classes 5th, 12th or 19th Sept. Classes resume 26th Sept.

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 12th Sept. Enquiries: please send your name and contact details by SMS to 0432 474 207

Young Parents Group

12.30pm - 3pm. Social afternoon for parents in their teens & early twenties and their children. Activities include craft, parenting workshops, cooking, movie days & excursions. Free to attend, light lunch provided. Check Facebook for excursion dates. For more information contact Shelley on 4032 5500. No RSVP needed.

Like YPG at: www.facebook.com/YPGCharlestown

Saturdays

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.

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

Westlakes Community Counselling

Saturday morning appointments available. Contact Emma Bullen on 0414 947 914 to book in.

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

FREE TAX HELP @ The Place

Free help to complete your Tax return.

Appointments are available on Wednesdays from July to October. Eligibility criteria applies.

To make an appointment contact The Place on **4032 5500** or enquire at reception.

MASSAGE SPACE @ THE PLACE



Improving your life's quality with massage therapy
Remedial & Relaxation
Call Kathleen **02 4032 5540**

Health Fund Rebates
HICAPS | EFTPOS



To discuss displaying your artwork contact The Place on **4032 5502** or enquire at reception