

October News

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



K's Annual High Tea Fundraiser for Breast Cancer Research

It's on again! Frock up and join us for a delightful High Tea, enjoy a variety of hot/cold savouries and sweets, a glass of champagne on arrival, and a selection of T2 tea's. All money raised from the event will go towards Hunter Breast Cancer Foundation.

Date: Saturday 11th October

Time: 3pm - 6pm

Dress: Frock up in your best 50's glam.
Prize for Best Dressed!

Cost: \$47.50 pp or \$356.00 for a table of 8. Only from www.sticktickets.com.au/19607

Contact: Karden 0431 098 236



Enrolling Now for Term 4!

- **The Explorers New!**
Creative play for 3 - 5 yr olds
- **The Tale Tellers-** writing and acting for Screen, Yr 3 - 6 students
- **The Movers and Shakers -** Physical Theatre and Live Soundtrack for Yr 7-9 students

Contact: www.tantrum.org.au/workshops/charlestown.html

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: Friday 31st October

Time: 9.30am - 12pm

Cost: \$40pp

RSVP: 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

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

Steve Marsh Fundraiser

Lake Macquarie Greens are hosting a fundraiser for Steven Marsh, the Organic farmer from WA who took on Monsanto after contamination of his organic farm by genetically modified canola cost him his certification and his livelihood.

When: Saturday 4th October

Time: 6pm - 7.30pm

Cost: Entry is by donation to support Steve

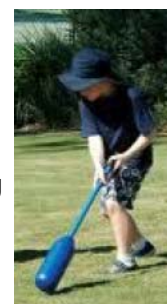
Contact: www.facebook.com/pages/Steve-Marsh_Fundraiser/1547105912187295



School Holiday Fun at The Place

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
No Class Monday 6th October - Public Holiday

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
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. *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.
No Session Monday 6th October - Public Holiday

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.
No Class Monday 6th October - Public Holiday

Tantrum Theatre

4pm - 6pm during school terms. "The Movers and Shakers" physical theatre and live soundtrack for Year 7 - 9 students. For more information or to enrol, contact Tantrum on 4929 7279.
Term 4 starts 13th October

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.

Tuesdays (continued)

Pilates NEW!

12pm - 1pm Lunchtime classes. \$15 / class. BYO exercise mat Contact Anna on 0407 487 267

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.

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: 25th November 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.

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
Term 4 starts 14th October

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.
Term 4 starts 8th October.

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.
Mentor applications welcome.**

Wednesdays (continued)

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

Turning Point Counselling

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

Dementia Carer Support Group Meeting

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

Next meeting 15th October 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.

No class 25th September & 2nd October

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.

Term 4 starts 9th October

Little Kickers

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

Lights, Camera, Aspect NEW!

3pm - 5pm fortnightly. October dates: 9th October, 23rd October. 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.

Speech Pathology

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

Thursdays (continued)

The Business Centre

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

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
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
Term 4 starts Friday 10th October.

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.

Term 4 starts 26th Sept.

Continued overleaf.....

Fridays (continued)

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 10th Oct. 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

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

Tantrum Theatre

12pm - 1.30pm during school terms. "The Tale Tellers - writing and acting for screen", Year 3 - 6 students. For more information or to enrol, contact Tantrum on 4929 7279.

4th Term starts 11th October

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.

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.



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

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>

MASSAGE SPACE @ THE PLACE

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



Health Fund Rebates
HICAPS | EFTPOS

Visit The Place website for more details on regular programs, special events and School Holiday Activities: www.theplacecharlestown.org.au