

December / January

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

The Place will be closed from
Monday 22nd December 2014
 and will re-open on **Monday**
January 12th 2015.

The Team at The Place hope that
 you have a safe and happy
 Christmas and we look forward to
 seeing you in the New Year.



Kathleen from
 Massage Space
 wishes everyone a



Very Merry Christmas and a
Happy New Year! If you want
 to make someone
 feel really good this
 Christmas give them a



Massage Gift Certificate to
 Improve their Quality of Life!
 Clinic open throughout the



Christmas break
 (excluding public holidays).

Please phone 40325540

Nursery Rhyme Story Time



Reading aloud can be a
 beautiful experience for both
 parent and child. It allows
 time for a special bond to
 develop, helping to create a
 love of learning.

Classes are aimed at providing parents with fun
 and interactive ways to help your little one
 discover and explore the world of words, language
 and rhymes. Ages Babies to 2 years.

When: Wednesdays & Fridays
Starting in February 2015

Contact: marsha@nrst.com.au or visit
www.nrst.com.au

Looking for Crabs! Music & Craft Party



Based on Bruce Whatley's
 hilarious book we'll make a
 sea creature who can join in
 the fun - singing, dancing &
 playing instruments.

Family fun for Babies to 5 years. Big brothers &
 Sisters welcome too.

Wear paste proof clothing & BYO morning tea.

When: **Tuesday 20th January 2015**

Time: 9.30am—11am

Cost: \$10 per child

Contact: www.julieloganmusic.com.au
 or call 4963 2026

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

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

Last class 15th December 2014.

Classes resume 12th January 2015.

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 class 8th December 2014.

Classes resume 2nd February 2015.

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 1 commences 2nd Feb 2015.*

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.

Last rehearsal 15th December 2014.

Rehearsals re-commence 12th January 2015

Postnatal Pilates for Mums and Bubs

11.30am - 12.30pm. Rebuild your body post baby with Pilates based exercises. \$15 / class. BYO exercise mat and your baby's favourite toy.

Contact Anna to RSVP on 0407487 267.

Last class 15th December 2014.

Classes resume 12th January 2015.

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

**Watch This Space!
New Classes and Programs
starting in 2015**

Tuesdays

Pilates

12pm - 1pm Lunchtime classes. \$15 / class.

BYO exercise mat. Contact Anna on 0407 487 267.

Last class 16th December 2014.

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. *Last meeting 2nd December 2014. Resumes 27th January 2015.*

Resumes 27th January 2015.

Weight Watchers

10am. Make friends, share tips, get motivated, get started. For more information contact Deb on 0417 278 964. *Last meeting 16th December 2014. Resumes 13th January 2015.*

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. *Last class 9th December 2014. Classes resume 3rd February 2015.*

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

Last class 1st December 2014.

Classes resume 3rd February 2015.

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 class 10th December 2014.

Classes resume 3rd February 2015.

Turning Point Counselling

Wednesday & Friday appointments available.

Contact Valerie on 0406 047 800

Wednesdays (continued)

Study Space

3.30pm - 6pm weekly in school terms. Free study centre for HSC students, supported by volunteer mentors & online professional tutoring.

Enrolments essential, places limited. Contact Erin or Shelley at The Place 4032 5500.

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 on 4922 6800. *Gatekeepers resumes 4th February 2015.*

Dementia Carer Support Group Meeting

10am - 12.30pm on the 3rd Wednesday of the month. *Next meeting 21st January 2015.* 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 - 6pm. \$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. *Last Class 18th December 2014.*
Classes resume 15th January 2015.

Para Taekwondo

6pm - 7pm. A Free introductory program for children and young adults with physical disabilities. Contact Darrel Sparke on 0412 762 772.
Last Class 18th December 2014.
Classes resume 15th January 2015.

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.
Last Class 18th December 2014.
Classes resume 15th January 2015.

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. *Finishes on 18th December 2014 and returns on 15th January 2015.*

Thursdays (continued)

Speech Pathology

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

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

Primary Club

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 week 19th December.

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 week 19th December.

Yoga

9.15am - 10.15am. Come and stretch, tone, relax. Suitable for everyone, beginners welcome. \$12/class, BYO yoga mat. Contact Suzanne 0421 076 244.
Classes resume 6th February 2015.

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.
Last class 12th December 2014.
Classes resume 16th January 2015.

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.
Last class 12th December 2014.
Classes resume 13th February 2015.

Continued overleaf.....

Fridays (continued)

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

Last day 19th December 2014.

Resumes 30th January 2015.

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 meetings 12th December 2014, 13th February 2015.*

Enquiries: please send your name and contact details by SMS to 0432 474 207

Saturdays

Weight Watchers

8am meeting weekly. Make friends, share tips, get motivated, get started. For more information contact Deb on 0417 278 964.

Last meeting 20th December 2014.

Resumes 10th January 2015.

Saturdays (continued)

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.

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.

Last class 20th December 2014.

Classes resume 17th January 2015.

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. *Last service 14th*

December 2014. Returns 11th January 2015.



Professional Services @ The Place

OZ SPECTRUM SUCCESS COACHING

Coaching Services Include:

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

Contact Geraldine Moran

0438 466 029



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.

When: Thursdays during business hours

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



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

Mob: 0406 047 800
tpcounselling@bigpond.com

Approved
Medicare
Provider