

February

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

Do you want to learn about the costs of Aged Care?



Come along to a **FREE** education and information session, hosted by The Department of Human Services, presented by Financial Information Service Officer, Robyn McLean.

Bookings are Essential

When: Tuesday 24 February 2015

Time: 2pm

RSVP: Please call 136 357 or email:

fis.seminar.bookings@humanservices.gov.au

Morning YOGA with Suzanne

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

When: Friday Mornings

Time: 9.15am - 10.15am

Cost: \$12

Contact: Suzanne
0421 076 244



Display your art
at The Place
for **FREE!**

To discuss displaying your artwork contact
The Place on 4032 5500 or enquire at reception

Para Taekwondo



A program for children and young adults for whom life has provided additional challenges in the form of disabilities. Discover the wealth of benefits this rewarding sport can bring to those with life challenges.

When: Thursday nights 6pm - 7pm

Cost: \$60 / term per child.
Family discounts available.

Contact: Darrel Sparke on 0412 762772 or email
paraprograms@hwarangdo.com.au

Charlestown Square Tuesday Club

The Charlestown Square Tuesday Club is a ladies friendship group who meet weekly at The Place.

The meetings are an enjoyable morning out for older ladies, with morning tea, guest speakers, games or entertainment. The club organises optional trips and outings throughout the year.

New members are warmly welcomed.

Date: Tuesday mornings

Time: 9.30am - 12am

Contact: Janet Miller (President) on 4954 2149 or
The Place 4032 5500

TANTRUM
youth arts

Enrolling Now for Term 1!

Tantrum offers dynamic, creative opportunities for young people. Weekly workshops explore play and imagination through a variety of dramatic arts and are a great way to make new friends, enhance confidence and self-esteem, share, and be part of a team. See inside for info on workshops at The Place.

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



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 2012 birthdays) 11.30am Tiny tots (2013-2014 birthdays) \$17.00 / lesson. Discounts for siblings. Bookings essential. Contact Julie on 4963 2026.

Charlestown Caterpillars Playgroup

10am - 12pm during school terms. \$30 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

11.30am - 12.30pm. Rebuild your body post baby with Pilates based exercises. \$20 / class. BYO exercise mat and your baby's favourite toy.

Contact Anna on 0407487 267 or visit

www.healtheco.com.au

Tantrum Theatre

4pm - 6pm Creative Drama Workshops for students in Years 7 - 9. Cost \$200 / term. For more information or to enrol, contact Tantrum on 4929 7279 or visit

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

Tuesdays

Weight Watchers

10am. Make friends, share tips, get motivated, get started. For more information call 131997 or visit

www.weightwatchers.com.au

Balance and Bones

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

www.eastlakes.u3anet.org.au

Tuesdays (continued)

Charlestown Square Tuesday Club

9.30am most Tuesdays. Ladies social club. Morning tea, guest speakers, games, raffles, and organised outings. Low membership fee & weekly fees. All welcome - an enjoyable morning out for older ladies. Contact Janet Miller on 49542149 or The Place 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.

Pirouette Dance & Fitness NEW!

3.30pm - 5.30pm Children's Ballet, Jazz and Pom-Fit classes. For more information contact Lisa Williams on 0401 856 126.

Wednesdays

Tai Chi (Australian Academy of Tai Chi)

9am - 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.

Turning Point Counselling

Wednesday & Friday appointments available.

Contact Valerie on 0406 047 800

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 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.

Dementia Carer Support Group Meeting

10.15am - 12.15pm on the 3rd Wednesday of each month. *Next meeting 18th February 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. \$60 / term per child. 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 or email

activekidsmartialarts@hotmail.com

Para Taekwondo NEW!

6pm - 7pm. \$60 / term per child. Family discounts available. A program for children and young adults for whom life has provided additional challenges in the form of disabilities. Discover the wealth of benefits this rewarding sport can bring to those with life challenges.

Contact Darrel on 0412 762 772 or email

paraprograms@hwarangdo.com.au

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

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.

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 and mentoring sessions. Call 4925 7700 to book your appointment.

Fridays

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.

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.

Fridays (continued)

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.

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

Turning Point Counselling

Friday & Wednesday appointments available.

Contact Valerie on 0406 047 800

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 0428 553 317

Classes resume 13th February 2015.

Young Parents Group

12.30pm - 3pm. Social afternoon for parents in their teens & early twenties and their children.

Activities include craft, parenting workshops, cooking & excursions. Free to attend, light lunch provided. Check Facebook for excursion dates.

www.facebook.com/YPGCharlestown

For more information contact Shelley on 4032 5500. No RSVP needed.

Theosophical Society

8.00pm. Shared lectures exploring philosophy, religion, science and more. 2nd Friday of each month, entry by gold coin donation. *Next Meeting 13th February 2015.* Enquiries: please send your name and contact details by SMS to 0432 474 207

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

Continued overleaf.....

Saturdays (continued)

Weight Watchers

8am meeting weekly. Make friends, share tips, get motivated, get started. For more information call 131997 or visit www.weightwatchers.com.au

Tantrum Theatre

12pm - 1.30pm Creative Drama Workshops for students in years 3 - 6. Cost: \$170 / term. For more information or to enrol, contact Tantrum on 4929 7279 or visit www.tantrum.org.au/workshops/charlestown.html

Sundays

C3 Church Victory

9.30am Kids activities at The Place - register first at Reading Cinema. All welcome. Contact C3 Church Victory for more information on 4922 6800. or visit www.c3victory.org.au



the place
CHARLESTOWN
COMMUNITY CENTRE

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

Professional Services @ 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

Parties & Special Occasions



The Social Hall and the Community Hall at The Place are fantastic spaces for celebrating birthdays & other special occasions. The semi-commercial Kitchen at The Place is available for self-catering, or The Place can assist with your catering needs. Contact us to discuss your ideas.

Ph: 4032 5500

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.



Approved
Medicare
Provider

**Valerie Milner
Counsellor**

BSW (Hons) Adv Dip Couns
MAASW (Acc) Mental Health

Mob: 0406 047 800
tpcounselling@bigpond.com