

# March

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

## Planning Cafe



Are you a person with a disability or a family member?

Do you want to meet up with others to talk about the NDIS?

Do you want to take more control of the supports in your life?

...then come along to CDAH's Planning Café ... a peer support meeting for people with disability and their families to swap ideas and share experiences.

**When:** Thursdays fortnightly, 10am - 12pm

**Contact:** CDAH at [info@cdah.org.au](mailto:info@cdah.org.au)  
or call/SMS: 0490 053 454

**Come along to find out more!**  
**Auslan interpreters present**

Gold coin donations for tea/coffee are appreciated.

## Kanga Karate

Attention Parents! Come and check out Kanga Karate's life-changing kids karate classes.

**Limited Time Offer:** 5 Classes and a **FREE** karate uniform (uniform valued at \$65) for just \$29.99!



**Classes start Wednesday 18th March 2015!**

Register Online Now!

[www.kangakarate.com](http://www.kangakarate.com)



## Art Therapy - a Healing Tool to help develop Self Awareness

Art therapist **Alison Pennings, RN MA** (Mental Health) will give a free presentation including the history and present day applications of Art Therapy with a focus on recovery.

**When:** Friday 13th March, 8pm

**Contact:** For more information, or to RSVP, SMS 0432 474 207 or email [gnlodgetheos@gmail.com](mailto:gnlodgetheos@gmail.com)



## HARMONY DAY



### Celebrate our Cultural diversity!

Come together with organisations from across Lake Macquarie, to celebrate Harmony Day and to launch the **Lake Macquarie Migrant Stories** webpage.

Hear the stories of migrants from across the globe and learn how they came to call Lake Macquarie their home.

Enjoy some multicultural entertainment and taste delicious food from around the world.

**When:** Wednesday 25th March 2015

**Time:** 10am

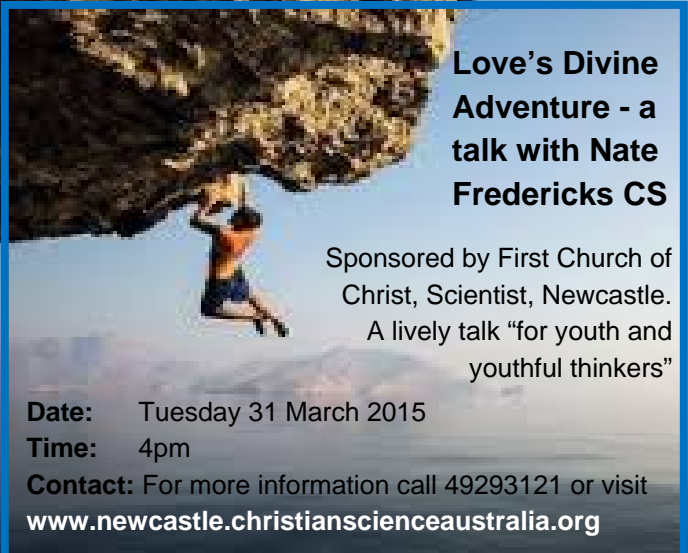
## Love's Divine Adventure - a talk with Nate Fredericks CS

Sponsored by First Church of Christ, Scientist, Newcastle.  
A lively talk "for youth and youthful thinkers"

**Date:** Tuesday 31 March 2015

**Time:** 4pm

**Contact:** For more information call 49293121 or visit [www.newcastle.christianscienceaustralia.org](http://www.newcastle.christianscienceaustralia.org)



# 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. 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](http://www.healtheco.com.au)

## Tuesdays

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

### **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.

### **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.

## 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 4954 2149 or The Place on 4032 5500.

### **Weight Watchers**

10am. Make friends, share tips, get motivated, get started. For more information call 131997 or visit [www.weightwatchers.com.au](http://www.weightwatchers.com.au)

## 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. Study centre for HSC students, supported by volunteer mentors & online professional tutoring. Enrolments essential, places limited. Contact Shelley at The Place 4032 5500.

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

10.15am - 12.15pm on the 3<sup>rd</sup> Wednesday of each month. *Next meeting 18<sup>th</sup> March 2015.* All welcome, no RSVP needed. Contact the Newcastle / Lake Macquarie Dementia Advisory Service for more information on 4985 5715.

### **Kanga Karate NEW!**

Karate Classes for kids aged 4 and up. Special Introductory offer: 5 classes and free uniform for \$29.99. For more information or to register visit [www.kangakarate.com](http://www.kangakarate.com). *Classes commence 18th March.*

## Thursdays

### **The Business Centre**

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

## Thursdays (continued)

### 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](mailto:activekidsmartialarts@hotmail.com)

### Para Taekwondo

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](mailto: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 - 5<sup>th</sup> 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

## Fridays

### 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.

### 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.

### Theosophical Society

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

## Fridays (continued)

### Turning Point Counselling

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

### 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](http://www.facebook.com/YPGCharlestown)  
For more information contact Shelley on 4032 5500. No RSVP needed.

### 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

### Tai Chi for a Healthy Life

10.30am -11.30am. Gentle class for all abilities.  
11.45 - 12.45 Beginners class *commencing 6th March*. All welcome, classes follow the Tai Chi for Arthritis program. \$6/class. Contact Adrienne 0428 553 317 *No Class 27th March. Term 2 commences 17th April.*

## 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

### 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](http://www.tantrum.org.au/workshops/charlestown.html)

**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](http://www.weightwatchers.com.au)

## 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](http://www.c3victory.org.au)



Visit The Place website for more details on regular programs, special events and

School Holiday Activities:

[www.theplacecharlestown.org.au](http://www.theplacecharlestown.org.au)

Like us on Facebook at:

[www.facebook.com/theplacecharlestown](http://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](mailto: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](http://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](mailto:tpcounselling@bigpond.com)