

School of Epee - Fencing - Quick Course

These 90 minute, small group classes have been designed to give you an introduction to the basics of fencing, with a hands on approach. By the end of your first hour you will be fencing in full gear!

It's an intense and exciting class, so bring sports gear, water bottle and your camera. Price includes gear hire and certificate.

When: Monday 13th & 20th April
6pm - 8.30pm

Cost: \$27

Contact: Call 0407 496 844 or
book online at

www.schoolofepee.com



"I Can Cook" with Disability Services Australia

Looking to increase your independence?

Want to make new friends?

Striving to learn how to cook for yourself or your loved ones?

DSA presents a monthly Cooking Program at The Place: Prepare - Cook - Eat! with DSA

When: The last Thursday of each month, 4pm - 7pm

Contact: To secure your place in the kitchen, or for more information, contact 1300 325 754



Tai Chi & Chi Gong for Beginners

This gentle exercise program is designed so that everyone can follow at their own pace.

Experience Tai Chi for a Healthy Life in a supportive relaxed environment with a trained instructor, and feel the health benefits.

When: Fridays 11.45am

Cost: \$6 per class

Contact: Adrienne
0428 553 317



Kanga Karate

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

When: Wednesdays 4pm - 4.45pm

Cost: Limited Time Offer - 5

Classes and a **FREE** karate uniform (uniform valued at \$65) for just \$29.99!

Contact: Register Online Now!

www.kangakarate.com



Wednesday April 15
The Place, Charlestown
10:30am

\$10 per child

HIPPITY HOP HOLIDAY MUSIC



For more information, or to book, contact www.julieloganmusic.com.au

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 6th April

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.

Term 2 commences 20th April.

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. *Term 2 commences 20th April.*

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 rehearsal 6th April.

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

No class 6th April.

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

Term 2 commences 28th April.

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.

Tuesdays (continued)

Pirouette Dance & Fitness

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

Term 2 commences 21st April

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. *No class 7th April.*

Weight Watchers

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

Term 2 commences 22nd April.

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.

Term 2 commences 22nd April.

Dementia Carer Support Group Meeting

10.15am - 12.15pm on the 3rd Wednesday of each month. *Next meeting 15th April 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.

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

No Class at The Place 16th April

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

No Class at The Place 16th April

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, includes 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.

GPT / EYC Film Night 16th April

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

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. *No class 3rd April*

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.
No class 3rd April.

Fridays (continued)

Theosophical Society

8.00pm. Shared lectures exploring philosophy, religion, science and more. 2nd Friday of each month, gold coin donation. *Next Meeting 10th April 2015. Topic - Inner Disarmament: Discovering the Diamond.* Enquiries: please send your name and contact details by SMS to 0432 474 207

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

For more information contact Shelley on 4032 5500. No RSVP needed. *No group 3rd April*

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.

Term 2 commences 24th April.

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 2 commences 24th April.

Tai Chi for a Healthy Life

10.30am -11.30am. Gentle class for all abilities.
11.45 - 12.45 Beginners class - all welcome.
Classes follow the Tai Chi for Arthritis program. \$6/class. Contact Adrienne 0428 553 317.

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, includes uniform. Contact Naomi 4009 1545

No Classes 4th April and 25th April

Continued overleaf.....

Saturdays (continued)

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

Weight Watchers

8am meeting weekly. Make friends, share tips, get motivated, get started. For more information call 131997 or visit www.weightwatchers.com.au
No session 4th April and 25th April

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