

May News

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

Qiqong for a Healthy Life

This gentle exercise program is designed so that everyone can follow at their own pace. Learn the Qigong in a supportive relaxed environment with a trained instructor, and feel the health benefits.

New 1 hour Beginners Class:

When: Fridays 11.45am

Cost: \$6 per class

Contact: Adrienne
0428 553 317



I Can Cook with DSA

- Looking to increase your independence?
- Want to make new friends?
- Striving to learn how to cook for yourself or your loved ones?

Disability Services Australia has the program to suit your needs Prepare - Cook - Eat

When: Last Thursday of the month, 4pm - 7pm
Contact: To secure your place in the kitchen, or for more information, contact 1300 372 121



Theosophical Society: Exploring Oneness and Pralaya

Tony Buzek presents his study and experience with 'Oneness and Pralaya', exploring how throughout history, great seers and mystics are said to have had divine wisdom revealed to them in dreams and visions.

When: Friday 8th May 2015

Time: 8pm for 8.10pm start

Cost: Free, gold coin donation appreciated

Contact: SMS Jill on 0432 474 207 to RSVP

2015 Entertainment Books

For only **\$60**, Entertainment™ Memberships are packed with hundreds of up to 50% off and 2-for-1 offers for the best restaurants, cafés, attractions, hotels, accommodation, travel, and much more.

Purchase your 2015 Entertainment Book at The Place. Both hard copy books and **digital memberships** are available (perfect for smart phones!)



Every Book or Digital Membership we sell raises \$12 towards our fund-raising. Thank you for your support!



DONATE YOUR NAPPIES

Donate your leftover, unused disposable nappies at The Place between

May 1st - 15th.

Nappies will be distributed to organisations that support families affected by domestic violence, as well as families in crisis or need.



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

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

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 The Place on 4032 5500.

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.

Tuesdays (continued)

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.

Weight Watchers

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

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, waitlist may apply. Contact Shelley at The Place 4032 5500.

Dementia Carer Support Group Meeting

10.15am - 12.15pm on the 3rd Wednesday of each month. *Next meeting 20th May 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. To register visit www.kangakarate.com

Thursdays

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.

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

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

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.

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.

Qigong for a Healthy Life NEW!

10.30am -11.30am. Gentle class for all abilities.
11.45am - 12.45am. Beginners class, all welcome.
Gentle exercise classes based on the 'Tai Chi for Arthritis' Program by Sydney Dr Paul Lam. \$6/class. Contact Adrienne 0428 553 317.

Postnatal Pilates for Mums and Bubs NEW!

9.15am - 10.15am. 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

Theosophical Society

8.00pm. Shared lectures exploring philosophy. 2nd Friday of each month, gold coin donation. *Next Meeting 8th May 2015. Topic - 'Oneness and Pralaya'.* RSVP & enquiries: SMS Jill on 0432 474 207

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 & excursions. Free to attend, light lunch provided. For more information contact Shelley on 4032 5500. RSVP needed for 15th May (First Aid), & 1-2-3 Magic Course (May 29th, June 5th -12th) Check Facebook updates.

www.facebook.com/YPGCharlestown

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

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

Tantrum Theatre

12pm - 1.30pm Creative Drama Workshops for students in years 3 - 6. Cost: \$170 / term. Term 2nd May—27th June. For more information or to enrol, phone 4929 7279

Weight Watchers

8am meeting weekly. Make friends, share tips, get motivated, get started. Contact 131997

Sundays

C3 Church Victory

9.30am Kids activities at The Place. Register first at Reading Cinema. Contact C3 Church Victory for more information on 4922 6800. All welcome.

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

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

Approved
Medicare
Provider

Mob: 0406 047 800
tpcounselling@bigpond.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.

OZ SPECTRUM SUCCESS COACHING

Coaching Services Include:

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

Contact Geraldine Moran

0438 466 029



Planning a Party or Special Event?

The function rooms at The Place are fantastic spaces for
celebrating birthdays & other special occasions.

Our commercial kitchen is available for self-catering.
Contact us to discuss your ideas.

Phone The Place on 4032 5500



Visit The Place [website](http://www.theplacecharlestown.org.au) for more
details on regular programs,
special events &
School Holiday Activities

www.theplacecharlestown.org.au

Follow us on Facebook at:

www.facebook.com/theplacecharlestown

