

June News

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

3 Angels Nepal Fundraiser & Film Screening



Supporting: 3 Angels Nepal

Date & Time: Wednesday 10th June, 6.30pm for 7pm start

Tickets: \$30pp (includes drinks and canapés) bookings essential

RSVP: Ph Robyn 0414 612 699 or visit www.trybooking.com/HVCL

Help fight human trafficking in Nepal at this community screening of "Latitude", a Novocastrian made and funded documentary that seeks to raise funds and awareness of the epidemic of trafficking young Nepali girls across the Indian border.



CPR & First Aid for Parents

Hosted by: My Baby Basics, facilitated by Sharon Di Dionna

Date & Time: Friday 26th June, 10am - 1pm

Tickets: \$60pp, bookings essential

RSVP: Phone 0402 305 658 or visit www.mybabybasics.com.au



Covers: Baby & small child CPR (0-8yrs), practical first aid for burns, scalds, choking, allergic reactions, fever, seizures, head / limb injuries.

Sharyn has 12yrs experience as a Registered Nurse, with the past 6yrs in paediatric nursing. Sharon works at John Hunter Children's Hospital - and is also a mother of two.



Start Your Own Business Workshop

Hosted by: The Business Centre Newcastle Region

Date & Time: Thursday 24th June, 9.30am - 12pm

Tickets: \$40pp, bookings essential

RSVP: Phone 4925 7700 or visit www.businesscentre.com.au

Thinking of starting your own business? Have you been in business for less than 12 months and want to make sure you are on the right track? Learn the essentials in this supportive 2.5 hour workshop.



Train Whistle Blowin'

Hop on board the music train for a wild ride singing, dancing & playing with Julie Logan Music. Holiday music fun for ages 6 months - 6 yrs.

Date & Time: Wednesday 1st July, from 10am -10.45am

Tickets: \$10/child. Entertainment Book discount 25% off with voucher

RSVP: Ph Julie on 4963 2026 or visit www.julieloganmusic.com.au

Regular Programs and Groups at The Place

Mondays

I Can Cook with DSA New!!

10.30am - 1.30pm Cooking classes with Disability Services Australia. To book or for more information, contact 1300 372 121

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. *Last class for Term - 16th June.*

Exercise class for seniors. Open to members of U3A, classes are free for members. For details on membership visit 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.

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.

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. Meeting for Weight Watchers members. 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 17th June 2015.* All welcome. Contact the Dementia Advisory Service for more information on 4985 5715.

Kanga Karate

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.

I Can Cook with DSA New!!

4pm - 7pm on the last Thursday of the month. Cooking classes with Disability Services Australia. To book or for more information, contact 1300 372 121

CDAH Planning Café New!!

10am - 12pm, Meets on the 4th Thursday of the month. Peer support meeting for people with disability and their families to swap ideas and share experiences with the NDIS. All welcome. Contact 0490 053 454

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

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 Kickers 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.

FREE FILM NIGHT - June 25th 'Big Hero 6'

Fridays

Theosophical Society

8.00pm. Shared lectures exploring philosophy.
2nd Friday of each month, gold coin donation. Next Meeting 12th June 2015. RSVP & enquiries SMS Jill on 0432 474 207

Fridays (continued)

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

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.

Primary Club Resumes in Term 3

A social opportunity for young people with autism who attend primary school to participate in a range of activities. To express your interest please call Lara on 0425 291 712.

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. For more information contact Shelley on 4032 5500. www.facebook.com/YPGCharlestown

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

Weight Watchers

8am. Meeting for Weight Watchers members. Make friends, share tips, get motivated, get started. For more information call 131997

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

**Turning Point
Counselling**

**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

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www.facebook.com/theplacecharlestown

