

SHOP - WIN - GIVE to Support our Young Parents Group

Spend \$5 at any Charlestown Square retailer until Sunday 30th of August, and enter the Shop-Win-Give promotion, for your chance to win a weekly \$500 GPT Gift Card.

Support The Place and vote for our Young Parents Group when you enter! If we receive the most votes at the end of August, the Young Parents Group will receive \$5000 to support their group to continue at The Place.

Visit the Young Parents Group stall on the Ground Level of Charlestown Square from 29th July - 11th August to join in craft activities, participate in a lolly jar guessing competition AND a colouring in competition (entry by donation).

All donations go directly to Young Parents Group.



CPR & First Aid for Parents

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

Date & Time: Friday 21st August, 10am - 1pm

Tickets: \$65pp, 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.

Sharon 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.



The Business Centre August Workshops:

Start Your Own Business Tuesday 11th August 5.30pm - 8pm

A Crash Course in Xero Tuesday 18th August 10am - 12pm

Do Your Own Books Tuesday 11th August 5.30pm - 8pm

Bookings essential. Workshops \$45pp / workshop.

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

What's On: Regular Activities at The Place

Mondays

I Can Cook with DSA (New time!)

12pm - 3pm 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)

\$154/term (9 weeks). 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 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 during school terms. 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 19th August 2015.* All welcome. Contact the Dementia Advisory Service for more information on 4985 5715.

Kanga Karate

4pm - 4.45pm 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 or call Rod 0415 988 931

Thursdays

Speech Pathology Weekly

3pm - 6pm weekly. 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

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

10am - 12pm, Meets on the 4th Thursday of the month. Next meeting 27th August. 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 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

Theosophical Society

8.00pm. Shared lectures exploring philosophy. 2nd Friday of each month, gold coin donation. Next Meeting 14th August. RSVP and enquiries please 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

10.30am -11.30am. Gentle class for all abilities.
11.45am - 12.45pm. 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

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

Primary Club (Back for Term 3!)

4pm - 5.30pm in school terms. \$10 / week, includes afternoon tea and activities. A social opportunity for young people with autism who attend primary school. 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

Young Parents Group

12.30pm - 3pm. Social afternoon for parents in their teens / early twenties and their children. All welcome, free to attend. 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. For more information call 131997

Professional Services available at The Place:



Massage Space at The Place

Improving your life's quality with massage therapy. Remedial & Relaxation. Appointments available Monday - Saturday. Health Fund Rebates, HICAPS & Eftpos available. To book your appointment phone Kathleen 4032 5540

ABN: 198 6769 5250 | ATMS: 20767 | Health Fund & Work Cover Provider | B. Soc Sc. | Dip RM



Turning Point Counselling

Valerie Milner is a fully accredited Mental Health Social Worker with over 16 years of counselling experience. Valerie is a registered provider with Medicare and accepts referrals from general practitioners, psychiatrists or from clients who self refer. Appointments available Wednesdays & Fridays, to book call Valerie on 0406 047 800.

OZ SPECTRUM
SUCCESS
COACHING



Oz Spectrum Success Coaching

Nurturing people to see their true potential. Coaching is tailored to meet each individual's specific requirements. To book an appointment contact Geraldine Moran on 0438 466 029



The Business Centre

Offers the opportunity to meet with an advisor for a one-on-one business advisory session at The Place. Appointments available on Thursdays. To book an appointment call 4925 7700.

Planning a party? Host it at The Place!

Community Hall

Seats 120 people
Pricing from \$39/hr

Social Hall

Seats 60 people
Pricing from \$39/hr

Halls feature: coloured lights, data projectors, speakers, DVD players & more.

Microphones, pool table, table tennis, arcade games table & foosball table available.

Ph: 02 4032 5500



Annual Survey Draw!



Thank you to everyone who completed our 2015 Annual Survey, your feedback is very much appreciated. Our Board will use this feedback to inform their strategic planning for The Place.

Congratulations to the lucky winner of the Annual Survey Draw - Vera!

Vera has won a \$100 Charlestown Square Gift Card, generously donated by The GPT Group.