



we learn, we build, we play with
LEGO® Bricks



Bricks 4 Kidz Launch Party

Saturday 12th September, 10.30am - 2.30pm

Bricks for Kidz is now in Lake Macquarie - come and join in the fun!
Entry by Gold Coin donation, all proceeds go to support The Place.

- Face Painting from 10.30am - 12.30pm
- Magic Show by Magician Joel Howlett at 1pm
- Fun and games including Lego® free play area all day
- Book in for a 40min Lego® Build Session (\$10pp, bookings required)

Bricks 4 Kidz School Holiday Sessions

Space Adventures - Wednesday 23rd September

9am - 4pm (full day) for ages 6 and up. \$90pp, bookings essential.

Mining and Crafting - Wednesday 23rd September

1pm - 4pm (half day) for ages 7 and up. \$45pp, bookings essential.

Mining and Crafting - Wednesday 30th September

9am - 4pm (full day) for ages 7 and up. \$90pp, bookings essential.

Angry Birdies and Bad Piglets - Wednesday 30th September

1pm - 4pm (half day) for ages 5 and up. \$45pp, bookings essential.

For more info or to book into a session contact Brad on 0499 006 056
or visit <http://bricks4kidzaustralia.com.au/nsw-lakemacquarie>



Julie Logan Music
Sing Play Learn

Five Little Ducks Holiday Music Fun

Waddle along for a quacking good time singing, dancing and playing! Ages 0 - 5 years.

Time: 10am - 10:45am

Date: Monday 21st September

Cost: \$10 per child

RSVP: Phone 4963 2026. Places limited.



Path of Calm
Connecting Kids to Calm & Confidence



Chill Skills for Kids Program

Helping kids to learn to be calm, confident, creative and resilient, to cope with stressful situations. Classes involve breathing exercises, relaxation, yoga, creative writing and drawing activities. Ages 5 - 7 years and 8-12 years.

Time: 11am - 12pm

Dates: Wednesday 23rd and 30th September

Cost: \$30pp

RSVP: Phone Stacey on 0421 137 740 or visit www.pathofcalm.com.au

2015 Board Membership - Expressions of Interest Open

Local community members are invited to express interest in two positions on the Board of Governance for The Place: Charlestown Community Centre. An information package and expression of interest form are available by contacting The Place on 4032 5500 and online at www.theplacecharlestown.org.au Positions are: Community Representative and Youth Representative (18-23yrs). **EOI's close Monday 21st September 2015.**

**See back page
for more info
on workshops
and events
at The Place**

What's On: Regular Activities 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 Monday 5th October (Public Holiday)

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.
Last class for Term 3 Monday 7th September
Term 4 Commences Monday 12th October

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.

Last group for Term 3 Monday 14th September
Term 4 Commences Monday 12th October

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 Monday 5th October (Public Holiday)

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
No class Monday 5th October (Public Holiday)

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

Last group for Term 3 Tuesday 8th September
Term 4 Commences Tuesday 13th October

Weight Watchers

10am. Meeting for Weight Watchers members. Make friends, share tips, get motivated, get started. (8am Saturdays). For more information call 131997

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 The Place on 4032 5500.

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.

Last class for Term 3 Tuesday 15th September
Term 4 Commences Tuesday 6th October

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.

Wednesdays

Tai Chi (Australian Academy of Tai Chi)

8.30am - 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.
Last class for Term 3 Wednesday 16th September
Term 4 Commences Wednesday 7th October

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. Enrolments essential, waitlist may apply. Contact The Place 4032 5500.

Dementia Carer Support Group Meeting

10am - 12.30pm on the 3rd Wednesday of each month. *Next meeting 16th September 2015.* All welcome. Contact the Dementia Advisory Service for more information on 4985 5715.

Kanga Karate

4pm - Class for 4 yr olds
5pm - Class for ages 5-7yrs
Karate Classes for kids aged 4 -7yrs. First 5 classes and uniform for \$29.99. To register visit www.kangakarate.com or call Rod 0415 988 931

Thursdays

Melinda Sullivan Speech Pathology

3pm - 6pm weekly during school terms. For individual appointments contact Melinda 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 24th September. 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 11th September. Topic: "Emanationism" presented by Simon O'Rourke. 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.

Last class for Term 3 Friday 18th September

Term 4 Commences Friday 9th October

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

4pm - 5.30pm in school terms. \$10/week. 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.

Last session for Term 3 Friday 18th September

Term 4 Commences Friday 9th October

Teens' Place

5:30pm - 7:30pm in school terms. \$10/week,. 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.

Last session for Term 3 Friday 18th September

Term 4 Commences Friday 9th October

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. 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



small biz solutions

The Business Centre September Workshops:

- | | |
|----------------------------------|------------------------------------------------|
| Business Model Canvas | Wednesday 2 nd Sept 9.30am - 12pm |
| Start Your Own Business | Wednesday 9 th Sept 9.30am - 12pm |
| Marketing - Create a Buzz | Wednesday 9 th Sept 6.30pm - 9pm |
| Your Social Media Options | Tuesday 29 th Sept 9.30am - 12.30pm |

Bookings essential. Workshops \$45pp / workshop.

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

K's 6th Annual High Tea Fundraiser for Breast Cancer Research

Amazing entertainment, glass of champagne on arrival, delicious assortment of savoury/sweet dishes. Games & raffles during the afternoon. All proceeds to Cancer Council.

When: 3pm - 6pm, Saturday October 10th 2015

Theme: 1960's attire

Tickets: Individual \$45pp or Table of 8 \$41pp

RSVP: 0431 098 236 or online at: <https://www.stickytickets.com.au/28760>

Mindfulness Based Stillness Meditation: An Eight Week Course

This eight week course will show you how mindfulness 'works', and support you to develop a personal meditation practice to manage stress, improve your health and enhance well-being.

When: Mondays, 6.45pm - 8pm. From 26th October to 14th December.

Cost: \$300 (incl. 8 x 1.25hr group sessions, course workbook & meditation recordings)

RSVP: Call 0411 271 221 or email info@nourishnutrition.net.au Places strictly limited.

BOOK EARLY! Book by 30th September and pay \$275 - save \$25! (Mention this ad)

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