

K's 6th Annual High Tea Fundraiser

Entertainment, champagne on arrival, tea & delicious savoury & sweet treats. Games & raffles during the afternoon. All proceeds to Cancer Council's Breast Cancer Research

RSVP: stickytickets.com.au/28760

Contact: 0431 098 236

Date: Saturday Oct 10th

Time: 3pm - 6pm

Theme: 1960's attire

Tickets: \$45pp
(Table of 8: \$41pp)



Switched - On Kids Newcastle

Bringing together experts on parenting, family health & wellbeing to help you better approach sleep, learning, behaviour, nutrition & your child's development.

*Hosted by Family Chiropractic Charlestown.
Proceeds to Samaritans Early Intervention.*

Date: Saturday Oct 31st

Time: 12pm - 4pm

Cost: \$20pp early bird
up to 10/10/15

RSVP: 4942 4842



Mindfulness Based Stillness Meditation

This 8 week course will show you how mindfulness 'works', & support you to develop a personal meditation practice to manage stress, improve health & enhance well-being.

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

Cost: \$300 (incl. workbook & recordings)

RSVP: Call Karen 0411 271 221 or visit
nourishnutrition.net.au

Mindfulness Based Stress Reduction

Learn lifelong skills to improve your well-being & counter stress, anxiety, depression or low mood. 8 week course plus retreat morning 9.30am - 12.30pm 28th Nov

When: Tuesdays, 6.30pm - 9pm.
20th October to 8th December.

Cost: \$495 (\$395 concession)

RSVP: Call Dean 0423 579 404 or visit:
mindfullife.net.au

FREE Workshop: Helping Learner Drivers Become Safer Drivers

Offering practical information to assist parents & supervisors of Learner Drivers including: How to use the Log Book, Planning Driving Sessions, Constructive Feedback, Dealing with Difficulties.

*Hosted by The Business Centre,
supported by Transport NSW.*

Date: Thursday Oct 8th

Time: 5.30pm - 7.30pm

Cost: FREE

RSVP: 4925 7700



Small Biz Solutions... Franchise or Independent Business?

Considering an investment in a franchise or an independent business? This workshop offers insights into the franchise industry, benefits & opportunities, and the differences between a franchise & independent business.

Date: Wednesday Oct 7th

Time: 10am - 12pm

Cost: \$45pp

RSVP: Call 4925 7700

*Hosted by: The
Business Centre*

**small biz
solutions**

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)

Julie Logan Music - Sensory Sing & Play NEW!

9.45am - 10.20am For children with additional needs aged 3 - 5 years. \$154/term (9 weeks). Small class sizes, bookings essential. Contact Julie on 4963 2026. *Commences Monday 12th October*

Julie Logan Music - Sing Play Learn

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.

Term 4 Commences Monday 12th October

Charlestown Caterpillars Playgroup

10am - 12pm during school terms. Term 4 fee \$35 (including Christmas party). A fun morning for parents and children to enjoy play and craft. Wait list may apply. Contact The Place on 4032 5500.

Term 4 Commences Monday 12th October

Postnatal Pilates for Mums and Bubs

11.30am. Rebuild your body post baby with Pilates based exercises. \$20 / class. BYO exercise mat and your baby's favourite toy. Bookings Essential.

Contact Anna on 0407487 267

No class Monday 5th October (Public Holiday)

I Can Cook with DSA

10am - 2pm weekly. Cooking classes with Disability Services Australia. To book or for more information, contact 1300 372 121

No class Monday 5th October (Public Holiday)

Tuesdays

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.

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)

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

Term 4 Commences Tuesday 13th 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.

Pirouette Dance & Fitness

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

Term 4 Commences Tuesday 6th October

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)

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.

Term 4 Commences Wednesday 7th October

Strong Mums NEW!

9.15am High Intensity Interval Training for mums. \$20 / class. Bookings essential. Contact Anna on 0407487 267. *Classes commence 7th October.*

Turning Point Counselling

Wednesday & Friday appointments available.

Contact Valerie on 0406 047 800

Dementia Carer Support Group Meeting

10am - 12.30pm on the 3rd Wednesday of each month. Next meeting 21st October 2015. All welcome. Contact the Dementia Advisory Service for more information on 4985 5715.

Kanga Karate

4pm - 4.45pm Class for 4 yr olds

4.45pm - 5.30pm Class for ages 5-7yrs

Karate Classes for kids. First 5 classes & uniform for \$29.99. To register 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 22nd October. 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. Public presentations exploring philosophy, religion & science. 2nd Friday of each month, entry via gold coin donation. Next Meeting 9th October. Topic: "Yeats: A Vision of the Eternal" presented by Gerard Brennan. 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

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.

Term 4 Commences Friday 9th October

Postnatal Pilates for Mums and Bubs

9.15am Rebuild your body post baby with Pilates based exercises. \$20 / class. BYO exercise mat and your baby's favourite toy. Bookings Essential.

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.

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.

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 and 20's and their children. 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

Weight Watchers

8am. Meeting for Weight Watchers members.

For more information call 131997



CPR & First Aid for Parents

Hosted by: My Baby Basics, facilitated by Registered Nurse Sharyn

Date & Time: Tuesday 17th November 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.

Planning a Christmas Party or AGM? Host it at The Place!

- Function Rooms from \$39/hr
- Meeting Rooms from \$23.50/hr
- Commercial Kitchen from \$27.50/hr

Rooms feature: data projectors, speakers, DVD players & more. Microphones, pool table, table tennis, arcade games table & foosball table available. Self catering welcome.

Ph: 02 4032 5500

Fundraising for Young Parents Group

Young Parents Group offers mums and dads in their teens and 20's a welcoming place to come together for support, connection and learning. Since 2012, the group has supported over 100 families! Please support our fundraising to enable Young Parents Group to continue in 2016.

**SMS PARENTS to 0437 371 371
to donate \$5 via smartphone**

Visit our website to donate online:

www.theplacecharlestown.org.au

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