



CPR & First Aid for Parents

Hosted by My Baby Basics, facilitated by Registered Nurse Sharyn. Covers: Baby & small child CPR (0-8yrs), practical first aid for burns, scalds, choking, allergic reactions, fever, seizures, head / limb injuries.

When: Tuesday 17th November 10am - 1pm

Cost: \$65pp, bookings essential

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



Zumba Dance Fitness Classes

Zumba is a fun, easy to follow dance based fitness program for all ages. Choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo.

When: Tuesday nights 6.30pm - 7.30pm

Cost: Adults \$12 Children \$5 (accompanied by an adult)

Contact: Diane on 0402 010 060. No need to RSVP.



Mindful Mondays

Take some time out on your lunch break to learn & practice meditation in a relaxed, welcoming setting. A great way to start the week.

When: Mondays 12pm -1pm (short meditations from 12.15 - 12.45)

Cost: Coin donation. Drop-in welcome.



'Get More Skills' Workshop

Hosted by 'My Choice Matters' for people with a disability, their families and carers. Hear about changes to the disability support system and what it will mean for you. Talk about planning and learn about what some people are already doing.

When: Tuesday 10th November 10am - 2pm (lunch provided).

Cost: Free

RSVP: Registration is essential, please call 1800 144 653 to RSVP.



Uplift Project

The Place is supporting the Uplift Project. Uplift collect new & 2nd hand bras for donation to women in disadvantaged communities. Donations can be made at The Place 'til 13th Jan 2016.

Christmas Hamper Donations

The Place is supporting Mum's Cottage, Holmesville to provide Christmas Food Hampers for families in need. Donations of non-perishable food items can be brought to The Place reception.



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

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.

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.

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

I Can Cook with DSA

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

Lunchtime Meditation **NEW!**

12pm - 1pm weekly. Lunchtime meditation classes guided by Julie. Coin donation.

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. For more information call 131997

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

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 on 0401 856 126.

Zumba **NEW!**

6.30pm - 7.30pm Fun, Latin-inspired dance based fitness classes for all ages. For more information contact Diane on 0402 010 060

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 Ken on 4942 2571

Strong Mums

9.15am High Intensity Interval Training for mums. \$20 / class. Bookings essential. Contact Anna on 0407487 267.

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 18th November 2015. All welcome. Contact the Dementia Advisory Service for more information on 4985 5715.

Kanga Karate

4pm - 4.45pm Class for 4 year olds
4.45pm - 5.30pm Class for ages 5-7 years
Karate Classes for kids. First 5 classes & uniform for \$29.99. To register call Rod 0415 988 931

Thursdays

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 call 1300 372 121

Thursdays (continued)

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.

CDAH Planning Café

10am - 12pm, Meets on the 4th Thursday of the month. Next meeting 26th November. 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: 13th November.

Guest speaker: Dr Brian Harding, President of Brisbane Theosophical Lodge, member since 1978.

Fridays (continued)

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

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.

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

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.

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.

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

OSR State Roadshow

Office of State Revenue (OSR) will be hosting a seminar at The Place as part of their 2015 State Roadshow. OSR will provide up to date information about land tax, the small business grant, payroll tax, unclaimed money and home buyer benefits.

When: Tuesday 1st December

Time: 8am - 9.30am

Cost: Free

RSVP: Register at <http://www.osr.nsw.gov.au/>



Support Young Parents Group

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

Donate online at:

www.theplacecharlestown.org.au

Please support our fundraising to enable Young Parents Group to continue in 2016.

Young Parents Group offers mums & dads in their teens & 20's a welcoming place to come together for support, connection and learning. The group has supported over 100 families since 2012.

**Planning a
Party?
Host it at
The Place!**



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

*Microphones, pool table, table tennis, arcade games table & foosball table available.
Self catering welcome.*

Ph: 02 4032 5500

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

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