



Christmas Closure

The Place: Charlestown Community Centre will be closed from 5pm Friday 18th December 2015. We re-open at 8.30am on Monday January 11th 2016.

The team at The Place wish you a safe and happy Christmas, and we look forward to seeing you in the New Year.

School Holiday Workshops - January 2016

Holiday Music - Octopus's Garden

Wiggle & Giggle under the sea! Singing, dancing & playing instruments in the Octopus's Garden with Julie Logan Music.



Date: Monday 11th January
Time: 10am - 10.45am
Ages: Up to 5 years.
Cost: \$10/child (cash only). 25% Discount with Entertainment Book
RSVP: Phone Julie on 4963 2026 or email julie@julieloganmusic.com.au

Lego Workshops - with BRICKS 4 KIDZ®

Fun, themed school holiday workshops for ages 6 & up. Learn, build & play!



Costs: Full day workshops: \$85pp Half day workshops: \$45pp
RSVP: Phone Brad on 0499 006 056 or email blevey@bricks4kidz.com

- Tuesday 12th January 9am - 4pm (full day) 'Remote Control Mania'
- Thursday 14th January 9am - 12pm (half day) 'Minion Madness'
- Monday 18th January 9am - 4pm (full day) 'Brick Wars'
- Thursday 21st January 1pm - 4pm (half day) 'Mining and Crafting'

8 Week Mindfulness Based Stillness Meditation Course

Learn how mindfulness meditation can enhance your health & well-being, & develop a personal mindfulness based meditation practice.

13th January to 2nd March
Wednesdays 6.30pm - 8pm

Cost: \$300 (\$290 concession)
Includes 8 x 90min sessions, course manual & recordings (CD or USB)

RSVP: Phone 4944 7478 or visit www.nourishnutrition.net.au

School of Epee Summer Fencing Courses

3 Week Beginners Course
11th to 25th January

Cost: \$67 online or \$74 in person

9 Week Buccaneers Course
1st February to 29th March

Cost: \$170 online or \$200 in person

Courses run from 6pm - 8pm
on Monday evenings.
All equipment provided.

RSVP: www.schoolofepee.com

CPR & First Aid for Parents with My Baby Basics

This 3 hour session is facilitated by Sharyn, a registered nurse with 12 years experience. The interactive session covers: baby and small child CPR (0-8yrs), plus practical first aid for burns, scalds, choking, seizures, fever, allergic reactions, and head / limb injuries.

Tuesday 19th January
12pm - 3pm

Cost: \$65pp

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

What's On: Regular Activities at The Place

Mondays

New Body New Life: Over 50's Exercise

Final class for 2015 14th Dec. Resumes Jan 11th.
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

Final class for 2015 7th Dec. Resumes Feb 1st.
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

Private Christmas Party 14th Dec. Resumes Feb 1st.
10am - 12pm during school terms. A fun morning
for parents and children to enjoy play and craft.
Wait list may apply. Term 1 fee \$30. Contact The
Place on 4032 5500.

Postnatal Pilates for Mums and Bubs

Final class for 2015 14th Dec. Resumes Feb 1st.
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

Final class for 2015 14th Dec. Resumes Jan 11th.
10am - 2pm weekly. Cooking classes with Disability
Services Australia. To book or for more information,
contact 1300 372 121

Tuesdays

Charlestown Square Tuesday Club

Final meeting for 2015 8th Dec. Resumes Feb 2nd.
9.30am most Tuesdays. Senior ladies social club.
Morning tea, guest speakers, games, raffles, and
organised outings. Low membership fee & weekly
fees. Contact The Place on 4032 5500.

Weight Watchers

Final meeting for 2015 15th Dec. Resumes Jan 12th.
10am - 11am. Meeting for Weight Watchers
members. Make friends, share tips, get motivated,
get started. For more information call 131997

Pirouette Dance & Fitness

Final class for 2015 8th Dec. Resumes Feb 2nd.
3.30pm - 5.30pm. Children's Ballet, Jazz and
Pom-Fit classes during school terms. From \$7/wk.
For more details contact Lisa on 0401 856 126.

Tuesdays (continued)

Computer Classes for Beginners NEW!

From 2nd Feb to 8th March.
9am - 12pm. An enjoyable 6 week course, class
size limited to 12 participants. Topic: Introduction
to Internet and Email. Course fee \$36 (\$6/week).
Bookings essential. Phone The Place 4032 5500.

Newcastle Irish Set Dancers

Final class for 2015 8th Dec. Resumes Feb 2nd.
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)

Final class for 2015 9th Dec. Resumes Feb 3rd.
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

Final class for 2015 16th Dec. Resumes Feb 3rd.
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

Next meeting 17th February 2016.
10am - 12pm on the 3rd Wednesday of each
month. All welcome. Free to attend. Contact the
Hunter New England Health Dementia Advisory
Service for more details on 49246146

Kanga Karate

Final class for 2015 16th Dec. Resumes Jan 13th.
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

Ladies Athena Dance NEW!

Commences 3rd February.
10.15am - 11.45am weekly ladies dance class
(during school terms). Incorporates various styles
of dance. For more information contact TMP
Dance Studios on 0412 982 919

Thursdays

I Can Cook with DSA

Break in December. Resumes Jan 28th.

4pm - 7pm on the last Thursday of the month. Cooking classes with Disability Services Australia. To book in and for more information call DSA on 1300 372 121

Melinda Sullivan Speech Pathology

Final day for 2015 Dec 17th. Resumes 11th Feb.

3pm - 6pm during school terms. For individual appointments contact Melinda on 0418 971 124

The Business Centre

One-on-one business advice and mentoring sessions for small businesses. Call 4925 7700 for appointments.

CDAH Planning Café

Break in December. Resumes Jan 28th.

10am - 12pm, Meets on the 4th Thursday of the month.

Peer support meetings 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

Final class for 2015 10th Dec. Resumes Jan 14th.

5pm - 6pm. \$60 / term per child. Family discounts available. Fun classes to build confidence, self-defence skills, fitness, flexibility & coordination. For more information contact Darrel on 0412 762 772

Para Taekwondo

Final class for 2015 10th Dec. Resumes Jan 14th.

6pm - 7pm. \$60 / term per child. Family discounts available. A rewarding program for children and young adults for whom life has provided additional challenges in the form of disabilities. Contact Darrel 0412 762 772

Little Kickers

Final classes for 2015 10th Dec. Resumes Jan 14th.

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

Final drop-in for 2015 17th Dec. Resumes Jan 14th.

6.30pm - 9pm, ages 12 -17 years. Free entry. Games, pool tables, table tennis, music, DVDs, food. For more details contact Eastlakes Youth Centre on 4972 1111.

Fridays

Young Parents Group

Final YPG for 2015 11th Dec. No group in January.

12.30pm - 3pm. Playgroup for parents in their teens / 20's and their children. Contact The Place 4032 5500. www.facebook.com/YPGCharlestown

Fridays (continued)

Postnatal Pilates for Mums and Bubs

Final class for 2015 18th Dec. Resumes Feb 5th.

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

Final class for 2015 18th Dec. Resumes Jan 15th.

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

Final class for 2015 11th Dec. Resumes Jan 29th.

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

Primary Club

Final group for 2015 11th Dec. Resumes Feb 5th.

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

Final group for 2015 11th Dec. Resumes Feb 5th.

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

Final classes for 2015 12th Dec. Resumes Jan 16th.

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

Final meeting 19th Dec 2015. Resumes Jan 9th.

8am. Meeting for Weight Watchers members.

Make friends, share tips, get motivated, get started. For more information call 131997

Eastlakes U3A Classes at The Place in Term 1, 2016

Membership of Eastlakes U3A is open to anybody who is either retired or partially retired. Class are for members of Eastlakes U3A only. Annual membership fee just \$45, then classes are free to attend. RSVPs are essential for all classes as class sizes are limited. For more details visit www.eastlakes.u3anet.org.au



U3A: Balance and Bones *Final class for 2015 1st Dec. Resumes Feb 2nd.*

8.15am - 9.15am. Tuesday mornings. A fun, easy workout for all fitness levels.

U3A: Movie Club *Resumes in 2016 on 23rd February.*

9.30am - 12pm. Tuesday mornings. An enjoyable monthly morning of watching and discussing films.

U3A: Getting to Know Your Android *From 5th Feb 2016 to 18th March 2016.*

11am - 12.30pm. Friday mornings. A beginners class for owners of Android devices (phones and tablets).

U3A: Making Movies with iPad *From 4th Feb 2016 to 24th March 2016.*

3.15pm - 4.45pm. Thursday afternoons. Must have completed U3A's 'Getting to know your iPad' course.

Free Women's Empowerment Workshops

Bree Steadman and Kim Ellis of 'Empowerment for Women' will launch a new series of afternoon events for local women at The Place in 2016. Each event will offer 3 hours of learning from local experts in Women's Emotional Wellbeing, Women's Hormones, Fitness, Health and Nutrition and more.

Diary Dates:

- January 23rd 12.30pm—3.30pm
- February 27th 12.30pm—3.30pm
- April 2nd 12.30pm—3.30pm



For details and to RSVP visit www.empowerment4women.com.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

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