

## ATHENA Dance

### Athena Ladies Dance Classes

Athena is a new dance program created just for women by TMP Dance Studios, incorporating various styles of dance. Child friendly classes.

**When:** Wednesday's 10.30am - 11.30am from 3<sup>rd</sup> February

**Cost:** \$180/term (10 week term)

**Contact:** [info@tmpdancestudios.com.au](mailto:info@tmpdancestudios.com.au)



### Buccaneers Course

Learn the sport of fencing with the School of Epee. All equipment provided. Ages 10 years to adult.

**When:** Monday's 6.10pm - 8pm from 25<sup>th</sup> January

**Cost:** \$170/term if paid online (10 week term)

**RSVP:** Sam on 0407 496 844 [www.schoolofepee.com](http://www.schoolofepee.com)



### Yoga With Cat

Join Cat for one hour of strengthening and stretching in this alignment based yoga class. Leave feeling calm, open and ready to start your day. Class open to everyone, from beginners to the more practiced.

**When:** Saturday's 6am (1 hour class) from 23<sup>rd</sup> January

**Cost:** \$20/class (or pay \$150 for 10 visits) cash only

**Contact:** [cat@catmeadyoga.com](mailto:cat@catmeadyoga.com)

Bring along a yoga mat, water and a towel.



### Women's Empowerment Arena

Join Bree Steadman and Kim Ellis of 'Empowerment for Women' for 3 hours of learning from local experts in Women's Emotional Wellbeing, Women's Hormones, Fitness, Health and Nutrition and more.

**When:** Saturday 27<sup>th</sup> February 12.30pm - 3.30pm

**Cost:** \$27pp Bookings essential.

**RSVP:** [www.empowerment4women.com.au](http://www.empowerment4women.com.au)



### 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 1<sup>st</sup> March 12pm - 3pm

**Cost:** \$65pp Bookings essential

**RSVP:** Phone 0402 305 658 or visit [www.mybabybasics.com.au](http://www.mybabybasics.com.au)

# 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 concession. 1<sup>st</sup> class complimentary. Contact Nancy on 4943 7114

### **Julie Logan Music - Sensory Sing & Play NEW!**

9.45am - 10.20am. Sensory music class for children with special needs, ages 3 - 5 years. NDIS applicable. \$159/term (9 week terms) Bookings essential. Contact Julie on 4963 2026

### **Julie Logan Music - Sing Play Learn**

Fun and educational music classes for children & accompanying adults. 9 week terms.

10.30am - 11.15am Toddlers (2 - 3 years)

11.30am - 12.15pm Babies (0 - 12 months)

Babies: \$126/term Toddlers: \$159/term.

Discounts for siblings. Contact Julie on 4963 2026

### **Charlestown Caterpillars Playgroup**

10am - 12pm during school terms. A fun morning of play and craft for children aged 0 - 5 years and their parent/carers. Wait-list may apply. \$30/term. Contact The Place on 4032 5500

### **Post-natal Pilates for mums & bubs (HealtheCo)**

11.30am - 12.30pm. Retain or regain your shape, & strengthen your core muscles post-baby with Pilates. In room child minding. \$20 / class. Bookings essential. Contact Anna on 0407487 267

### **I Can Cook with DSA**

10am - 1pm weekly. Cooking classes with Disability Services Australia. NDIS applicable. Bookings essential, contact DSA on 1300 372 121

### **Buccaneers Course - School of Epee NEW!**

6.10pm - 8pm weekly. Learn the sport of fencing, all equipment provided. \$170/term if paid online (10 week term). Contact Sam on 0407 496 844

## Tuesdays

### **Charlestown Square Tuesday Club**

9.30am most Tuesdays. Senior ladies friendship group who meet weekly for a social morning, with guest speaker, entertainment or games. Optional outings during the year. Low membership fee & weekly fees. Celebrating 34 years of friendship in 2016. For details contact The Place on 4032 5500

### **Weight Watchers**

10am - 11am. Weekly meeting for Weight Watchers members. Make friends, share tips, get motivated, get started. For more details call 131997

## Tuesdays (continued)

### **Computer Classes for Beginners NEW!**

9am - 12pm. An enjoyable 6 week course from 2<sup>nd</sup> Feb to 8<sup>th</sup> March. Course fee \$36 (\$6/week).

Topic: Introduction to Internet and Email.

Bookings essential. Call The Place on 4032 5500

### **Newcastle Irish Set Dancers**

7.15pm - 9.15pm. Social classes in Irish Set Dancing (folk dancing) for adults, no experience necessary. \$10/class. Contact Julia on 4955 5701

**Please note:** Tuesday afternoon Pirouette Dance classes are on hold for Term 1 2016.

## Wednesdays

### **Turning Point Counselling**

Wednesday & Friday appointments available for individuals, couples and families. Medicare registered. Contact Valerie on 0406 047 800

### **Tai Chi (Australian Academy of Tai Chi)**

9am - 10am Tai Chi Club

10am - 11am Beginners Tai Chi, Shibashi 1 / 2, Tai Chi Levels 1- 6, Pre Weapons & Sword.

10 week terms during school terms. \$90/term (\$85 concession). Casual classes \$10/week.

Contact Ken on 4942 2571

### **Strong Mums (HealtheCo)**

9am - 10am. High Intensity Interval Training for mums. In room child minding. \$20 / class.

Bookings essential. Contact Anna on 0407487 267

### **Athena Dance (TMP Dance Studios) NEW!**

10.30am - 11.30am during school terms. A new dance program just for women incorporating various styles of dance. Child friendly classes. \$180/term. Contact info@tmpdancestudios.com.au

### **Dementia Carer Support Group Meeting**

10am - 12pm on the 3<sup>rd</sup> Wednesday of each month. Next meeting 17<sup>th</sup> February. All welcome. Free to attend. Contact the Hunter New England Health Dementia Advisory Service on 4924 6146

### **Kanga Karate**

4pm - 4.45pm (4 year olds)

4.45pm - 5.30pm (ages 5-7 years)

Karate Classes for kids. \$29.99 for first 5 classes & uniform. To register contact Rod on 0415 988 931

## Thursdays

### **I Can Cook with DSA**

4pm - 7pm on the last Thursday of the month.  
Next class 25<sup>th</sup> February. Cooking classes with Disability Services Australia. NDIS applicable.  
Bookings essential, contact DSA on 1300 372 121

### **Melinda Sullivan Speech Pathology**

Appointments available between 3pm - 6pm during school terms. Contact Melinda on 0418 971 124

### **The Business Centre**

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

### **CDAH Planning Café**

10am - 12pm on the 4<sup>th</sup> Thursday of the month.  
Next meeting 25<sup>th</sup> February. Topic: Peer mentoring. Peer support meetings for people with disability and their families to get the best from the NDIS. All welcome. Contact 0490 053 454

### **CDAH Peer 2 Peer Meetings**

10am - 1pm on the 2<sup>nd</sup> Thursday of the month. Supportive drop in meetings for people with disability and their families to exchange knowledge, experiences and ideas. All welcome. Contact 0490 053 454

### **Active Kids Martial Arts Taekwondo**

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

### **Para Taekwondo**

6pm - 8pm. A rewarding program for children and young adults for whom life has provided additional challenges in the form of disabilities. \$60/term. Contact Darrel 0412 762 772

### **Little Kickers**

Fun, engaging soccer based classes for children.  
9.30am - 10.15am (ages 18mths - 2yrs 3mths)  
10.30am - 11.15am (ages 2 years - 3.5 years)  
11.30am - 12.15pm (ages 3.5 years - 5 years)  
\$99 for 6 classes. One-off membership fee \$55 (includes uniform). Contact Naomi 4009 1545

### **Eastlakes Youth Centre**

6.30pm - 9pm. Free, supervised weekly activities for ages 12 - 17 years. Pool tables, table tennis, music, DVDs and snacks. Contact 4972 1111

## Fridays

### **Young Parents Playgroup NEW!**

12.30pm - 2.30pm. A fun afternoon of play and craft for parents in their teens / twenties and their children. Gold coin donation towards venue hire welcome, byo lunch. Contact The Place 4032 5500  
[www.facebook.com/YPGCharlestown](http://www.facebook.com/YPGCharlestown)

### **Post-natal Pilates for mums & bubs (HealthCo)**

9.15am - 10.15am. Retain or regain your shape, & strengthen your core muscles post-baby with Pilates. In room child minding. \$20 / class. 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, \$10/class concession. 1<sup>st</sup> class complimentary. For more information contact Nancy on 4943 7114

### **Qigong for a Healthy Life**

10.30am -11.30am. Gentle class for all abilities.  
11.45am - 12.45pm. Beginners class, all welcome. Based on 'Tai Chi for Arthritis' Program by Dr Paul Lam. \$6/class. Contact Adrienne 0428 553 317.

### **Turning Point Counselling**

Wednesday & Friday appointments available. Contact Valerie on 0406 047 800

### **Primary Club**

4pm - 5.30pm during school terms. Fun, social activities for young people with autism who attend primary school. Afternoon tea provided. \$10/week. For more information please call Lara at Autism Spectrum Australia (ASPECT) on 0425 291 712

### **Teens' Place**

5.30pm - 7.30pm during school terms. Fun, social activities for young people with autism who attend high school. Light dinner provided. \$10/week. For more information please call Lara at Autism Spectrum Australia (ASPECT) on 0425 291 712

## Saturdays

### **Little Kickers**

Fun, engaging soccer based classes for children.  
8.30am - 9.15am (ages 2 years - 3.5 years)  
9.30am - 10.15am (ages 2 years - 3.5 years)  
10.30am - 11.15am (ages 3.5 years - 5 years)  
\$99 for 6 classes. One-off membership fee \$55 (includes uniform). Contact Naomi 4009 1545

### **Weight Watchers**

8am - 9am. Weekly meeting for Weight Watchers members. Make friends, share tips, get motivated, get started. For more information call 131997



Everyone should have a Will. Do you?



### Australian Red Cross Wills Day

Do you have a current Will? The Australian Red Cross are hosting a Wills Day at The Place on **March 9<sup>th</sup>** from **10am to 4pm**.

For \$75 you can make or update your Will with the help of a local solicitor. The Wills Day is by appointment only. For more information call **1800 811 700** or Jessica on (02) 8295 2791 to make an appointment.



bump

### BUMP - Mentoring for Young Mums

The Bump mentoring program is for young pregnant & parenting girls aged between 13 & 23. It's a FREE, fun way to meet other young mums, as well as have some much needed "me" time. Bump connects young mums with an experienced mum as a mentor & hosts fortnightly workshops (with childminding) on topics of interest to young mums. Bump graduates receive a TAFE Cert I in Access to Work & Training. Bump mentors receive mentor training. For more information or to be involved contact [info@raise.org.au](mailto:info@raise.org.au)



### 3D Digital Art Workshops

Come along and learn how to use Blender, an open-source 3D design application. No experience necessary. Topics covered include: head modelling, sculpting and post production.

**When:** 3 x Thursdays: 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> March from 4.30pm - 6pm

**Cost:** \$60pp (includes all 3 workshops)

**RSVP:** Bookings essential. Register online at [www.soliddimension.com](http://www.soliddimension.com)

[www.soliddimension.com](http://www.soliddimension.com)

eastlakes



fun & learning for the mature

Eastlakes U3A host a range of enjoyable classes and activities for their members. Membership is open to anybody who is either retired or partially retired. Annual membership \$45, then classes are free to attend. Activities at The Place include: Balance & Bones Exercise, Monthly Movie Club, and Getting to Know Your Android. For more details on classes and activities offered (and membership enquiries) visit [www.eastlakes.u3anet.org.au](http://www.eastlakes.u3anet.org.au)

## Professional Services available at The Place include:



### Massage Space at The Place

Remedial & relaxation Massage therapy. 1 hour (\$75) and half hour (\$43) appointments are available Monday to Saturday (excl. Tuesdays). Health Fund Rebates, HICAPS and Eftpos available. To book your appointment phone Kathleen on 4032 5540 ATMS: 20767 | 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 & accepts referrals from general practitioners, psychiatrists or from clients who self refer. Appointments are available at The Place on 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