



The Birthing Community Fundraiser/Film Event

Not for Profit Event: funds donated to Hunter Positive Birth Support and Australian Breast feeding Association.

WHEN: Saturday March 12th doors open 6:15pm

COST: \$20 booking fee (supper included ,great prizes)

RSVP: Text -Natalie 0406 934 645



Introduction to Family Constellations

How to find a better place in your family system so love and life can flow again. Hosted by Francine Jorda an accredited Counsellor & Family Constellations Facilitator.

When: Saturday 19th March 2pm—6pm

Cost: \$45.00

RSVP: PH: 0432 507 000 E: jorda.francina@gmail.com



The Family Action Centre Free workshops

Getting Family Mealtimes to Work

2nd March 10.30am—12pm

Helping Children Follow Instructions

9th March 10.30am—12pm

Survive & Thrive the School Holidays

23rd March 10.30am—12pm

Bookings Essential

Ph: 4921 5758 E: Lesley.Asher@newcastle.edu.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: 3rd, 10th & 17th March from 4.30pm - 6pm

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

RSVP: Bookings essential. Register online at www.soliddimension.com

www.soliddimension.com



Everyone
should
have a Will.
Do you?

**WILLS FOR
LIFE**

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 9th** 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.

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. 1st class complimentary. Contact Nancy on 4943 7114

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

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

Tuesdays (continued)

Computer Classes for Beginners NEW!

9am - 12pm. An enjoyable 6 week course from 2nd Feb to 8th March. Course fee \$36 (\$6/week). Topic: Introduction to Internet and Email. Ring to express your interest in our next class.

Bookings essential. Call The Place on 4032 5500

Pirouette Dance & Fitness RETURNING

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.

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 (Healthe Co)

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!

12.00pm - 1.00pm 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 3rd Wednesday of each month. Next meeting 16th March. 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

ACN Independent Business Owners

7.30pm - 8.30pm Training & Business Presentations. Contact Marco for more information 0418 493 425

Pirouette Dance & Fitness NEW!

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.

Thursdays

I Can Cook with DSA

4pm - 7pm on the last Thursday of the month.
Next class 31st March. Cooking classes with Disability Services Australia. NDIS applicable.
Bookings essential, contact DSA on 1300 372 121

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 4th Thursday of the month.
Next meeting 24th March. 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 2nd 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

Fridays (continued)

Post-natal Pilates for mums & bubs (HealtheCo)

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. 1st 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)
11.30am - 12.15pm (ages 3.5 yrs - 5 yrs) NEW
\$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



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 1st March 12pm - 3pm

Cost: \$65pp Bookings essential

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



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

Planning a Party? Host it at The Place!

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

Phone: 40325500



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

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