

The school holidays are upon us again, beginning in mid April. While it can be a stressful time trying to keep the kids occupied and entertained, at The Place, we offer an exciting range of programs and activities for all ages as well as rooms for hire for functions and events.

Details of regular activities as well as special events are in the **What's on Page** and also found on our website and Facebook page.

This March we celebrated with Nancy Dickman - 27 years leading the **New Body New Life** exercise classes for over 50's. It is a pleasure to host this great group at The Place.



Nancy Dickman and some of her class participants

Lego Workshops with Bricks 4 Kids

Fun, themed school holiday workshops for ages 6 and up.

Learn, build and play...

Cost: Full day workshops \$85pp

Half day workshops \$45pp

Dates: 11th, 14th & 18th April

Contact: Brad on 0499 006 056 for further information and bookings



Australian Academy of Tai Chi

SENIORS WEEK

Saturday 9th April 1:45PM

FREE LESSON HOW TO...

Restore Suppleness, Youth & Agility

Prevent Falls & Walk with Balance

Improve Diabetes, Asthma, Arthritis

PH: 4963 2139 E: aatc@optusnet.com.au

About The Place

The Place: Charlestown Community Centre is a not-for-profit community facility located at Charlestown Square. We facilitate and enable participant led community activity to build community connection and a culture of respect and resilience.

A range of community programs and events catering to our diverse community are hosted at The Place. As a not-for-profit organisation, and in order to enable the provision of community services, while remaining responsive to the needs of our community, The Place offers facilities for hire. These facilities cater to individuals, groups, or businesses at affordable rates and serve to generate funds towards running our community programs.

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

Term ends 4 April Returns 2 May

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

Term ends 4 April Returns 2 May

I Can Cook with DSA

10am - 1pm weekly. Cooking classes with Disability Services Australia. NDIS applicable.

Bookings essential, contact DSA on 1300 372 121

School of Epee NEW!

6.10pm - 8pm weekly. Learn the sport of fencing, all equipment provided. 10yr old+, \$130 (10 week).

Contact Sam on 0407 496 844

W: schoolofepee.com

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

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

Term ends 5 & 6 April Returns 26 & 27 April

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 2951

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

Term ends 6 April Returns 27 April

Dementia Carer Support Group Meeting

10am - 12pm on the 3rd Wednesday of each month.

Next meeting 20th April. 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.

Term ends 5 & 6 April Returns 26 & 27 April

Thursdays

The Business Centre

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

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

Thursdays (continued)

I Can Cook with DSA

4pm - 7pm on the last Thursday of the month.
Next class 28th April Cooking classes with Disability Services Australia. NDIS applicable.
Bookings essential, contact DSA on 1300 372 121

CDAH Planning Café

10am - 12pm on the 4th Thursday of the month.
Next meeting 28th April 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

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

Term ends 8 April Returns 29 April

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

Turning Point Counselling

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

Fridays (continued)

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.

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

Term ends: 8 April Returns 29 April

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

Term ends: 8 April Returns 29 April

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



Julie Logan Music
Sing Play Learn

School Holiday Workshops - April 2016

Hippity Hop Holiday Music

Wiggle and giggle with a hip and a hop! Singing & dancing & playing instruments with

Julie Logan

Date: Monday 11th April

Time: 10am - 10:45am

Ages: Up to 5 years

Cost: \$10 per child (cash only) 25% disc. with E. Book



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 26th April 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



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

Planning a Party? Host it at The Place!

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

Ph: 40325500 Email: admin@theplacecharlestown.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