

Harmony Day Celebrations

The Harmony Day celebration at The Place on 21 March was a vibrant, colourful celebration of the rich culture and diversity in Lake Macquarie. The event began with an interesting and insightful welcome from Uncle Bill, a local elder, and included a range of performances and special guests as well as a range of foods from all over the world.



Gamer Collect

Pop-Up Retro Videogame Console Arcade

If you were around in the 1980's and 1990's, you will know the thrill of the original home gaming with the likes of Pac man, Donkey Kong and Super Mario. It was fun for the whole family that still brings with it much nostalgia.

We are very excited to have Gamer Collect host its first Pop-Up Retro Videogame Console Arcade at The Place. There will be a selection of original videogame consoles released between the late 1970's and the 1990's, including a mix between popular consoles and the rare items.

A range of games are available for selection, and each weekday there's a high-score competition for a selected game, and a knock-out competition each day on the weekend, with prizes thanks to Carnelian Property Management.

Dates: Thursday the 19th of April to Tuesday 24th of April including the weekend!

Times: 10am - 6pm

Cost: \$10 per person per hour, families discounted to \$10 per person for the first 2 people then \$5 per person after that.

Prizes thanks to

Bookings: No booking required, just turn up on the day

Contact: For information see the [Facebook Event](https://www.facebook.com/theplacecharlestown) or email contact@gamercollect.com

What's On: Regular Activities at The Place

Mondays

New Body New Life: Over 50's Exercise

9:15am - 10am Beginners Class \$8
10am- 11am Regular Class. 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
11:30am - 12:15pm
Babies: \$136/term Toddlers: \$169/term.
Discounts for siblings. Contact Julie on 4963 2026
Closed - Open 7 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. \$35 Term 2 Contact The Place on 4032 5500 *Close 9 April Open 7 May*

I Can Cook with DSA

10am - 1pm weekly. NDIS supported. Bookings essential, contact DSA on 1300 372 121

Tuesdays

Eastlakes U3A - Balance & Bones

8:15am - 9:15am Weekly in school term. For enquiries & info visit www.eastlakes.u3anet.org.au

Eastlakes U3A - Movie Club

9:00am- 12:00pm on **29 May**. For enquiries & info visit www.eastlakes.u3anet.org.au

Charlestown Square Tuesday Club

9.30am - 12pm in school term. Senior ladies friendship group who meet weekly for a social morning, with guest speaker, entertainment or games. Optional outings during the year. Cost \$6 per week. For details contact The Place on 4032 5500 *Close 10 April Open 1 May*

Weight Watchers

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

Hunter Boccia Training

3:30pm - 6pm. Contact Lucy Bates on 4954 3473 or email hunterboccia@bigpond.com

Challenge Community Connexions Cooking Class

10:00am - 12:30pm Support for young people with disabilities. Call Jonathan on 0407 367 434 or email jonathan.daley@challengecommunity.org.au

Tuesdays Continued...

Athena Dance (TMP Dance Studios)

6:45pm - 8:15pm during school terms. A new dance program just for women incorporating various styles of dance. Child friendly classes. \$153/term. Contact Tina
info@tmpdancestudios.com.au

Newcastle Irish Set Dancers

7.15pm - 9.15pm. Social classes in Irish Set Dancing (folk dancing) for adults, no experience necessary. \$6/class. Contact Julia on 4955 5701

Sahaja Yoga

7:30pm - 9pm Weekly in school term. Use the Sahaja Yoga meditation technique to bring about a state of thoughtless awareness, quieten your mind, and connect to your inner self and the all-pervading energy. **FREE** (Gold coin donation appreciated) No booking required. Contact Catherine 0457 771 599
Close 10 April Open 1 May

My Baby Basics: CPR & First Aid for Parents

Date: **24 April**, 12 - 3pm
Bookings essential
Cost: \$70
Contact Sharyn on 0411 496 708
Bookings: www.mybabybasics.com.au

Wednesdays **25 April Public Holiday**

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 Patricia 0438 469 442
Close 11 April Open 2 May

I Can Cook with DSA

10am - 1pm weekly. NDIS applicable. Bookings essential, contact DSA on 1300 372 121

Dementia Carer Support Group

10am - 12pm **18 April**.
Contact Mary on 4924 6146

Thursdays

Stretch, Relax & Smile Yoga

8:30am - 9:30am Friendly classes, everyone welcome. \$12 or \$10 concession. Call Sandra on 042 333 4405 for information

Little Kickers

Fun, engaging soccer based classes for children.
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 Adam 0425 367 253

Closed on Anzac Day, 25 April

Thursdays continued...

Northern Settlement Services Ltd

10am - 12:30 pm **17 May Chinese Social Support Group**. Contact Dongmei on 4969 3399

Eastlakes U3A - Movies with iPads

3pm - 4.30pm Weekly in school term. For enquiries & info visit www.eastlakes.u3anet.org.au

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

Eastlake Youth Centre

6.30pm - 9pm. Free, supervised weekly activities for ages 12 - 17 years. Pool tables, table tennis, music, DVDs and snacks. Contact 49 488 488

Fridays

Young Parents Group

11:45am - 2:15pm. In school term. A fun afternoon of play and craft for parents in their teens / twenties and their children. Free to attend. Refreshments provided. Contact The Place 4032 5500
www.facebook.com/YPGCharlestown
Close 13 April Open 4 May

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

9:30am - 10:30am. Beginners class, all welcome.
10.30am - 11.30am. Gentle class for all abilities.
Based on 'Tai Chi for Arthritis' Program by Dr Paul Lam. \$6/class. Contact Adrienne 0428 553 317

Close 13 April Open 4 May

Saturdays

Weight Watchers

8am - 9am. Weekly meeting for Weight Watchers members. Make friends, share tips, get motivated, get started. For more information call 131 997



Venue Hire & Services

The Place has a fantastic range of rooms available for hire.

All rooms are fully equipped with audio-visual technology.



Workshops | Interviews | Meetings | Birthday Parties | Family Functions | Training

Services Available @ The Place

Print, Fax, Scan, Copy, Laminate, Bind

Bus Information (No timetables)

FREE Community Book Exchange

FREE Community Artists Display Space

JP Service by appointment - Wednesday & Friday

Rita Rikelle Yoga Teacher



- Seniors Yoga
- Restorative Yoga
- Warners Bay and surrounding areas
- Small groups
- 1:1 available
- Personal attention

Gain flexibility, strength and balance with Yoga

Experience the many health benefits of yoga

Wednesdays, 9:30 - 11am

Call Rita on 0404 856 082 or email ritarikelle@bigpond.com

Starts 2 May

JUMP ALONG to our HIPPIITY HOP MUSIC PARTY!



0-6 years

MON 16 April 10.00-10.45

The Place, Charlestown Square

\$20.00

**25% off with Entertainment Card
find us on Facebook!**

JULIELOGANMUSIC.COM.AU

0414 848 741

Recycled Garden Art Workshop



Turning trash into something new and useful is one of the easiest ways to do your bit for the environment - whether it's old plastic bottles, cardboard boxes or renovation rubble.

In this workshop, you will be making a garden owl and a worm tower for your garden out of recycled materials. The workshop is interactive, fun and hands-on.

Date: 7 April 2018

Time: 9am to 12pm

Bookings are essential at eventbrite.com.au

Contact Council on 02 4921 0333 for further information.



Have your artwork displayed at The Place absolutely FREE! Take advantage of the opportunity to display your work on our walls for up to 3 months and get exposure to a variety of businesses and community members.

Contact Karden on 02 4032 5500



Massage Space at The Place

Remedial & Relaxation Massage Therapy. 1 hour and half hour massages available. Monday to Saturday (excl. Tuesdays) To book call Kathleen on 4032 5540.



Turning Point Counselling

Valerie Milner is a fully accredited Mental Health Social Worker with over 16 years of counselling experience. Appointments are available at The Place on Wednesdays & Tuesdays. 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



Evolve Psychology

Moira Sylvia provides psychological therapy, specialising in working with teenagers with mental health issues, though accepts people of all ages desiring therapy. Appointments are available at The Place Fridays. To book call Moira on 0404 377 233.

Join our mailing list

Visit www.theplacecharlestown.org.au to sign up or call us on 02 4032 5500