

Charlestown Square, Cnr. Frederick & Pearson Sts.

A Wintery Outing for Tuesday Club

The torrential rain and icy cold was no match for our lovely Tuesday Club ladies who soldiered on despite the nasty weather. We visited the Riding for the Disabled facility in Raymond Terrace where we witnessed first hand, the amazing spirit of the fabulous staff, beautiful horses and awe-inspiring young riders.



We then made our way over to the Botanic Gardens in Heatherbrae and even though we couldn't explore the flora (without being drenched), we enjoyed a warming lunch and a few good laughs before heading back home.

Tuesday Club is a social group for senior women that provides weekly planned activities and welcomes new members at any time. Call 02 4032 5500 to enquire.



Creating a life long love of sports

We teach soccer, footy, basketball, cricket and tennis!

FOR KIDS 1 TO 5 YEARS



WHY SHOULD THE BIG KIDS HAVE ALL THE FUN?!

SESSIONS HERE NOW!

0411 800 737

enquiry@kellyminisports.com.au

WWW.KELLYMINISPORTS.COM.AU

FREE INFORMATION NIGHT

Do you live with chronic pain?

Do you want to get off the merry-go-round of constant treatments to fix the symptoms and not the cause?



Byndability
Pain Free | Perfect Life



Speaker Gary Little
Author of *Shattering the Pain Myth*

Thursday 26 July at 6pm

Saturday 28 July at 11am

The Place Charlestown

Join our mailing list

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



like us on facebook



www.facebook.com/theplacecharlestown/

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
Close 2 July, back 23 July

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 2 July, back 30 July**

I Can Cook with DSA

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

Newcastle U3A

1.30pm - 3pm weekly. Movement Class for seniors. Bookings essential, contact newcastleu3a.au@gmail.com

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 **31 July**. 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 3 July, back 24 July**

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

Tuesdays Continued...

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

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
Close 3 July, back 24 July

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 3 July, back 24 July

My Baby Basics: CPR & First Aid for Parents

Date: **31 July** 12 - 3pm
Bookings essential
Cost: \$70
Contact Sharyn on 0411 496 708
Bookings: www.mybabybasics.com.au

Wednesdays

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 4 July, back 25 July

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 July**
Contact Mary on 4924 6146

Bubbaluvs & Me

6:30pm - 8:30pm Monthly - **25 July**. Meditation circle. Contact Rebecca 0403 724 755
Contact Mary on 4924 6146

Thursdays

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

CDAH Planning Café

10am - 12:00 pm **23 August** Disability support
service Contact Jenny on 0401 388 164

Northern Settlement Services Ltd

10am - 12:30 pm **19 July** **Chinese Social Support
Group**. Contact Dongmei on 4969 3399

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 6 July, back 27 July

Be Connected Computer Training for Seniors

9am - 11am. In school term. FREE digital literacy
training for over 50's. Available by appointment.
Call Cristelle 02 4032 5500

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

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

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

Be Connected Program

The Place is an official network partner in the Be Connected program. FREE digital technology training is available on Friday mornings from 9am to 11am by appointment. The training is offered in small groups to allow personalised learning and one on one coaching. Call 02 4032 5500 to book or for further information.



Be Connected
Every Australian online.



There's never been a better
time to get online.

Your local Be Connected Centre can help you discover how
being online can add new skills and experiences to your life.

Be Connected is a FREE Australian Government initiative
helping older Australians to get the most out of going online.



Call 02 40325500 or visit us
at Cnr. Frederick & Pearson
Streets, Charlestown Square

Call 1300 795 897

Go to www.beconnected.esafety.gov.au



Teddy Bear's Picnic - Monday 9th July from 10:00 - 10:45

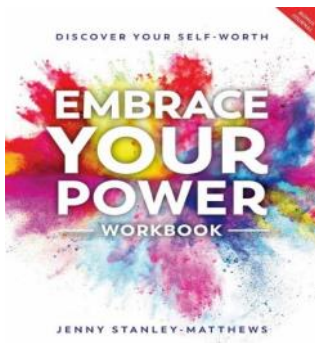
Join Julie Logan Music for a fun filled musical celebration for children aged 0-4 years. Bookings are essential by email to admin@julieloganmusic.com.au or calling 0425 227 582. Cost is \$20 with 25% off with an Entertainment Card



Kelly Mini Sports Holiday Fun—Tuesday 10th July from 9:30 - 12:30

9:30am: 1 to 2.5 years old
 10:30am: 2.5 to 3.5 years old
 11:30am: 3.5 to 5 years old

Sessions run for 45 minutes and will involve Soccer and Basketball activities, as well as Parachute games and a tug-o-war. Cost is \$15 per child and NO BOOKINGS ARE REQUIRED! Simply turn up on the day and pay cash at the door.



5 Easy Steps to Self-Worth Workshop - Friday, 13th July from 9:45am - 1pm

5 Easy Steps to Self-Worth 3 hours Workshop has been created for anyone who would like to take back their power and start moving toward their potential!

Each workshop participant will receive *Embrace Your Power Workbook and Journal* Valued at \$30 for free.
 Cost: \$50
 Booking essential: visit jennystanleymatthews.com.au or contact jennystanleymatthews@gmail.com



Camp Counselors USA - Free Information Meeting - Monday, 30 July from 6:30pm - 7:30pm

Have all your questions answered about working at a US children's summer camp next year...how to apply and why. CCUSA are the summer camp and overseas working holiday specialists.

RSVP: <https://www.ccusa.com.au/MORE-INFORMATION/CCUSA-Events>



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.