



The journey of motherhood can be a challenging one, especially for young mothers. The Place's Young Parents Play Group is a judgement free environment for young parents to share their experiences.

This Mother's Day, The Place, with the generous support of our sponsors, **Crown Wealth Group**, **Athena Dance**, **Lush**, and **Dowlings Discounts** will be hosting a **FREE** special event for our young mothers. The event will be held on 7th May at 1pm. If you would like more information about the Young Parents Group or how you can help, contact Cristelle on 4032 5500 or [programs@theplacecharlestown.org.au](mailto:programs@theplacecharlestown.org.au).



Computer classes for the young at heart are being held at The Place in May. Senior citizens find themselves in an increasingly socially isolating environment due to the fast changing and challenging area of technology and computer use in particular. Many of the services that senior citizens need to access have or are moving towards online services. Not understanding how to use a computer can and does prove to be a daunting and stressful experience for a person who is not accustomed to, nor comfortable with using a computer. At The Place, we are offering two affordable Computer classes for beginners and those who are a little computer literate. These classes are very popular so call us on 4032 5500 to get onto the waiting list for our next round.



### Free Event at The Place

Please join us to celebrate 35 years of Saha-jya Yoga Meditation in Australia. Come and enjoy an afternoon of meditation and music. Hundreds of thousands of Australians have experienced the state of 'thoughtless awareness' using the simple Sahaja Yoga meditation technique, which helps to reduce mental and emotional stress. Live traditional Indian music and world music will be performed to enhance your meditation.

Saturday, 21st May, 2:30pm - 4:30pm

Free follow up class



### How to find a better place in your family system so love and life can flow again.

This workshop is designed for anyone experiencing relationship difficulties in their family, with partners, parents, children or siblings. You will gain a deep insight into the entanglements of your family system. Family Constellation work is a deep transformational process that can be of benefit to everyone involved. Hosted by **Francine Jorda Pempelonne**, an accredited Counsellor and Family Constellations Facilitator trained both in Europe and Australia. **Three FREE workshops** will be held at The Place on the 7<sup>th</sup>, 14<sup>th</sup> & 20<sup>th</sup> May. For further information contact 0432 507 000 or email [jorda.francina@gmail.com](mailto:jorda.francina@gmail.com)

### Massage Space at The Place

Treat your Mother this Mother's Day. Gift Vouchers are available from Reception. Remedial & Relaxation Massage Therapy.

Appointments available Monday to Saturday (excl. Tuesdays).  
Hicaps & Eftpos available.  
To book call

Kathleen on 4032 5540

# 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 - 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. \$25 term 2 Contact The Place on 4032 5500

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

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

### **School of Epee**

6.10pm - 8pm weekly. Learn the sport of fencing, all equipment provided. 10yr old+, \$130 (10 week). Contact Sam on 0407 496 844 **Free try night 2 May**

[www.schoolofepee.com](http://www.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. 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

### **Pirouette Dance & Fitness**

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

### **Bricks 4 Kidz**

3:30pm-5:00pm After school sessions. 6 week course starting on 10 May. Cost \$90

Contact Brad on 0499 006 056 or visit <http://bricks4kidz.com.au/nsw-lakemacquarie/>

## Tuesdays Continued...

### **Hunter Boccia Training**

3:30pm - 6pm Contact Lucy Bates on 4954 3473 or email [hunterboccia@bigpond.com](mailto:hunterboccia@bigpond.com)

### **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

### **My Baby Basics**

31st May, 12pm - 3pm. Cost \$65pp. CPR & First Aid for Parents. Bookings essential. Phone 0402305658 or visit [www.mybabybasics.com.au](http://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 Ken on 4942 2951

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

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](mailto:info@tmpdancestudios.com.au)

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

10am - 12pm on the 3<sup>rd</sup> Wednesday of each month. Next meeting 18th May. 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

## Thursdays

### **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

## **Thursdays Continued...**

### **The Business Centre**

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

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

4pm - 7pm on the last Thursday of the month. Next class 26 May. NDIS applicable. Bookings essential, contact DSA on 1300 372 121

### **CDAH Planning Café**

10am - 12pm on the 4<sup>th</sup> Thursday of the month. Next meeting 26 May. 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 - 12 May. 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 on 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](http://www.facebook.com/YPGCharlestown)

### **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

## **Fridays Continued...**

### **Qigong for a Healthy Life **Returning 27 May****

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 Angie at Autism Spectrum Australia (ASPECT) on 0466 402 540

### **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 Angie at Autism Spectrum Australia (ASPECT) on 0466 402 540

## **Saturdays**

### **Little Kickers**

Fun, engaging soccer based classes for children.

8.30am - 9.15am (ages 2 yrs. - 3.5 yrs.)

9.30am - 10.15am (ages 2 yrs. - 3.5 yrs.)

10.30am - 11.15am (ages 3.5 yrs. - 5 yrs.)

11.30am - 12.15pm (ages 3.5 yrs. - 5 yrs.)

\$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 131 997

### **ACN Independent Business Owners**

10am-12pm Training & Business Presentations. Contact Marco for more information 0418 493 425

**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)

## Planning a Party? Host it at The Place!

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

Ph.: 4032 5500

Email: [admin@theplacecharlestown.org.au](mailto:admin@theplacecharlestown.org.au)

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 need "me" time. Bump connects young mums with an experienced mum as a mentor & hosts fortnightly workshops . May 4th, 16th & 30th from 12:30 to 2:30 For information contact [info@raise.org.au](mailto:info@raise.org.au)



MAY 28 2016 12.30-3.30PM

JOIN US FOR AN AFTERNOON OF INSPIRATION, MOTIVATION & WISDOM

HOSTED BY:



Leading experts in the Female Brain, Bree Stedman & Kim Ellis from Empowerment for Women are passionate about helping women to step into their personal power with confidence and clarity.

### YOUR FEATURE SPEAKERS

Michele Jones creator of Live Your Best Life has extensive experience with helping people to live extraordinary lives. Passionate, Dedicated, Committed and Genuine, we are excited about Michele presenting at this months ARENA.



Tara Davidson of All Better Bodies inspired by seeing others take responsibility for their health, Tara delights in supporting clients to connect with their truth, gain clarity to move forward and reclaim their life.



TICKETS ARE \$27 AND CAN BE PURCHASED AT: <http://stks.be/we-arena-may>



Come along and learn how to use Blender, an open-source 3D design application.

No experience necessary.  
Suitable for anyone over 15yrs.

## 3D Digital Art Course

Create 3D objects with creative control (*Sculpting*), then refine your mesh with some simple techniques (*Retopologizing*), then frame your mesh the way you want, with a powerful lighting setup (*Lighting*). Finally, make a rig that allows you to move your 3D object freely (*Rigging*).

Course runs May/June 2016:-  
Thursdays - 12th May, 19th May, 26th May, 2nd June, 9th June.

Time: 4.30pm - 6pm, Cost: \$100 (includes 5 lessons)

More information and booking details on our website...

Book Now!  
(limited places available)

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



### Massage Space at The Place

Remedial & Relaxation Massage Therapy. 1 hour and half hour massages available. Monday to Saturday (excl. Tuesdays) To book your 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 & Fridays. 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



### Aspect Choose and Connect Hunter

Mondays & Tuesdays - Working in partnership to achieve life goals by planning and delivering individualised programs that maximise the impact of NDIS funding.

Contact Angie Cavicchia on 0466 402 540 or

email [acavicchia@autismspectrum.org.au](mailto:acavicchia@autismspectrum.org.au)

