

Charlestown Square, Cnr. Frederick & Pearson Sts.

Gamer Collect hosts a successful pop up retro video game arcade

The retro video game arcade which ran from April 19th to 24th at The Place proved a hit with young and old. An average of 20 people per day experienced the nostalgic thrill of everything from Nintendo, Atari and Sega to the original PlayStation One. There was a selection of original videogame consoles, released between the late 1970's and the 1990's, with a mix between popular consoles and the rare items to enjoy. To find out more about Gamer Collect contact Glenn at contact@gamercollect.com



Pat Conroy - Senior 's Expo

The Place participated in the recent Senior's Expo hosted by Pat Conroy MP at the Charlestown Bowling Club. The event was a valuable opportunity for seniors to address their concerns around local issues as well as gain information and insight into the number of services available for seniors in the local area.



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

Be Connected Program

The Place is an official network partner in the Be Connected program and will be offering FREE digital technology training from 1 June 2018. The program is available on Friday mornings from 9am to 11am by appointment. Call 02 4032 5500 for further information.

Communication & Assertiveness Workshop Charlestown

Do you have problems speaking up on your own behalf, find it hard to say no or are unsure how to respond to difficult people

- Develop skills to help assert yourself so that other people respect you
- Identify your communication vulnerabilities
- Develop skills to communicate respectfully

The Place Community Centre
Cnr Frederick & Pearson St's, Charlestown
(enter via Frederick St)



Tuesday 22 May
9.45am (10.00am start) to 1.00pm
Cost \$10. Morning tea provided

Register by phoning Hunter Women's Centre
4968 2511



Funded by
Hunter New England Local Health District



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

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 *Open 7 May*

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 **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

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

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

My Baby Basics: CPR & First Aid for Parents

Date: **29 May** 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

I Can Cook with DSA

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

Dementia Carer Support Group

10am - 12pm **16 May**

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

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

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



YOUNG PARENTS GROUP

**Fridays 11:45am to 2:15pm
The Place, Charlestown**

Young Parents Group is for parents in their teens and early twenties. The group provides a comfortable space for parents to meet, socialise, share information and learn.

Young Parents Group is hosted by young parents and supported by staff from The Place, The Family Action Centre, Ability Links and Lake Macquarie City Council, each facilitating a weekly activity.

The group is FREE to attend, and light refreshments are provided. Call 02 4032 5500 for information.

TERM 2

4 May – Cuppas & Connection

11 May – Tots Teeth & Gums

18 May – Sensory Boards

25 May – Mum Matters, Health & Wellbeing

1 June – Winter Art

8 June – Water Bead Windows

15 June – Parachute Fun

22 June – Pre-schoolers & Bullying – What to do?

29 June – Sensory Hands

6 July – Curious Craft





DIY Social Media: Practical Training for Small Business

7-9pm Tuesdays: 8, 15, 22 and 29 May
Bring your own laptop or iPad.

If you're brand new and just starting out or if you've been playing in the online space for a while and want to do things better, this course has been designed to equip small business owners with the social media know-how they need to control their own digital destiny.

Contact Jodie on 0403 44 11 76 or jodie@themarketingside.com.au
Bookings are essential. Full 4 week course cost is \$320 per person.

LADIES...

WHAT IF YOU COULD STOP YOUR NEGATIVE HEAD-CHATTER AND HAVE THE PEACE OF MIND YOU CRAVE?
DO YOU WANT TO GET OUT OF YOUR RUT AND BE EXCITED ABOUT THE FUTURE?
IMAGINE HAVING NO STRESS OR ANXIETY, INSTEAD FEELING CONFIDENT AND IN CONTROL!
IT'S TIME TO...

RECLAIM YOUR POWER!

Wednesday, 16 May 2018, 5:30pm to 9pm at The Place
Tickets \$47 online at <https://bit.ly/2IRWCSN>

Helen Stevenson
Jessica Klutz
Stacey Pearce

The three of us have been where you are now!
We will share our individual journeys, and teach you the FASTEST, long lasting ways to change your life, FOR GOOD.
Join us for bubbles, nibbles, lots of laughs and some life changing tools.

FIND US ON FACEBOOK

Breakfree For Women
MIND BODY
FITNESS LIFESTYLE AND PERSONAL TRAINING

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

KETOSIS IN LESS THAN 60 MINUTES

PURE THERAPEUTIC KETONES™

pruvit

MAJI PUNCH

Ketosis in Less Than 60 Minutes, Saturday, 12 May, 2-4 pm

Prüvit Ventures, Inc. (Prüvit) was founded with a very simple philosophy. Make. People. Better. Based on this core belief, the company set out to tackle the supplement world by creating the world's first consumer based ketone supplement drink. We are primarily focused on evidence based products that help optimize your human potential.

Tickets at <https://www.eventloom.com/event/home/BetterLifeNewcastle> or contact Carly on 0423 647 085 or ketonewcastle@hotmail.com

Attention Artists

Free

Exhibition Space

Contact Karden on 4032 5500

the place
QUALITY COMMUNITY CENTRE

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

Join our mailing list

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