

## Get Online Week 15 - 21 October 2018 #try1thing

As a Network Partner in the Be Connected Program, we are excited to be involved in Australia's first Get Online Week. This is the largest digital inclusion campaign in the world where ordinary people are encouraged to take their first steps to do more online in an effort to increase the digital inclusion of all communities, especially for people over 50 years old. The Place will be hosting a FREE event for Over 50s on Wednesday, 17th October from 12:45pm to 2:30pm. Join us for a fun afternoon tea where we will be exploring the world with Google Earth and learning about everything on offer in the FREE Be Connected Program for seniors. No booking required, just turn up and enjoy the event. Call 02 4032 5500 for further information. (See the Term 4 training calendar on Pg. 3)



Looking after your health? No problem! #try1thing online like Aisha



Finding a job? No problem! #try1thing online like Carolyn



Tracking your money? No problem! #try1thing online like Edward



### SCHOOL HOLIDAY ACTIVITIES



#### BRICKS 4 KIDZ: Remote Control Mania

Our popular, engaging and super fun workshops with Lego® are the BEST holiday activity in Charlestown! We have saved our best for Charlestown with an AWESOME Remote Control Mania workshop this holiday. Kids will love getting to build and customize their own motorized vehicles.

Every participant gets to take home their very own legendary BRICKS 4 KIDZ T-shirt! Spots are limited so book soon!

When: Wednesday, 10 October from 9am to 4pm

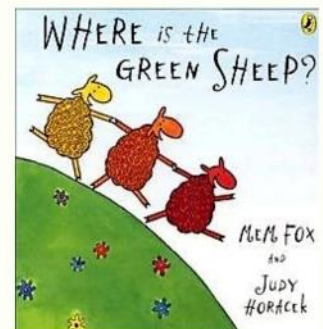
Cost: \$80 for Full Day Workshop

Bookings: <https://bricks4kidz.com.au/nsw-lakemacquarie/program-events/school-holiday-activities-newcastle/school-holiday-workshops-charlestown/>

#### HOLIDAY MUSIC

SING  
SWAY  
DANCE  
& PLAY!

0-6 yrs



THURSDAY OCT 11 - 10:00 - 10:45 AM

#### HOLIDAY MUSIC: Where's the Green Sheep

Holiday Music Fun from babies to big brothers and sisters. No prior experience needed, all welcome! Wear your favourite colour, bring your favourite farm animal, and get ready to SING, DANCE & PLAY with Julie Logan Music!

When: Thursday, 11 October from 10am to 10:45am

Cost: \$20per child (siblings up to 12 months free) Save 25% with Entertainment Book voucher or JLM Musical Parent voucher 2 for 1.

Bookings essential: visit [www.julieloganmusic.com.au](http://www.julieloganmusic.com.au) or call 0425 227 582

#### Join our mailing list

Visit [www.theplacecharlestown.org.au](http://www.theplacecharlestown.org.au) to sign up or call us on 02 4032 5500



[www.facebook.com/theplacecharlestown/](https://www.facebook.com/theplacecharlestown/)

# What's On: Regular Activities at The Place

**\*\*CLOSED 1 OCT LABOUR DAY**

## 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. 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  
11:30am - 12:15pm  
Babies: \$136/term Toddlers: \$169/term.  
Discounts for siblings. Contact Julie on 4963 2026  
**Term 4 starts 15 Oct**

### **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 4 Contact The Place on 4032 5500 **Term 4 starts 15 Oct**

### **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. School terms only. Bookings essential, contact [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) **Term 4 starts 15 Oct**

## Tuesdays

### **Eastlakes U3A - Balance & Bones**

8:15am - 9:15am Weekly in school term. For enquiries & info visit [www.eastlakes.u3anet.org.au](http://www.eastlakes.u3anet.org.au)  
**Term 4 starts 16 Oct**

### **Eastlakes U3A - Movie Club**

9:00am- 12:00pm on **30 October**. For enquiries & info visit [www.eastlakes.u3anet.org.au](http://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 **Term 4 starts 16 Oct**

### **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](mailto: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](mailto: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 **Term 4 Starts 16 Oct**  
[info@tmpdancestudios.com.au](mailto: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  
**Term 4 starts 16 Oct**

### **My Baby Basics: CPR & First Aid for Parents**

Date: **30 October** 12 - 3pm  
Bookings essential  
Cost: \$70  
Contact Sharyn on 0411 496 708  
**Bookings:** [www.mybabybasics.com.au](http://www.mybabybasics.com.au)

## Wednesdays

### **Dementia Carer Support Group**

10am - 12pm **17 October**  
Contact Mary on 4924 6146

### **Bubbaluvs & Me**

6:30pm - 8:30pm Monthly - **31 October** Meditation circle. Contact Rebecca 0403 724 755

### **Be Connected Computer Training for Seniors**

12:45pm to 2:15pm. **17 October to 28 November**. FREE digital literacy training for over 50's. Available by appointment only. Call Cristelle 02 4032 5500

## 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 **25 October** Disability support  
service Contact Jenny on 0401 388 164

### Northern Settlement Services Ltd

10am - 12:30 pm **18 October 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

**Term 4 starts 18 Oct**

### 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

**Term 4 starts 18 Oct**

### 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](http://www.facebook.com/YPGCharlestown)

**Term 4 starts 19 October**

### 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

## 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

## Sundays

### Kelly Mini Sports

9:30am - 11:00am Sports classes for 1 to 5 years  
old. Soccer, footy, basketball, cricket and tennis for  
little kids. Contact 0411 800 737 or  
[enquiry@kellyminisports.com.au](mailto:enquiry@kellyminisports.com.au) or visit  
[www.kellyminisports.com.au](http://www.kellyminisports.com.au) for further information

## Be Connected Program

Wednesdays 17 October to 28 November

The Place is an official network partner in the Be  
Connected program. **FREE** digital technology training is  
available on Wednesdays from 12:45pm to 2:15pm 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.**

**FREE LESSONS AT THE PLACE FOR OVER 50s**

**WEDNESDAYS - 12:45 TO 2:15**

17 October - FREE Get Online Week Event - All Welcome

24 October - Using a Computer & Understanding Jargon

31 October - Using a Touchscreen

7 November - Using Email

14 November - Using Search Engines

21 November - Using the Internet

28 November - Keeping in Touch - Skype & Facebook

Bookings required - Call 02 4032 5500

or visit our reception







## Lake Mac Child and Family Interagency

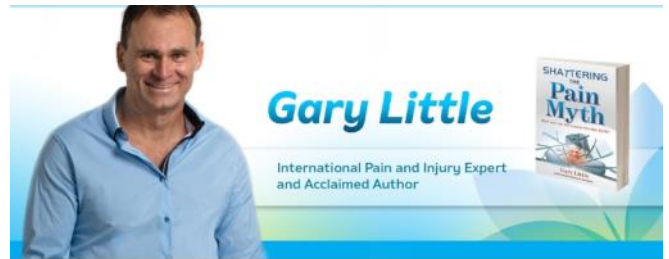
Thursday 25 October  
3.30-5.30pm | The Place,  
Charlestown Community Centre  
Frederick Street, Charlestown

### Is your service open to everyone?

This interagency will hear from three different guest speakers who will all provide insights and thoughts on how to ensure your service is open to everyone in the community. Specifically, we will explore how well our services engage people with a disability, families who are culturally and linguistically diverse and Aboriginal Families.

Light refreshments provided.

RSVP: 02 4921 0373  
[childandfamily.eventbrite.com.au](http://childandfamily.eventbrite.com.au)



**Gary Little**

International Pain and Injury Expert  
and Acclaimed Author



FREE INFORMATION NIGHT  
PAIN FREE PERFECT LIFE

## DO YOU LIVE WITH CHRONIC PAIN?

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

Join Gary Little

Date: Thursday, 18 October 2018

Time: 5:45pm - 7:45pm

Venue: The Place Charlestown

Contact Gary on 04333 96904



Menopause and Perimenopause—ALL YOU NEED TO KNOW

A FREE Event - Wednesday, 24 October 6pm-8pm

Learn about the causes, diagnosis, types and treatment options available with Dr Mrs. Sneha Joshi

Tickets available at Eventbrite -

<https://www.eventbrite.com.au/e/menopause-perimenopause-all-you-need-to-know-tickets-47049410052?aff=efeventtix>



### 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.