



**the place**  
CHARLESTOWN  
COMMUNITY CENTRE

**April 2026**

[www.theplacecharlestown.org.au](http://www.theplacecharlestown.org.au)  
[programs@theplacecharlestown.org.au](mailto:programs@theplacecharlestown.org.au)  
Tel: (02) 4032 5500



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

Charlestown Square, Cnr. Frederick & Pearson Sts.



**CELEBRATING**  
**15 YEARS**  
**OF BELONGING**  
**WITH OUR COMMUNITY**

**FRIDAY**  
**1**  
**MAY**  
**2PM - 4:30PM**  
**THE PLACE:**  
**CHARLESTOWN**  
**COMMUNITY**  
**CENTRE**

Join us to celebrate 15 years of community, connection and impact at The Place!

Experience our story through a photo exhibition & enjoy food, music, entertainment & a special recognition event.

**All welcome!**

**RSVP P: (02) 4032 5500**

**E: [programs@theplacecharlestown.org.au](mailto:programs@theplacecharlestown.org.au)**



You're invited to celebrate a very special milestone for The Place as we mark 15 years of community, connection and belonging in Lake Macquarie.

To honour this journey, we're hosting a community celebration on Friday the 1st of May from 2:00 pm - 4:30 pm and everyone is welcome!

The afternoon will feature our "15 Years of Belonging" public photo exhibition, showcasing the people, programs and moments that have shaped The Place over the years. We'll also host a special community recognition event celebrating our long-standing groups and the incredible individuals who have helped shape The Place and what it is today.

Enjoy food, music, entertainment and connection as we come together to celebrate our diverse and vibrant community. Whether you've been part of The Place for years or are visiting for the first time, we'd love you to join us. This is a free event open to the whole community, however RSVPs are essential. Please RSVP via the QR code, call (02) 4032 5500 or email

[programs@theplacecharlestown.org.au](mailto:programs@theplacecharlestown.org.au).

We look forward to celebrating 15 years of impact with you!



**Simone is Walking on the Wild Side To Protect Aussie Wildlife!**

This month Simone our amazing Admin & Venue Assistant is walking 150 kms and raising vital funds for WIRES - to provide emergency rescue and care for injured, orphaned, and displaced native animals. Well done Simone! You can support Simone by donating to her page via the link below. Every donation helps and would be greatly appreciated!

<https://fundraiseforwildlife.wires.org.au/fundraisers/simoneogrady/walk-on-the-wild-side>



**Date: Saturday, 11 April 2026**  
**Time: 5pm - 7pm**  
**The Place: Charlestown Community Centre**  
**Corner Frederick and Pearson Sts**

**REGISTER YOUR SPOT NOW!**



All ages. Sensory and accessibility friendly. Themed karaoke and fantasy activities.

OR CALL (02) 4032 5500



# What's On: Regular Activities at The Place

## Mondays

### Active Stronger Better

Fun adult exercise classes that are focused on independence, confidence, health and wellbeing. First class is complimentary. Time: 11:00am - 11:45am (Strength class, level 1-2 moderate)  
Cost: \$12/class or \$10/class concession.  
Contact Michelle: 0478 751 158

### Wild Goose Qigong

One of the historical and classic forms of *Qigong* from China. A more advanced Qigong class.  
Time: 12:30pm - 1:30pm.  
Cost: \$10 per class. Contact Adrienne: 0428 553 317  
**No classes for the month of April - returning 4/5**

### GKR Karate

Karate classes taught by passionate instructors. GKR Karate will provide you and your family with the foundations for life-long personal development and growth.

5:00pm - 5:45pm - 5-12yrs (Kids)

6:00pm - 7:00pm - Adults & Families

Free Trial available. Contact Cherie: 0421 555 462

[cfnelon@gkrkarate.com](mailto:cfnelon@gkrkarate.com)

[www.gkrkarate.com/locations/listing/gkr-karate-charlestown/](http://www.gkrkarate.com/locations/listing/gkr-karate-charlestown/)

### Place Based Abilities Program (Ages 17 - 25)

Join our **FREE** weekly social engagement program for neurodivergent youth. No NDIS funding required - this inclusive program is open to all neurodivergent young people, regardless of NDIS eligibility. We welcome participants of all gender identities and expressions. Build social skills and confidence in a supportive environment. Family members, guardians, or support workers are welcome as needed. Time: 4:30pm - 7:30pm  
Contact The Place (02) 4032 5500

[youthprograms1@theplacecharlestown.org.au](mailto:youthprograms1@theplacecharlestown.org.au)

**Returning 20/4**

### Sahaja Yoga Meditation

Use the Sahaja Yoga meditation technique to bring about a state of thoughtless awareness, quieten your mind and connect to your inner self. Classes run during school terms. No booking required.

Time: 7:30pm - 8:45pm. Cost: **FREE.**

Contact Marilyn: 0419 466 120

**Returning 20/4**

## Tuesdays

### Charlestown Square Tuesday Club: Inclusive Connections

A weekly social morning with fun activities, guest speakers and entertainment for ALL seniors. Morning tea and all activities included.

Time: 9:30am - 12:00pm Cost: \$7 per visit (first visit free!). Contact The Place: 4032 5500

**Returning 21/4**

### Dance For Fun Newcastle

Fun and dynamic commercial and contemporary dance classes for adults.

5:15pm - 6:00pm - DFF Kids - Jazz/Contemporary

6:00pm - 7:00pm - Commercial 1 (Beginners)

7:00pm - 8:00pm - Open Contemporary

Numbers limited. Book your class at

[www.danceforfunnewcastle.com.au](http://www.danceforfunnewcastle.com.au)

or email: [danceforfunnewcastle@gmail.com](mailto:danceforfunnewcastle@gmail.com)

**Returning 21/4**

## Wednesdays

### Yoga Queens

Yoga classes focusing on mind, body and spirit for all ages. These classes offer full modifications to suit each individual, always with a breath focus and with meditations in every class. Time: 9:30am - 10:30am.

Contact Kym: 0410 545 502

### Dance For Fun Newcastle

6:00 - 7:00pm \*Rotational\* Hip-Hop/Broadway/Heels

7:00 - 8:00pm Commercial 2 (Intermediate/Advanced)

Book your class at [www.danceforfunnewcastle.com.au](http://www.danceforfunnewcastle.com.au)

or email: [danceforfunnewcastle@gmail.com](mailto:danceforfunnewcastle@gmail.com)

**Returning 22/4**

## Thursdays

### Miracle Babies NurtureGroup

A **FREE** play and support group, offering a safe and secure environment for families and children who have been impacted by a premature or sick birth with time in a neonatal unit (or who have a prenatal anomaly, injury or condition diagnosed in the first 5 years of life resulting in ongoing medical challenges). Meet NurtureGroup Support Worker, Mackenzie, who understands the neonatal journey firsthand, as well as other families walking a similar path - while your children play and connect. Includes morning tea.

Fortnightly on Thursdays - **2nd, 16th & 30th of April**  
Time: 10:00am - 12:00 pm

Contact: 1300 622 243 or (02) 9724 8999 or email

[services@miraclebabies.org.au](mailto:services@miraclebabies.org.au)

## Thursdays Cont.

### Lake Macquarie Interagency

**2nd April 2026, 9:30am - 11:30am**

Hear from guest speakers and enjoy sector updates, morning tea and networking. For more information visit: <https://www.lakemac.com.au/Community/Directory/Lake-Macquarie-Interagency>

Contact Brittany: [bszlezak@lakemac.nsw.gov.au](mailto:bszlezak@lakemac.nsw.gov.au)

### Little Kickers

Fun, engaging soccer-based classes for children.

10:30am - 11:15am (2.5 years - 3.5 years)

11:30am - 12:15pm (3.5 years - 5 years)

\$99 for 6 classes + one-time membership fee of \$55 that includes a uniform. Contact Adam: 0425 367 253

### Place Based Abilities Program (Ages 10 - 16)

Join our **FREE** weekly social engagement program for neurodivergent youth. No NDIS funding required—this inclusive program is open to all neurodivergent young people, regardless of NDIS eligibility. We welcome participants of all gender identities and expressions. Build social skills and confidence in a supportive environment. Family members, guardians, or support workers are welcome as needed. Time: 4pm - 7pm  
Contact: The Place 02 4032 5500

[youthprograms1@theplacecharlestown.org.au](mailto:youthprograms1@theplacecharlestown.org.au)

Returning 23/4

## Fridays

### Bluegum Qigong

Based on Tai Chi for Arthritis and Medical Qigong. Beginners class, all welcome. Gentle class for all abilities. Times: Beginners: 9:15am -10:15am  
Advanced: 10:30am -11:30am Cost: \$10 per class.  
Phone Adrienne: 0428 553 317

### Active Stronger Better

Fun adult exercise classes that are focused on independence, confidence, health and wellbeing. First class is complimentary. Cost: \$12/class or \$10/class concession.  
9:30am -10:15am: Level 1 beginners - moderate  
10:30am -11:15am: Level 2 moderate - challenging  
Phone Deb on 0410 098 747

## Saturdays

### First Love Church Youth Group

A vibrant, welcoming and charismatic youth group.  
5:00pm - 6:00pm. Info and enquiries:  
[jackienoble36@gmail.com](mailto:jackienoble36@gmail.com)

## Sundays

### Southern Cross Vineyard Church

A place where we are learning to personally receive and experience God's love, and to extend that love to the community in which we live. 10:30am - 12:00pm.

Info and enquiries: 0413 360 829.

[www.southerncrossvineyard.org.au](http://www.southerncrossvineyard.org.au)

No service on the 12th & 19th of April

### Pentecostal Missionary Church of Christ

From powerful worship to global missions, the Pentecostal Missionary Church of Christ continues to spread the message of salvation. Discover a spiritual connection through faith, service, and the apostolic ministry. 10am - 1pm. Contact Margaret 0449 618 184



## Friendship on a Plate Cooking Group

for families with children

Join our friendly group and learn easy, cheap and tasty meals for the whole family.

All ingredients supplied.

No cooking experience necessary.

Childcare provided

Held Wednesdays for 6 weeks

20<sup>th</sup> May - 24<sup>th</sup> June 2026

10am-2pm

**FREE**

Held at: The Place, Charlestown Community Centre, Frederick St - under Charlestown Square

Facilitated by Home-Start Family Services

To find out more, call or text Val on

0414547781



The Place will be  
**Closed**

Friday 3<sup>rd</sup> April - Good Friday

Monday 6<sup>th</sup> April - Easter Monday

Monday 27<sup>th</sup> April - Public Holiday  
For ANZAC Day

Thank you for your understanding



## Miracle Babies NurtureGroup

**Date: Thursdays fortnightly (from 2nd April 2026)**

**Time: 10:00 - 12:00 pm**

**Cost: FREE**

Miracle Babies Foundation is Australia's leading not for profit organisation working to improve, support and enhance all lives impacted by a premature or sick birth. Miracle Babies NurtureGroup is a free play and support group, offering a safe environment for families and children who have been impacted by a premature or sick birth with time in a neonatal unit (or who have a prenatal anomaly, injury or condition diagnosed in the first 5 years of life resulting in ongoing medical challenges). NurtureGroup Support Worker Mackenzie understands the neonatal journey firsthand, and connect with other families walking a similar path, while your children play. A variety of toys are provided to assist developmental play as well as morning tea. For more information and to register visit: <https://www.miraclebabies.org.au/event-rsvp.php?intid=37> or contact: 1300 622 243.



## Tantrum School Holiday Drama Camp

**Date: Thursday 16th April 2026**

**Time: 9:00 am - 3:30 pm (early drop off from 8:30 am)**

**Cost: \$95 per person**

Leap off the storybook page and into the drama room! Join Tantrum on an adventure down the rabbit hole - what topsy-turvy world will we land in? Using Alice's Adventures in Wonderland as a launchpad, participants will create characters and help heroes through Wonderland and back home. Your young artist will spend the day playing and collaborating to create an original story, through performance, props, and costumes. This drama camp is suitable for children aged 5-10 years. Parents and caregivers please join the group for a presentation at 3pm.



Learn more and register here: <https://www.tantrum.org.au/workshops/school-holiday-drama-workshop/> or call (02) 4929 7279.

## AI - What, How & Why? A FREE Workshop For Over 50's

**Date: Thursday 23rd April 2026**

**Time: 10:30 am - 1:30 pm**

**Cost: FREE!**

Curious about Artificial Intelligence (AI) and how it can help you in your everyday life? Join us for a friendly workshop created especially for over 50's. This session will cover what AI really is and show you simple, practical and fun ways you can use it in daily life! We'll also provide key tips for using AI safely. Please bring your own device if you have one (phone, tablet or laptop). If you don't have a device don't worry - we have devices available for you to use. A light lunch and refreshments will be provided. Registrations are essential - limited spaces available! Get your FREE Eventbrite ticket: <https://www.eventbrite.com.au/e/1985559730604> or call The Place on (02) 4032 5500.



**TANTRUM**



### Tantrum Youth Arts

As a not-for-profit co-operative and registered charity, for 50 years Tantrum has invested deeply in young artists, providing creative and performance opportunities for children and young adults.

For more information visit: <https://www.tantrum.org.au/>

Contact: (02) 4929 7279 or [info@tantrum.org.au](mailto:info@tantrum.org.au)

### 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: fortnightly on Wednesdays.

To book call Valerie on 0406 047 800

Join Our Mailing List

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