



Tuesday Club Inclusive Connections - Friendship, Fun & Belonging

Looking for a welcoming place to connect with others, try something new and enjoy a fun morning out? Tuesday Club Inclusive Connections is a vibrant social group for seniors where everyone is welcome.

Each week offers something different, with a varied program designed to keep you active, engaged and connected. From wellness and wellbeing activities to creative workshops, games, guest speakers, live performances and cultural experiences, there's always something to look forward to.

Recently members have enjoyed a hands-on Aboriginal Dot Art Workshop, celebrated Indonesian culture during a special cultural appreciation day, and relaxed with a gentle chair Qigong session led by the wonderful Adrienne Roberts. Every session provides opportunities to learn, laugh, make new friends and enjoy meaningful conversations in a warm and supportive environment.

Your first visit is FREE, and every session includes a delicious morning tea. Whether you come on your own or bring a friend, you'll be welcomed with a smile. To see what's coming up next, check out the Term 3 Tuesday Club calendar on the following pages or call The Place on (02) 4032 5500 to find out more.



FREE Gentle Beginner Pilates Classes for you!

We're excited to welcome Pilax Pilates to The Place with a **FREE** series of Gentle Beginner Pilates classes starting in August.

Perfect for beginners or anyone looking for a slower, more supportive approach to exercise, these welcoming classes focus on gentle core strengthening, stretching and relaxation in a comfortable environment. There's no pressure to keep up and participants are encouraged to move at their own pace (you're even welcome to stay for just part of the session if that's what feels right).

Classes run on **Thursdays from 6:10pm–6:50pm, 6th of August to 24th of September**, and are **FREE** with no bookings required. Simply bring a mat (if you have one), a water bottle, a warm blanket and wear comfortable clothing.

For more information, visit www.pilaxpilates.com.au/about-in-person or contact Tania on 0483 844 599.



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

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

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

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

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

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

or email: danceforfunnewcastle@gmail.com

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

or email: danceforfunnewcastle@gmail.com

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 - **6th & 20th August**
Time: 10:00am - 12:00 pm
Contact: 1300 622 243 or (02) 9724 8999 or email services@miraclebabies.org.au

Thursdays Cont.

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

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

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
No service on 16th of August

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

Charlestown Square TUESDAY CLUB: INCLUSIVE CONNECTIONS

A warm, inclusive space for ALL seniors in Lake Macquarie/ Newcastle

The Place Charlestown
Tuesdays, 9:30am - 12pm
Cost: \$7 per week
Refreshments and activities included

TERM 3 ACTIVITIES

- 21 July Gentle Exercise: Chair Qigong with Adrienne Roberts
- 28 July Seniors Olympics
- 4 Aug Winter Movie Matinee: Golden Era of Hollywood - Marx Brothers
- 11 Aug Changes to MyAged Care with Kathy Lewis from Novacare
- 18 Aug Craft Day: Button Art Workshop
- 25 Aug U3A - University of Third Life Presentation
- 1 Sept Teacup Garden Workshop, Plant Swap & Spring Hats Day
- 8 Sept UoN Choirs: The Brainwaves and The Unforgettables
- 15 Sept Tuesday Club' got talent!- Showcasing members' talents and hobbies
- 22 Sept Cultural Appreciation Day: Ukraine

Charlestown Square
by The SPT Group

the place
CHARLESTOWN
COMMUNITY CENTRE



We're incredibly proud to share that The Place has been named a Finalist in the 2026 Hunter Local Business Awards in the Specialised Business category! A big thank you to everyone who voted for us! Your support means so much, thank you for believing in what we do.

THE YOU Lab - 9D Breathwork In-Person Group session

Date: Sunday 9th August 2026

Time: 5:00 pm - 7:00 pm

Cost: \$125.00

Reconnect with yourself through an unforgettable 9D Breathwork experience. This event is for the people who feel like there's a piece missing. This isn't a gentle session. It's a full reboot, back to your original blueprint. Clear, powerful, and unmistakably you. You'll experience intensified active breathing designed to strip back who you were told to be, and get you to who you actually are underneath it all. You will move past the ego's gatekeeping into something deeper, an ancestral kind of knowing, and unlock the stuff that's been sitting dormant in your cells. Book here: <https://www.facebook.com/events/961298746945859> or for more information email: jo@theyoulab.com.au



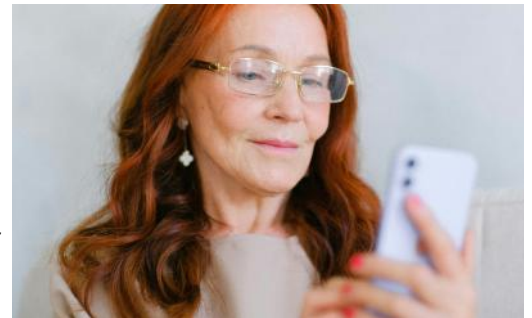
AI - What, How & Why? FREE Workshop For Over 50's

Date: Thursday 3rd September 2026

Time: 11:00 am - 2:00 pm

Cost: FREE

Curious about Artificial Intelligence but don't know where to start? Join The Place for a free, beginners workshop designed especially for over 50s. Learn the basics of AI, discover fun and practical ways to use it in everyday life, and explore how it can help with tasks like finding information, planning trips and enjoying hobbies. You'll also receive tips for using AI safely and confidently. Bring your own device or use one of ours. Light lunch and refreshments will be provided. Registrations are essential. To book your spot, call The Place on (02) 4032 5500 or email programsassistant@theplacecharlestown.org.au



Experience West African Music featuring Bangourake & Friends

Date: Friday 25th September 2026

Time: 7:00 pm - 9:00 pm

Cost: \$36.00

Immerse yourself in a memorable evening of vibrant West African music and culture at The Place on Friday 25 September. Featuring renowned griot Mohamed Bangoura "Bangourake" and talented guest musicians, this captivating performance showcases the powerful sounds of the djembe, kora (African harp), balafon (African xylophone), singing and dance. The evening will also feature a special performance by local favourites Djembe Alchemy Drumming Ensemble. Doors open at 7pm for a 7:30pm start. Bookings are essential. Get your ticket before they sell out! <https://djembealchemy.net/product/experience-west-african-music-at-the-place-in-charlestown/> For enquiries and more information email: info@djembealchemy.net



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

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 to sign up, or call us on 02 4032 5500.