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Reflecting on 2025 & Looking Ahead to a New Year!

As we reach the end of another year, I want to take a moment to reflect on all that we have achieved together. 2025 has been a year of connection, resilience, and community spirit at The Place Charlestown Community Centre. Whether you participated in a program, volunteered your time, partnered with us, or simply walked through our doors with a smile, your contribution has helped make our Centre a welcoming and vibrant space for all.

This year has also highlighted the ongoing challenges faced by many in our community. Cost-of-living pressures, social isolation, and complex life circumstances continue to impact people in different ways. Yet, despite these realities, we have witnessed incredible compassion, generosity, and strength from individuals and groups across our community.

As we enter the festive season, I encourage everyone to take the time to “fill your cup”, to rest, recharge, and spend time with those who lift you up. It’s important to look after ourselves so that we can continue to support others.

At the same time, Christmas can be a difficult period for many. There are those who may be grieving, feeling lonely, or facing financial or emotional hardship. Let’s keep these community members in our thoughts and extend kindness wherever we can. A small gesture, a smile, a conversation, a check-in, a helping hand, can make a far bigger difference than we realise.

Thank you for being part of our community this year. Your presence enriches The Place and strengthens the fabric of connection we are proud to foster. We look forward to sharing a new year filled with possibility, hope, and continued collaboration.

Wishing you a safe, peaceful, and meaningful holiday season.

Cristelle and the team at The Place



Our Gift For You! Save 15% on Venue Hire!

The Place is stepping into its 15th year and to celebrate we have a gift for you! For a limited time, we’re offering **15% off new bookings of 2 hours or more** made for dates between **January 2026 - March 2026**.

Whether you’re running a workshop, launching a new class, holding business meetings or hosting a family event, our community venue is the perfect place to bring people together. This is a great opportunity to secure a modern, welcoming and centrally located venue at an even more affordable price!

Our venue features a variety of flexible spaces designed to suit many types of events including two large halls, two smaller rooms and a fully equipped commercial kitchen. We offer modern facilities and every room includes audio visual equipment, Wi-Fi, quality furniture and options for after-hours and weekend bookings.

This special offer is available for **new bookings only** for event dates between January 2026 - March 2026. Speak to our friendly staff to find out more, make a booking or arrange a tour. Call us on **(02) 4032 5500** or email admin@theplacecharlestown.org.au ***Ts and Cs apply***



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
Last day: 8/12/25 | Returning: 19/1/26

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
Last day: 8/12/25 | Returning: 2/2/26

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/

Last day: 22/12/25 | Returning: 12/1/26

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

Last day: 15/12/25 | Returning: 2/2/26

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

Last day: 8/12/25 | Returning: 2/2/26

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: \$6 per visit (first visit free!). Contact The Place: 4032 5500

Last day: 16/12/25 | Returning: 27/1/26

Dance For Fun Newcastle

Fun and dynamic commercial and contemporary dance classes for adults.

5:15pm - 6:00pm - Open Dance 8 -12 yrs

6:00pm - 7:00pm - Commercial 1

7:00pm - 8:15pm - Open Contemporary

Numbers limited, book your class at

www.danceforfunnewcastle.com.au

or phone Kahli: 0404 744 926

Last day: 9/12/25 | Returning: 27/1/26

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

Returning: 4/2/26

Dance For Fun Newcastle

6:00 - 7:00pm Broadway Jazz / Hip Hop

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

Book your class at www.danceforfunnewcastle.com.au

or phone Kahli: 0404 744 926

Last day: 10/12/25 | Returning: 28/1/26

Thursdays

Lake Macquarie & Newcastle Combined Interagency

5th February 2026, 9:30 am - 11:30 am

Contact Brittany: 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

Last day: 18/12/25 | Returning: 15/1/26.

Holiday Closure: 24th Dec 2025 to 5th Jan 2026

Thursdays Cont.

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
Last day: 18/12/25 | Returning: 29/1/26

Tai Chi Chaun

Learn the beautiful and rare Hun Yuan Tai Chi for improving your health and fitness, peace and harmony. Taught by Master teacher Brad Thompson who brings 45 years of experience in Chinese internal health and martial arts. Wear loose, comfortable clothing, bring a mat or towel. Cost: \$165.00 (10 week term) Time: 6:00pm - 7:30 pm Contact: Brad 0413 730 102 or eternalbrad@optusnet.com.au
Starting: Thursday 29/1/2026

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
Last day: 5/12/25 *combined class 10:00am - 11:30am*
Returning: 23/1/26

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
Last day: 12/12/25 | Returning: 23/1/26

Hillsong Australia Youth Group

A movement of everyday young people living for the cause of Jesus Christ. Fun, positive gatherings on Friday nights. 7:00pm - 9:00pm. Contact 1300 535 353
Last day: 19/12/25 | Returning: 6/2/26

Saturdays

First Love Church Youth Group

A vibrant, welcoming and charismatic youth group.
5:00pm - 6:00pm. Info and enquiries:
jackienoble36@gmail.com
Last day: 20/12/25 | Returning: 10/1/26

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
Last day: 21/12/25 | Returning: 8/2/26

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
Last day: 21/12/25 | Returning: 4/1/26

The Place will be taking a break over Christmas and will be closed from the 24th of Dec 2025 to the 5th of Jan 2026
We look forward to seeing you in the new year!

International Day Of People With a Disability

Wednesday 3rd of December
The Place - Charlestown 11am - 2pm
Music, guest speakers &
free BBQ!





Questacon STEM Network: Hunter Region Educator Meetups

Date: Thursday 4th December 2025

Time: 5:00 pm - 6:30 pm

Cost: FREE

Are you a Hunter Region STEM educator with an interest in building your professional connections? Join the launch of the Hunter Region STEM Network! Connect with other educators and build your professional networks, engage in hands-on STEM activities, and discuss classroom implementation, gain insights into high quality STEM resources and programs, access Q.Ed Community, Questacon's Education Community of Practice.

Refreshments provided. For more information contact: teachers@questacon.edu.au

Registrations are essential visit: <https://bit.ly/QRLrego>

Digital Sisters - Celebration of Migrant Women For International Migrants Day!

Date: Friday 12th December 2025

Time: 12:30 pm - 2:30 pm

Cost: FREE

This December we are celebrating migrant women and showcasing the connections built through our Digital Sisters Program in recognition of International Migrants Day. Join us for a vibrant celebration where we shine a special spotlight on the incredible contributions, stories, and strength of migrant women in our community.



Enjoy cultural performances, delicious food, interactive digital activities and learn about our Digital Sisters Program which supports and empowers women by building digital skills and confidence. Everyone is welcome! Registrations are essential - scan the QR code or contact us on (02) 4032 5500.



Live in Flow Meditation, Breath & Sound Healing Workshops - Foundations & Advanced

Date: Saturday 13th December 2025

**Times: Foundations session: 9:30 am - 1:30 pm
& Advanced session: 2:30 pm - 6:30 pm**

Cost: \$209 for one session or \$399 for full day

Join Live in Flow for this one-day experience - a chance to reconnect with the paths that matter most to you! Choose one session or embrace both for a deeper, more transformative journey. The Foundations session is designed to clear mental fog, restore balance, and ignite your inner spark through breathwork, meditation, and sound healing. The Advanced session will take you even deeper, offering chakra clearing, advanced sound healing, and group energy work, guiding you toward profound energetic shifts.

Find out more and book your spot at: <https://www.liveinflow.com.au/newcastle-meditation-step2>

Or contact: contact@liveinflow.co



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.