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www.facebook.com/theplacecharlestown

Book The Venue That Contributes to Community Impact

What makes a great venue?

According to our 5-star reviews, it's more than just quality facilities and a convenient location. It's the experience, the support, and the confidence that your event is in good hands.

At The Place, we provide professional, flexible spaces for meetings, workshops, training sessions, community events and corporate functions. Our team works closely with organisers to ensure every event runs smoothly from start to finish.

What makes us different is that every booking creates impact beyond the room itself. As a Social Enterprise, venue hire at The Place helps fund local community programs that reduce social isolation, build skills, strengthen connections and create opportunities for people across our region.

So when you're planning your next meeting, workshop, training day or event, consider a venue that delivers value for you or your organisation while supporting meaningful outcomes in the community.

Contact us today to book a tour or find out more. Call (02) 4032 5500 or email: admin@theplacecharlestown.org.au



GOOGLE REVIEW



A warm community space which exudes positive vibes every time I have been there. Staff members are professional and friendly. Halls are very well equipped and maintained. It's so central located within the Charlestown Square precinct hence loads of parking spaces too. Highly recommend this space for any of your events :)



MEET WITH PURPOSE. CREATE IMPACT.

CAN YOU HELP?

We are in need of some
non-perishable items for our
Kindness Cupboard

All donations are greatly appreciated
but we especially need:



- Ring pull cans of meals, meats & soups
- Microwave rice & pasta
- Noodle cups
- Long life milk
- Tea & Coffee

Thank you

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

Dates: Thursday 16th of July OR Thursday 30th July 2026

Time: 10:00 am - 12:00 pm

Location: Sugarvalley Neighbourhood Centre,
65 Carrington St, West Wallsend

We're taking our beginners AI workshops for over 50's to Sugarvalley Neighbourhood Centre! Learn what AI is, how it works, and how it can help with everyday tasks such as finding information, planning activities or trips, exploring hobbies and using technology safely.

Bring your own device or use one of ours. A light lunch and refreshments are included. Book via the QR code or contact us on (02) 4032 5500 for more information.



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 class on 13th July

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

Returns after school holidays on 20th July

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

Returns after school holidays on 20th July

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

Returns after school holidays on 21st July

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

Returns after school holidays on 21st July

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

Returns after school holidays on 22nd July

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 - **9th & 23rd of July**

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

Returns after school holidays on 23rd July

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

One service this month on Sunday 26th July only

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



Attention Parents: Looking For An Activity That Builds Confidence?

Mighty Maxx Martial Arts are bringing their kids classes to The Place!

Starting on the 31st of July on Fridays at 4pm

these classes are a fun and exciting way to grow your child's confidence and focus. Start your child's martial arts journey with:

- * 5 classes + uniform
- * Small class sizes
- * Only \$49
- * Money back guarantee

For ages 4 - 12, beginners welcome!

Find out more: <https://www.maxxmartialarts.com/>
or contact: 0437 812 391.

The Wise Club Presents: Simple Cooking Skills

Date: Thursday 16th July 2026

Time: 1:00 pm - 2:30 pm

Cost: FREE!

Celebrate Human Experience Week 2026 with a FREE 'Simple Cooking Skills' session, delivered as part of the Wise Club Project, a consumer-led initiative of Lake Macquarie Mental Health Service. The Wise Club creates meaningful opportunities for people with lived experience to share their knowledge and skills in a supportive group and community setting. In this hands-on session, you'll learn how to prepare a delicious Thai Red Curry Chicken while connecting with others in a welcoming environment. For participants aged 18+. Bookings are essential, with limited places available. RSVP via text to 0408 164 845.



Frequency Awakening — In Person Experience

Date: Sunday 26th July 2026

Time: 1:30 pm - 4:30 pm

Cost: FREE!

This experience is designed for those who are ready to explore supportive, non-invasive ways to enhance their wellbeing. A clear, grounded introduction to frequency-based wellness will be provided, covering: the history of PEMF, what PEMF (Pulsed Electromagnetic Field) technology is, what Terahertz frequency is and how it's used in wellness settings, how frequency interacts with the body's natural systems, and why this modality is gaining attention in modern integrative health conversations. This session is designed to be easy to understand, practical, and informative -no prior knowledge is needed. Guests will receive a goodie bag and lucky door prizes are up for grabs. Find out more and get your free ticket: <https://events.humanitix.com/frequency-awakening-july26th>



The Energy Reset

Date: Saturday 1st August 2026

Time: 2:00 pm - 4:00 pm

Cost: \$47.00

Feeling tired, overwhelmed or like you've lost your spark? Join Jenny from *Love The Way You Live* for **The Energy Reset** – a fun, interactive and supportive experience designed to help women slow down, reconnect and recharge.

Ready to relax, connect and have fun.

The Energy Reset

Saturday, 1st August 2026
2.00pm - 4.00pm
The Place, Charlestown
\$47.00

Building Community
Connecting Women

Perfect for overwhelmed & exhausted women ready to get their energy back in their Home | Lifestyle | Mindset



Discover simple, practical ways to reduce overwhelm, refresh your home, improve your mindset and boost your energy. The session also includes seated breathwork and an engaging exploration of the power of energy and colour. Spaces are limited to keep the experience relaxed and personal, so book your spot today! Find out more via the QR code or on Humanitix: <https://events.humanitix.com/the-energy-reset-event>

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.



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.