



Manga & Miso - FREE All Ages Anime Event!

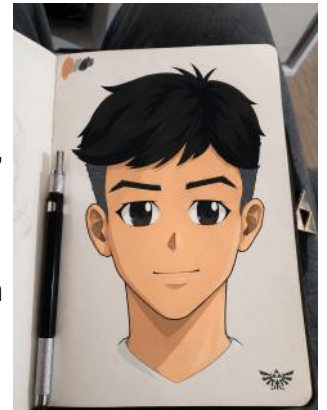
Calling all manga and anime fans, aspiring artists, and noodle lovers! Join us on **Saturday 27 June from 5:00 pm – 8:00 pm** for Manga & Miso, a FREE, all-ages, accessibility-friendly community event.

Dive into the world of manga with a fun, beginner-friendly drawing workshop led by Newcastle artist Ryan Boorer from AMS Art Studio. Learn how to create your own anime-style characters, master expressive faces, and pick up key manga drawing techniques.

After the workshop, relax in our Ramen Café with delicious noodles or sushi, strike a pose in the anime-themed photoshoot room, and enjoy a range of exciting side activities throughout the evening.

Whether you're a beginner, anime enthusiast or just curious to give manga drawing a go, there's something for everyone!

This FREE community event is proudly brought to you by the Place Based Abilities Program. Spaces are limited and registrations are essential. To register call The Place on (02) 4032 5500 or email youthprograms1@theplacecharlestown.org.au



Vote For Us in the Hunter Local Business Awards!

We're honoured to be part of such a wonderful community, and we'd love your support by voting for us in the Hunter Local Business Awards.

As a not-for profit community facility and social enterprise we're proud to be nominated under the category 'Specialised Business.'

This award is important to us because it is decided by YOU! Voting is quick and easy — simply cast your vote and then confirm it through the email sent to your inbox, to make it count.

Every vote means so much to our team and helps recognise the impact of community spaces like The Place. Thank you for your ongoing support!

Scan the QR code or vote here: <https://thebusinessawards.com.au/37443/the-place-charlestown>

VOTE FOR US



The Place -
Charlestown

Scan the QR Code to cast your vote!
www.thebusinessawards.com.au

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 - **11th & 25th of June**

Time: 10:00am - 12:00 pm

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

services@miraclebabies.org.au

Thursdays Cont.

Lake Macquarie Interagency

4th June 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

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 the 14th of June

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

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
- Long life milk
- Cereal
- Tea & Coffee

Thank you



The Place will be
Closed on
Monday 8th June 2026
For the Public Holiday

Thank you for your understanding

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

The Place is excited to be taking our FREE AI Workshops for over 50's to other community spaces in Lake Macquarie and Newcastle!

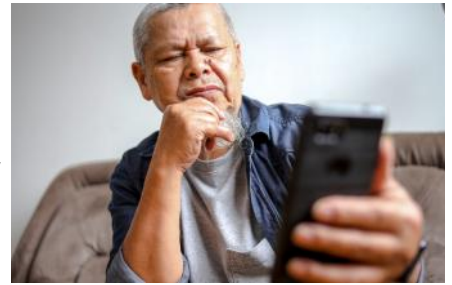
In June we're running two sessions that will cover what AI really is and show you simple, practical and fun ways you can use it in daily life. A light lunch and refreshments will also be provided.

See the locations and dates/times below:

Edgeworth Neighbourhood Centre - Wed 17th June, 10:00 am - 12:00 pm

Bonnells Bay Youth & Community Centre - Thurs 25th June, 10:30 am - 1:30 pm

Please note the content for both workshops will be the same. To register and view a list of all sessions available for 2026, scan the QR code or call The Place on (02) 4032 5500.



Permission to Play —Tantrum Youth Arts' Mid Year Showcase

Date: Saturday 20th June 2026

Time: 2:00 pm - 4:00 pm

Cost: \$20 per person (under 3s free on laps)

Permission To Play, is unlike any performance showcase you have experienced! The young people of Tantrum will present brand new short plays and will be granting the audience permission to join in the fun beyond the rows of seats. From sharing lines of dialogue to helping with costume choices in the moment, prepare yourself to contribute to this shared experience of play! BYO sense of humour and playful spirit!

The profits from ticket sales go towards vital arts access for young people.

Find out more and get your ticket via Humanitix: <https://events.humanitix.com/p2p>

TANTRUM

Frequency Awakening — In Person Experience

Date: Sunday 28th June

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 via Humanitix: <https://events.humanitix.com/frequency-awakening>



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.