



TUESDAY CLUB: INCLUSIVE  
CONNECTIONS PRESENTS A

## FREE International Women's Day Celebration

JOIN US FOR A SPECIAL  
MORNING OF INSPIRATION AND  
CONNECTION

HEAR POWERFUL STORIES OF  
LEADERSHIP, RESILIENCE AND  
WOMEN'S EMPOWERMENT  
FOLLOWED BY A FACILITATED  
Q&A

10th March 2026

9.30am - 12pm

THE PLACE  
CHARLESTOWN  
COMMUNITY CENTRE

Cnr. Frederick and  
Pearson Sts, Charlestown  
Light Morning Tea  
Provided

**ALL WELCOME!**  
**BOOKINGS ESSENTIAL**

Please contact us on  
(02) 4032 5500



### SHERON STEWARD

Purpose-driven leader and  
community advocate  
working across  
government & community.

### CAPTAIN JEANINE DRUMMOND

Chair, Australian Maritime  
Safety Authority and  
maritime trailblazer.

## You're invited to a special International Women's Day celebration!

Celebrate the strength, leadership and stories of women in our community at our International Women's Day Celebration with Tuesday Club Inclusive Connections.

On Tuesday the 10th of March, we invite you to join us for an uplifting morning of inspiration and connection. We are proud to welcome Sheron Steward, a purpose-driven NSW Government leader passionate about empowering women and strengthening communities, and Captain Jeanine Drummond, Chair of the Australian Maritime Safety Authority and a trailblazer in the maritime industry.

Hear powerful stories of leadership, resilience and women's empowerment, followed by a facilitated Q&A.

For this special occasion, Tuesday Club Inclusive Connections is opening the doors to all and this event is free to attend. A light morning tea will also be provided.

Bookings are essential, please contact us on (02) 4032 5500, or email

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

## Good Writing Meets Great Fantasy Placed to Speak New Podcast Episode Out Now!

In the latest episode of the **Placed to Speak Podcast** participants from our Place Based Abilities Program dive into the worlds that have shaped their imaginations. Thoughtful, funny and full of imagination, this episode celebrates storytelling in all its forms. The group explores why fantasy resonates so deeply, and whether books or visual media bring stories to life best. They unpack fan art vs fan fiction, debate graphic novels vs traditional literature, and share honest takes on book-to-movie adaptations. Along the way, you'll hear personal reflections on reading journeys, creativity, and what it's like to build entire worlds in your head.



If you've ever argued that the book was better than the movie, drawn your favourite character, or disappeared into a fictional world for hours at a time, this episode is for you! Listen on Spotify here: <https://open.spotify.com/episode/5xNHIIY8mTU5THbkgHCBo3?si=yvpUDbbZTSyEXpipScoiTQ> or search Spotify for '**Placed to Speak**'.

# 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](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)

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

or email: [danceforfunnewcastle@gmail.com](mailto: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](http://www.danceforfunnewcastle.com.au)

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

## Thursdays

### 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

## 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](mailto: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  
**No class 6th or 27th March**



### 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)

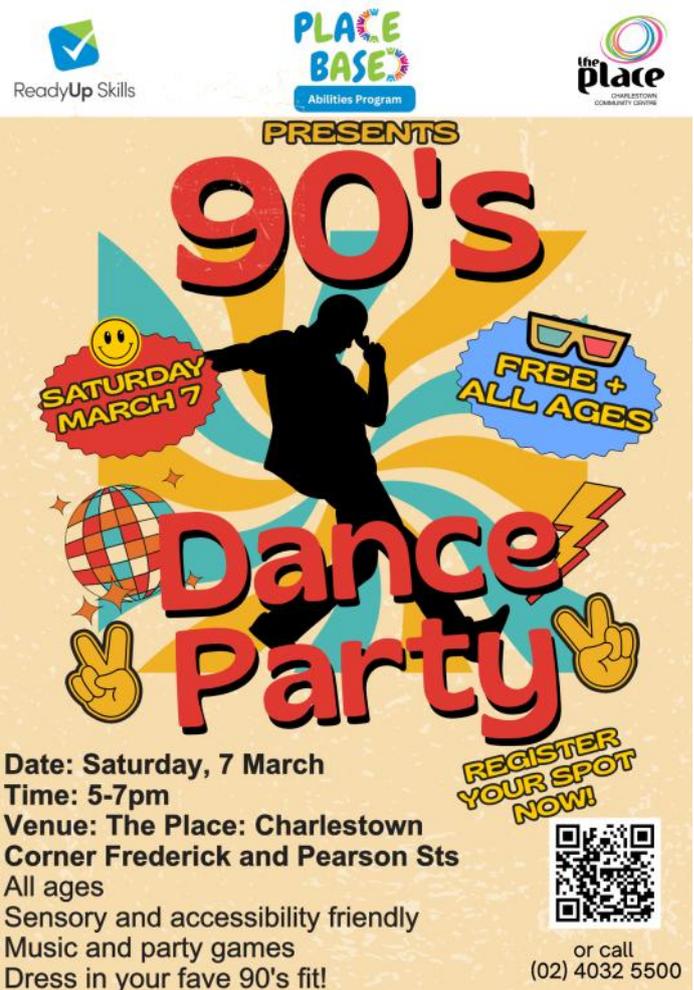
## Sundays

### 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 29th March**

### 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



ReadyUp Skills

PLACE BASE Abilities Program

the place CHARLESTOWN COMMUNITY CENTRE

PRESENTS

**90's**

SATURDAY MARCH 7

FREE + ALL AGES

**Dance Party**

REGISTER YOUR SPOT NOW!

Date: Saturday, 7 March  
Time: 5-7pm  
Venue: The Place: Charlestown  
Corner Frederick and Pearson Sts  
All ages  
Sensory and accessibility friendly  
Music and party games  
Dress in your fave 90's fit!

or call  
(02) 4032 5500



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

Thank you for your understanding

the place CHARLESTOWN COMMUNITY CENTRE

## Live in Flow Reconnected Workshop

**Date: Saturday 14th March 2026**

**Time: 10:00 am - 2:00 pm**

**Cost: \$199 (early-bird price) or \$219 (standard price)**

This one-day immersion experience is a chance to reconnect with the paths that matter most to you. Get ready for an inspiring experience with like-minded people as you're lead toward discovering new clarity about yourself and your direction moving forward. This is a Foundations Workshop, a session designed to clear mental fog, restore balance, and ignite your inner spark through breathwork, meditation, and sound healing. Find out more and book your spot via the Live in Flow website: <https://www.liveinflow.com.au/meditation-workshop-newcastle> or contact: [contact@liveinflow.co](mailto:contact@liveinflow.co)



## The Grant Writing Playbook: A Practical Masterclass

**Date: Thursday 19th March 2026**

**Time: 9:00 am - 2:30 pm**

**Cost: \$285 (if you book by the 9th March) or full price \$350**

Facilitated by Jodie Ryan from JBR Consultancy, this practical, hands-on workshop will help you develop the skills to win grants. The masterclass includes a comprehensive take-home workbook, small group learning (max 20 participants) and morning tea and lunch. Seats are limited, book your spot today!

Contact Jodie on 0400 466 816 or email [jodie@JBRConsultancy.com.au](mailto:jodie@JBRConsultancy.com.au)

## Discover Zonta!

**Date: Sunday 22nd March 2026**

**Time: 2:00 pm - 4:00 pm**

**Cost: FREE!**

The Zonta Club Hunter Newcastle is committed to actions which build a better world for Women and Girls. They help to empower women locally and internationally through Advocacy and Service. Locally Zonta aids and celebrates the achievements of young women with TAFE and University scholarships and high school awards, contributes to the community by supporting victims of domestic violence and makes breast care cushions for women and men who have had surgery for breast cancer. On Sunday the 22<sup>nd</sup> of March connect with like-minded women and learn more about Zonta and their amazing work! Afternoon tea and coffee will be provided. RSVP by Friday 20th of March to: [treasurer.zontahunternewcastle@gmail.com](mailto:treasurer.zontahunternewcastle@gmail.com) or contact Helen: 0409 975 392.



For more information about the Zonta Club of Hunter Newcastle visit: <https://www.facebook.com/zontahunternewcastle>

**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.