



Celebrating 15 Years of The Place - An Afternoon to Remember

On Friday the 1st of May we were proud and privileged to celebrate 15 Years of Belonging at The Place! We held a community event that brought people together to reflect on our journey, impact, and celebrate our amazing, diverse and vibrant community!

The afternoon was filled with fun, connection, and performances highlighting the diversity that makes our community so special. Our photo exhibition showcased some significant activities, programs and events, we celebrated our long-standing groups and the incredible individuals who have helped shape The Place and enjoyed performances from Connor Wink, Vrinda from Nartana School of Dance, Tantrum's Accelerate Ensemble and Earthen Rhythms—finishing with a lively drum circle.

We're very grateful for the opportunity to connect and celebrate alongside our community members, partners, and supporters and truly appreciate the attendance of special guests: Lake Macquarie Mayor Adam Shultz, The Hon. Jodie Harrison MP, Chairperson Helen Plummer and Board Members. As we mark this milestone, we want to say a big thank you to all the people, groups and organisations who have supported and shaped The Place over the years, we couldn't do what we do, without you.



Meet with Purpose, Create Impact!

Need a space for meetings, training, workshops or team events?
Choose The Place!

We provide a professional, affordable venue designed for connection and collaboration. We're also a Social Enterprise so when you book with The Place, you're not just hiring a venue, you're supporting programs that strengthen our local community.

We offer:

- AV-equipped rooms
- Quality furniture and equipment
- Flexible layouts
- A clean, friendly and professional environment
- A central location with free parking

Enjoy professional venue hire without the corporate price tag and contribute to purpose-driven impact. To find out more or make a booking visit our website <https://www.theplacecharlestown.org.au/venue-hire> or call our friendly team on (02) 4032 5500.



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 - **14th & 28th of May**

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 17th of May & 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

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 2 ACTIVITIES

- 21 Apr Game On! Cards & Board Games Fun
- 28 Apr Stretch & Smile: Gentle Chair Yoga with Instructor Neeti Pandya
- 5 May Celebrating Mums: Mother's Day Celebration with Guest Speaker Astrid Hocking from Heart and Hands
- 12 May Harmony & Voices: Waratah Male Voice Choir
- 19 May Bake, Share & Care: Australia's Biggest Morning Tea Bake Sale and Guest Speaker Sue Russell from Cancer Council
- 26 May Tech Time Fun: Quiz with Digital Mentors from Lake Macquarie High School
- 2 June Creative Culture: Aboriginal Dot Art Workshop with Chrissy Feros
- 9 June Sailing Through Time: Newcastle Maritime History with Bob Cook
- 16 June Purple Power: Mindful Crafts for Elder Abuse Awareness Day
- 23 June Songs of the Sea: International Seafarers Day Celebration with Guest Speaker Garry Dodd from the Mission to Seafarers & Sea Shanties Singalong
- 30 June Cultural Appreciation Day: Indonesia featuring a Dance Ensemble from the Indonesian Australian Community

Charlestown Square
by The GP Group

the place
DISABILITIES
COMMUNITY CENTRE

the place
DISABILITIES
COMMUNITY CENTRE

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

Thank you for your understanding

Real ADHD Parenting Workshop

Date: Saturday 30th May 2026

Time: 12:00 pm - 3:00 pm

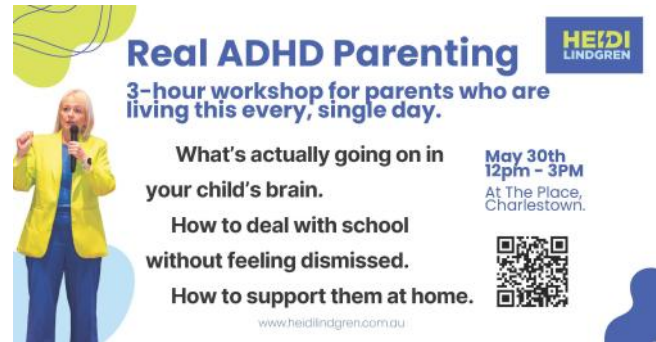
Cost: \$45.00

This small, in-person session is designed for real life - the hard moments, the messy routines, and the constant mental load. In this 3-hour workshop, you'll learn:

- What's actually going on in your child's brain (in practical, everyday terms)
- how to navigate school and advocate without feeling dismissed
- what to do at home - routines, executive function, and those tough moments.

Limited to 20 parents, you can ask questions, share openly, and feel understood by people who truly get it. You'll leave with clarity about what's going on, practical strategies that actually work and a clear next step.

Tickets via the QR code or at: <https://www.heidilindgren.com.au/events>



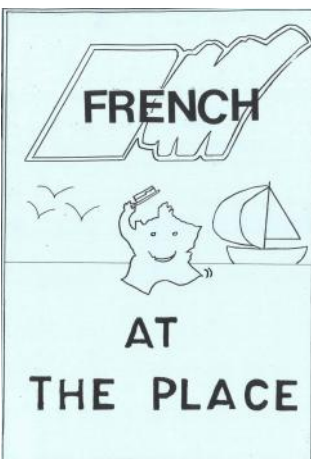
Real ADHD Parenting
3-hour workshop for parents who are living this every, single day.

What's actually going on in your child's brain.
How to deal with school without feeling dismissed.
How to support them at home.

May 30th
12pm - 3PM
At The Place, Charlestown.

www.heidilindgren.com.au

French at The Place!



This course introduces conversational French for use in a variety of social settings. For beginners, and those wishing to revise basic skills. You will be helped to speak and understand right from the start.

A relaxed, friendly course with opportunities to socialise and participate in cultural knowledge and activities.

DAY CLASS: 6 sessions @ 2 hours per session on Wednesdays. **Start date:** Wed 20 May 2026 (No class 24 June). **Time:** 12.30 pm to 2:30 pm

OR

EVENING CLASS: 6 sessions @ 2 hours per session on Mondays. **Start date:** Mon 18 May 2026 (No class Mon 8 June). **Time:** 6pm to 8pm

COST: \$150 for the 6 week course, payable before commencement. For more information, and to register, call **0490 360 420** (by 11 May.) Limited places available.



Home-Start Family Services | the place | NEWCASTLE PERMANENT Charitable Foundation

Friendship on a Plate Cooking Group

for families with children

Join our friendly group and learn easy, cheap and tasty meals for the whole family.
All ingredients supplied.
No cooking experience necessary.
Childcare provided

Held Wednesdays for 6 weeks
20th May - 24th June 2026
10am-2pm

FREE

Held at: The Place, Charlestown Community Centre, Frederick St - under Charlestown Square

Facilitated by Home-Start Family Services
To find out more, call or text Val on
0414547781

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.