



Our Brand New Podcast Studio is Officially Open!

Every community has a story, and now there's a place to tell it! We're incredibly excited to announce our brand new Podcast Studio is now open and available for hire!

Designed for local creators, storytellers, and curious minds, it's your space to record, create, and share the voices that make our community shine!

Our Podcast studio is modern and comfortable with all new equipment ready for you to bring your creative ideas to life. We have professional sound and film equipment including our Rodecaster Pro audio interface/mixer, microphones, headphones, camera/video and a green screen. We believe creativity should be open to everyone and that's why we are offering the studio at affordable rates, with access after hours and on weekends, perfect for busy schedules.

We're so proud to provide this space with our community. We'd love to see it used by local people and groups to share diverse stories, experiences, and perspectives. From personal projects to local interviews, creative collaborations or community storytelling, we can't wait to hear the wide range of voices that make our area unique!

If you're interested in hiring our studio or would like to find out more, chat to our friendly team and book your tour today! Phone us on (02) 4032 5500 or email: admin@theplacecharlestown.org.au



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

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, live entertainment and music, delicious food, interactive digital cultural activities and learn about our Digital Sisters Program which supports and empowers women by building digital skills and confidence.

Everyone is welcome for this event - whether you're new to the area, a long-time local, or simply passionate about diversity and community, this celebration will be a beautiful opportunity to come together, celebrate and learn from one another in a warm, fun, and welcoming environment.

Date: Friday 12th December 2025

Time: 12:00 pm - 2:00 pm

Cost: Free! Registrations are essential for catering purposes.

Contact us on (02) 4032 5500 or scan the QR code.



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

Sukyo Mahikari and the Art of True Light

Join Beth and Nancy for a **FREE** session of True Light. True Light has profound positive effects on the spirit, mind and body. Time: 11:30 am - 2:30 pm.

Contact: Beth on 0403 285 575 or Nancy 0450 699 714. Visit: www.sukyomahikari.org.au

Fortnightly - running on the 11th & 25th of November

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

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 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

Goddess Grooves (5 week course)

A 5 week goddess embodiment sacred space for women. Each class includes a tea ceremony, sharing circle, energetic practices, meditation, sound activation, creative intentional goddess choreography and more. This is an extra special round with the opportunity to perform at Roots Festival women's Gathering. **Starting 12th November**, 6:45pm - 7:45pm. Cost: \$140 for 5 weeks. For enquiries and bookings contact Bonnie: 0419 198 155.

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

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

Latin Dance By Georgina

Enjoy learning new Latin moves in a friendly, relaxed and fun environment. 7:00pm - 8:00pm. Cost: \$13.00
Contact: 0419 608 807
Facebook & Instagram: [@latindancebygeorgina](https://www.facebook.com/latindancebygeorgina)
Last class on the 7th of November

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

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
Not running on the 2nd & 30th of November

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
Not running on the 9th of November

The Place is turning 15!
To celebrate we have
a gift for you!

**15% OFF
VENUE HIRE!**

For **NEW** bookings
of 2 hours or more
Bookings must occur between
January 2026 - March 2026

T'S & C'S APPLY
DISCOUNTS CANNOT BE COMBINED

Contact (02) 4032 5500
Or chat to our team today!

Redi to Adapt Workshop For Community

Date: Tuesday 4th November

Time: 9:00am - 12pm

Cost: FREE

This free workshop delivered by Red Cross will help your organisation safeguard your people and maintain your services during an emergency. You will develop or refine an emergency plan suited to your service and client needs, build confidence to act during a crisis, engage staff, carers, and clients in preparedness activities and understand how your organisation can contribute to wider recovery efforts in a disaster.



For more information contact: Rachelle McConville on: (02) 4921 0194.

Registrations are essential, get your free Eventbrite ticket via the link:

<https://www.eventbrite.com/e/redi-to-adapt-workshop-for-community-organisations-tickets-1657972774199>



Questacon STEM Network: Hunter Region Educator Meetups

Date: Wednesday 5th November & Thursday 4th December

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.

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

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

Child & Family Interagency - AEDC Community Mapping Session

Date: Thursday 27th November

Time: 9:30 am - 11:30 am

Cost: FREE

This interactive session will explore the AEDC website, unpack the latest data, and dive into how to maximise opportunities for children and families in our community. Together, you will connect the dots between what the data shows and compare this to what is experienced as professionals. You will leave with a clearer picture of your community's strengths and challenges, and a practical plan to support children and families in meaningful ways.

For more information contact Carly Kelly on (02) 4069 0157. To register visit: <https://www.eventbrite.com.au/e/child-and-family-interagency-aedc-community-mapping-session-tickets-1816697233329>



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.