



Well Deserved Recognition For **ActiveStrongerBetter!**

A big congratulations to Deb, Michelle and the whole team at **ActiveStrongerBetter (ASB)** as they recently won another National award!

The *AUSactive Awards* celebrate the best of the fitness industry and ActiveStrongerBetter were finalists in the *Most Inclusive and/or Diverse Program Award* and took out the *Mental Health Awareness Award* for supporting mental health through movement, connection and community.

ActiveStrongerBetter classes have been held at The Place since the program's inception and classes currently run on Mondays and Fridays. ASB is an exercise program promoting independence, confidence, health and well-being. Programs are run by Fitness Leaders, specifically trained to conduct safe, effective, and enjoyable classes for people of most levels of fitness and ability. It's a great program to start exercising again or for the first time. Exercises are enjoyable, don't strain your body and help to develop strength, balance, fitness, co-ordination, flexibility and a sense of play.

This year ASB also won the Ageing Australia *Making a Difference Award* celebrating outstanding contributions and positive community impact to the lives of older and ageing Australians. These accolades are very well deserved and we're thrilled that the ASB team has received recognition for their amazing program!

Find more about ASB classes on the following pages of this newsletter and via their website here:
<https://activestrongerbetter.net>



FREE All Abilities Family Friendly Halloween Disco!

Calling all witches, wizards, ghosts, and goblins: It's the spookiest time of the year, and we're throwing a monster bash!

On Saturday the 1st of November from 5pm - 7pm we're holding an all-abilities, family-friendly Halloween Disco with a twist. There will be a live DJ, sweets and treats and lots of fun! We welcome guests of all ages and abilities and the disco will be sensory and accessibility friendly with noise cancelling headphones available for those who need them.



Dress up in your favourite spooky outfit and get ready to have a frightfully fun time in a friendly, welcoming space.

Remember, everyone needs a ticket, even parents and carers. This event is also a no-alcohol zone, so bring the whole family! Scan the QR code to register or call us on (02) 4032 5500. We can't wait to celebrate and dance with you!



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 - 2:00pm.
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.

4:15pm - 4:45pm - 3-4yrs (Yojis)

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

Returning 13/10

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

Returning 13/10

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

Returning 14/10

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 from 30th September

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

Returning 14/10

Beginners Sewing Classes

Learn how to get the most out of your sewing machine, how to read and use patterns and fit, adjust and alter clothes. Time: 6:00 pm - 9:00 pm. Cost: \$60/class
Contact Helen: fornohelen@gmail.com

Only running on 7th October

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

Returning 15/10

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
Returning 16/10

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

Little Kickers

Fun engaging soccer based classes for children. Time:
3:45pm - 4:30pm (2.5 years - 3.5 years)
4:30pm - 5:15pm (3.5 years - 5 years)
\$99 for 6 classes + one-time membership fee of \$55
that includes a uniform. Contact Adam: 0425 367 253

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

Fridays Cont.

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
Returning 17/10

Saturdays

First Love Church Youth Group

A vibrant, welcoming and charismatic youth group.
5:00pm - 6:00pm. Info and enquiries:
jackienoble36@gmail.com

Snip, Stich & Style Social Sewing Group

Social sewing group for those who can sew and craft. Enjoy space and uninterrupted time to create. Must be over 16. Bring your sewing machine, projects and closed shoes. Every 4th Saturday of each month. Time: 10am - 2pm. Contact: Helen at fornohelen@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 5th or 12th of October

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

ALL ABILITIES & FAMILY FRIENDLY

HALLOWEEN DISCO

WITH A MYSTERY TWIST...



FREE!

SAT 1ST NOVEMBER
5PM - 7PM

To Register scan the QR code
or call (02) 4032 5500



ALL AGES
LIVE DJ
SWEETS & TREATS
SENSORY & ACCESSIBILITY FRIENDLY

THE PLACE: CHARLESTOWN COMMUNITY CENTRE CNR FREDERICK & PEARSON STREETS CHARLESTOWN

Midlife Momentum: Power Through Menopause

Date: Saturday 18th October

Time: 12:00 - 3:00pm

Cost: \$67

A transformational workshop for women who want to feel strong, confident, and connected through midlife and beyond. Learn about health, wellness, exercise, and breathwork with an Exercise Scientist, Wellness Coach, and Breathwork Expert giving you the non-negotiable tools for a smoother, stronger mid-life transition.

Refreshments and afternoon tea provided. Bring a yoga mat, pillow, pen & notepad.

Enquiries: jenny@ltwyl.net.au Book via the QR code or at: <https://subscribepage.io/t81pVe>

MIDLIFE MOMENTUM

POWER THROUGH MENOPAUSE

SATURDAY 18th October 2025

12pm - 3pm

The Place, Charlestown

\$67



FREE Cyber Scam Escape Challenge For Get Online Week!

Date: Wednesday 22nd October

Time: 12:00 pm - 2:00 pm

Cost: FREE!

To celebrate Get Online Week The Place will transform into an interactive Cyber Escape Room Challenge: *"Fake or Fact – Escape the Scam!"* This escape challenge makes cyber safety practical, easy to remember, and perfect for anyone who wants to feel more confident online. You don't need to come with a team, individuals are welcome.

There will also be a light lunch, so you can relax and connect with others after the challenge! Limited spots available so bookings are essential. Call The Place on (02) 4032 5500 or register via the QR code.



Placed To Speak Episode 2 - Available now on Spotify!

The **Placed to Speak** podcast is LIVE on Spotify and Episode 2 is all about the playful world of chess and craft. Tune in to hear young storytellers sharing their clever strategies and creative makes.

Placed to Speak is a youth-led podcast created through the Place Based Abilities Program, giving young people with disability the microphone to share their stories, passions, and perspectives. It's a joyful mix of conversation, imagination, and community connection that will bring a smile to your face.



Tune in via the link below or search for 'Placed to Speak' on Spotify and add this awesome podcast to your playlist!

open.spotify.com/episode/0Doz4yG4kQcVwMgcSJZzNN?

To find out more about the Place Based Abilities Program contact The Place on (02) 4032 5500 or visit our website via the link below: www.theplacecharlestown.org.au/our-programs-and-services#place-based-abilities-program



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.