



Pets, Podcasts & Pure Joy - *Placed to Speak* Episode 1!

It's official, the ***Placed To Speak*** podcast has launched and we're excited to share the news that Episode 1 is now available on Spotify!

Created by participants from our Place Based Abilities Program, the podcast series showcases the creativity, stories, and voices of young people in our community. Episode 1 is lively and full of heart, centering around a favourite topic - pets! Young hosts Taylor and Ella welcome guests Anthony, Chloe, and Sierra to share their love for pets of all shapes and sizes. From cheeky chickens to playful pups, the conversation captures the boundless love kids have for their animal companions, proving that sometimes the most joyful stories come from the backyard.

Whether it's feathers, fur, or floppy ears this episode will make you smile, laugh, and maybe even want a pet of your own!

Tune in here: <https://open.spotify.com/episode/2k2tfrWp96bBVceUHezMey> or by searching for '*Placed to Speak*' on Spotify. To find out more about the Place Based Abilities Program visit our website: www.theplacecharlestown.org.au or contact us on (02) 4032 5500.



Spring Stomp Hoedown - A Night to Remember

On Saturday the 30th of August The Place was a buzz with an amazing community event - the Spring Stomp Hoedown. Proudly organised by participants from our Place Based Abilities Program (a free capacity building initiative for neurodivergent youth), this celebration was truly a night to remember. People of all ages enjoyed the full country experience with live music from 'The Honey Duo', lots of boot-scooting and barn dancing led by professional instructors, and a cowboy themed dinner, all held in a fun western hoedown setting.

The energy of this event was joyful and it was wonderful to see people of all ages and abilities smiling, dancing and connecting. We absolutely love holding community events like this at our Centre and look forward to see what The Place Based Abilities Program has planned for the future! Have a look at our social for more photos.



What's On: Regular Activities at The Place

Mondays

Active, Stronger, Better

Fun adult exercise classes that are focused on enjoyment, independence, health and wellbeing. First class is complimentary.

Time: 11:00am - 11:45am

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

Last day of term 22/9

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

Last day of term 22/9

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

Last day of term 23/9

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

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

Last day of term 23/9

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

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

Last day of term 24/9

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

Last day of term 25/9

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 enjoyment, independence, health and wellbeing. First class is complimentary. Cost: \$12/class or \$10/class concession. 9:30am -10:15am: **Gentle Exercise**

10:30am -11:15am: **Regular Exercise**

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

Commences 12/9

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

Last day of term 26/9

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

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

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 28/9

Spoken Word Ministry

A faith based meeting to spread the gospel.

Fortnightly services - **14th & 28th September**

10:00am - 2:00pm.

Info and enquiries: Edgar 0478 000 171



Office Space
Available

Enjoy a central location in Charlestown with a welcoming and friendly atmosphere for your staff and clients.
Call: 02 4032 5500 to enquire.

RECEPTION SERVICE | WI-FI | PARKING | ACCESS 7 DAYS

 www.theplacecharlestown.org.au

Sukyo Mahikari and the Art of True Light

Date: Every second Tuesday

Time: 11:30 am - 2:30 pm

Cost: FREE!

Join Beth and Nancy at The Place for a FREE session of True Light. A session of True Light takes 15 to 50 minutes. True Light has profound positive effects on the spirit, mind and body. Sukyo Mahikari is a non-profit, non-denominational organization concerned with improving the quality of life for all.

For more information contact Beth on 0403 285 575 or Nancy 0450 699 714. Visit: www.sukyomahikari.org.au



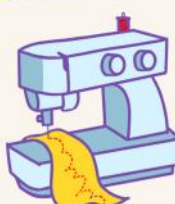
Suntara Sound Healing

Date: Thursday 11th September

Time: 7:00 pm - 9:00 pm

Join Suntara for a special evening of sound healing. Weaving together "other-worldly" vocals and a myriad of healing instruments such as shamanic drums, crystal bowls, djembe, flute and the didgeridoo, Suntara will take you on a musical healing journey into the depths of your soul. You will return from the journey deeply relaxed with a smile on your face and clarity about life.

Get your Eventbrite ticket here: <https://www.eventbrite.com.au/e/suntara-sound-healing-journey-newcastle-tickets-1451609465989>



Beginners Sewing Classes

Learn how to get the most out of your sewing machine.
How to read and use commercial patterns and fit, adjust and alter clothes.

Date & Time:
Tuesday Nights 6.00 pm – 9.00 pm (cost \$60/class)
Starting 9th September 2025
For more information email Helen at:
fornohelen@gmail.com

What to bring:
Sewing machine (tested and tagged), manual, machine accessories, scissors, closed shoes and drink bottle.

Ages 16 - 100
All genders, diversities and abilities welcome

Latin Dance

By Georgina

Enjoy learning new Latin moves in a friendly, relaxed, and fun environment!



SALSA
MERENGUE
REGGAETON
CUMBIA

FRIDAYS FROM 7:00PM TO 8:00PM

0419 608 807
@latindancebygeorgina
@latindancebygeorgina

The Place Charlestown Community Centre

JOIN NOW



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.