



Dance Through the Decades at our FREE All Ages Community Event!

Get ready to time travel through music and dance at **Dancing Through the Decades!** On Saturday 26th September from 5pm–7pm, travel back to the 1950s for classic rock 'n' roll and guided dancing with John Waring from Newcastle 50's Rock n Roll Club. Then, jump forward to the 1980s for more guided dancing and fun led by Tina Moore from TMP Dance Studios.

There will also be plenty of time for free dancing, plus quieter breakout activities, snacks and ice cream. Dress in your favourite 50s or 80s-inspired outfit and join in the throwback fun!

This free, all-ages and accessibility-friendly event has been proudly designed and coordinated by participants from our Place Based Abilities Program. Registrations are essential. Scan the QR code to get your FREE Eventbrite ticket, call us on (02) 4032 5500 or email:

youthprograms1@theplacecharlestown.org.au



DANCING THROUGH THE DECADES

FREE + ALL AGES

ACCESSIBILITY FRIENDLY

Twist through time! 50's Rock and 80's rewind.

Registrations essential!

26 September 2026
5-7 pm
The Place Charlestown, Corner of Frederick and Pearson Sts

Information and enquiries: 02 4032 5500 or youthprograms1@theplacecharlestown.org.au

Connecting Our Community Through The NSW Device Bank Pilot Program

The Place is proud to be the first community organisation in NSW to take part in the NSW Device Bank Pilot Program, supporting more people in our community to get connected and build confidence online.

Through the program, we helped allocate 30 refurbished laptops to local people in our community, including seniors, carers, people with disability and people from culturally and linguistically diverse backgrounds. Participants receive 12 months of free data, digital skills training and IT Support to help them make the most of their device.

Delivered by NSW Telco Authority in partnership with WorkVentures and Good Things Australia, the NSW Device Bank Pilot Program is part of the NSW Government's Digital Inclusion Strategy. The program helps bridge the digital divide by giving people access to the essential technology, connectivity and support needed in today's digital world. We're incredibly grateful for this opportunity for our local community and want to thank everyone who made it possible.



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 - **3rd & 17th September**
Time: 10:00am - 12:00 pm
Contact: 1300 622 243 or (02) 9724 8999 or email services@miraclebabies.org.au

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

Pilax Pilates

FREE gentle beginners mat pilates. Perfect for anyone looking for a slower, more supportive approach to exercise. Time: 6:10 pm - 6:50 pm
(*last class 24th September)
No bookings required. Contact Tania on 0483 844 599
www.pilaxpilates.com.au/about-in-person

Lake Macquarie Interagency

1st October 2026, 9:30am - 11:30am

A networking and information share meeting for social service providers in the Lake Macquarie LGA. Hear from guest speakers, enjoy sector updates and morning tea. Contact: sacp@lakemac.nsw.gov.au
Visit: <https://www.lakemac.com.au/Community/Directory/Lake-Macquarie-Interagency>

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

Fridays Cont.

Maxx Martial Arts

Fun martial arts classes focused on building confidence, focus and discipline for kids ages 4-12. Suitable for beginners. Introductory offer 5 classes + a FREE karate uniform for \$49 Time: 4:00pm – 4:30 pm
Contact: 0437 812 391

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 13th September

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 - 2pm. Contact Margaret 0449 618 184

Let's talk
about...



Healthy Relationships

Workshop for people with disability
(18 years+)

When: Tuesday 8 September 2026

Where: The Place Charlestown

Community Centre

Time: 10.00am - 2:30pm

Book
now!

Registrations are required.

Booking can be made by scanning
QR code or online at

<https://ggr.sh/YnYM>

Or contact PWDA to book

Email: projects@pwd.org.au

Phone: 1800 422 015.



The You Lab - 9D Breathwork In-Person Group Sessions

Dates: 13th Sep, 18th Oct, 1st Nov, 13th Dec & 10th Jan

Time: 5:00 pm - 7:00 pm

Cost: \$125.00 (per session)

Reconnect, reset and renew with The You Lab's 9D Breathwork In-Person Group Sessions. These immersive breathwork sessions are designed to help quiet the mental noise, release old patterns and reconnect with what you truly want. Through active breathing techniques, The You Lab offers an opportunity to step away from stress and self-doubt and leave feeling calmer, clearer and more connected to yourself. Monthly sessions are available, and everyone is welcome – no experience needed. Simply come as you are.

Find out more and book: <https://theyoulab.com.au> or email: jo@theyoulab.com.au



Minecraft Camp - Charlestown by Beyond The Blocks

Date: Monday 28th September 2026

Time: 9:00 am - 3:00 pm

Cost: \$110.00



Calling all parents of young Minecraft fans! Beyond the Blocks is bringing a Minecraft Camp to The Place during the upcoming school holidays. This is a one-day social learning session where your child will learn Minecraft code, crafting techniques and collaborate with like minded people. Most suitable for primary school aged children. Bring your own device with Minecraft installed plus recess and lunch. Spaces are limited, find out more and secure your spot here: <https://www.beyondtheblocks.com.au/minecraftcamp-charlestown> For enquiries contact: noelenecallaghan@beyondtheblocks.com.au

Kindred Disability Rave Party (Over 18's)

Date: Thursday 1st October 2026

Time: 6:00 pm - 9:00 pm

Cost: \$20.00

Get ready to dance, connect and have fun at Kindred, an inclusive rave experience for adults with disability, neurodivergence, and those seeking a safe and welcoming community. Enjoy live DJs and dance music in a welcoming, judgment-free space designed for connection, self-expression and belonging.



You do not have to be an NDIS participant to attend, the event is wheelchair accessible, with sensory supports welcome, plus food and drinks available to purchase and raffle prizes to be won. Find out more and book your spot: <https://www.facebook.com/events/1755611132269693> or call 0474 732 183.

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.