



Make friends, stay active, and celebrate community spirit!

Join Charlestown Square TUESDAY CLUB: INCLUSIVE CONNECTIONS!

A warm, inclusive space for **ALL seniors** in Lake Macquarie / Newcastle.
Everyone is welcome!

WHEN: Weekly on Tuesdays from 9.30 am - 12 pm

WHERE: The Place Charlestown Community Centre

COST: \$7 per week - Refreshments and activities included!

Term 2: 21 July - 22 Sep 2026

Join us every Tuesday for inclusive social circles, wellness activities, cultural celebrations, and intergenerational projects fostering connections across cultures and generations.

 **02 4032 5500**

 **programsassistant@theplacecharlestown.org.au**

Registrations essential!
Contact us or SCAN Below

Charlestown Square
by The GPT Group


the place
CHARLESTOWN
COMMUNITY CENTRE



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 3 ACTIVITIES

- 21 July** Gentle Exercise: Chair Qiqong with Adrienne Roberts
- 28 July** Seniors Olympics
- 4 Aug** Winter Movie Matinee: Golden Era of Hollywood - Marx Brothers
- 11 Aug** Changes to MyAged Care with Kathy Lewis from Novacare
- 18 Aug** Craft Day: Button Art Workshop
- 25 Aug** U3A - University of Third Life Presentation
- 1 Sept** Teacup Garden Workshop, Plant Swap & Spring Hats Day
- 8 Sept** UoN Choirs: The Brainwaves and The Unforgettables
- 15 Sept** Tuesday Club' got talent!- Showcasing members' talents and hobbies
- 22 Sept** Cultural Appreciation Day: Ukraine