



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 4: 13 October - 15 December 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

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TERM 4 ACTIVITIES

- 13 Oct** Chair Yoga with Neeti Pandya - Stretch, Breathe & Feel Great!
- 20 Oct** Painting the Four Seasons with Vivaldi - Watercolours Art Workshop with Robyn Hansen
- 27 Oct** Guest Speaker Nadene Allan from Lymph 4 Life - Lymphedema Prevention & Care
- 3 Nov** Melbourne Cup Day Celebration - Fashion at the Tuesday Club
- 10 Nov** Stand-up (or a sit-down!) Comedy with Anne-Marie Hall
- 17 Nov** International Men's Day Celebration - Guest Speakers from ManKIND Project & Performance by Waratah Male Voice Choir
- 24 Nov** Guest speaker Leonie Brann from NOVA Women and Children & Charity Drive: Christmas Gifts for NOVA
- 1 Dec** Summer Movie Matinee: Golden Era of Hollywood
- 8 Dec** Cultural Appreciation Day: Pacific Islands
- 15 Dec** Christmas Lunch with Roger Pryor 12 - 3 pm