

Day	Activities	Location	Time	Facilitator	Charges	Remark
Monday	Discussion Group	Upstairs Mill Hill or Waverley Bowling Club	10am - 12 noon	Marion	\$2	Over age 55 with a physical disability. Transport provided.
	Women Exercise Class	Waverley/Woollahra School of Arts, Room A	10am – 12 noon	Natasha	\$3 per class	Morning tea provided.
	English Conversation <i>Intermediate</i>	ECHO Board Room	10am – 12 noon	Louisa	\$20 Per term	Morning tea provided.
	ECHO Shopping Service	ECHO Neighbourhood Centre	9.30am – 12 noon	Ken	Delivery charges apply	Must order via phone by 11.50am on Monday.
Tuesday	English Conversation <i>Intermediate to advanced</i>	ECHO Board Room	10am – 11.30am	Anne	\$20 per term	Morning tea provided.
Wednesday	Dementia Support Group (1 st Wednesday monthly)	ECHO Board Room	10.30am – 12.30pm	Lomus	Gold coin donation	Morning tea provided.
	Greek Social Group (Fortnightly)	39 Oxford Street Bondi Junction	10am – 12 noon	Yayesh	Gold coin donation	Social group with morning tea.
	Wednesday Social Group (Fortnightly)	39 Oxford Street Bondi Junction	10am – 12 noon	Lomus	Gold coin donation	Fun games and activities with morning tea.
	ECHOlogical Garden group	Waverley Community Garden	11am – 3pm (AM or PM)	Lomus		Gardening activities.
Thursday	English Conversation <i>Intermediate</i>	ECHO Board Room	3pm – 4.30am	John	\$20 per term	Afternoon tea provided.
	Art Group	Waverley/Woollahra School of Arts, Room B	1.30pm – 3.30pm	Frances	\$2	Morning tea and materials provided.
	ECHO Optimists (3 rd Thursday monthly)	Level 2 Mill Hill Centre	1pm – 4pm	Elena		Social support for Russian speaking seniors. Refreshments provided.
Friday	Social Conversation	ECHO Board Room	3pm – 4.30pm	Kerry	\$20 per term	Opportunity to meet and practice English with others.
	Walk and Talk *CALD Group (1 st and 3 rd Friday monthly)	Various Meeting points	9.30am start	Robert/Susan	May be a day trip travel ticket	Fun and social walking group for people from non- English speaking backgrounds.

* CALD – Culturally and Linguistically Diverse