

ECHO Optimists

3rd Thursday each month from 1pm
Level 2 Mill Hill Centre

A social support and informative program for Russian speaking seniors. Includes presentations, guest speakers, celebration of events and refreshments.

Eastern Suburbs Chinese Parents Group

Saturday and during school holidays at various times and locations

A support and social group for Chinese parents with school-aged children.

Mums Get Together

Friday every 4-6 weeks 10am – 12noon
Corio Community Centre, Uniting Church

829 Anzac Pde, Maroubra Junction
Multicultural mums with children under 5 years share information and support

Walk and Talk

1st and 3rd Friday from 9.30am

Various locations – call ECHO for a program

Cost: Excursion tickets

Walk around Sydney and see the sights whilst informally practising your English.

English Conversation

Ground floor, ECHO Neighbourhood Centre

Mondays 10am – 12noon (Beginners)

Tuesdays 10am – 12noon (Intermediate)

Fridays 3pm – 5pm (Social conversation)

Cost \$20 per person per term

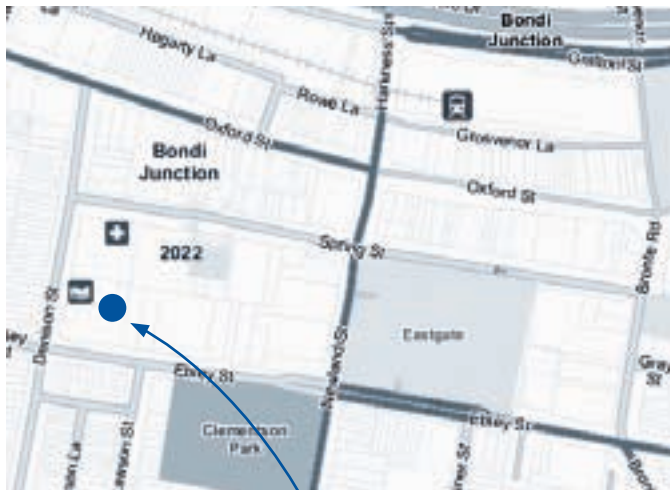
Learn English conversation in a relaxed social environment over refreshments.

For more information contact
ECHO Neighbourhood Centre Inc.

Phone 9387 2885 **Fax** 9369 4788

Email enquiry@echocentre.com.au

Web www.echocentre.com.au



Where we are:

Shop 4, 1 Spring St, Bondi Junction 2022
(Next to Waverley Library)

Opening Hours:

Monday to Friday 9.30am – 4.30pm

Closed public holidays & weekends

*We uphold your rights and responsibilities.
We listen to your ideas and concerns. In the
event of a complaint you can have an
independent advocate.*

**We would like to thank the following government
funders who support ECHO**



Groups & Activities



*Helping the
community*

ECHO Neighbourhood Centre's vision is an inclusive and equitable community that values and respects all people. This is reflected in what we do and promotes the well being of people who may be disadvantaged by age, disability, income, culture, language or social isolation.

GROUPS AND ACTIVITIES

We run two key programs: Neighbour Aid and Settlement Grants (see these separate brochures). Our groups and activities enhance these key programs to bring wellbeing, friendship, information and fun to you.

We generally run our groups during the school terms. They are coordinated and run by staff and volunteers. For some of our services we ask for a donation towards our costs; however participation will not be refused because of an inability to pay.

Monday Discussion Group

*Mondays 10am – 12noon
Various locations*

A weekly group for people over 55 who enjoy healthy discussions, want to listen to guest speakers and socialise over refreshments. Transport is available.

Monday Exercise Class

*Mondays 10am – 11am, during school terms
Location to be advised*

Cost: \$3 per class or \$10 for 5 classes.

A low impact exercise class for women who want to keep fit and healthy.



Our Mission Statement

We are committed to empowering the community with choice, information and opportunities for social inclusion in the Waverley local government area and surrounds.

Wednesday Social Group

*Wednesdays 10am – 12noon,
during school terms
Various locations – check at ECHO
Cost: \$3 donation.*

A fortnightly group for people over 55 who enjoy outings and socialising. Transport is available.

Dementia Support Group

*First Wednesday monthly 10.30am – 12.30pm
39 Oxford St, Bondi Junction*

A program providing activities about living with memory loss. Includes respite for carers. For people with early stages of dementia.

ECHOlogical Gardening Group

*Wednesdays 10am – 12noon
Waverley Community Garden, Ebley St*

A group that loves gardening and tending to the ECHO plot. You get a chance to share in the produce of the garden.

Creative Art Class

*Thursdays 1.30pm – 4pm, during school terms
Location to be advised
Cost: \$2 donation*

An informal art group for disadvantaged residents. Participants enjoy a social chat over afternoon tea. No art experience necessary.

A variety of community programs and support groups