



# *Social, Wellness and Respite Centres*

Our Centres offer diverse opportunities for you to enjoy a range of activities in a relaxed yet stimulating group environment.

They also promote social connection and information sharing to help you maintain a socially active and independent life.

Enquire now by calling.

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## Daily activities may include:

- Light refreshments and meals
- Games, trivia, arts and crafts, gardening, animal therapy, music appreciation
- Group outings and walking groups
- Movement therapy classes
- Day or overnight respite for Carers.

## Regional NSW Locations

- **Dubbo Home Club**,  
2 Tony McGrane Place, Dubbo  
(Mon - Fri) – 02 6881 3710
- **Warnervale Wellness Centre**,  
Lower Level, 1 Minnesota Road,  
Hamlyn Terrace (Mon - Fri) –  
1800 225 474
- **Wagga Wagga Wellness Centre**,  
The Haven, 156 Bourke Street,  
Wagga Wagga (Mon & Thurs) –  
0491 153 944

## Sydney Locations

- **Wahroonga Leisure and Wellness Club**, 35 Pacific Highway,  
Wahroonga (Mon - Fri) –  
1800 225 474
- **Waterloo Wellness Club**,  
663 Elizabeth Street, Waterloo  
(Mon -Thurs) – 02 8306 2910
- **Willoughby Leisure and Wellness Club**, 114 Sydney Road,  
Willoughby (Tues, Thurs & Fri) –  
02 8876 2270
- **Waitara Dementia Day Centre**,  
**Chantal Cottage**, 28 McAuley  
Place, Waitara (Mon, Tues, Thurs  
& Fri) – 02 8876 2750

- **Korean Eastwood Leisure and Wellness Club**, Eastwood  
Community Hall, Shaftesbury  
Road, Eastwood (Wed) –  
02 8876 2270
- **Korean Hornsby Leisure and Wellness Club**, Beatrice Taylor  
Hall, 25 Edgeworth David Avenue,  
Hornsby (Fri) – 02 8876 2270
- **Lebanese Wellness Social Group, Thornleigh - St George Maronite Catholic Church**,  
2 Yarrara Road, Thornleigh  
(Tues) – 0417 427 661
- **Lebanese Wellness Social Group**, Uniting Church Hall,  
7 Maxim Street, West Ryde  
(Fri) – 0417 427 661

## Centre Based Respite Locations

- **Waitara Overnight Respite Cottage**, Chantal Cottage,  
28 McAuley Place, Waitara  
(Thurs - Sun) – 02 8876 2750
- **Dubbo Long Day Care**,  
2 Tony McGrane Place, Dubbo  
(Thurs) – 02 6881 3710
- **Dubbo Overnight Respite Cottage**, 2 Tony McGrane Place,  
Dubbo (Fri, Sat & Sun) –  
02 6881 3710
- **Willoughby Day Centre Respite**,  
114 Sydney Road, Willoughby  
(Tues, Thurs & Fri) –  
02 8876 2270

**Enquire now.**