











hope springs time table Jan 2023



Mondays	Wednesdays	Thursdays	Fridays
<p>10.30am – 12pm <u>Open Canvas Art Group</u> <i>Artistic expression: good for the spirit!</i></p> 	<p>10.30am – 12pm <u>What Women Want - Women's Group</u> <i>A hope springs activity and support program for women (Contact Indu: women.hopesprings@banyuleuc.org.au)</i></p> 	<p>10am – 12.30pm (2nd and 4th Thursdays of each month) <u>Community Garden Group</u> <i>Growing indigenous bush tucker plants in our community garden (Contact Megan for more info: megdav@optusnet.com.au)</i></p> 	<p>11am – 12pm <u>Zoom Mindfulness Relaxation and Art</u> <i>Finish your week with friendly chat, a guided relaxation, and/or some art (alternates weekly between "art group" and "relaxation group")</i></p> <p>Contact Jon for Zoom meeting ID</p> 
<p>1.30pm – 3pm <u>Monday Arvo Music Group and hang-out</u> <i>Sing-alongs, quizzes, share song requests, hang out with friends!</i></p> 	<p>1.30pm – 3pm <u>Wednesday Arvo hang-out</u> <i>Have a game of pool, a chat, enjoy music, have a coffee or two, maybe a BBQ snag, hang out with friends!</i> <i>(Also Includes Worship on Wednesday (WOW) service first Wed of each month at 2pm for those interested)</i></p> 	<p>7.30pm (2nd Thursday of each month) <u>hope springs Carers' Support Group</u> <u>(Previously Eltham Carers' Support Group)</u> <i>Support, information, new skills, friendship.</i> <i>Contact: Marzia Trebilcock (0439 386 393) for more information</i></p> 	<p>2pm – 3pm <u>Zoom Music and Chat Group</u> <i>Sharing song requests, occasional quizzes, friendly discussions</i></p>  <p>Contact Jon for Zoom meeting ID</p>

***If you would like a weekly email invitation to either of the Friday zoom groups please email Jon (Coordinator) at hopesprings@banyuleuc.org.au hope springs: 10 Edwin St Heidelberg Heights 3081; Phone (03) 9459 8859**

Facebook : <https://www.facebook.com/hope.springs.heidelberg>

website: <https://banyuleuc.org.au/connecting-with-community/hope-springs/>