

Friday Events and Activities 2023



Oct

13th

Zoom Groups

2pm Music

20th

Springboard outing

10 am sharp :)

27th

Zoom Groups

11 am Relaxation , 2pm Music

3rd

Art Therapy

10 am to 12 pm

10th

Ukulele- Come and Try!

10 am to 12 pm

17th

Zoom Groups

11 am Relaxation , 2pm Music

24th

Games night

7 pm sharp :)

Nov

1st

Art Therapy

10 am to 12 pm

8th

Springboard Outing

10 am onwards

15th and 22nd

It's a Zoomy Xmas breakup!

2 pm onwards

Dec

For more information, or to RSVP
contact Jon or Indu :)

Email: hopesprings@banyuleuc.org.au

Ph: 94598859, 0491064191

hope springs

Group Venue:

105 Edwin St.

Heidelberg

Heights

For Zoom:

Email invitation