










# hope springs timetable Term 4 – October to Dec 2023



Mondays	Wednesdays	Thursdays	Fridays
<p>10.30am – 12pm</p> <p><b><u>Open Canvas Art Group</u></b></p> <p><i>Artistic expression: good for the spirit!</i></p> 	<p>10.30am – 12pm</p> <p><b><u>What Women Want – Women's Group</u></b></p> <p><i>A hope springs activity and support program for women (Contact Indu: women.hopesprings@banyuleuc.org.au)</i></p> 	<p>10am – 12.30pm (2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month)</p> <p><b><u>Community Garden Group</u></b></p> <p><i>Growing indigenous bush tucker plants in our community garden (Contact Megan for more info: megdav@optusnet.com.au)</i></p> 	<p><b><u>Friday Events and Activities!</u></b></p> <p><i>Includes:</i></p> <ul style="list-style-type: none"> <li><i>*Art Therapy groups*</i></li> <li><i>*Springboard Outings*</i></li> <li><i>*Springboard in-house events such as game nights, movie nights*</i></li> <li><i>*Zoom Relaxation and Music Groups*</i></li> <li><i>*Learn to play the Ukelele*</i></li> </ul>
<p>1.30pm – 3pm</p> <p><b><u>Monday Arvo Music and Marimba/percussion Group</u></b></p> <p><i>Sing-alongs, quizzes, marimbas and percussion, share song requests, hang out with friends!</i></p> 	<p>1.30pm – 3pm</p> <p><b><u>Wednesday Arvo Drop-in</u></b></p> <p><i>Have a game of pool, a chat, enjoy music, have a coffee or two, maybe a BBQ snag, hang out with friends!</i></p> <p><i>(Also Includes Worship on Wednesday (WOW) service first Wed of each month at 2pm for those interested)</i></p> 	<p>7.30pm (2<sup>nd</sup> Thursday of each month)</p> <p><b><u>hope springs Carers' Support Group</u></b></p> <p><i>(Previously Eltham Carers' Support Group)</i></p> <p><i>Support, information, new skills, friendship.</i></p> <p><i>Contact: Marzia Trebilcock (0439 386 393) for more information</i></p> 	<p>Please refer to "Friday events and activities flyer" for Term 4 dates and details! 😊</p> 

**\*For flyers for women's group, Friday activities, and to be on email invitation list for zoom groups please email Jon (Coordinator) at**

**[hopesprings@banyuleuc.org.au](mailto:hopesprings@banyuleuc.org.au) or Indu at [women.hopesprings@banyuleuc.org.au](mailto:women.hopesprings@banyuleuc.org.au)**

**hope springs: 105 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/>