



HOPE SPRINGS

WOMEN'S GROUP PROGRAM



TERM 4 2024
EVERY WEDNESDAY
10.30 A.M TO 12 P.M

ADDRESS:

105 EDWIN ST,
HEIDELBERG HEIGHTS,
VIC 3081



PHONE:

94598859/0491064191

EMAIL:

WOMEN.HOPESPRINGS@BANYULEUC.ORG.AU

WEBSITE:

[HTTPS://BANYULEUC.ORG.
AU/CONNECTING-WITH-
COMMUNITY/HOPE-
SPRINGS/](https://banyuleuc.org.au/connecting-with-community/hope-springs/)

FACEBOOK:

[HTTPS://WWW.FACEBOOK.COM/PEOPLE/HO
PE-SPRINGS-WOMENS-
GROUP/100086537787966/](https://www.facebook.com/people/hope-springs-womens-group/100086537787966/)

INSTAGRAM: @HOPESPRINGSWOMEN

IF YOU WOULD LIKE A TEXT REMINDER EACH
WEEK, KINDLY LET US KNOW :)

ALL WOMEN ARE WELCOME.
NO COST, NO REFERRAL REQUIRED.
VOLUNTARY CONTRIBUTION WELCOME.

WE ACKNOWLEDGE THE TRADITIONAL CUSTODIANSHIP OF THE WURUNDJERI
AND THE LAW OF THE COUNTRY ON WHICH WE LIVE. WE PAY OUR
RESPECTS TO THOSE WHO HAVE CARED AND CONTINUE TO CARE FOR
COUNTRY.



| Date | Activity |
|----------|---|
| 9th Oct | Cuppas and Conversations |
| 16th Oct | Games/Trivia |
| 23rd Oct | Sycamore tree and Op-shopping |
| 30th Oct | Chair Yoga |
| 6th Nov | Mystery Activity |
| 13th Nov | Cuppas and Conversations |
| 20th Nov | Paint by numbers |
| 27th Nov | Art Therapy |
| 4th Dec | Christmas Karaoke |
| 11th Dec | Christmas decorations, crafts and card making |
| 18th Dec | Christmas/ End of term celebrations |