











hope springs timetable Term 1 – Jan to April 2025



Mondays	Wednesdays	Thursdays	Fridays
<p>10.30am – 12pm</p> <p><u>Open Canvas Art Group</u></p> <p>Artistic expression: good for the spirit!</p> 	<p>10.30am – 12pm</p> <p><u>What Women Want - Women's Group</u></p> <p>A hope springs activity and support program for women (Contact Indu: women.hopesprings@banyuleuc.org.au)</p> 	<p>10am – 12pm (2nd and 4th Thursdays of each month)</p> <p><u>Community Garden Group</u></p> <p>Growing indigenous bush tucker plants in our community garden (Contact Megan for more info: megdav@optusnet.com.au)</p> 	<p><u>Friday Events and Activities!</u></p> <p>Includes:</p> <ul style="list-style-type: none"> *Art Therapy groups* *Music zoom groups* *Springboard in-house events including a Movie Night* *Springboard outings to the NGV Dogs and Cats exhibition and the Malahang Lantern Festival* <p>Please refer to "Friday events and activities flyer" for Term 1 dates and details! 😊</p>
<p>1.30pm – 3pm</p> <p><u>Monday Arvo Music and Marimba/percussion Group</u></p> <p>Sing-alongs, quizzes, marimbas and percussion, share song requests, hang out with friends!</p> 	<p>1.30pm – 3pm</p> <p><u>Wednesday Arvo Drop-in</u></p> <p>Have a game of pool, a chat, enjoy music, have a coffee or two, maybe a BBQ snag, hang out with friends!</p> <p>(Also Includes Worship on Wednesday (WOW) service first Wed of each month at 2pm for those interested)</p> 	<p>7.30pm (2nd Thursday of each month)</p> <p><u>hope springs Carers' Support Group</u></p> <p>(Previously Eltham Carers' Support Group)</p> <p>Support, information, new skills, friendship.</p> <p>Contact: Marzia Trebilcock (0439 386 393) for more information</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 or Indu at women.hopesprings@banyuleuc.org.au

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Facebook

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

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