



hope springs timetable

TERM 1-
JANUARY-APRIL 2026



Monday

10.30 am to 12 pm

Open Canvas Art Group

Artistic expression:
good for the spirit!



1 to 3 pm

Monday Arvo Music and Marimba/Percussion Group

Sing-alongs, quizzes, share song
requests too!



Wednesday

10.30 am to 12.30 pm

What Women Want- Women's Group

A support program for women
(Contact Indu:
women.hopesprings@banyuleuc.org.au)



1 to 3 pm

Wednesday Arvo Drop In

Have a game of pool, hang out with
friends and have a coffee or two.
(Includes Worship on Wednesday
(WOW) service 1st Wed of each
month at 2pm for those interested)



Thursday

10 am to 12 pm

(2nd and 4th Thursdays of each
month)

Community Garden Group

Growing indigenous bush tucker plants
in our community garden
(Contact Megan:
megdav@optusnet.com.au)



7.30pm (2nd Thursday of each
month)

hope springs Carers' Support Group

Support, information, friendship.
Contact staff for more information



Friday

Friday Events and Activities!

Includes:

- **Art Therapy groups**
- **Music zoom groups**
- **Springboard in-house events**
- **Springboard outing for a
bushwalk and BBQ**



*For flyers 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/>