

Other *hope springs* Groups

Rosanna Carer Support Group

Support, information, new skills, friendship

Meets at 10.00 am, 1st Wednesday of month

Contact: David Tregear 9459 7350

Eltham Carer Support Group

Support, information, new skills, friendship

Meets at 8.00 pm, 2nd Thursday of month

Contact: Jan Gill 9434 7642

Mind & Spirit

A Christian way of sharing in the recovery from illness

Meets at 8 pm, 1st & 3rd Wednesday of month

21 Arden Crescent, Rosanna

Contact: Rev. Peter Sanders 9459 8859

Marimba Percussion Group

Making marimbas and having fun playing music in a group. No music background necessary

Meets once a month on a Sunday afternoon

Contact: Kate Verghese 9434 2861

DROP-IN at West Heidelberg

Every Wednesday 1.30 - 4.00 pm

For a game of Pool or Table Tennis

Watch a Video or surf the Internet

Where? Cnr Edwin & St Heliers Streets

West Heidelberg. Ivanhoe Bus route 548

Contact: *hope springs* 9459 8859

THE SPRINGBOARD*

A hope springs Activity and Support Program

Our fifth year of FUN !

A group for all interested people

- * Going places together
- * Making new friends
- * Linking with other activities
- * Learning new skills
- * Caring for ourselves

Help with transport is available

August - December 2004



A Uniting Church ***hope springs*** Program

* AAA-rated (Access All Abilities)

THE SPRINGBOARD

Come along on Tuesdays

- August 10th CERES Environment Park (\$4)
August 17th Mia Mia gallery (\$4)
*August 24th B.B.Q. Heidelberg Park (\$4)
August 31st St. Pauls Cathedral train to city (\$4)
September 7th Movie at Doncaster Shoppingtown (\$7)
September 14th Picnic @ Cooper's Settlement, Bundoora (\$2)
September 21st) NO PROGRAM
September 28th) "
October 5th Mini- Golf (\$5)
*October 12th B.B.Q. Glengowrie, Fawkner (\$2)
October 19th Op. Shopping Brunswick St. (\$2+)
October 26th Ferry to Williamstown (\$10)
*November 2nd Cup day, BBQ Finn's Reserve (\$4)
November 9th Picnic at Blue Lake (\$2)
November 16th Latest Videos at Drop-in. Sandwiches & Coffee (\$2)
November 23rd Fish & chips at Crown Casino By train to Spencer St. (\$7)
*November 30th Queen Victoria Market A good day out(\$6)
December 7th Pentridge Prison (You are certain of a lift home if you are good) (\$2)
*December 14th Christmas Party @ Peter's (\$3)

*** Meet at 11 am**

We meet on Tuesdays
10.00 am sharp (or 11 am as indicated *)
at

The Sycamore Tree Coffee Shop
185 Burgundy Street, Heidelberg

Cost: Fares and entry charges
as indicated (kept to minimum)

Help with transport is provided if required

For more information about this group
and Mail-out
phone

Peter Sanders 9459 8859

