

Term 1 Activities & Talks

February 10 Cookie Baking "The Challenge to be better"

March 9 Bowling- Details TBC

"Having a big heart - helping at home"

February 24

Picnic & Games at the Park "Optimism - seeing the positive in situations and in others"

March 23

Community Service at a Nursing Home "Moods - controlling our moods, not letting them control us"

Term 2 Activities & Talks

heathquove

April 27

Scavenger Hunt in Camberwell "What is real love? The difference between sentimentality and love"

May 11

Mother & Daughter Activity "Be beautiful - respect yourself - the way you dress"

\$320/year or \$88/term or \$25/session

Cash or direct deposit to: Heathgrove BSB 033 039 Acc N. 556568

activities@heathgrove.org.au For more details about our programs, ethos & people visit <u>www.heathgrove.org.au</u>

REGISTER

May 25 Indoor Tr

Bounce (Indoor Trampoline) "Anger Management - why getting angry gets you nowhere"

June 8

Community Service at a Nursing Home "Needs and wants? To love people and use things not the other way round"

