

Organisation	Event Title	Date of Event	Promotional Wording	Start time	Event Contact Phone	Event contact email	Event Address	Event Suburb	RSVP	Event Requirements
Soldier On Limited	<b>Yoga Connects: Yin/Yang Yoga with Georgie Way for Veterans and Families</b>	2/10/2024	Join us Online for "Yoga Connects: Yin/Yang Yoga with Georgie Way for Veterans and Families," a series of trauma-sensitive Yin/Yang yoga sessions every Wednesday in October. Designed for veterans and their families, these virtual classes promote physical health, mental resilience, and community connection. Embrace the theme of 'Keep Connected' as we foster meaningful interactions and well-being in a supportive environment. Tune in to strengthen your body, soothe your mind, and stay connected with your community. Open to all skill levels	12:00 PM	0474765777	rose.savastaerba@soldieron.org.au	Brindabella Circuit	Canberra Airport	23/09/2024	Comfortable clothes, a towel or mat for the floor
Women Veterans Network Australia - WVNA Incorporated	<b>WVNA - Canberra Paint &amp; Chat</b>	5/10/2024	WVNA - Canberra Paint & Chat will be an exciting opportunity for women veterans that live in the Canberra area to engage in a different kind of a mindfulness activity.	11:00 AM	0418302026	canberra@wvna.org.au	6/54 Benjamin Way	Belconnen 2617	28/09/2024	Smile
Soldier On Limited	<b>Connect, Learn &amp; Engage for Defence &amp; Veteran Partners- Duntroon</b>	16/10/2024	Soldier On invites you to our Veterans' Health Week Connect & Engage for Defence & Veteran Partners on Wednesday 16 October 2024 between 9:30 am-12.00 pm at Duntroon Community Centre. We will kick off with a social morning tea at 9:30 am which will be facilitated by Sarah McGavin who will be sharing her lived experience as a Defence Partner. Followed by a presentation delivered by guest speaker Sarah Torode - Martin tailored for Defence & Veteran partners. We look forward to seeing you there! Max attendees: 40.	9:30 AM	02 6188 6116	chloe.vanmulligan@soldieron.org.au	1 Sapper Cl	Campbell	11/10/2024	None
Invictus Australia	<b>Yoga on the Oval</b>	16/10/2024	Join us for a special Veterans Health Week yoga session at Brindabella Park, hosted by Invictus Australia! This 45-minute lunchtime class, led by qualified instructors, is perfect for all ages and abilities. Enjoy the benefits of physical fitness, stress relief, and social connection while meeting others from the Defence Community (serving, former serving and family members). Plus, stop by our stall for free healthy snacks, bottled water, and expert advice from local rehab providers.	12:30 PM	0459444550	ddimmock@invictusaustralia.org	Brindabella Park	Brindabella	15/10/2024	Wear comfortable clothes and bring your own yoga mat otherwise mats will be provided.

HMAS Sydney Association (ACT)	<b>HMAS Sydney Association (ACT) BBQ</b>	17/10/2024	Join others from the Veteran Community and enjoy a sumptuous BBQ lunch. A great opportunity to catch up with Veteran friends and meet new ones. The event will proceed regardless of weather on the day.	12:00 PM	0420763135	quickj@bigpond.net.au	6 Calculus Lane	Campbell	10/10/2024	No requirements
Vietnam Veterans and Veterans Federation ACT Inc.	<b>Veterans Health Week Keep Connected Luncheon</b>	17/10/2024	The Veterans Support Centre (VSC), Belconnen invites you to join us for a games day and lunch at a nearby community hall 'Humpy Hall' in Scullin, ACT on Thursday 17th Oct 24 from 11am to 3pm as a part of Veterans Health Week. Details may be obtained from the VSC office at 02 62551599 or office@vscact.org.au. RSVP required.	11:00 AM	02 6255 1599	office@vscact.org.au	17 Frewin Place	Scullin	10/10/2024	Nil
Veteran Gaming Australia Limited	<b>Connect &amp; Play: Veterans Family Fun</b>	19/10/2024	Join us for the Veteran and Family Fun Morning! Get ready to experience amazing Virtual Reality with light condiments provided. Strengthen bonds, make new friends, and discover how staying active and connected enhances well-being. Don't miss this chance to engage, learn, and have fun with fellow veterans and their families!	11:00 AM	0422598232	enquiries@veterangamingaustralia.com.au	Shop 5/83-101 Lysaght St	Mitchell	1/10/2024	NIL
Australian War Widows' (ACT) Inc.	<b>National War Widows' Day</b>	19/10/2024	On Saturday 16 October an event to celebrate National War Widows' Day is to take place at the Canberra Services' Club, 51 Blackall Street, Barton. commencing at midday. This event has been organized to bring together widows, families and those who organizations who support widows. Come along for lunch and some entertainment. RSVP: 6162 0503 BY 14 October 2024	12:00 AM	0407565455	actwarwidows@outlook.com	51 Blackall Street	Barton	14/10/2024	Nil

Solid Rock Ministry	<b>Family Picnic Afternoon</b>	19/10/2024	Get away from the busyness of life, relax and unwind with a family picnic at the beautiful parklands at Weston Park with us. Get some quality time in with your family, reconnect with some old friends or take the chance and make some new ones over some Lawn games or a friendly game of community cricket. We look forward to seeing you there!	2:00 PM	0402260024	coordinator@solidrockministry.org.au	Pescott Lane	yarralumla	11/10/2024	Sun smart protection (hats, sunscreen etc), water bottles and picnic rug
Women Veterans Network Australia - WVNA Incorporated	<b>WVNA - Canberra Axe Throwing Session</b>	19/10/2024	WVNA - Canberra Axe Throwing Session will be an opportunity for women veterans in the Canberra area to try this unique activity with like minded women veterans.	1:30 PM	0418302026	canberra@wvna.org.au	4/1 Lyell Street	Fyshwick	12/10/2024	Enclosed shoes
Belconnen Bowling Club	<b>Veterns and Veterans' Family Bowling Day</b>	20/10/2024	Belconnen Bowling Club is delighted to invite Veterans and their families to a day of barefoot bowling - our treat! Join us for an unforgettable, family-friendly event that celebrates community and making connections. Whether you're a seasoned bowler or a first-timer, this event is for everyone and their abilities. Enjoy a day of laughter, friendly competition, and relaxation on our beautiful greens. Our coaches will be on hand to offer tips and guidance, ensuring that everyone, has a fantastic time.	11:00 AM	02 6254 2157	bbc.admin@iinet.net.au	Beetaloo Street	Hawker	11/10/2024	Comfortable Clothing: Wear casual, comfortable clothes suitable for a day of bowling. Flat Shoes: Please ensure you wear or bring appropriate flat, non-slip shoes for the green or bare feet is an option too. Footwear to be worn in the club. Hat: If it's sunny, protect yourself with a hat. Family and Friends: Bring your loved ones to share in the fun! We'll provide all the necessary equipment for bowling, so just come ready to enjoy a great day!
Invictus Australia	<b>Unleash Your Inner Gamer.....</b>	20/10/2024	Join us for an exciting morning of esports and gaming especially for veterans and their families! Experience the thrill of friendly competition, immerse yourself in the latest games, and connect with fellow veterans in a fun and supportive environment. Whether you're a seasoned gamer or just looking to try something new, this event promises to be an enjoyable and memorable experience for all.	10:30 AM	0459444550	ddimmock@invictusaustralia.org	12 Albany Street	Fyshwick	17/10/2024	No
Invictus Australia	<b>Trek One Tree Hill with Invictus Australia</b>	22/10/2024	Join us for a special Veterans Health Week hike at One Tree Hill in Hall, hosted by Invictus Australia! Enjoy the benefits of physical fitness, stress relief, and social connection while meeting fellow veterans and their families. Plus, afterwards, join us for lunch at a local cafe, and receive expert advice from local rehab providers. Don't miss this chance to strengthen your body, mind, and community! Good level of fitness required.	9:30 AM	0459444550	ddimmock@invictusaustralia.org	Corner of Hoskins and Hall Streets	Hall	18/10/2024	Water Bottle

Soldier On Limited	<b>Connect &amp; Learn for Defence &amp; Veteran Partners- Canberra</b>	30/10/2024	<p>Join Soldier On at Duntroon, Canberra, for a Defence Family Games and Social Connection Event during Veterans' Health Week. Connect with other Defence and Veteran families through fun games and activities, guided by our Trauma-Informed Care Programs &amp; Engagement Officers. Enjoy a healthy morning tea while learning about the benefits of social engagement on health and well-being. This event is a great opportunity to build community connections and foster camaraderie among Defence Partners and their families.</p> <p>Max attendees: 40.</p>	9:30 AM	02 6188 6116	chloe.vanmulligan@soldieron.org.au	Building 2 Suite 5 Brindabella Circuit	Canberra Airport	23/09/2024	Nil
Soldier On Limited	<b>Social Health Event Soldier On's Veteran's Health Week – Live and virtual Social Health Event</b>	Every Tuesday in October- Oct 1, 8, 15, and 22	<p>Soldier On invites you to our Veterans' Health Week Connect &amp; Engage for Defence &amp; Veteran Partners on Tuesday 1st, 8th, 15th &amp; 22nd October. Join us for this special series of online events and be inspired by Guest Speaker Julia Michel, fellow Defence &amp; Veteran Partners. This event aims to foster community connections, learning and growth in a supportive and motivational environment. We look forward to seeing you there!</p>	10:00 AM	02 6188 6116	chloe.vanmulligan@soldieron.org.au	Building 2 Suite 5 Brindabella Circuit	Canberra Airport	23/09/2024	None