

Organisation	Event Title	Date of Event	Promotional Wording	Start time	Event Contact Phone	Event contact email	Event Address	Event Suburb	RSVP	Event Requirements
Randwick Family Centre Incorporated	Get Connected	1/10/2024	Join us over a BBQ lunch to discover all of the amazing support services available to the defence community. There is something for everyone, with a face painter, balloonist and activities to keep the kids entertained whilst the adults can enjoy an opportunity to chat and connect.	11:00 AM	0449163904	randwickfamilycentre@outlook.com	373A Avoca St	Randwick	24/09/2024	Photo ID or DCAC Identification to access Randwick Barracks. Attendees can be signed on and escorted to the event location.
Invictus Australia	Team Veteran Urban Rec - Newcastle	2/10/2024	Invictus Australia would like to invite members of the Defence community to join Team Veteran for the October Urban Rec Competition.	6:30 PM	0488 454 688	jmartyn@invictusaustralia.org	Regent Street	New Lambton	30/09/2024	Active wear and Water
Veteran Surf Project Limited	Surf, Sand, Sun & Social - For veterans who need to get back outside	2/10/2024	Join Veteran Surf Project (VSP) for a learn to surf day among veterans and their families. No surfing experience necessary! Participants will learn how surfing relaxes the body, which also relaxes the mind. The instructors will accommodate any injuries, and ensure you are safe. After a surf together (which usually involves a lot of laughs), we will savour the surfing experience over a coffee. This particular event is targeted at veterans who are looking to try something new and form new friendships.	9:00 AM	0414 245 216	rusty@veteransurfproject.org	220 Crooked River Road	Gerroa	30/09/2024	Swimmers, towel, water bottle, hat.
Randwick Family Centre Incorporated	Re-connect	2/10/2024	Join us for an opportunity to focus on yourself whilst connecting and enjoying some time as part of a group of like-minded individuals. You will enjoy a stretch and release session, followed by the use of all the wonderful facilities at our sports recovery venue. Light refreshments and nourishing drinks will be served throughout the evening.	6:00 PM	0449163904	randwickfamilycentre@outlook.com	60 Raglan St	Malabar	23/09/2024	Please wear comfortable clothing, and bring along swimwear and towel
Merewether Heights Public School P&C Association	Connect & Play- Sensory Adventures morning for Veteran and Defence Families and children.	2/10/2024	Join us for Connected Play: Sensory Adventure for Veteran Families! This Veterans Health Week event offers a day of fun, outdoor sensory play, and connection for Veteran and Defence families. Enjoy bubble machines, music, games, and a health morning tea while learning about the importance of staying connected in our community. With engaging activities and an inspiring guest speaker, it's the perfect opportunity to bond, play, and strengthen social ties. Please be sure to RSVP!	8:30 AM	0407716388	admin@mtpspanc.org	156 Scenic Drive	Merewether Heights	23/09/2024	Close toed shoes, sunscreen
Saltwater Veterans Ltd	Staying Connected - On the Water - Sydney	3/10/2024	Join the Saltwater Veterans Sailing Project (SVSP) for a sailing event that fosters social connection and meaningful engagement among veterans and their families. Volunteers and participants alike will enjoy an informative talk on staying connected, followed by a collaborative sailing experience and a communal meal. This event underscores the importance of "Keeping Connected" and highlights the benefits of our supportive, connected community. Don't miss this opportunity to connect and thrive!	9:00 AM	0451574791	sailingproject@saltwaterveterans.org	Manly Sailing, East Esplanade	Manly	28/09/2024	Wear sunscreen, hat, sunglasses, long sleeve shirt. (Gloves are recommended.) Bring a jacket/jumper, sun screen, change of clothes, and a reusable water bottle. We don't recommend items on the boat that can't get wet or may fall over the side such as keys & phones.
Soldier On Limited	Pages of Connection-The Soldier On Book Club	3/10/2024	"Join us for a morning book club, bringing veterans and their families together through the power of literature, fostering a sense of community, connection, and socialisation. Dive into meaningful discussions, share your experiences, and strengthen your bonds with fellow veterans as we explore books that resonate with our shared journey. Let's "Keep Connected" through the pages of stories that unite us. Max Attendees 25 (depending on prams & highchairs)	12:00 PM	02 6188 6158	dean.maine@soldieron.org.au	3/126 John Street	Singleton	23/09/2024	Reading glasses if needed.
Commando Welfare Trust	Commando Welfare Trust Stay Connected Work Out of the Day Bondi Beach	4/10/2024	The Commando Welfare Trust will host a workout of the day at the world famous Bondi Beach the workout will be 1.2 Km run, 100 Heaves, 200 push ups, and 300 Air squats. This will be followed by a morning tea allowing Veterans and families to reconnect and keep connected.	5:00 AM	0477308443	trustwo@commandotrust.com	Bondi outdoor gym	Bondi	13/09/2024	PT gear and weighted vest along with water bottle also swimmers
Families of Veterans Guild	VHW Wellbeing Event: Weekday Intergenerational EcoWalks Tours	4/10/2024	Join us for the EcoWalks Tours wellbeing event, designed to honor Defence history while fostering social connections, peer support, and self-care for veterans and their families. This unique experience includes a guided walking tour of historic Defence sites around HMAS Penguin, followed by a catered picnic in nature, with group facilitation by qualified social workers. Choose from two dates during school holidays and enjoy a meaningful day of reflection, relaxation, and community.	10:00 AM	02 9267 6577	guild@fov.org.au	7a Middle Head Road	Mosman	27/09/2024	Wear comfortable weather appropriate clothing. This includes but is not limited to a hat, sunscreen, enclosed shoes that provide effective support to walk a moderate distance. Also, consider wearing long sleeves and pants to reduce the risk of sun exposure and if necessary, wet weather gear which may include a rain jacket.

Randwick Family Centre Incorporated	Bike n Blend	4/10/2024	Join us in powering your own bike to blend your very own smoothies. This event is going to be a whole lot of pedal-powered fun!	11:30 AM	0449163904	randwickfamilycentre@outlook.com	373A Avoca street	Randwick	27/09/2024	Guests will need DCAC identification or ID to allow for signing onto the base.
Cumberland RSL Sub-branch	Welfare Muster: Sport- Ten Pin Bowling	4/10/2024	Keep Connected with Cumberland RSL Sub-branch when we go bowling followed by a group lunch. No one bowls alone! Welcome to new members, especially those who have served with ADF from a younger generation.	11:00 AM	0438007770	President@cumberlandsbsb.com.au	546 Liverpool St	Strathfield South	20/09/2024	Participants need to RSVP
Soldier On Limited	Pages of Connection- The Soldier On Book Club Social Health Event	4/10/2024	Join us for a mid-morning book club, bringing veterans and their families together through the power of literature, fostering a sense of community, connection, and socialisation. Dive into meaningful discussions, share your experiences, and strengthen your bonds with fellow veterans as we explore books that resonate with our shared journey. Let's "Keep Connected" through the pages of stories that unite us. Max Attendees 35	10:00 AM	02 61886187	rose.savastarba@soldieron.org.au	9 Four Mile Creek Road	Ashtonfield	23/09/2024	Reading glasses if needed
Sailing On WA Inc.	Reconnect Sail	5/10/2024	Join us for a free sail with your family or mates, with a BBQ after.	9:00 AM	0422 504 286	bosunsw@sailingonwa.org.au	RANSA Yacht Club	Sydney	30/09/2024	bring a hat and suncream
Military Brotherhood MMC Illawarra Sub Branch Incorporated	Throttle Therapy - Keep Connected	5/10/2024	Motorcycle event for Veterans who are struggling or have struggled with mental health conditions to connect with peer support members and services that can assist them on their Mental Wellness Journey and reduce social isolation among veterans. Guest Speaker: WGCDR Ian Whitley, AM (RAAF Chaplain)	9:00 AM	0412404630	clarrybmmc@gmail.com	1 Allowrie St	Jamberoo	4/10/2024	Free Entry. Free Parking available. Bring water bottle
Nabiac RSL SubBranch	Connection through fishing	5/10/2024	Connection through fishing with like-minded veterans for the betterment of your health.	7:30 AM	0419615497	arthur.chapman@hotmail.com.au	4 rockpool road Tuncurry	Tuncurry NSW	1/10/2024	Sunsafe hat, long-sleeved shirt, Sturdy footwear, water bottle fishing equipment, sunscreen, water and sandwiches will be provided
Veteran Surf Project Limited	Surf, Sand, Sun & Social - For enlisted ADF and family members	5/10/2024	Join Veteran Surf Project (VSP) for a learn to surf day for enlisted ADF and their families. No surfing experience necessary! Participants will learn how surfing can bring Defence families together. After a surf together (which usually involves a lot of laughs), we will savour the surfing experience over a coffee. This particular event is targeted at ADF members to form new friendships outside of uniform.	9:00 AM	0414 245 216	rusty@veteransurfproject.org	220 Crooked River Road	Gerroa	30/09/2024	Swimmers, towel, water bottle, hat.
Families of Veterans Guild	VHW Wellbeing Event: Weekend Intergenerational EcoWalks Tour	5/10/2024	Join us for the EcoWalks Tours wellbeing event, designed to honor Defence history while fostering social connections, peer support, and self-care for veterans and their families. This unique experience includes a guided walking tour of historic Defence sites around HMAS Penguin, followed by a catered picnic in nature, with group facilitation by qualified social workers. Choose from two dates during school holidays and enjoy a meaningful day of reflection, relaxation, and community.	10:00 AM	02 9267 6577	guild@fov.org.au	7a Middle Head Road	Mosman	27/09/2024	Wear comfortable weather appropriate clothing. This includes but is not limited to a hat, sunscreen, enclosed shoes that provide effective support to walk a moderate distance. Also, consider wearing long sleeves and pants to reduce the risk of sun exposure and if necessary, wet weather gear which may include a rain jacket.
Randwick Family Centre Incorporated	Braiding and Bonding	5/10/2024	Take the time out to connect with your child amongst a group of fun and supportive like-minded people. You'll walk away with an array of basic techniques to get you on your way to becoming the ultimate children's hair stylist. This will be lots of fun for all. You'll learn and practise in the studio, on your own child. Light refreshments will be served.	2:00 PM	0449163904	randwickfamilycentre@outlook.com	Randwick Family Centre, Randwick Army Barracks, 373A Avoca Street	Randwick	27/09/2024	Just themselves and their child

Woronora River RSL Sub Branch	Connecting Creativity and Community (1)	6/10/2024	Woronora River RSL Sub Branch will be hosting a series of creative collaborations across October, co-designing and communicating the value and impact of 'keeping connected' through a series of facilitated creative, expressive and connecting workshops. These will be varied across locations, dates, times and platforms to give all of us the chance to truly connect, authentically.	1:00 PM	0403194383	woronora-riversb@rslnsw.org.au	118 Prince Edward Park road	Woronora	23/09/2024	
Soldier On Limited	Pages of Connection- The Soldier On Book Club Event	4/10/2024	*Join us for a mid-morning book club, bringing veterans and their families together through the power of literature, fostering a sense of community, connection, and socialisation. Dive into meaningful discussions, share your experiences, and strengthen your bonds with fellow veterans as we explore books that resonate with our shared journey. Let's "Keep Connected" through the pages of stories that unite us. Max Attendees 30	11:00 AM		james.milliss@soldieron.org.au	450 The Esplanade	Warners Bay		Reading glasses if needed
Soldier On Limited	Soldier On Veteran and Family Picnic and Games Day	8/10/2024	Soldier On invites you to our special Veterans' Health Week Picnic Day on 8th Oct 2024 at Rose Point Park. Enjoy a day of togetherness and healthy living with nutritious food catered by Soldier On and Outdoor games for the whole family to enjoy. This event aims to foster community connections, promote healthy lifestyles, and support veterans and their families in a fun, engaging environment. We look forward to seeing you there!	12:00 PM	02 6188 6158	dean.maineys@soldieron.org.au	Rose Point Park	Singleton	4/10/2024	Enclosed shoes e.g. (Runners, sandshoes) Hat Towel/ Blanket
City of Newcastle RSL Sub Branch	Sports Trivia Night with City of Newcastle RSL sub-Branch and Invictus Australia	8/10/2024	The City of Newcastle RSL sub-Branch and Invictus Australia would like to invite members of the Defence Community to a special evening of Sports Trivia. Come on down as a group or as individuals and join in for your chance to win a bunch of prizes. Dinner and soft drinks will be provided.	6:00 PM	0412871763	NewcastleS8@rslnsw.org.au	48 Baker Street	Mayfield	1/10/2024	
Invictus Australia	Learn to Sail in Jervis Bay	8/10/2024	Join us for a special Veterans Health Week Learn to Sail activity hosted by Invictus Australia in conjunction with The Jervis Bay Cruising Yacht Club! Led by experienced Skippers, it's perfect for all over the age of 18 years. Enjoy the benefits of physical fitness, stress relief, and social connection while meeting fellow veterans and their families. Plus, stay and enjoy a free healthy lunch, and expert advice from local rehab providers. Don't miss this chance to learn a new sport!	9:00 AM	0459444550	ddimmock@invictusaustalia.org	42 Boorawine Terrace	Catlaia Bay	3/10/2024	Wear weather appropriate clothing.
Woronora River RSL Sub Branch	Connecting Creativity and Community (2 ONLINE)	9/10/2024	Woronora River RSL Sub Branch will be hosting a series of creative collaborations across October, co-designing and communicating the value and impact of 'keeping connected' through a series of facilitated creative, expressive and connecting workshops. These will be varied across locations, dates, times and platforms to give all of us the chance to truly connect, authentically.	10:00 AM	0403194383	woronora-riversb@rslnsw.org.au	118 Prince Edward Park road	Woronora	18/09/2024	ONLINE EVENT - Participants for this online event are required to nominate 3 weeks in advance, providing their postal address for delivery of workshop materials. They will also need to have access to Microsoft Teams on a device with stable internet access
Veteran Surf Project Limited	Surf, Sand, Sun & Social - For ex serving ADF and family members	9/10/2024	Join Veteran Surf Project (VSP) for a learn to surf day for ex-service ADF and their families. No surfing experience necessary! Participants will learn how surfing can heal the injuries suffered from service and re-build resilience. After a surf together (which usually involves a lot of laughs), we will savour the surfing experience over a coffee. This particular event is targeted at ex-service ADF to form new social support networks.	8:00 AM	0414245216	rusty@veteransurfproject.org	220 Crooked River Road Gerroa	Gerroa	2/10/2024	Swimmers, towel, water bottle, hat.
Families of Veterans Guild	VHW Wellbeing Event: Weekday Sound Healing	9/10/2024	Experience the Sound Healing wellbeing event in Sydney, specially crafted for veterans and their families. This event offers a chance to connect with other veteran families, reduce stress, and focus on self-care through sound healing. With events in Chatswood and Cronulla, you can choose a day and location to suit you. Enjoy a supportive environment, healthy lunch, and access to essential resources, all designed to enhance your wellbeing and strengthen connections.	11:30 AM	02 9267 6577	guild@fov.org.au	9 Help Street	Chatswood	4/10/2024	Wear comfortable clothing and bring water, a yoga mat and small blanket to keep you warm.
Merewether Heights Public School P&G Association	Finding connection through artistic expression: Creating Making Poppies with our service families.	9/10/2024	Join us for Finding connection through artistic expression: Creating Making Poppies with our service families during Veterans Health Week 2024! This special event invites Veteran and Defence families to come together for a meaningful craft activity, creating handmade poppies as symbols of remembrance and unity. Led by a local artisan, participants will not only enjoy the creative process but also learn about the mental health benefits of artistic expression. Strengthen your connections and celebrate community through the power of creativity! RSVPs required.	8:30 AM	0407716388	admin@mhpspandc.org	156 Scenic Drive	Merewether Heights	1/10/2024	
Invictus Australia	Invictus Australia Football Clinic with the Western Sydney Wanderers.	10/10/2024	Invictus Australia would like to invite all members of the defence community to join us for a special event with the Western Sydney Wanderers. Come along and connect with local Football Clubs and your favorite A-league team for a Football clinic for both children and parents. Coaches will run the children through some drills and the parents will have the opportunity to attend a coaching clinic.	10:00 AM	0488 454 688	jmarty@invictusaustalia.org	81 Eastern Road	Rooty Hill	4/10/2024	Suitable clothing for Football Clinic Sneakers (no football boots) Water

Soldier On Limited	Pages of Connection- The Soldier On Book Club	10/10/2024	Join us for a mid-morning book club, bringing veterans and their families together through the power of literature, fostering a sense of community, connection, and socialisation. Dive into meaningful discussions, share your experiences, and strengthen your bonds with fellow veterans as we explore books that resonate with our shared journey. Let's "Keep Connected" through the pages of stories that unite us. Maximum of 25 attendees.	12:00 PM	02 6188 6187	rose.savastaerba@soldieron.org.au	727 Hunter Street	Newcastle West	3/10/2024	Reading glasses if needed.
RSL Lifecare Ltd	(re)Connection Camp	11/10/2024	Get some much needed quality time away with your child during these school holidays. Come and enjoy an unforgettable overnight hiking trip full of adventure and fun activities perfect for you and your child to reconnect and learn new skills. Be guided along the bushtrails of the Berowra Valley National Park by experienced walking guides and have all of your snacks, meals, refreshments and camp gear provided for you. All you need is to show up with a sense of adventure.	9:00 AM	0406787684	alan@ecowalktours.com.au	Crosslands Reserve	Hornsby	7/10/2024	Overnight bag, small day pack, sleep wear and weather appropriate clothing as well as a water bottle.
Keith Payne VC Veterans Benefit Group	Social Connectedness Through Exercise and Diet - Women in Defence Forum	11/10/2024	Women in Defence forum - Social connectedness through exercise and diet. An Exercise Physiologist (EP) and Dietician will talk about the importance of social connecting through diet and exercise and maintaining contact with each other after leaving service. On completion a hot meal will be supplied and an opportunity to talk individually with the EP and Dietician.	11:30 AM	0428443361	rick.meehan2@gmail.com	489A Albatross Road	NOWRA HILL	4/10/2024	Participants only need to bring themselves
Invictus Australia	(not)parkrun Walking Group - Maitland	11/10/2024	Invictus Australia would like to invite all members of the local Defence Community to join us this Veteran Health Week for a special event in Maitland. Come along to our (not)parkrun Walking Group to meet others from the Defence Community and enjoy a beautiful breakfast at Lavenders Cafe.	9:30 AM	0434511073	jmarty@invictusaustralia.org	Maitland Riverside Carpark	Maitland	4/10/2024	Appropriate footwear
Cumberland RSL Sub-branch	MEAO Commemoration	11/10/2024	Join us at one of four memorials to remember those who deployed to MEAO and remember those who suffered loss as a result of service to country. We especially remember the fallen at the solemn gathering before an informal lunch. Let us not forget.	10:30 AM	0438007770	President@cumberlandrslsb.com.au	1 James St	Lidcombe	27/09/2024	Ask that participants RSVP
Soldier On Limited	Walking for Veterans Wellness and Social Health Singleton	11/10/2024	Join us for "Walking for Veterans Wellness and Social Health" in Singleton, where veterans come together for a refreshing walk in nature. This event promotes physical fitness, mental well-being, and social connections. Enjoy guided tours, wellness tips, and community bonding in a supportive environment. Celebrate the spirit of camaraderie and holistic health with us, fostering stronger, healthier veteran communities. Don't miss this chance to walk, connect, and thrive!	9:30 AM	401829404	dean.maine@soldieron.org.au	1/126 John Street	Singleton	10/04/2024	Comfortable walking shoes, hat, sunscreen, and water bottle.
Nabiac RSL SubBranch	Staying Connected through exercise	12/10/2024	Come along as we promote staying connected through exercise	10:00 AM	0419615497	arthur.chapman@hotmail.com.au	1 trades Court	Forster	8/10/2024	Comfortable clothing and enclosed footwear plus a water bottle
Sailing On WA Inc.	Reconnect Sail	12/10/2024	If you want to sail with your family or reconnect with mates then contact us for a free sail and BBQ.	9:30 AM	0447 447 788	bosunsw@sailingonwa.org.au	RANSA Yacht Club	Sydney	30/09/2024	bring a hat and suncream

Harbord RSL sub Branch	The Power of Connection	12/10/2024	Join us at Harbord RSL sub Branch and learn how our 'The Power of Connection' Workshop will give you the tools to recognise and engage with people who might have mental health problems and allow you to connect with the right community resources on the Northern Beaches to facilitate support and intervention.	9:30 AM	0412 427 048	HarbordSB@rslnsw.com.au	80 Evans Street	Freshwater	4/10/2024	None. Morning Tea & Lunch will be provided
Kingscliff RSL Sub-Branch	Kingscliff RSL Sub-Branch Park Run or Walk	12/10/2024	The Kingscliff RSL Sub-Branch will be holding a walk or run from Salt SLSC over a 5km course on Saturday 12th October as part of Veterans' Health Week. The activity will commence at 8.00 am and be followed by a BBQ Breakfast at the Salt SLSC. Then there will be a talk by an Exercise Psychologist on the benefits of exercise for veterans.	8:00 AM	0429 020 957	kingscliffsb@rslnsw.org.au	45 Belts Blvd	Kingscliff	5/10/2024	Walking or running shoes, water, sun protection and a hat.
Bellingen River RSL sub-Branch	Keeping Veterans Connected	12/10/2024	Join us for a fun-filled day in picturesque Bellingen! Veterans and their families are invited to our community event at Lavender's Park, featuring canoeing on the Bellingen River, classic games, and board game challenges. Enjoy healthy refreshments and a sausage sizzle lunch. Access valuable support information from DVA and sub-Branch members. Connect with fellow veterans, stay active, and discover local support services. Don't miss this opportunity for recreation and camaraderie in our beautiful riverside setting!	9:00 AM	0414355248	bellingen-riversb@rslnsw.org.au	Bridge St	Bellingen	7/10/2024	Bring a picnic rug or folding chairs
Invictus Australia	Join Team Veteran at Huskisson parkrun	12/10/2024	Whether you are running, walking, rolling or volunteering - the simple act of getting out and about can have huge benefits for your physical, mental & social health. Come and find Invictus Australia at parkrun this Veteran Health Week and sign up to "Team Veteran." We will have a stall setup with refreshments and information about how you can keep connected within the community.	8:00 AM	0459444550	ddimmock@invictusaustralia.org	Moona Moona Creek	Huskisson	11/10/2024	Wear comfortable sports clothes and bring a water bottle.
Bundeena RSL sub-Branch	Veterans Health Week Kayak Day	12/10/2024	The Bundeena RSL sub-Branch invite all local Veterans and their Families along for a day on the water with Bundeena Kayak Co. Come along with your family for a morning of water fun and BBQ lunch.	10:00 AM	0404404118	bundeena.rsl.sb@gmail.com	2 Sea Breeze Lane	Bonnie Vale	4/10/2024	Swimmers
Invictus Australia	Run, walk, roll or volunteer at parkrun!!!!	12/10/2024	Whether you are running, walking, rolling or volunteering - the simple act of getting out and about can have huge benefits for your physical, mental & social health. Come and find Invictus Australia at parkrun this Veteran Health Week and sign up to "Team Veteran." We will have a stall setup with refreshments and information about how you can keep connected within the community.	8:00 AM	0488 454 688	jmarty@invictusaustralia.org	55 Scobies Lane	Maitland	11/10/2024	Activewear
Tamworth RSL sub-Branch	Walk and Talk in the Park	12/10/2024	A Walk and Talk event which bring people together to Keep Connected. Walk and talk along the via duct in Bicentennial Park and then provide a healthy lunch and refreshments to all participants.	10:00 AM	0432457784	trsibus@bigpond.net.au	Bicentennial Park, Kable Avenue	Tamworth	10/11/2024	Just bring yourselves
Invictus Australia	Come & Try Dragon Boating	12/10/2024	Join Invictus Australia for a special Veterans Health Week Come & Try Dragon Boating activity on Shoalhaven River with The Nowra Water Dragons! Led by qualified Coaches, and perfect for everyone over the age of 12 years. Enjoy the benefits of physical fitness, stress relief, and social connection while meeting fellow veterans and their families. Stop by our stall for free healthy snacks, bottled water, and advice from local rehab providers. Don't miss this chance to strengthen your body, mind, and community!	10:30 AM	0459444550	ddimmock@invictusaustralia.org	Scenic Drive	Nowra	10/10/2024	Wear comfortable sports clothes and closed in shoes.

Springwood Neighbourhood Centre Cooperative	Connect Create Celebrate	12/10/2024	Keep Connected Community Fair brings you a smorgasborg of activities and services in one place so that you can fill your plate with opportunities! Join us to hear how others have built their careers after contributing in the armed services, led community activities and learnt new skills. Find out about what our community has to offer and what you can offer our community. Most importantly share some fantastic food, make some music and grow your community connection.	11:00 AM	0416225086	manager@sncc.org.au	104 - 108 Macquarie Rd	Springwood	7/10/2024	N/A
Families of Veterans Guild	VHW Wellbeing Event: Weekend Sound Healing	12/10/2024	Experience the Sound Healing wellbeing event in Sydney, specially crafted for veterans and their families. This event offers a chance to connect with other veteran families, reduce stress, and focus on self-care through sound healing. With events in Chatswood and Cronulla, you can choose a day and location to suit you. Enjoy a supportive environment, healthy lunch, and access to essential resources, all designed to enhance your wellbeing and strengthen connections.	11:45 AM	02 9267 6577	guild@fov.org.au	1/57 Cronulla Street	Cronulla	4/10/2024	Wear comfortable clothing and bring water, a yoga mat and small blanket to keep you warm. Bring a towel or picnic rug to sit on.
Vietnam Veterans Association of Australia (VVA) St Marys Outpost Inc	Walk and Talk to Keep Connected	12/10/2024	Come & join our walk and talk event. There is a short walk and a longer walk for you to choose from, on your return we will have a healthy breakfast waiting for you. We will also have a guest speaker on the mental benefits of exercise keeping Connected with your fellow Veterans. Bring your family along so they can also participate.	7:30 AM	0418247325	vietvet@vvaastmarys.org.au	107 Mamre Rd (VVA St Marys Outpost "The Train")	St Marys	10/10/2024	Walking shoes and comfortable clothing.
Miranda RSL Sub-Branch	Art and Connect	12/10/2024	Come and join us as we explore our more artistic side and connect with each other, through our connection to service. Then stay with us to chat over some refreshments.	11:00 AM	0422418776	miranda-rslsubbranch@hotmail.com	615 Kingsway	MIRANDA	23/09/2024	All art supplies will be supplied, along with refreshments.
Kogarah RSL Sub Branch of the Returned & Services League of Australia Inc.	Operation - Back to the Future	13/10/2024	Join us for Veteran Health Week at Kogarah RSL Sub-Branch, where we celebrate the well-being and resilience of our veterans. This is an opportunity to connect, share stories, and support one another in a welcoming community. Experience meaningful activities, insightful talks, and camaraderie that honors our veterans' service. Together, we strengthen our health and unity.	10:00 AM	0420906975	KogarahSB@rslnsw.org.au	Hyde Park	SYDNEY	7/09/2024	One of the following: • Photo ID • DVA card • RSL NSW card and • Jacket • Hat
Wingham RSL Sub-Branch	Nutbush in the Park	13/10/2024	Join Wingham RSL sub-Branch in Central Park Wingham for a fun morning leading up to a giant Nutbush Dance off followed by lunch.	11:00 AM	0412166294	winghamsb@rslnsw.org.au	20 Isabella St	Wingham	1/10/2024	Hats, Sport and Rec shirts if you have them.
Narrabri RSL Sub Branch	Narrabri Shire War Memorial Excursion	13/10/2024	Narrabri RSL sub Branch will be taking our members out for a day trip to visit some of our remote war memorials to pay our respects and ensure they are all in good repair. We will stop at the historic Baan Baa Hotel for lunch for some fellowship. This connects us historically through generations of veterans and families.	8:00 AM	0402225826	narrabrisl.sub.branch@gmail.com	7 Maitland Street	Narrabri	13/09/2024	Sunscreen, hat, water, proper footwear and a sense of humour.
The Entrance Long Jetty RSL Sub Branch	Barefoot Bowls Social Day	13/10/2024	The Entrance Long Jetty RSL sub Branch is holding a DVA supported barefoot bowls day for all Veterans and their families to promote friendship and Camaraderie and to reduce social isolation. Bowls will be supplied, BBQ and soft drinks will be supplied free of charge.	10:00 AM	0422998405	rsbsb@theentrancelongjetty.com.au	313 the Entrance Rd long Jetty	LONG JETTY	1/10/2024	
RSL Lifecare	Sunday Brunch Club	13/10/2024	The Shoalhaven Veteran and Family Hub is thrilled to launch our free Sunday Brunch Club for current and former serving veterans, and their families to connect and relax together on Sunday. Join us for brunch, fun activities, and a chance to learn about the value of connection. Visit https://rslifecare.org.au/veteran-services/events-calendar for event details.	10:00 AM	0472 761 113	helio@rslifecare.org.au	124 Wallace Street	Nowra	4/10/2024	Nothing - everything will be provided.

Kirribilli RSL Sub-Branch	Keep Connected with Bowls	13/10/2024	Keep Connected with Bowls - join us for an opportunity to discover the connectedness of barefoot bowls. Be a participant or spectator. Both are a good laugh. Registration essential.	12:00 PM	0400756214	kirribillisb@rslnsw.org	50 Ridge Street	North Sydney	1/10/2024	Participants will need to dress appropriately for outdoor activity and be mindful of weather. Definite consideration to be 'sun safe'.
Pelican-Flat RSL Sub Branch	Monthly Members Meeting Chaplain Talk "Keeping Connected"	13/10/2024	Our event is open to Members and their guests as well as the local community to attend for our Chaplain to discuss the importance of keeping connected.	11:00 AM	0402564429	secretary@pelicansrsl.org.au	2-4 Pirriwal Street,	PELICAN NSW 2281	1/10/2024	nothing to bring
Bingara RSL Sub Branch	Binagar RSL Sub Branch Barefoot Bowls Challenge	13/10/2024	The Bingara Sub Branch will be holding a Barefoot Bowls day to promote mental health and well-being in our local Veteran Community. We will have a DVA Advocate and now a Well-being Support Officer in attendance, both are local residents and members of the Branch. We will also seek our local State and Federal MP's to the day.	4:00 PM	0427241699	bingarasb@rslnsw.org.au	Bombelli Street	Bingara	1/10/2024	Bring your bare feet and a smile!
Nabiac RSL SubBranch	Yoga/Pilates Together	13/10/2024	Enjoy a full day of Yoga and Pilates in the Park whilst enjoying the outdoor surroundings with new friends	10:00 AM	0419615497	arthur.chapman@hotmail.com.au	4 rockpool road Tuncurry	Tuncurry NSW	7/10/2024	Comfortable loose clothing and a water bottle /hat
Veteran Surf Project Limited	Surf, Sand, Sun & Social - Bring the kids!	13/10/2024	Join Veteran Surf Project (VSP) for a learn to surf day for a family surfing experience. No surfing experience necessary! Participants will learn how learning to conquer the challenge of surfing is like overcoming life's challenges. After a surf together (which usually involves a lot of laughs), we will savour the surfing experience over a coffee. This particular event is targeted at current and former serving members to build relationships with their children, using surfing as a social lubricant.	9:00 AM	0414 245 216	rusty@veteransurfproject.org	220 Crooked River Road	Gerroa	6/10/2024	Swimmers, towel, water bottle, hat.
Sussex Inlet RSL sub-Branch	Veterans, family and friends Keep Connected Talk and BBQ Lunch	13/10/2024	Currently serving and ex-service veterans, their family and friends are welcome to join us for a Keep Connected Talk and BBQ Lunch. This will kick off with a session on building and maintaining social connections in our community and opportunities to get involved, including useful contact information. This will be followed by social BBQ held in true Australian style to enjoy the company of fellow veterans, family and friends as well as meet some new people in our community. RSVP required.	11:30 AM	02 4441 2548	Sussex-InletSB@rslnsw.org.au	18 Nielson Rd	Sussex Inlet	10/10/2024	No need to bring anything at all
Kirribilli RSL Sub-Branch	Keep Connected with Hobbies	14/10/2024	Keep Connected with Hobbies - join us for an opportunity to discover a range of hobbies that are affordable, easy to get started enjoyed with others in a social connected space.	9:30 AM	0400756214	kirribillisb@rslnsw.org	Priest Bid	Concord	1/10/2024	Everything will be supplied.
Albion Park RSL Sub Branch	Dinner, Bowling & Laser Tag	14/10/2024	Please stay connected and join us this year for Dinner, 2 games of Ten Pin Bowling followed by a game of Laser Tag. We encourage you as part of Veterans Health to reach out and join us for an evening of comraderie and laughter.	6:00 PM	0403611189	favouritecoloured@gmail.com	47 Princes Highway	ALBION PARK RAIL	10/10/2024	Socks to be worn with bowling shoes.
The Grub Club Education Fund	Stay Connected Stay Well	14/10/2024	The Grub Club Education Fund which holds the annual SGT Matthew Locke MG Charity football match at Bellingen each year invites all veterans and their families in the local Mid North Coast area to attend a presentation on the benefits of social connection through participation in veteran camaraderie events. Please join us for an inclusive discussion regarding how we can all contribute to helping each other stay connected and stay well.	6:00 PM	0426988226	adam.wsv@gmail.com	41 McIntyre Street	South West Rocks	14/10/2024	

Tamworth Legacy Club	Spring Lunch/Fashion Parade	15/10/2024	Tamworth Legacy will be holding a Spring Luncheon and Thrift Shop Fashion Parade. This will enable our Legacy beneficiaries - young and old, and our Legatees to connect over a luncheon and the fun of a fashion parade.	12:00 PM	0432160199	tamworth@legacyclubservices.org.au	3 Barton Lane	Tamworth	1/10/2024	
Legacy Club Services - Lithgow Division	Lithgow Legacy lunch - Keeping Connected	15/10/2024	Lithgow Legacy cares for veterans families and would like to invite any War Widows in the community to come to our luncheon. We have a guest speaker from the Neighbourhood centre who talk about the importance of keeping connected and provide information on social programs and outings in the community.	12:00 PM	0436 606 520	tlewis@legacyclubservices.org.au	Lithgow Street	Lithgow	10/10/2024	
Kirribilli RSL Sub-Branch	Keep Connected with Cooking	15/10/2024	Keep Connected with Cooking - is a cooking class with a difference. Not only will you learn how to master some easy, low cost, healthy recipes you will see how the kitchen can be a great tool for social connection.	10:00 AM	0400756214	kirribillisb@rsl.nsw.gov.au	Hospital Road	Concord	1/10/2024	Everything will be supplied, just bring a willingness to cook.
Yass sub-Branch the Returned and Services League of Australia	Veterans Keeping Connected Through Art	15/10/2024	Veterans and family members are invited to a free, fun group art activity at Tootsies to celebrate Veterans Health Week. This event is an excellent opportunity to connect with others in the community through the power of art. You will meet new friends and learn art skills in a relaxed and entertaining environment. No art experience is necessary, all are welcome. This is a catered event.	10:00 AM	0413337749	yasssb@rsl.nsw.gov.au	289 Comur Street	Yass	11/10/2024	No need to bring anything.
Miranda RSL Sub-Branch	Lawn Bowls and BBQ	15/10/2024	Come and connect with us as we learn to play Lawn Bowls, understand the need to keep healthy and active, and keep connected as we share in some camaraderie after the Lawn Bowls.	10:30 AM	0422418776	miranda-rslsubbranch@hotmail.com	691 Kingsway	GYMEA	1/10/2024	Sunscreen, a hat, and a sense of humour!
Benchmark Certified Pty Ltd	Keeping Connected Through Culture and Community	16/10/2024	Join us in Walhallow, NSW, for "Keeping Connected Through Culture and Community". This one-day event, organised by Benchmark Certified in partnership with Walhallow Local Aboriginal Land Council and Quirindi RSL Club, celebrates Veterans' Health Week. Highlights include a Welcome Ceremony, Yarning Sessions, Guest Speakers, Information Sharing, and a Community Film screening. Experience the power of connection, cultural heritage, and community support. Open to all, this event aims to strengthen social bonds and promote well-being.	12:30 PM	0429673444	richard@benchmarkcertified.com.au	1 Hill Street	Caroona	30/09/2024	Participants do not need to bring anything specific. However, we recommend wearing comfortable clothing suitable for the day's activities and bringing a reusable water bottle to stay hydrated. All necessary materials for the yarning and information sessions, and film screening will be provided. If participants have any specific needs or require assistance, the organisers can be contacted in advance so arrangements can be made accordingly.
Innoclub Ltd	Frontline Labs Veteran Business Keep Connected Morning Tea	16/10/2024	Frontline Labs will be hosting a morning tea for local and regional veteran business start-ups, owners, and their families.	10:00 AM	0478480278	markleatham@frontlinelabs.org.au	20 Chester Hill Road	Chester Hill	9/10/2024	
Returned Services League of NSW Nowra Sub-Branch	Healthy Cooking with Craig	16/10/2024	Veterans of the local community are invited to the Nowra RSL sub-branch to participate in Healthy Cooking With Craig. Craig will show you how to menu plan, purchase ingredients and create simple healthy meals. You will be eat what you have created for lunch.	10:00 AM	02 4423 6335	nowrasbpres@tpg.com.au	157 Junction Street	NOWRA	30/09/2024	A good attitude, everything else is supplied
St Marys RSL Sub-Branch	Nepean Riverwalk/Talk/Lunch for Veterans Health Week	16/10/2024	A talk about the need to keep moving; a walk along/around the river; a healthy take-away lunch. Look for the RSL Banner at the East Bank shops - all veterans (and Partner) are welcome.	10:00 AM	0414 557 692	st-marysrb@rsl.nsw.gov.au	Eastbank Centre, Tench Reserve	Penrith	10/10/2024	Dress for a walk along the river - be guided by the weather on the day.
Cabra-Vale Ex Active Servicemens Ltd	Bowl for our Veterans	16/10/2024	Come and Bowl for our Veterans during Veterans Health Week. The event starts at 10am with a few rounds of bowls followed by a barbeque lunch and information session from our Clinical Psychologist from Ramsay Psychology Cathy Pearson. Grab some information and take part in the session during lunch. The perfect way to engage and "Stay Connected" with others in our community.	10:00 AM	0439545147	mail@cabravale.com	1 Bartley St.	Canley Vale	9/10/2024	Comfy runners to bowl in and bowls if you have them if not we can also supply.

Burwood RSL Subbranch	Veterans Health Day	16/10/2024	The Day is designed for RSL NSW subbranch's members & their partner/carer.	9:30 AM	0407250692	subbranch@burwoodrsl.com.au	96 Shaftesbury Road	Burwood	4/10/2024	Burwood RSL Subbranch will provide catering & any promotional material
Nabiac RSL SubBranch	Connecting through sailing	16/10/2024	Connect with others with the Salt Water Veterans in a day of fun, learning, and communicating	7:30 AM	0419615497	arthur.chapman@hotmail.com.au	95 Hannell St Wickham	Wickham Newcastle	7/10/2024	Appropriate wet weather clothing as per information sheet that will be available on registration and water bottle
Albion Park RSL Sub Branch	Short stroll or a game of Darts prior to sharing a meal at the Albion Park RSL Memorial Club	16/10/2024	We would like to invite members of the Veteran Community and their partners to join us for a game of Darts or a short stroll around the block prior to joining together to share a meal at the Albion Park RSL Memorial Club.	10:00 AM	0403611189	favouritecoloured@gmail.com	160 Tongarra Road	ALBION PARK	10/10/2024	Participants do not need to bring anything.
Veteran Surf Project Limited	Surf, Sand, Sun & Social - Revive the soul	16/10/2024	Join Veteran Surf Project (VSP) for a learn to surf day among veterans. No surfing experience necessary! Participants will learn how surfing relaxes the body, which also relaxes the mind, and helps build social support. The instructors will accommodate any injuries. After a surf together (which usually involves a lot of laughs), we will savour the surfing experience over a coffee. This is a small group targeted at veterans who may be feeling social withdrawn. Let surfing give you a boost!	8:00 AM	0414245216	rusty@veteransurfproject.org	220 Crooked River Road Gerroa	Gerroa	16/10/2024	Swimmers, towel, water bottle, hat.
Merewether Heights Public School P&C Association	Honoring Connections Through Culture	16/10/2024	Join us for Yarning Circles: Honoring Connections Through Culture during Veterans Health Week 2024! This event is specially designed for Indigenous Veteran and Defence families to connect through a traditional Yarning Circle, guided by an Indigenous elder. Participants will share stories, engage in a cultural craft activity, and enjoy a healthy morning tea featuring Indigenous-inspired foods. Celebrate your heritage, strengthen community bonds, and experience the power of connection in this culturally enriching event. RSVPs are required.	8:30 AM	0407716388	admin@mhpspanc.org	156 Scenic Drive	Merewether Heights	9/10/2024	
Ashfield RSL Sub Branch	Veterans Health Day 2024	16/10/2024	Our aim is to engage with fellow veterans, family and community, the vital role of social connections for our mental health and well being with informative sessions and workshops	9:30 AM	0439378767	subbranch@ashfieldrsl.com.au	96 Shaftesbury Road	Burwood	4/10/2024	Burwood and Ashfield Sub Branch will provide catering and any promotional material
Far North Coast Legacy Club	Lismore Legacy Beneficiaries' Being Connected	16/10/2024	Lismore Division of Far North Coast Legacy Club is holding a luncheon to bring the Lismore Legacy Beneficiaries together so they feel connected to each other and to the Lismore Community. This is the first time many of these Beneficiaries will be able to come together following the devastating February 2022 floods.	10:00 AM	0414499113	admin.fncl@gmail.com	202 Oliver Street	Goonellabah	7/10/2024	
Buddy Up Australia Limited	Buddy Up Connection Day Retreat	16/10/2024	Join Buddy Up and Member for a Connection Day retreat, exploring Connection to self / your own body and emotions, Connection of food and mood, and Connection to community / others. In addition, the event will include a gourmet lunch, facilitated meditation and a crystal sound bowl session.	9:30 AM	0414843155	admin@buddyupaustalia.org	102/4b Lake Street	Forster	1/10/2024	Comfortable clothing and water bottle
Vietnam Veterans Association of Australia (VVA) St Marys Outpost Inc	Keep Connected by socialising with friends and like minded people.	16/10/2024	Join in with our Day Club for a fun day and Keep Connected with like minded people and enjoy a healthy morning tea and lunch.	9:00 AM	0418247325	vietvet@vaastmarys.org.au	181 Mamre Road	Orchard Hills NSW 2748	11/10/2024	No requirements

Wagga Wagga RSL sub-Branch	Wagga Wagga RSL sub-Branch Ten Pin Bowling Tournament	16/10/2024	The Wagga Wagga RSL sub-Branch invites members and families to a ten-pin bowling tournament on Wednesday 16 October 2024 from 11.00 am to 1.00 pm. Bowls, shoes, games and lane hire will be provided, along with a delicious lunch and snacks. All skill levels and abilities are welcome, be prepared for activity, fun, food and conversation.	11:00 AM	0408 243 311	admin@waggarsslsubbranch.com.au	65A Trail Street	WAGGA WAGGA	4/10/2024	Bowls, shoes, lane hire, games, lunch and snacks are provided. If you have your own bowls and shoes, please bring them.
Corowa RSL Sub-branch	Corowa RSL Sub-Branch: Forging Connections	17/10/2024	Forging Connections is a chance to connect or reconnect with the Corowa RSL Sub-branch. Whether we see you all time or haven't seen you for a while, come along to what promises to be an informative and fun event. Try your hand at indoor bowling or light exercise. Hear about what services are available in the community, be updated on sub-branch events, and enjoy a lunch with friends.	10:00 AM	0450301153	secretarycwarsslsub@gmail.com	30 Betterment Pde	Corowa	11/10/2024	
Tweed Heads & Coolangatta RSL Sub Branch Inc.	Veterans Health Week Educational Session	17/10/2024	Come and enjoy an educational day on keeping connected and learn more about healthy nutrition and lifestyle	9:00 AM	0408017854	admin@thc-rsl.org.au	1 Wharf St	Tweed Heads	10/10/2024	Nothing to be supplied by participants.
Totally Permanently Disabled Soldiers Association of Australia	Keeping Connected with Veterans and Their Families	17/10/2024	TPI Association of Australia will be hosting a Clinical Psychologist at our October 2024 Monthly meeting to discuss the importance of Keeping Connected followed by a subsidized BBQ Luncheon.	11:00 AM	0408434025	tpiaust@bigpond.net.au	76 Cowper Street	WALLSEND	10/10/2024	No, nothing to bring
Soldier On Limited	Connect, Learn & Engage for Defence & Veteran Partners- Newcastle-Hamilton	17/10/2024	Soldier On invites you to our Veterans' Health Week Connect & Engage for Defence & Veteran Partners between 10:00 am-12.30 pm in Newcastle West. We will kick off with a session facilitated by Sarah McGavin who will be sharing her lived experience as a Defence Partner then a social morning tea to promote connection with guest speaker Karen Gallacher. This event aims to foster community connections, engagement, and growth in a supportive and inclusive environment. We look forward to seeing you there! Max attendees: 40	10:00 AM	02 6188 6116	chloe.vanmulligan@soldieron.org.au	727 Hunter Street	Newcastle West	17/10/2024	None
Soldier On Limited	Cooking Up Healthy Connections with Soldier On	17/10/2024	Join us for "Cooking Up Healthy Connections with Soldier On" in Newcastle! This dynamic workshop brings veterans and their families together for a day of culinary learning and community building. Enjoy hands-on cooking classes, nutritional education, and opportunities to connect with peers. Discover the joy of preparing healthy meals while fostering meaningful relationships. Don't miss this chance to enhance your culinary skills and strengthen community ties!	6:00 PM	02 61886178	lisa.bakker@soldieron.org.au	8-9/200 Union Street	The Junction	10/10/2024	Closed toes shoes and glasses if needed.
Kyogle RSL sub-Branch	"Lets Keep Connected"	17/10/2024	The Kyogle sub-Branch will hold a Veterans Health Week event entitled "Keep Connected". The event will be held at the Kyogle Bowling Club. All welcome.	11:00 AM	0429 321 961	KyogleSB@rslsnsw.org.au	38 Larkin Street	Kyogle 2474	4/10/2024	Note book and pen

RSL Lifecare	Central Coast Connection lunch for Veterans Health Week at the new Central Coast Veteran and Families Hub	17/10/2024	The Central Coast Veteran and Family Hub will be hosting a spring lunch in the front garden in honour of Veterans Health Week. Join us for a live cooking demonstration, allied health talk and other activities. Connect with new friends and catch up with old ones over a delicious lunch whilst enjoying the facilities of your new Hub.	12:00 PM	0458 397 063	hello@rsllifecare.org.au	31 Hely Street	Wyong	14/10/2024	No. Everything will be provided on the day.
Howlong RSL sub branch	Keep Connected through your mind and body	17/10/2024	Jackson Casey will discuss the importance of keeping connected through the use of mindfulness, positive thinking strategies and how to manage stress in social conditions. Jackson will also explain the importance of being involved with clubs and associations which will lead to increasing a persons network. He will also use the tools supplies by Open Arms to show how this can be achieved. The session will go for approx 1 1/2 hours followed by a healthy lunch afterwards.	11:00 AM	0414791118	howlongsl@gmail.com	43 Hawkings St	Howlong 2643	8/10/2024	Loose and comfortable clothing and shoes
Uralla Sub-branch RSL NSW	Roll Up, Bow! Up, Win the Cup	17/10/2024	Roll up and board the bus to the Uralla Bowlo for an afternoon of Barefoot Bows where Army Navy and Airforce Veterans and their families will Bowl Up and vie for the TrService Cup. Learn more about what activities are available in our local community to keep you fit, active and connected and join us for a healthy afternoon tea, followed by a meal at the Club for those who can stay.	3:30 PM	0411113590	urallasl@rslnsw.org.au	19 Queen St	Uralla	10/10/2024	A smile
Randwick Family Centre Incorporated	Morning Tea Meet Up	17/10/2024	Come along to our morning tea and meet some new faces. A delicious morning tea and refreshments will be served.	10:30 AM	0449163904	randwickfamilycentre@outlook.com	373A Avoca St	Randwick	10/10/2024	DCAC ID or Drivers License
Albury RSL	Social Connectedness Through Two Fun Lawn Bowls Mornings	17/10/2024	Come along and socialize with other like-minded veterans and first responders in a safe and fun filled morning either learning to bowls from experienced members or to simply play a variety of fun games for prizes. Bring along a sense of fun, a hat, soft soled shoes and water. Come along on both mornings or just the one, your call.	9:00 AM	0429655815	grahamd@live.com.au	Commercial Club- Albury	Albury	10/10/2024	Hat, soft-soled shoes and water
Legacy Club Services	Veterans' Health Week Luncheon	18/10/2024	Armidale Legacy Club invites the veteran community to attend a free luncheon to celebrate the Department of Veteran Affairs Veteran Health Week.	12:00 PM	0407351717	armidale@legacyclubservices.org.au	89 Faulkner Street	Armidale	9/10/2024	Carers are welcome to attend. Please RSVP with dietary and transport requirements by Wednesday 9 October.
Saltwater Veterans Ltd	Staying Connected - On the Water - Sydney	18/10/2024	Join the Saltwater Veterans Sailing Project (SVSP) for a sailing event that fosters social connection and meaningful engagement among veterans and their families. Volunteers and participants alike will enjoy an informative talk on staying connected, followed by a collaborative sailing experience and a communal meal. This event underscores the importance of "Keeping Connected" and highlights the benefits of our supportive, connected community. Don't miss this opportunity to connect and thrive!	9:00 AM	0451574791	sailingproject@saltwaterveterans.org	East Esplanade	Manly	28/09/2024	Wear sunscreen, hat, sunglasses, long sleeve shirt. (Gloves are recommended.) Bring a jacket/jumper, sun screen, change of clothes, and a reusable water bottle. We don't recommend items on the boat that can't get wet or may fall over the side such as keys & phones.
Soldier On Limited	Pages of Connection- The Soldier On Book Club Social Health event- Singleton	18/10/2024	Join us for a morning book club, bringing veterans and their families together through the power of literature, fostering a sense of community, connection, and socialisation. Dive into meaningful discussions, share your experiences, and strengthen your bonds with fellow veterans as we explore books that resonate with our shared journey. Let's "Keep Connected" through the pages of stories that unite us. Max Attendees 30	10:00 AM	02 6188 6158	dean.mainey@soldieron.org.au	49 Castlereagh St	Singleton	10/11/2024	
Soldier On Limited	The Soldier Heritage Gardens Healthy Hub	18/10/2024	Join us for "Heritage Gardens Health Hub: A Morning Tea for Veterans' Wellness" bringing regional and rural veterans and their families together for a morning of wellness and social connection. Heritage Gardens will be our backdrop for an event featuring nutritious refreshments and social connection. Attendees will be provided with valuable insights into healthy living and stronger community bonds. This event highlights the importance of supporting veteran families with connection and support to enhance their overall well-being.	10:00 AM		rose.savastaerba@soldieron.org.au	9 Four Mile Creek Road	Ashtonfield	1/10/2024	

Kirribilli RSL Sub-Branch	Keep Connected with Sailing	18/10/2024	Keep Connected with Sailing - join us for an opportunity to discover the connectedness of sailing. The activity will include sailing, powerboating and BBQ lunch. Registration essential.	9:00 AM	0400756214	kirribillisb@rslnsw.org	East Esplanade	Manly	1/10/2024	Participants will need to dress appropriately for sailing activity and be mindful of weather. Definite consideration to be 'sun safe'. Safety equipment such as life vest will be supplied.
Woronora River RSL Sub Branch	Connecting Creativity and Community (3)	18/10/2024	Woronora River RSL Sub Branch will be hosting a series of creative collaborations across October, co-designing and communicating the value and impact of 'keeping connected' through a series of facilitated creative, expressive and connecting workshops. These will be varied across locations, dates, times and platforms to give all of us the chance to truly connect, authentically.	1:00 PM	0403194383	woronora-riversb@rslnsw.org.au	118 Prince Edward Park road	Woronora	4/10/2024	
Invictus Australia	Defence Community Bowls 'Come & Try' at Worrigea Sports	18/10/2024	Join us for the Defence Community Come & Try Bowls event at Worrigea Sports! This is a fantastic opportunity to connect with fellow members of the Defence community, enjoy a friendly game of bowls, and discover valuable information about staying connected in your local area. Whether you're new to the sport or a seasoned player, this event offers a relaxed and welcoming environment where you can meet new people, learn more about local support services, and build lasting friendships.	4:00 PM	0459444550	ddimmock@invictusaustralia.org	131 Greenwell Point Road	Worrigea	17/10/2024	
RSL LifeCare Veteran Services	Riverina Veteran & Family Hub Veteran Cup!	18/10/2024	The Riverina Veteran & Family Hub invites current and former serving Veterans to enter a team of 3-4 in the Veteran Cup! Held at Wagga Par-3 Golf Course, the Veteran Cup is a mild 18-hole golf Championship open to all skill levels. Bring your clubs if you've got your own, otherwise suitable clubs will be provided. Green fees, and light refreshments are provided! Prizes are up for grabs for a hole-in-one, and lowest score Unfortunately this is a child-free event	10:00 AM	0413723965	stuart.voss@rslifecare.org.au	79 Narrung Street	WAGGA WAGGA	30/09/2024	Wide-Brimmed Hat Comfortable footwear (golf shoes/joggers) to traverse 1.45kms in total (entire 18holes) Water Bottle Your own golf clubs if you've got some! Friendly competitive spirit!
Keith Payne VC Veterans Benefit Group	Social Connectedness Through Exercise and Diet - Men in Defence Forum	18/10/2024	Men in Defence forum - Social connectedness through exercise and diet. An Exercise Physiologist (EP) and Dietician will talk about the importance of social connecting through diet and exercise and maintaining contact with each other after leaving service. On completion a hot meal will be supplied and an opportunity to talk individually with the EP and Dietician.	11:30 AM	0428443361	rick.meehan2@gmail.com	489A Albatross Road	NOWRA HILL	11/10/2024	Participants only need to bring themselves
Wagga Wagga RSL Club	Bowls & Bond at Wagga RSL	18/10/2024	Join us at Wagga RSL Club on Friday October 18 from 5pm to celebrate Veterans Health Week. Barefoot bowls combined with a social chat, a beverage from the popup bar and some nibbles makes for a wonderful evening. Please RSVP by October 10 if you would like to attend.	5:00 PM	0400211932	theclub@waggarst.com.au	Dobbs St	Wagga Wagga	10/10/2024	Nothing is required of participants
Cumberland RSL Sub-Branch	President's Veterans' Health Week Lunch	18/10/2024	Join with Cumberland RSL Sub-branch members along with stakeholders from the local community to recognise service to country through the Australian Defence Force. We welcome participation especially from new members who are not yet connected with the RSL or who haven't previously has contact with Cumberland RSL Sub-branch. Welcome and remember, Keep Connected!	12:30 PM	0438007770	President@cumberlandrslsb.com.au	1 Memorial Drive	Granville	4/10/2024	Participants need to RSVP.
North Sydney Sub Branch of the Returned and Services League of Australia NSW Branch	North Sydney RSL Sub Branch Veterans Health Week Lawn Bowls	19/10/2024	North Sydney RSL Sub Branch's social afternoon of Lawn Bowls at The Greens North Sydney will be held for members, their families, other veterans and servicemen and women to promote good health, wellbeing and social connectedness in the everyday life of us as veterans.	12:00 PM	0405537384	ChrisGreatrex@DynamicAspect.com.au	50 Ridge Street	North Sydney	11/10/2024	Dress for lawn bowls with sun protection

Soldier On Limited	Soldier On Axe-Throwing and Veteran Connection	19/10/2024	As part of Veteran Health Week's focus on the theme of connection, we are excited to invite you to an exhilarating axe-throwing activity! Axe-throwing is more than just a thrilling experience - it's a fantastic way to connect with fellow Veterans, build camaraderie, and have a great time together. Whether you're a seasoned thrower or a first timer, this event promises fun, laughter, and the chance to forge new friendships.	2:00 PM	02 6188 6179	james.milliss@soldieron.org.au	69 Cooks Road	Glenworth Valley	10/10/2024	Wear a t-shirt (no singlets), long pants, and sunglasses. Enclosed shoes required. No thongs or slip-ons.
Veterans Instameet	Veterans Instameet	19/10/2024	Come and join the Veterans Instameet crew for our 43rd Instameet on Saturday 19th and Sunday 20th October 2024. We are teaming up with the Saltwater Veterans Crew along with the Yarramundi Veterans Shed to take part in the 2024 Veterans Health Week. This year's theme is Keep Connected. We feel that there is nothing like a good campfire to keep us connected. Our Instameet will see us camping out overnight next to the Nepean River, open fire and all.	4:00 PM	0409241419	veterans.instameet@gmail.com	255 Springwood Road	Yarramundi	15/10/2024	We encourage everyone to bring along a tent, hootchie or bivvie bag for the overnight camping. Be sure to wear sturdy footwear, bring plenty of water and some snacks to get you through the day and brekkie the next morning. We still strongly encourage wearing appropriate footwear and bringing some wet weather gear in case of rain.
Holsworthy Community Group Incorporated	Sound Healing & Education Workshop for Defence Members	19/10/2024	The Holsworthy Community Group warmly invites you to an uplifting session with Heart and Soul Yoga. It's time to create a peaceful space in your life - one where you can release fear and anxiety, and allow healing to begin. The instruments will bathe you in soothing sound vibrations, elevating your relaxation to a whole new level. Let go of tension, stress, and anxiety, and step into a space where true holistic healing and wellbeing begin.	10:00 AM	0497700155	coordinator@holsworthvcommunitygroup.com.au	1/57 Cronulla St	Cronulla	10/10/2024	Participants will be required to bring a yoga mat and towel.
City of Wollongong RSL sub-Branch (RSL NSW)	Stronger Together: A Veterans Wellness Day	19/10/2024	Join us for "Stronger Together: A Veterans Wellness Day" at Ghetto Movement during Veterans Health Week. This event is dedicated to enhancing the physical and mental wellbeing of Veterans and their families through engaging activities, including group exercise, breathwork sessions, and educational talks on health and mindfulness. Connect with fellow Veterans, meet allied health professionals, and take home an exercise plan to continue your wellness journey. Let's strengthen our community and keep connected!	9:00 AM	0438451559	WollongongSB@rslnsw.org.au	38 Princes Hwy	Fairy Meadow	14/10/2024	Participants should wear comfortable, athletic clothing and bring a water bottle. All other necessary equipment will be provided. Additionally, it's recommended to bring a light snack if you have specific dietary needs, though lunch and refreshments will be available at the event. Most importantly, come with a positive attitude and readiness to engage in a day of wellness and community connection!
Invictus Australia	Invictus Australia Defence Community Sports Expo - NSW	19/10/2024	Invictus Australia is excited to invite members of the Defence Community to participate in the inaugural Defence Community Sports Expo. This special event will take place from 10.30am to 2.30pm at the Stockton Bowling Club. Join us for what should be an amazing day filled with sporting activations, live music and kids activities.	10:30 AM	0488 454 688	jmarty@invictusaustralia.org	122 Mitchell Street,	Stockton	11/10/2024	Enclosed footwear
Kissingpoint Cottage	Self Care Mindful Movement Workshop	19/10/2024	Our self care mindful movement workshop will allow attendees to focus on themselves and their health. Join us as we explore self care and how to implement tips and strategies that can be used to nurture your mind, body and soul With our coach we will work on series of gentle tai chi movements, breathwork, and meditation practices and immerse yourself in a blissful singing bowl meditation, where the resonant tones will transport you to a state of deep relaxation	1:00 PM	0433065126	kissingpointcottage@gmail.com	282 Kissingpoint Road	Dundas	12/10/2024	Participants will not need to bring anything, everything will be provided
Tamworth RSL sub-Branch	Keeping Connected with Trivia @ Diggers	19/10/2024	Let us Keep Connected with others by joining everyone for a fun afternoon of Trivia with prizes. Refreshments will be provided. You only have to bring Trivia mind.	1:30 PM	0432457784	trsisub@bigpond.net.au	West Diggers, Kable Avenue	Tamworth	15/10/2024	Nil
Tamworth RSL sub-Branch	Pilates Reformer Exercise @ 360 Fitness	19/10/2024	Come and join others to Keep Connected with a Pilates Reformer Class at 360 Fitness Clu. Led by a qualified instructor, Pilates Reformer exercise is relaxed and low impact way of exercising. After the class join everyone in the Cafe for morning tea.	10:00 AM	0432457784	trsisub@bigpond.net.au	360 Fitness Club, Wirraway Street	West Tamworth	12/10/2024	Towel and comfortable exercise clothing.

Social Futures	Equine Connection Veterans Family Day	19/10/2024	Ever wanted to be a horse whisperer? Keeping connected in the secret... A family day out in nature surrounded by bush, birds and horses. Learn how to rediscover and regulate your emotions, allow yourself to settle into the present moment, and strengthen connection with loved ones, through the assistance of the horse. A fun and educational day out in a beautiful natural setting for all the family, with lunch provided. Make new friends, learn new skills, relax.	10:00 AM	0459300731	eleanor.newton@socialfutures.org.au	74 Hunts Road	Kulnura	10/10/2024	Enclosed shoes (preferably boots) - It's a working horse farm ideally long pants please Water Sunscreen / hat / insect repellent as required Wet weather jackets (Strictly no umbrellas please, as they spook the horses)
Disaster Relief Australia	The Military Veteran and DRA - How our Journey's collide	19/10/2024	DRA volunteers are welcomed to join us at "local Military Museum" where you can reflect on past historical events, share stories of recent events, and connect with fellow DRA volunteers to engage in discussions to help shape the future	10:00 AM	0438688005	karina.striegher@disasterreliefaus.org	1 Grant Street	Ballina	13/10/2024	Museum entry, Host to present the museum, and lunch will be catered for.
Vietnam Veterans Association of Australia (VVA) St Marys Outpost Inc	Keep Connected by being creative.	19/10/2024	Join St Clair Men's Shed for the camaraderie of our team by keeping connected with like minded people.	9:30 AM	0418247325	vietvet@vvaastmarys.org.au	181 Mamre Road	Orchard Hills NSW 2748	15/10/2024	Enclosed leather shoes.
Coogee Randwick Clovelly RSL Sub-Branch	Veteran's Challenge & Connect	19/10/2024	Join a group of like-minded people and get active. Our Veterans' Challenge is a fun opportunity to test your limits, and all levels of fitness and ability are catered towards and encouraged. Catch up with friends or make some new ones over lunch and fill-up your wellbeing toolkit, courtesy of our wonderful presenters.	9:00 AM	0449 163 904	contact@coogeerlsbranch.com	2 Byron Street	Coogee	11/10/2024	Light and comfortable gym wear should we worn, along with running shoes. A drink bottle and gym towel make for handy accessories. For those participating in the ice bath activity, swimwear or a change of clothes is required.
Woonona Bulli Sub Branch of the Returned and Services League of Australia New South Wales Branch	Keep Connected	20/10/2024	Keeping connected through education and activity within the veteran community	9:00 AM	0411673379	Woonona-BullisB@rslnsw.org.au	455-459 PRINCES HWY, WOONONA NSW 2517	WOONONA	18/10/2024	No, Everything provided
Women Veterans Network Australia - WVAN Incorporated	WVNA - Western Sydney (Getting to Know You and Healthy Lunch)	20/10/2024	WVNA - Western Sydney (Getting to Know You and Healthy Lunch) Finding out about each other during a communication style game.	12:30 PM	0447995487	sydney@wvna.org.au	8 Tindle St	Penrith	13/10/2024	A great attitude and a smile
Terrigal Wamberal RSL Sub-Branch	Veterans Health Week Bike Ride and Walk	20/10/2024	The event will involve an option of 5 km bike ride or 2 km walk followed by a BBQ. Central Coast veterans and their families are invited to participate up to the level of their physical capability. We propose to invite the Manager, Central Coast Veteran & Family Hub, or his representative to address attendees during the BBQ.	9:30 AM	0417384524	Terrigal-WamberalSB@rslnsw.org.au	The Entrance	Long Jetty	30/09/2024	Bicycles, helmets, chairs, hats and appropriate attire for their activity.
Molong RSL Sub-Branch NSW	Stop being DISconnected	20/10/2024	RSL NSW Molong sub-Branch will be hosting a disc golf day, where veterans and their families can connect with other people of the community, Enjoy socialising in a fast growing recreational sport as well as talk to community support professionals and other peer members that can help with getting and staying connected. In the middle of the day please enjoy a lovely, nutritious, healthy and fresh lunch.	10:00 AM	0403133506	marc.mathews@outlook.com	87 Lake Canobolas Road	Nashdale 2800	1/10/2024	Hat, Sunscreen. Good joggers/ runners or walking shoes
Military Brotherhood MMC Illawarra Sub Branch Incorporated	Qi Connection	21/10/2024	The aim of this workshop is to provide peer assisted and group support in a friendly environment and eliminate social isolation by building Health and Harmony through Qi Gong & Tai Chi by following traditional philosophies and teaching demonstrated by Steven Baizan (Army Veteran). Free Parking Healthy choice refreshments provided	6:00 PM	0412404630	clarrybmmc@gmail.com	12 Adam Murray Way	Flinders	19/10/2024	Wear comfortable clothing. Bring a water bottle & towel.

Woronora River RSL Sub Branch	Connecting Creativity and Community (4)	21/10/2024	Woronora River RSL Sub Branch will be hosting a series of creative collaborations across October, co-designing and communicating the value and impact of 'keeping connected' through a series of facilitated creative, expressive and connecting workshops. These will be varied across locations, dates, times and platforms to give all of us the chance to truly connect, authentically.	11:00 AM	0403194383	woronora-riversb@rslsw.org.au	118 Prince Edward Park road	Woronora	7/10/2024	
Legacy Club Services - Bathurst Division	Bathurst Legacy lunch - Keeping Connected	21/10/2024	Bathurst Legacy cares for veterans families and would like to invite any War Widows in the community to come to our luncheon on Monday 21st October at the Bathurst RSL Club. We have a guest speaker from the Women's Health Centre who will talk about the importance of keeping connected and provide information on social programs and outings in the community. Please contact Tracey at Bathurst Legacy on 0436 606 520 for further information or to RSVP.	12:00 PM	0436 606 520	tlewis@legacyclubservices.org.au	114 Rankin Street	Bathurst	14/10/2024	No requirements
Maroubra RSL sub-Branch (RSL NSW)	MRSRL Golf Day	21/10/2024	Invites current Service & Veterans and their families including our sub-Branch members for a social day of golf and a BBQ at Randwick Golf course.	9:30 AM	0411704454	maroubbrasb@rslsw.org.au	1 Howe St	Malabar	7/10/2024	Golf clubs, buggies, balls etc. Carts can be organised if required
Abblon Park RSL Sub Branch	Shanx Mimi Golf at the Links Shell Cove	21/10/2024	Shanx Mini Golf at the Links Shell Cove. An activity for beginners, budding golfers & experienced players to come together & Keep Connected. A scaled down version with a fun & challenging opportunity for every player: 3 hole locations on each green. Following Mini Golf there will be a guest speaker & lunch, again giving every person the opportunity to share their stories a meal & Keep Connected.	10:00 AM	0403611189	favouritecoloured@gmail.com	Golf Drive	SHELL COVE	17/10/2024	Suitable shoes for the green.
Moama RSL sub-Branch	Moama RSL sub-Branch Veterans Health Week "Keeping Connected"	22/10/2024	The Moama RSL sub-branch invites you to celebrate Veterans Health Week by joining us for a fun filled morning of great activities with an emphasis on "keeping connected". Our guest speaker will address the importance of healthy exercise, followed by a delicious healthy luncheon. Bookings are essential.	10:30 AM	(03) 5482 6677	paula@moamarsl.com.au	56 Merool Road	Moama	18/10/2024	Nil
Echuca District Sub-Branch VVAA Vic Branch Inc	Moama RSL/Echuca District VVAA sub-branch VHW "Keeping Connected"	22/10/2024	The Moama RSL sub-branch and Echuca District VVAA sub-branch invites you to celebrate VHW by joining us for a fun filled morning of great activities with an emphasis on keeping connected. Our Guest Speaker will address the importance of healthy exercise, followed by a delicious healthy luncheon. Bookings are essential.	10:30 AM	0409971726	rsjohnson3564@hotmail.com	56 Merool Road	Moama	18/10/2024	Nil
Military Brotherhood MMC Illawarra Sub Branch Incorporated	Healing at the speed of sound	23/10/2024	Music Therapy with Military Service Members and Veterans The aim of this workshop is to provide group support in a supportive environment and eliminate social isolation by meeting peers with similar backgrounds and an interest in learning to play music. We are delighted to have a guest speaker: WGCCDR Ian Whitley, AM (RAAF Chaplain) who has served in multiple deployments as part of the Middle East Area Operations.	6:00 PM	0412 404 630	clarrybmmc@gmail.com	1 Allowrie St	Jamberoo	21/10/2024	Wear comfortable clothing. Bring a water bottle.
Veteran Surf Project Limited	Surf, Sand, Sun & Social - High Impact!	23/10/2024	Join Veteran Surf Project (VSP) for a learn to surf day with high energy veterans. No surfing experience necessary! Participants will learn how the vigorous physical activity of surfing clears the head, and builds social networks. After a surf together (which usually involves a lot of laughs), we will savour the surfing experience over a coffee. This session is targeted at veterans who need a vigorous outlet to burn off some steam and engage with others.	8:00 AM	0414 245 216	rusty@veteransurfproject.org	220 Crooked River Road	Gerroa	16/10/2024	Swimmers, towel, water bottle, hat.

Merewether Heights Public School P&C Association	TechConnect: Bridging Generations Through Digital Connection for Veteran and Defence Families and children	23/10/2024	Join us for TechConnect: Bridging Generations Through Digital Connection during Veterans Health Week 2024! This event empowers Veteran and Defence families to enhance their digital literacy and strengthen connections through technology. Participants will learn essential skills like video calling and social media use, with intergenerational support and guidance. Enjoy a healthy morning tea, connect with others, and gain the confidence to stay connected in a digital world. Don't miss this opportunity to bridge generations and embrace technology! RSVPs are required.	8:30 AM	0407716388	admin@mhpspandc.org	156 Scenic Drive	Merewether Heights	16/10/2024	Glasses if required
Saltwater Veterans Ltd	Staying Connected - On the Water - Newcastle	24/10/2024	Join the Saltwater Veterans Sailing Project (SVSP) for a sailing event that fosters social connection and meaningful engagement among veterans and their families. Volunteers and participants alike will enjoy an informative talk on staying connected, followed by a collaborative sailing experience and a communal meal. This event underscores the importance of "Keeping Connected" and highlights the benefits of our supportive, connected community. Don't miss this opportunity to connect and thrive!	9:00 AM	0451574791	sailingproject@saltwaterveterans.org	95 Hannell St	Wickham	28/09/2024	Wear sunscreen, hat, sunglasses, long sleeve shirt. (Gloves are recommended.) Bring a jacket/jumper, sun screen, change of clothes, and a reusable water bottle. We don't recommend items on the boat that can't get wet or may fall over the side such as keys & phones.
Beenleigh RSL Sub-branch	Memorial Service	24/10/2024	Before everything else war veterans like to pay homage to those who fell in their campaigns. This event is designed to connect our Beenleigh vets and the 10th Intake vets of Central NSW in remembrance followed by fond conversation of days gone when they all served together.	8:00 AM	0401572510	DiggersRetreat1@outlook.com	38-40 First Avenue	Sawtell	18/10/2024	Must have attire suitable for wearing of campaign medals.
Soldier On Limited	Soldier On Coffee and Social Connection: A Social Health Event in Newcastle	24/10/2024	Join us for Soldier On Coffee and Social Connection in Newcastle City! Reconnect with fellow veterans over a warm cup of coffee, delicious healthy morning tea and engaging conversations. Together, we can reduce social isolation and enhance our community bonds. Let's keep connected!	10:00 AM	02 6188 6187	rose.savastaerba@soldieron.org.au	727 Hunter Street	Newcastle West	17/10/2024	None
Soldier On Limited	Lunch, Learn, and Connect with Soldier On.	24/10/2024	Join us for "Lunch & Learn: Cooking Confidence with Soldier On"! This lunchtime cooking demonstration is perfect for veterans and their families who need extra support in the kitchen. Enjoy a professional chef-led session focusing on simple, nutritious recipes and essential cooking skills. Gain confidence, learn practical tips, and connect with others in a supportive environment. Don't miss this opportunity to boost your culinary abilities and embrace healthy eating!	12:00 PM	02 61886116	chloe.vanmulligan@soldieron.org.au	727 Hunter Street	Newcastle West	17/10/2024	None
Invictus Australia	Come and Play Pickleball	24/10/2024	Invictus Australia would like to invite all members of the local defence community for a special Pickleball event with the Gosford Tennis Club. Come on down and see why Pickleball is one of the fastest growing sports in Australia. Join us for a BBQ lunch and connect with others from the Club and the veteran community.	10:00 AM	0488 454 688	jmartyn@invictusaustralia.org	10/13 Racecourse Road	Gosford	23/10/2024	Enclosed footwear
Beenleigh RSL Sub-branch	Bowling Competition	25/10/2024	Outdoor bowling is one of the most enjoyable ways for ex-military veterans to display their clinging competitive spirit, particularly for veterans who are too old to play other sports. It is also a great crowd pleaser for wives and partners who enjoy the event just as much as the players.	11:00 AM	0401572510	DiggersRetreat1@outlook.com	1 Lyons Street	Sawtell	18/10/2024	Suitable clothing and particularly footwear for the bowling greens, hats, and sunscreen items. Hire of bowling greens and bowling balls and associated equipment. Liquid refreshment (non-alcoholic) and light lunch food items (finger foods and sandwiches)

Bundeena RSL sub-Branch	Family Movie Night	25/10/2024	The Bundeena RSL sub-Branch would like to invite all Veterans and their families along with the wider Community for a night of Family Fun. In conjunction with The Bundeena CSC, the sub-Branch will be Screening a Family Movie complete with cinema treats. The night will conclude with an informative Talk by a sub-Branch Representative sharing the wonderful support the sub-Branch offers to Veterans and their families.	6:00 PM	0404404118	bundeena.rsl.sb@gmail.com	69-71 Loftus Street	Bundeena	11/10/2024	
Keith Payne VC Veterans Benefit Group	Social Connectedness Through Exercise and Diet - Combined Men and Women in Defence Forum	25/10/2024	Combined Men and Women in Defence forum - Social connectedness through exercise and diet. An Exercise Physiologist (EP) and Dietician will talk about the importance of social connecting through diet and exercise and maintaining contact with each other after leaving service. On completion a hot meal will be supplied and an opportunity to talk individually with the EP and Dietician.	11:30 AM	0428443361	rick.meehan2@gmail.com	489A Albatross Road	NOWRAHILL	18/10/2024	Participants only need to bring themselves
Military Brotherhood MMC Illawarra Sub Branch Incorporated	When Words Fail Music Speaks	26/10/2024	Music Therapy with Military Service Members and Veterans The aim of this workshop is to provide group support in a supportive environment and eliminate social isolation by meeting peers with similar backgrounds and an interest in learning to play music. The event has been designed to include a healthy lunch. This will allow veterans to share and connect through stories, experiences and provide real strategies that have helped them through their mental health journey in an informal atmosphere while enjoying a meal.	8:30 AM	0412404630	clarrynbmmc@gmail.com	1 Allowrie St	Jamberoo	25/10/2024	Wear comfortable clothing. Bring a water bottle.
Forster Tunccurry RSL Sub-Branch	Social inclusion	26/10/2024	The aim of this year's Veterans Health week activity for 2024, has been aimed at bringing younger and older veterans together. This will be an inclusive event for the veteran and his / her family, by actively engaging with other veterans and reduce the social isolation. The wider Veteran community with family will not be isolated due to the financial burdens currently impacting on struggling family through financial distress.	10:00 AM	0490 542 745	Forster-TunccurrySB@rsl.nsw.org.au	1A Head St, Forster NSW 2428	Forster	21/10/2024	Hat, comfortable footwear and sunscreen protection
Nabiac RSL SubBranch	Veterans Orienteering	26/10/2024	Get a team together and challenge yourselves to a day of Orienteering against other like-minded veteran organisations at Sunny Place Coolongalook	8:30 AM	0419615497	arthur.chapman@hotmail.com.au	13081 Pacific Hwy	Coolongalook	21/10/2024	outdoor comfortable dress with enclosed footwear and sun-safe hat plus water bottle
Coffs Harbour Legacy Welfare Fund	Connecting through creativity: Chocolate Bouquet Workshop	26/10/2024	Join Coffs Coast Legacy for a Chocolate Bouquet Workshop during Veterans' Health Week! Connect with members of the veteran community while creating beautiful chocolate bouquets. This hands-on experience offers a perfect blend of creativity, social interaction, and wellness information. Learn new skills, make new friends, and discover the power of staying connected through shared activities. Don't miss this opportunity to craft something special while strengthening community bonds. Open to members of the veteran community with young children and teenagers.	10:00 AM	0423830079	welbeing@coffslegacy.com.au	19 Lindsays Road	Boambee	15/10/2024	No, everything will be supplied.
Coffs Harbour Legacy Welfare Fund	Bounce and Bond	26/10/2024	Calling all kids of veteran families! Join Coffs Coast Legacy for "Bounce and Bond" at Spring Loaded, Toormina, during Veterans' Health Week. Enjoy awesome trampoline fun while making new friends and learning about the power of staying connected. Our amazing mentors from Legacy will facilitate exciting games and activities. Refuel with healthy snacks and chat with new buddies. Don't miss this chance to bounce, laugh, and bond with other kids in our veteran community!	10:00 AM	0423830079	welbeing@coffslegacy.com.au	Hogbin Drive	Toormina	10/10/2024	Wear appropriate clothing for trampoline activities.
Spartans Military and Frontline Workers Motorcycle Club	Ride for Veterans and the Community to stay Connected	26/10/2024	Let's raise awareness for our community about Veterans and their families mental health. Come for a ride or a drive and come together as one and learn more about what happens with Veterans and their Families Mental Health within the Community. Let's all get behind this as we get connected as a community.	10:00 AM	0409 789 930	damiandunne75@gmail.com	212/222 Princess Highway	Ulladulla	1/10/2024	Bring your motor bike or car.

Randwick Family Centre Incorporated	RFC Amazing Race	26/10/2024	Join us for an Amazing Race style challenge, where you'll solve problems, gather items and work as a team to make it to the finish point. A delicious BBQ will be served for lunch and prizes awarded. What a way to spend the morning!	10:30 AM	0449163904	randwickfamilycentre@outlook.com	Corner Dooligah Ave and Burragulung St	Randwick	18/10/2024	Light and comfortable clothing, sun safe wear, sunscreen and sports shoes.
Military Brotherhood MMC Illawarra Sub Branch Incorporated	Movement, Motion, Connection	27/10/2024	The aim of this workshop is to provide peer assisted and group support in a friendly environment and eliminate social isolation by building Health and Harmony through Qi Gong & Tai Chi by following traditional philosophies and teaching demonstrated by Steven Balzan (Army Veteran). We are delighted to have a guest speaker: WGCdr Ian Whitley, AM (RAAF Chaplain) who has served in multiple deployments as part of the Middle East Area Operations. The event has been designed to include healthy lunch.	8:00 AM	0412404630	cclaridge70@gmail.com	1 Allowrie St	Jamberoo	25/10/2024	Wear comfortable clothing. Bring a water bottle & towel
Legacy Club Services	Meet on The Green	27/10/2024	Join us for a day of Fast Bowls on the Green at Kahibah Sports Club. Veteran Families are encouraged to join in the fun and make new connections at this family friendly event. Games start at 10am, Lunch is provided. Numbers are limited.	10:00 AM	0412 436 255	dbilbao@legacyclubservices.org.au	63 Kenilbea Avenue	Kahibah	12/10/2024	
Spartans Military and Frontline Workers Motorcycle Club	Ride for Female Veterans and the Community to stay Connected	27/10/2024	Let's ride/drive for our female veterans and their mental health and well being. Lets get connected as a Community and support this great cause.	10:00 AM	0409 789 930	damiandunne75@gmail.com	212/222 Princess Highway	Ulladulla	1/10/2024	Motor bike or car
Yass sub-Branch the Returned and Services League of Australia	Veterans Keeping Connected Through Health and Wellbeing	27/10/2024	Join the Yass RSL sub-Branch at our free health event to celebrate Veterans Health Week. This event is an excellent opportunity to connect with community members through health and well-being. You will meet new friends and learn how exercise physiology, physiotherapy, podiatry, and dietetics can benefit your quality of life. This is a catered event.	2:00 PM	0413337749	yasssb@rslnsw.org.au	92 Meehan Street	Yass	23/10/2024	Wear comfortable clothing.
Albion Park RSL Sub Branch	Dinner, Ten Pin Bowling & Laser Tag	28/10/2024	Please stay connected and join us this year for Dinner, 2 games of Ten Pin Bowling followed by a game of Laser Tag. This will be an opportunity to all participants beginner or practiced to reach out, bring a mate and Keep Connected, share comraderie and some laughter.	6:00 PM	0403611189	favouritecoloured@gmail.com	47 Princes Highway	ALBION PARK RAIL	24/10/2024	Socks to be worn with Bowling shoes.
Veteran Surf Project Limited	Surf, Sand, Sun & Social - Supporting other veterans	30/10/2024	Join Veteran Surf Project (VSP) for a surf and support day. No surfing experience necessary! Participants will learn how surfing is a social lubricant which can be used as a tool to build social support. After a surf together (which usually involves a lot of laughs), we will savour the surfing experience over a coffee. This event is targeted at veterans who have capacity to give back to others in need of social support.	8:00 AM	0414 245 216	rusty@veteransurfproject.org	220 Crooked River Road	Gerroa	23/10/2024	Swimmers, towel, water bottle, hat.
Merewether Heights Public School P&C Association	Cooking Together: Nourishing Connections with Healthy Meals with Defence and Veteran Families	30/10/2024	Join us for Cooking Together: Nourishing Connections with Healthy Meals during Veterans Health Week 2024! This event brings Defence and Veteran families together for a fun, hands-on group cooking experience. Learn to prepare easy, nutritious meals with the guidance of a professional chef, and enjoy a shared meal with fellow participants. Discover the benefits of healthy eating and strengthen your connections with family and community in this engaging and delicious event! RSVPs are required.	8:30 AM	0407716388	admin@mhpspandc.org	156 Scenic Drive	Merewether Heights	23/10/2024	Glasses if required
Saltwater Veterans Ltd	Staying Connected - On the Water - Gosford	31/10/2024	Join the Saltwater Veterans Sailing Project (SVSP) for a sailing event that fosters social connection and meaningful engagement among veterans and their families. Volunteers and participants alike will enjoy an informative talk on staying connected, followed by a collaborative sailing experience and a communal meal. This event underscores the importance of "Keeping Connected" and highlights the benefits of our supportive, connected community. Don't miss this opportunity to connect and thrive!	9:00 AM	0451574791	sailingproject@saltwaterveterans.org	28 Parsons Parade	Gosford	28/09/2024	
Gosford RSL Sub Branch	Let's Connect - Gosford Waterfront Social gathering and BBQ for Veterans, ADF & Families	31/10/2024	Gosford RSL Sub Branch is holding a "Get Connected" event on the Gosford waterfront. This is a no strings attached event for all Veterans, ADF personnel, supporters and families to gather for a BBQ, have a chat and just chill out. The event will also include a short presentation from a local professional on the benefits of connecting with others and how this supports mental health and wellbeing.	1:00 PM	0419229626	gsbranch22@gmail.com	28 Masons Parade	Point Frederick	29/10/2024	NIL

Soldier On Limited	Soldier On Coffee and Social Connection: A Social Health Event in Singleton	31/10/2024	Join us for Soldier On Coffee and Social Connection in Singleton! Reconnect with fellow veterans over a warm cup of coffee and engaging conversations. Together, we can reduce social isolation and enhance our community bonds. Let's keep connected!	10:00 AM	02 6188 6158	dean.maineys@soldieron.org.au	49 Castlereagh St	Singleton	23/10/2024	
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