

Organisation	Event Title	Date of Event	Promotional Wording	Start time	Event Contact Phone	Event contact email	Event Address	Event Suburb	RSVP	Event Requirements
Currumbin Palm Beach RSL Sub Branch	<b>Pilates - Keep Connected</b>	1/10/2024	Join us for a four-week Pilates class and education sessions as we "Keep Connected." This program promotes health and wellbeing by bringing participants together through physical activity and shared learning. The Pilates classes will focus on movement, flexibility, and strength, while the educational sessions will provide essential insights into wellness and maintaining a healthy lifestyle.	12:00 PM	0411744789	laurend@veteransupport.com.au	165 Duringan St, Currumbin QLD 4223, Australia	Currumbin	26/09/2024	Comfortable gym attire, water bottle, yoga mats will be provided however participants are welcome to bring their own.
Legacy Club of Ipswich Inc.	<b>Golden Oldies Music Bingo</b>	2/10/2024	Come and have fun singing along to the golden oldies. and play some music bingo. Enjoy a healthy lunch and listen to our guest speakers	10:00 AM	0430166070	admin@ipswichlegacy.org.au	105 Brisbane Rd	Booval	28/09/2024	Everything will be provided
North Gold Coast RSL Sub branch	<b>Elder Abuse Prevention education session and morning tea</b>	2/10/2024	Elder Abuse Prevention education and morning tea: Understanding Elder Abuse	9:30 AM	0484259344	secretary@nthgoldcoast.rslqld.net.au	20 Discovery drive	Helensvale	23/09/2024	RSVP is needed as it is a catered event
Young Veterans North Brisbane	<b>Breathwork for Stress Relief and Social Connection</b>	3/10/2024	Join us for "Breathwork for Stress Relief and Social Connection,". Discover how simple breathing techniques can reduce stress, enhance well-being, and improve your social connections. Led by experienced therapist Gary Bates & Kate Chisholm, you'll learn practical skills to manage anxiety, boost mood, and foster deeper relationships. Connect with fellow veterans while gaining valuable tools for everyday life. Don't miss this opportunity to breathe easier, feel better, and strengthen your community bonds. Together, let's keep connected through the power of breath!	10:00 AM	0402621180	kate@thepowerwithin.com.au	29 Dayboro Road	Petrie	27/08/2024	Participants are to provide any food intolerances in advance, wear comfortable clothing+ bring a notebook and pen
Invictus Australia	<b>All Things Pickleball!</b>	3/10/2024	Calling all serving members, veterans, and their families! On Thursday, 3rd October 5-7 pm during VHW, Pickleball Australia Association and Invictus Australia invite you to hit the courts for some fun and friendly competition. Whether you're new to the game or a seasoned player, professional coaches will be on hand to provide instruction and tips. After warming up and boosting your skills, we'll wrap up with a friendly competition. Don't miss out on this fantastic chance of sport and social connection!	5:00 PM	0459444550	ddimmock@invictusaustalia.org	221 Nerang Broadbeach Road	Carrara	1/10/2024	Wear runners and comfortable sportswear.

RETURNED & SERVICES LEAGUE OF AUSTRALIA (QLD BRANCH) GAYNDAH SUB-BRANCH INC.	<b>Keep Connected &amp; Keep Active Indoor Bowls Nights</b>	3/10/2024	Gayndah RSL Auxiliary will hold social Indoor Bowls for members and auxiliary members on every Thursday night for the month of October, all veterans are welcome to attend. This event will not only bring veterans together in a informal social gathering with a relaxed atmosphere but will encourage veterans to meet other veterans and form relationships that may forge a long lasting friendship which will assist veterans to be active and promote a sense of belonging within the community.	7:30 PM	0497388829	secretary@gayndah.rslqld.net.au	20 WARTON STREET	GAYNDAH	20/09/2024	NO
RSL Sub-branch - Harlaxton	<b>GAME MATCH POINT!</b>	3/10/2024	Volleyball is a game played by two teams, usually of six players on a side, in which the players use their hands to bat a ball back and forth over a high net, trying to make the ball touch the court within the opponents playing area before it can be returned. Sound fun? Join us at the UniSQ volleyball courts and learn all about this fun and competitive game. No experience necessary, beginners very welcome!	9:00 AM	0439 365 063	harlaxtonrsl@bigpond.com	UniSQ (Clive Berghofer Centre) Baker Street	Toowoomba	2/10/2024	Water bottle
Veteran Wellbeing Foundation	<b>Veterans and Families Morning Tea</b>	4/10/2024	COME AND MEET FELLOW VETERANS AND FAMILY MEMBERS AT VWF HUB IN THE BEERWAH HEALTH HUB. COME AND ENJOY A FREE MORNING TEA AND CHAT TO FELLOW VETERANS AND FAMILY AND SEE WHAT SERVICES ARE AVAILBE FOR YOU AND YOUR FAMILY.	9:00 AM	0403193930	pk.vwf@outlook.com	8-10 TURNER ST	BEERWAH	27/09/2024	NIL
Returned & Services League of Australia (Queensland Branch) Gympie Sub-Branch Inc.	<b>Family Board Games Night</b>	4/10/2024	Calling all veterans and their families! Join us for an exciting Family Board Games Night. Get ready for an evening of laughter, friendly competition, and delicious dinner. Whether you're a Trivial Pursuit master or a Scrabble newcomer, we've got games for everyone. Enjoy quality time with your loved ones and meet other veteran families in a fun, alcohol-free environment. Dinner, soft drinks, and water provided just bring your game face! Games for all ages.	5:30 PM	0497337389	charmaine.c@gympiersla.com.au	44 Nash St	Gympie	2/10/2024	Team spirit and your game face!
Legacy Club of Ipswich Inc.	<b>Electrifying 80's Music Bingo Dinner</b>	4/10/2024	Come along and have fun singing and sharing a healthy meal at our Electrifying Eighties Music Bingo.	6:00 PM	0430166070	admin@ipswichlegacy.org.au	105 Brisbane Rd	Booval	27/09/2024	Everything will be provided
Invictus Australia	<b>Keep Connected: Veterans and Families Sunset Sail</b>	4/10/2024	Ahoy me hearties! Let's set sail from Townsville and enjoy the magnificent views of Magnetic Island while learning all about the history of the German Frers designed boat and being shown a thing or two about sailing! A beautiful picnic will be provided while we soak up the sunset, relax and connect with others.	5:00 PM	0407241283	jlugg@invictusaustralia.org	26 Mariners Drive	Townsville	30/10/2024	Comfortable shoes (no black soles), water bottle

Guitars For Veterans Australia	Music Heals and Connects	4/10/2024	Guitars for veterans Australia will host an information session to present the healing powers of music in relation to mental health and also the ability to connect with others to share music and build new relationships through music. We will discuss our program and provide information for veterans wishing to participate.	11:30 AM	0415917899	admin@g4va.org	123 Archer Street	Woodford	27/09/2024	Refreshments and information provided
Women Veterans Network Australia - WVNA Incorporated	WVNA Mini Wellness Retreat Day - Townsville	5/10/2024	WVNA - Townsville Mini Wellness Retreat Day Stay connected and keep motivated during and after the Defence.  #findurcrew #stayconnected #everyoneedsasister	8:30 AM	0418283752	info@wna.org.au	Jezzine Barracks	North Ward	1/10/2024	yoga mat, water bottle, hat and wear comfortable clothes
Young Veterans Australia Ltd	Whale Watching and education	5/10/2024	Come and learn all about these beautiful marine animals, educated by experts in the field aboard "Whale One" out of Mooloolaba.	12:30 PM	0411422051	yvscevents@gmail.com	Whale One	Mooloolaba	1/10/2024	Sun protection, water, motion sickness aids
Legacy Club of Ipswich Inc.	Sewcial Craft Weekend	5/10/2024	Come along and meet like minded people that enjoy craft. Help us to make items that we can donate to other charities or bring your own projects along. We will be sewing, quilting, using resin wax and other mediums. Come for one day or come for both.	9:30 AM	0430166070	admin@ipswichlegacy.org.au	105 Brisbane Rd	Booval	27/09/2024	Own projects if they want to work on them.
RETURNED & SERVICES LEAGUE OF AUSTRALIA (QLD BRANCH) GAYNDAH SUB-BRANCH INC.	KEEP CONNECTED THROUGH PSYCHOLOGICAL CONNECTEDNESS	5/10/2024	Psychologist Frances from Frances Psychology & Associates has been an active Clinical Psychologist within the Gayndah & North Burnett region for the past 7 years, Frances is also a veteran. Frances has a wealth of knowledge within the Psychological arena and will give the Gayndah RSL Sub Branch her time on Saturday the 5th of October to talk about overcoming adversity and improving psychological and emotional wellness and building social connectedness.	11:00 AM	0497388829	secretary@gayndah.rslqld.net.au	20 WARTON STREET	GAYNDAH	22/10/2024	NOTEPAD AND PEN
Our Mate-Ship Limited	Whale Watching	5/10/2024	We will conduct a Whale Watching Cruise and connect over the beauty of mother nature. We will have some very qualified marine backed people onboard to answer all of our questions related to whales, and various other sea creatures we may encounter.	8:00 AM	0411422051	skipper@mate-ship.org	11 Nicklin Way	Minyama	1/10/2024	All details to be emailed to participants prior
Everyman's Welfare Service	Everyman's Welfare Service and Military Christian Fellowship present 'Meat Jesus'	5/10/2024	Healthy dinner and social event open to all veterans and their families with a talk about 'Staying Connected' and from the current chaplain of the 8th/9th Battalion - Captain Joseph Hwang	6:30 PM		benridley@everymans.org.au	617 Toohey Rd	Salisbury	28/09/2024	No

Young Veterans Australia Ltd	<b>Mindfulness, Breath work and Equine Assisted Therapy</b>	6/10/2024	Equine Alliance will educate us on the benefits of horses to assist regulating our nervous systems, Intro to breath work, and mindfulness with the horses	9:00 AM	0411422051	yvscevents@gmail.com	79 Hunchy Rd	Hunchy	1/10/2024	Enclosed shoes, comfortable clothes
Returned and Services League of Australia	<b>Paddle Boarding Adventure</b>	6/10/2024	Paddle Boarding Adventure Learn a new skill, connect with family and friends, experienced instructors and a free BBQ	9:00 AM	0406 739757	pmcguire@tsvrs.com.au	1077 Riverway Drive	Townsville	3/10/2024	Water safe clothing
Tex and Bundy Charities Incorporated	<b>Ride to Keep Connected to Calming the Waves of Trauma</b>	6/10/2024	Do You Enjoy "Two Wheels With a Throttle"? Join the Tex & Bundy Charities "Ride To Keep Connected to Calming The Waves of Trauma" Day for a ride, across the Gold Coast, and lunch in the Hinterland, with people who know how to support you and bring you hope. Make sure you register early...	10:00 AM	0412339029	contact@texandbundy.com.au	76-84 Waterway Drive	Coomera	30/09/2024	Participants must have their own registered/insured motorbike and the legally required license; a pillion rider is must also register; all participants a required to have their own helmets and appropriate motorcycle attire; blanket or small fold up seating for the picnic lunch area.
Veterans Retreat Limited	<b>Connecting Kids of Veterans</b>	6/10/2024	Come and join us on the farm! We will provide a number of activities for kids to get them connected to other kids of veterans so that they know they are not alone and other kids are experiencing the same issues as them. We will conduct fun interactive activities including ball games, tug o war, orienteering, animal encounters and an equine assisted learning activity so they can connect to themselves as well as others. Includes lunch!	10:00 AM		veteransretreat@outlook.com	131 Hartwig Road	Mothar Mountain	4/10/2024	Enclosed shoes are a must
Young Veterans Australia	<b>Young Veterans Paddock Tea</b>	6/10/2024	Young Veterans Ipswich invites all Veterans and their families to join us for High Tea in the Paddock on the 6th October from 1030am. With plenty of food, coffee and cold drinks on offer, we will have games, conversation and fun on hand for everyone in the family.	10:30 AM	0410929780	yvipswich@outlook.com	Carmichaels Rd	Purga	30/09/2024	Participants should bring a chair/blanket, hat and kids are welcome to bring a ball/frisbee/bike
Naval Association of Australia - Fraser Coast Sub-branch	<b>B Mee Relaxation Chair Yoga</b>	7/10/2024	Please join B Mee for a relaxing round of Chair Yoga while chatting with mates and other veterans. Help reduce muscle soreness and develop your breathing techniques. Listen to our wonderful guest speaker who will provide details on health and social events to help keep all of us connected.	10:00 AM	0481 576 140	nick.bmee@gmail.com	50-52 Torquay Rd	Pialba	9/09/2024	nil
Returned and Services League of Australia	<b>Yoga on the Grass</b>	7/10/2024	Yoga on the Grass - Connecting Body and Mind Qualified Instructor, helping you to centre your thoughts, relax your body and connect with nature	5:00 PM	0406 739757	pmcguire@tsvrs.com.au	Strand Park	Townsville	4/10/2024	Towel or Mat, Water
Returned and Services League of Australia	<b>Veterans Hands on Cooking</b>	8/10/2024	Hands on Cooking Learn a new skill, connect with family and friends. Everything provided come along and make memories	6:30 PM	0406 739757	pmcguire@tsvrs.com.au	112 Martinez Avenue	West End	30/09/2024	No Requirements

Veteran Wellbeing Foundation	<b>Veterans and Families Connect</b>	9/10/2024	COME AND JOIN US FOR A NIGHT OF EDUCATION AND INTRODUCTION TO EXPERIENCE ALL OF THE LOCAL SUPPORT SERVICES THAT ARE AVAILBLE TO VETERANS AND THEIR FAMILIES WITHIN THE LOCAL AREA. VISIT THE STALLS OF LOCAL PROVIDERS TO UNDERSTAND HOW YOU AND YOUR FAMILY CAN BE SUPPORTED WITHIN YOUR LOCAL AREA. THERE WILL BE PRESENTATIONS AS WELL AS TIME FOR ONE ON ONE INFORMATION SESSIONS.	6:30 PM	0403193930	pk.vwf@outlook.com	8-10 TURNER ST	BEERWAH	2/10/2024	A CHAIR
Women Veterans Network Australia - WVNA Incorporated	<b>WVNA - Townsville Spanish Cooking Class</b>	9/10/2024	Spanish Cooking class with like minded women veterans helps staying connected and form new connections.	6:30 PM	0418283752	info@wvna.org.au	114/112 Martinez Ave	Townsville City	2/10/2024	Covered in shoes and a great smile
Veterans of Australia Association Inc.	<b>Connect Camp 2024</b>	9/10/2024	Veterans of Australia invites veterans, partners and carers to participate in a weekend (two day/one night) camp at a local campground that offers both caravan/camp sites and cabins. Come and join us to participate in a weekend of engagement, camaraderie and tall stories in safe friendly environment. Activities will include learning about building your own resilience and engagement in the wider veteran and carer community and become more connected with your local services and community.	2:00 PM	(07) 41283759	admin@voaherveybay.com	Poona Palms Caravan Park	Poona	5/09/2024	There will be a camaraderie dinner and breakfast, otherwise you will need to cater for yourselves.
SMEAC inc	<b>SMEAC Veteran Health Program - mountain biking and movement, a veteran exercise plan</b>	9/10/2024	Get active, improve your physical and mental health, have fun, reconnect with your tribe. SMEAC is running seven, half day outdoor programs, as part of Veteran Health Week, throughout October at Camp SMEAC on the Ewen Madock Dam, Sunshine Coast! Includes: group morning PT by the lake, a group outdoor activity (kayak, walk, mountain bike, fishing etc), followed by an informative presentation for veterans. Morning tea and lunch provided. Free for veterans and their families. Get Active - Reconnect! SMEAC@smeac.org.au	8:30 AM	0402904170	nick@smeac.org.au	2315 Steve Irwin Way	Landsborough	2/10/2024	Participants need to bring the following: - Appropriate dress for morning fitness session - t-shirt, shorts, runners, - Appropriate dress for the outdoor activity, - Mountain Bike or fishing gear if you have it, if attending those activities, - Spare clothing items to change into after the group activity if needed, - Hat, sunscreen, water bottle
Our Mate-Ship Limited	<b>Canal Cruise and Lunch</b>	9/10/2024	We will go for an educational cruise around the canals of the Sunshine Coast. We will learn about local landmarks, history, and transformation of the area. We will connect over a healthy lunch to be served onboard.	9:00 AM	0411422051	skipper@mate-ship.org	11 Nicklin Way	Minyama	1/10/2024	Participants to be emailed information prior

Lives Lived Well Limited	<b>Step Together - Veterans Community Walk (Centenary Lake, Caboolture)</b>	9/10/2024	Join us for our 'Step Together - Veterans Community Walk'! Start your day with a refreshing morning walk around the lake, designed to foster connections and camaraderie among our veteran community. Enjoy the beauty of nature, share your experiences, and build lasting relationships in a supportive community. Let's walk together and strengthen our bonds! Morning tea provided back at the Hub afterwards.	9:00 AM	0429 791 956	lauralie.knight@liveslivedwell.org.au	12 King Street	Caboolture	4/10/2024	Comfortable walking shoes, water bottle, weather appropriate clothing, sun protection. Morning tea provided.
Young Veterans Australia Ltd	<b>Golf, Lunch, Education</b>	10/10/2024	A day of connection and fitness over a round of golf, then lunch with a Psychologist chatting about the importance of community in maintaining mental health	10:30 AM	0411422051	yvscevents@gmail.com	24 Biondi Cres	Beerwah	1/10/2024	Own Clubs if you have, enclosed shoes, collared shirt, sun protection
Australian Defence Force Assistance Trustee Company Pty Ltd	<b>Bravery Trek 2024</b>	10/10/2024	Go the distance for our veterans. Get together with friends and family and challenge yourself to run, walk, roll or swim 10km or 50km each week for 5 weeks to raise awareness of the financial support available to veterans and their families.  By building connections and sharing stories of overcoming adversity, we can help to reduce any stigma associated with reaching out for help. Importantly, Bravery Trek provides the community with a way to show pride for our Australian Defence Force.	6:00 AM	1800272837	events@braverytrust.org.au	virtual event, all states	all states, virtual event	8/09/2024	A virtual event - connect with friends and get active any way, any time, any place. Achieve your goal of 10km or 50km each week for five weeks and collect virtual achievement badges along the way to share your journey and connect with friends and family. Entry is free and the 10km per week target is less than 2km per day.
RSL of Australia Bowen Sub Branch Inc	<b>Lets keep Connected</b>	10/10/2024	A local provider will engaged to provide a presentation on ways of keeping connected to family, friends and the community. The presentation will followed by a morning tea at the Bowen RSL Clubrooms. Handouts from the DVA Tools for Keeping Connected booklet will be provided to participants.	10:00 AM		martytanzer@live.com.au	38 William Street	Bowen	7/10/2024	Participants do not need to bring anything.
Mates4Mates Limited	<b>Herberton Historical Village Tour</b>	10/10/2024	Join us for a tour of the historical village in Herberton, connect with other veterans and explore the rich history of our region and the historical training of defense members around the Tableland area. This activity not only honors our past but also fosters social connections among participants, creating a sense of community and shared experiences. A light lunch will be provided.	10:00 AM	(07) 4771 9600	cairnsactivity@mates4mates.org	6 Broadway	Herberton	23/09/2024	To access our services please complete our new client form and one of our friendly staff members will be in touch. The new client form can be found at <a href="https://www.rslqld.org/vfwc/new-client">https://www.rslqld.org/vfwc/new-client</a>

National Servicemen's Association Australia (Queensland) Inc.	<b>Bribie Seaside Museum Tales and High Tea</b>	10/10/2024	Bribie Island veterans are invited to a High Tea and presentation showcasing the history of Fort Bribie and tales from WWII on Bribie Island at the Bribie Island Seaside Museum. The Seaside Museum offers exhibits about the island during war-time and Shifting Shores: Bribie's beautiful beaches. Be tempted by Tea and Tales from this wonderful location, you may even spot a dolphin.	2:00 PM	0439282640	bribienashos@hotmail.com	1 South Esplanade	Bongaree	1/10/2024	Nothing required.
Far North Queensland Legacy Club	<b>Cruise for Connection</b>	10/10/2024	Join us for a "Cruise for Connection," an unforgettable evening designed to bring families together on a scenic river cruise. Enjoy interactive activities, stunning views, and quality time with loved ones while learning about the importance of staying socially connected. Open to all ages, this free event is a wonderful opportunity to bond, share experiences, and create lasting memories. Don't miss out, reserve your spot and celebrate Veterans' Health Week 2024 with us!	5:00 PM	0499391113	wellbeing@fnqlegacy.org.au	Wharf A, Marlin Marina	Cairns QLD Aust	3/10/2024	No
Returned & Services League of Australia (Queensland Branch) Murgon Sub-Branch Inc	<b>Veteran Golf Day and BBQ</b>	10/10/2024	Come along and have a round of golf with a veteran. All family and community members welcome. Social Golf and BBQ. Community members will join the veterans for a round of golf and a bbq lunch. Handouts on the importance and benefits of keeping socially connected.	9:00 AM	0407 737 097	secretary@murgonrsl.org	192 Lamb Street	Murgon	1/10/2024	Please bring your own clubs if you have them. Let us know if you have access to a golf buggy.
Saltwater Veterans Ltd	<b>Staying Connected - On the Water - Sunshine Coast</b>	11/10/2024	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	33-45 Parkyn Place	Mooloolaba	28/09/2024	Wear sunscreen, hat, sunglasses, long sleeve shirt. (Gloves are recommended.) Bring a jacket/jumper, sunscreen, 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.
Operation PTSD Support Inc.	<b>Enchanted Music Trivia Bingo</b>	11/10/2024	An enjoyable night of fun and music for the whole family. Come as your favourite Disney Character and we will have prizes for the best dressed. Healthy snacks and dinner will be served. This is an Alcohol free event. Booking essential.	6:00 PM	0493988733	team@opptsd.org.au	17 Willaroo Close Flinders View QLD 4305	Flinders View	6/10/2024	No

Invictus Australia	<b>Let's get our pickle on!</b>	11/10/2024	Pickleball, the fastest growing sport in the world, is a racquet and ball sport with a perfect balance of rules, and equipment allowing all ages and skill levels to participate and enjoy on and off the court! Not only is it FUN, SOCIAL, and FRIENDLY! The rules are SIMPLE and the game is EASY to learn but can develop into a competitive game (and it will have you hooked!). Enjoy a complimentary BBQ after you've worked up a sweat!	5:30 PM	0407241283	jugg@invictusaustralia.org	20 Burke Street	North Ward	9/10/2024	Wear comfortable active wear and shoes (bring a water bottle)
The Mindful Harvest Inc.	<b>GREEN CONNECTION: THE VETERAN HEALING COMMUNITY</b>	11/10/2024	Join us for a transformative experience at our Veteran Health Week workshop! This event offers veterans a nurturing space to engage in sustainable farming, fostering mental wellness through eco-friendly agriculture. Connect with nature and community, learn valuable agricultural skills, and celebrate the journey toward healing and personal growth. Don't miss this opportunity to cultivate wellness and camaraderie. Let's keep connected and grow together!	4:30 PM	0412518276	themindfulharvestfoundation@gmail.com	On application	Benarkin	7/10/2024	Tent, camper or caravan, sleeping bag, pillow
Australian Catholic University	<b>Bullseye: Veterans' Axe Throwing Night</b>	11/10/2024	Join us for a Friday evening axe throwing session at Manix in Newstead, where veterans can connect through fun and challenging physical activity. This event promotes mental well-being by fostering camaraderie and teamwork in a relaxed and supportive environment. Strengthen your social bonds, share your stories, and build a sense of community while taking aim together. Don't miss this chance to have a break from your studies as you unwind, and connect with fellow veterans!	7:00 PM	0407475481	studentveteranservices@acu.edu.au	52A Doggett Street	Newstead 4006	27/09/2024	Enclosed shoes, no heels
The Oasis Townsville	<b>Putt and Chat Day</b>	11/10/2024	Come along to enjoy a leisurely day of mini golf around Homebase. Play 9 holes in the Homebase Championship and enjoy a free BBQ and guest speaker at conclusion of play. Challenge your mates and family to be crowned King Putt.	10:00 AM	0747598777	gm@theoasistownsville.org.au	1 Staging Camp Road	Oonoonba	8/10/2024	NA
Returned and Services League of Australia (Queensland Branch) Coolum Peregian Sub Branch Inc	<b>Coolum Peregian RSL - Veteran Health Week - Luncheon</b>	11/10/2024	Join us for Veterans Health Week as we embrace the theme "Keep Connected". This event focuses on the power of staying connected to improve mental and physical wellbeing through engaging activities, informative educational community interactions. You will discover how maintaining nutritional eating habits and maintaining strong social ties you can enhance your health and happiness. Whether it's through shared meals, regular exercise or simply staying in touch, "Keep Connected" is your key to a healthier and fulfilling life.	11:00 AM	0412430989	peter.lloyd@coolum.rslqld.net.au	1906 David Low Way	Coolum Beach	1/10/2024	There are no special requirements to bring anything for those attending



Sunshine Coast and Regional District RSLQLD	<b>Sunshine Coast and Regional District Veterans' Golf Day</b>	11/10/2024	Sunshine Coast Regional District in conjunction with Woodford Sub Branch is pleased to host a 2 ball Ambrose Golf Day for veterans of Sub Branches within the SC District. All veterans of SC District Sub Branches are cordially invited to attend this event as our guests for this event which will coincide with Veterans' Health Week in October this year.	8:30 AM	0409751272	sc@rslqld.org	2-82 Golf Course Road	Woodford	27/09/2024	Golf Clubs
Returned and Services League of Australia	<b>Townsville RSL Darts Competition</b>	11/10/2024	Darts Competition Join our social darts competition, teams of 4 will compete with other units, ex service organisations and the local community. Do your organisation proud while connecting with friends and family.	6:00 PM	0406 739757	pmcguire@tsvrsl.com.au	139 Charters Towers Road	Hermit Park	5/10/2024	No requirements
RETURNED & SERVICES LEAGUE OF AUSTRALIA (QLD BRANCH) GAYNDAH SUB-BRANCH INC.	<b>KEEPING CONNECTED - BY VISITING COOLUM RSL WITH VETERAN</b>	11/10/2024	Gayndah RSL Sub Branch is having an excursion to Brisbane over a weekend during VHW with veterans and their partners, Coolool RSL Sub Branch President Mr. Peter Lloyd has invited the Gayndah RSL veterans to attend Coolool RSL for health and nutritious lunch on the trip to Brisbane. This opportunity provides Gayndah's veterans to meet veterans from another RSL Sub Branch, this opportunity will allow veterans to form friendships and garner the comradeship that RSL's pride themselves in providing	12:00 PM	0497388829	secretary@gayndah.rslqld.net.au	1906 David Low Way	COOLUM BEACH	27/09/2024	NO
Veteran Wellbeing Foundation	<b>Veterans and Families Yoga Breakfast</b>	11/10/2024	COME AND JOIN US FOR A FRIENDLY INTRO TO YOGA CLASS FOLLOWED BY A HEALTHY FRESH LOCAL FRUIT AND JUICE BREAKFAST	7:00 AM	0403193930	pk.vwf@outlook.com	8-10 TURNER ST	BEERWAH	4/11/2024	BRING A YOGA MATT OR TOWEL
Returned & Services League of Australia (Queensland Branch) Gympie Sub-Branch Inc.	<b>Noosa River Fishing Charter</b>	12/10/2024	Calling all veterans! Join us for a memorable Noosa River fishing charter. Cast a line and reel in connections with fellow veterans on this relaxing day out. Enjoy the serene waters, share stories, and create new bonds. No fishing experience necessary. We've got you covered with transport, morning tea, and a post-fishing lunch as well as all bait and tackle required. Spaces are limited to 12 participants, so register now for a day of fishing, friendship, and fun! Phone (07) 54837707	6:00 AM	0497000000	charmaine.c@gympiersla.com.au	44 Nash St	Gympie	4/10/2024	Hat, sunscreen, sun safe clothing

Returned and Services League of Australia (Queensland Branch) Ipswich Railway Sub Branch Incorporated	<b>Veterans Health Expo or VETSP0</b>	12/10/2024	Club Services Ipswich will host a Veterans Health Expo (VETSP0) over the weekend of the 12th and 13th October to launch Veterans Health Week. VETSP0 will be open to the public in the carpark of CSI 5A Lowry Street North Ipswich from 10.00am to 2.00pm. In keeping with the theme of "Keep Connected" services such as Allied Health Care, Community Care, Advocacy Services, employment and educational services, local industry and Ex Servicemen's Associations will be under the marquee.	10:00 AM	0499341541	secretary@ipswichrail.rslqld.net.au	5A Lowry Street	North Ipswich	8/10/2024	N/A
Invictus Australia	<b>Forts Walk - Magnetic Island</b>	12/10/2024	In recognition of Veteran health week 2024, we will be heading over to the beautiful Magnetic Island and walking the Forts Walk, which is home to Queensland's best-preserved WWII coastal fortifications and a heritage-listed site. Along the way, we'll explore historical displays that explain the ruins and buildings. This experience will not only immerse us in the island's rich history but also offer a unique opportunity for veterans and their families to connect and share their own stories.	7:45 AM	0407241283	jlugg@invictusaustralia.org	2 Sir Leslie Thiess Dr	Townsville City 4810	5/10/2024	Wear comfortable clothes and shoes for bushwalking. Bring a hat, sunscreen and water.
Operation PTSD Support Inc.	<b>Connecting with Food and Activity</b>	12/10/2024	A lovely morning walk with ocean views through Burleigh National Park followed by a healthy breakfast with a guest speaker on the importance of regular social connection.	8:00 AM	0493988733	team@opptsd.org.au	1525 Gold Coast Hwy,	Palm Beach	6/10/2024	Walking shoes, comfy clothes water bottle.
SMEAC inc	<b>SMEAC Veteran Health Program - Fishing, Friendships, nutrition and a healthy lifestyle.</b>	12/10/2024	Get active, improve your physical and mental health, have fun, reconnect with your tribe. SMEAC is running seven, half day outdoor™ programs, as part of Veteran Health Week, throughout October at Camp SMEAC on the Ewen Madock Dam, Sunshine Coast! Includes: group morning PT by the lake, a group outdoor activity (kayak, walk, mountain bike, fishing etc), followed by an informative presentation for veterans. Morning tea and lunch provided. Free for veterans and their families. Get Active - Reconnect! SMEAC@smeac.org.au	8:30 AM	0402904170	nick@smeac.org.au	2315 Steve Irwin Way	Landsborough	9/10/2024	Participants need to bring the following: - Appropriate dress for morning fitness session - t-shirt, shorts, runners, - Appropriate dress for the outdoor activity, - Mountain Bike or fishing gear if you have it, if attending those activities, - Spare clothing items to change into after the group activity if needed, - Hat, sunscreen, water bottle

RSL Rollingstone	<b>Staying Connected</b>	12/10/2024	Rolling stone RSL will be conducting a Veterans and Seniors Health week-end over the period 12-13 Oct. Participants will be introduced to Mental Health, Health and well being, enjoying a game of lawn bowls at our Mystic Sands Gold Resort. That evening we will enjoy each others company with an evening meal semi formal with an emphasis on getting know one another.	8:00 AM	0436349339	marks026@gmail.com	44 Community Crescent Rollingstone	Balgal Beach	23/09/2024	Casual clothing for presentations and PT attire for lawn bowls.
RSL of Australia Bowen Sub Branch Inc	<b>Breakfast with Mates</b>	12/10/2024	This event will be a Saturday breakfast event and will see a local physiologist engaged to provide a presentation on tips for keeping connected to family, friends and the community. A handout with tips from the DVA Tools for Keeping Connected booklet will also be provided to attendees.	8:00 AM		martytanzer@live.com.au	1 Starboard Drive	Bowen	9/10/2024	Participants do not need to bring anything.
Mudjimba RSL Sub Branch	<b>"Keep Connected" - A Veterans Health Week Event - Mudjimba RSL</b>	12/10/2024	An informative and interactive event for all Veterans, Partners and Community Club members to discuss the importance of how keeping socially connected through exercise, support groups and volunteering enhances mental and physical health and long life.  Light Breakfast and Lunch provided	8:00 AM		lewrose1@bigpond.com	43 Cottonwood Street	Mudjimba	7/10/2024	No
Returned & Services League of Australia (Queensland Branch) Mudgeeraba Robina Sub Branch Incorporated	<b>Mudgeeraba - Robina RSL 30th Anniversary Dinner</b>	12/10/2024	We wish to bring the community together to celebrate the foundation and history of the Mudgeeraba - Robina RSL Sub Branch, whilst rekindling old friendships and the making of new.	5:30 PM	0400601565	secretary@mudgeeraba.rslqld.net.au	62 Railway St	Mudgeeraba	30/09/2024	Dress is Country and Western
Returned & Services League of Australia (Queensland Branch) Caloundra Sub-Branch Inc	<b>Sunshine Coast Veterans Spring Ball</b>	12/10/2024	Gather with other veterans in a harmonious and enjoyable environment at the Sunshine Coast Veterans Spring Ball for an evening of entertainment and camaraderie.	6:30 PM	(07) 5438 5825	helen.frances.smith2024@gmail.com	19 West Terrace	Caloundra	1/10/2024	Formal Ball, attendees are expected to dress accordingly.
Mates4Mates Limited	<b>1 Day Wellness in the Sunshine Coast</b>	12/10/2024	Veterans and their families are invited to the 1-Day activity at the beautiful Veteran and Family Wellbeing Hub on the Sunshine Coast, to connect and explore a holistic path that promotes enhanced mental, physical, and social wellbeing. You will leave, feeling relaxed and calm, with increased energy, and understanding more about the physical and psychological benefits of connections.	9:30 AM	(07) 5458 8399	sunshinecoast@mates4mates.org	21 Carnaby St	Maroochydore	13/10/2024	To access our services please complete our new client form and one of our friendly staff members will be in touch. The new client form can be found at <a href="https://www.rslqld.org/vfwc/new-client">https://www.rslqld.org/vfwc/new-client</a>  Participants are not required to bring any physical thing and are encouraged to come with curiosity and willingness to explore new opportunities

Returned and Services League of Australia	<b>Townsville RSL EXPO</b>	12/10/2024	Townsville RSL EXPO - over 24 stalls, kids activities and giveaways. Workshop in wellness, stress management and social connection	10:00 AM	0406 739757	pmcguire@tsvrs.com.au	139 Charters Towers Road	Hermit Park	5/10/2024	No requirements
RSL of Australia (Qld Branch) Boonah Sub Branch Inc	<b>Veterans Cooking Classes</b>	12/10/2024	The Boonah RSL Sub Branch will be conducting cooking classes as part of Veterans Health Week 2024. The classes are conducted by a local volunteer facilitator from the CWA Country Kitchens Program. The aim of the class is to improve food and nutrition literacy, whilst connecting with others is a relaxed social setting. Participants will take part in cooking followed by a meal together. Bookings are essential, enclosed footwear must be worn.	9:00 AM	0490011570	secretary@boonah.rslqld.net.au	1 Yeates Ave	Boonah	9/10/2024	Enclosed footwear.
Veterans Retreat Limited	<b>Connecting Male Veterans</b>	12/10/2024	Calling all male veterans! Come and relax on the farm and experience Breathwork, Sound Immersion, Cacao Ceremony, Fire Integration and Connection with other men. There will be a 60 min Breathwork session that will be guided through the vibrational sounds of Shamanic Drums, Handpan, Didgeridoo, Ocean drums, Chimes and more ending with some good food and a yarn around the fire. Facilitated by a male veteran with lived experience.	2:00 PM		veteransretreat@outlook.com	131 Hartwig Road	Mothar Mountain	11/10/2024	A comfy camping chair is recommended and participants can also camp overnight after the event if they wish to, so will need to bring personal camping equipment if they choose to do so.
PTSD Resurrected	<b>PTSD Resurrected's Big Breakfast (Connecting through food / coffee / fun)</b>	12/10/2024	Celebrate Veterans Health Week with PTSD Resurrected's BIG BREAKFAST event! Indulge in a variety of delicious breakfast options, from fresh fruit to scrumptious bacon and egg rolls all expertly prepared to delight your taste buds. Enjoy a morning of food, fun & camaraderie with fellow veterans while sipping on a hot cup of coffee. Our breakfast event is the perfect way to kickstart your day and keep connected with our veteran community.	8:00 AM	0492947646	sean@rebootrecovery.com	Ed Hardy Park	Miami	1/10/2024	NIL
Everyman's Welfare Service	<b>Everyman's Veterans League Trivia</b>	12/10/2024	Join us for a trivia event in the historic Everyman's Hut! Teams of 8 with prizes to be won! Everyman's Welfare Service - Commissioner Phil Marshall will give a talk on the VHW topic 'Staying Connected'. A lamb spit lunch and drinks will be provided. Free event with an invitation open to all! 10:00 am arrival - 10:30am start of trivia.	10:00 AM		benridley@everymans.org.au	907 Boundary Rd (Enter via Nashos Place only)	Wacot	5/10/2024	Trivia starts at 10:30am sharp. Don't be late!
Our Mate-Ship Limited	<b>Canal Cruise and Lunch</b>	12/10/2024	We will go for an educational cruise around the canals of the Sunshine Coast. We will learn about local landmarks, history, and transformation of the area. We will connect over a healthy lunch to be served onboard.	10:00 AM	04114220	skipper@mate-ship.org	11 Nicklin Way	Minyama	1/10/2024	Attendees to be emailed prior

Returned & Services League of Australia (Queensland Branch) Murgon Sub-Branch Inc	<b>Twilight Barefoot Bowls</b>	12/10/2024	Social Barefoot Bowls event to promote veteran health and wellbeing. Enjoy the camaraderie through physical activity with like minded veterans. Handouts provided on the benefits and importance of keeping socially connected.	4:00 PM	0407 737 097	secretary@murgonrsl.org	103 MacAlister Street	Murgon	1/10/2024	Please bring your own bowls if you have them. There are some older sets available for use at the Club.
Returned and Services League of Australia (Queensland Branch) Stephens Sub Branch Inc	<b>Stephens Sub Branch Inc Veterans' Health Week BBQ Lunch</b>	12/10/2024	A guest speaker will be in attendance at our healthy lunch in a local park with a playground to deliver a talk about building social connections in order to foster interaction between veterans, their children/grandchildren and others in their community thus "Keeping Connected".	11:19 AM	0434003263	info@Stephens.rslqld.net.au	Koala Road	Moorooka	1/10/2024	Folding Chair, Picnic Blanket, Hat, Sunscreen, Football/Basketball etc.
YANDINA/EUMUNDI SUB BRANCH INC	<b>Dogs care -Connecting with your Best Friend</b>	12/10/2024	Dogs the best companions and we all want them to live their best lives. So how to you make sure that they are cared for as they deserve? Hear how you can maximise your care for your best friend. There will be tips on grooming, maintenance and obedience with demonstrations on how to bath and groom your dog. This also a great chance to connect and socialise with other local dog owners.	8:00 AM	0498744267	secretary@yandinaeumundirsl.com.au	24 North St	Yandina	10/10/2024	Optional Dog if you want to participate in the event or you are welcome to observe and connect with the other participants and their pets.
YANDINA/EUMUNDI SUB BRANCH INC	<b>Healthy Body &amp; Mind - Connected Activities for All</b>	12/10/2024	VETERANS Team will demonstrate the benefits of keeping connected through physical activity for all. The team will lead us through how you can practice different sports that we can engage in together that match your capability. Thereâ€™ll be a fun exercise to connect in a "Combat Arenaâ€ where you can safely engage in a game to challenge your opponent in healthy competition Or "Bungee Run" where you can challenge yourself and opponents in a test of speed and strength.	8:45 AM	0498744267	secretary@yandinaeumundirsl.com.au	24 North St	Yandina	10/10/2024	Water bottle
YANDINA/EUMUNDI SUB BRANCH INC	<b>Connect and Play</b>	12/10/2024	We learn best when connect together with fun and play, especially when we are young. Building resilience in our children is a key skill for healthy development and to strengthen their coping skills. Let's have some fun and share some amazing tools and resources that will support them in life. There's great social connection, learning exercises, some good healthy activities whilst having the best time with Art therapy, a Jumping castle, a fun wall and more!	9:30 AM	0498744267	secretary@yandinaeumundirsl.com.au	24 North St	Yandina	10/10/2024	Water bottle

YANDINA/EUMUNDI SUB BRANCH INC	<b>Music Connections - Drumming Workshop</b>	12/10/2024	Explore this creative connections in the Veteran community with creativity through this immersive hands-on experience with music and artistic talents. Have fun and explore this group session with Djembe drums lead by a fellow Veteran and music artist. Be impressed by the group sounds as you work together with your new skills to deliver a tunes as part of this drumming circle All abilities welcome.	10:15 AM	0498744267	secretary@yandinaeumundirsl.com.au	24 North St	Yandina	10/10/2024	Water bottle and notebook Djembe if available
YANDINA/EUMUNDI SUB BRANCH INC	<b>Kitchen Garden Connections</b>	12/10/2024	Connecting together through gardening is a wonderful experience. Be part of this amazing demonstration how easy is it to setup a healthy kitchen garden. Share some easy ways to make growing veggies and herbs at home. We'll discuss the benefits of healthy eating and how to connect to growing your own food that fits with your needs and resources. Share in a some fresh healthy refreshments as we wrap up the session sharing ideas and tips with the group	11:00 AM	0498744267	secretary@yandinaeumundirsl.com.au	24 North St	Yandina	9/10/2024	Water Bottle Notebook and Pen
Young Veterans Australia Ltd	<b>Yoga, Mindfulness, Lunnch</b>	13/10/2024	A day of Yoga, Mindfulness, Lunch, Connection, Education by a mental health social worker to the importance of days like this	10:00 AM	0411422051	yvscevents@gmail.com	2/31 Production ave	Warana	1/10/2024	Comfortable clothes, Towel, Swimmers, Water
RSL Qld Monto Sub Branch	<b>Monto RSL Health Lunch</b>	13/10/2024	For Veterans and their Partners Will have a guest speaker Mr Errot Priestley who will address mental health, wellness, strategies and supports . Secondary objective is to build and strengthen ties between Veterans in our community and to reduce social isolation and promote social connectedness.	12:00 PM	0428756151	rsl.monto@gmail.com	2 Newton Street	Monto	4/10/2024	Nil
Invictus Australia	<b>Unleash Your Inner Gamer...</b>	13/10/2024	Join us for an exciting afternoon 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.	2:00 PM	0407241283	jlugg@invictusaustralia.org	13 Burdekin St	Mundingburra	8/10/2024	N/A

Mates4Mates Limited	<b>Explore &amp; Connect at Billabong Sanctuary</b>	13/10/2024	Join Mates4Mates Townsville for Veterans Health Week at Billabong Sanctuary! Embrace the theme Keep Connected with a guided tour featuring up-close wildlife interactions for the whole family. Enjoy activities that promote camaraderie and meaningful conversations among veterans and their loved ones. We'll conclude the day with a delicious BBQ lunch, creating a relaxed atmosphere for everyone to bond and share experiences. Come together for a day of connection and community in a beautiful setting!	9:30 AM	(07) 47719600	townsville@mates4mates.org	2 Muntalunga Dr	Nome	4/10/2024	To access our services please complete our new client form and one of our friendly staff members will be in touch. The new client form can be found at <a href="https://www.rslqld.org/vfwc/new-client">https://www.rslqld.org/vfwc/new-client</a>  All participants are required to complete a new client form and RSVP prior to the 4th October.  Participants will be required to bring along a hat, water bottle, sunscreen and their own snacks (or purchase food at the venue).
Returned and Services League of Australia	<b>Learn to Sail Classes</b>	13/10/2024	come along and learn a new skill; Sailing is a relaxing activity allowing you to connect with nature and let go of the stress in your life.	9:00 AM	0406 739757	pmcguire@tsvrs.com.au	3 Mariners Drive	Townsville	2/10/2024	Water confident, physical dexterity
Springwood Tri-Services Sub Branch Inc	<b>Connecting Veterans in the Community</b>	13/10/2024	Connecting Veterans in the Community The Springwood Tri-Service RSL Sub-Branch will be holding a family BBQ to connect with veterans in our community during "Veterans Health Week." This event will be held at the Vietnam Veterans & Veterans Motorcycle Club Kingston commencing at 1100 hrs. If you are a veteran come along and enjoy the camaraderie that you're probably missing. Guest speakers will promote Mental Health and our Homeless Veterans Program.	11:00 AM	0432978809	gary.sargent@springwood.rslqld.net.au	132 Meakin Road	Kingston QLD 4114	10/10/2024	Comfortable outdoor chair and a hat
Young Veterans Australia	<b>Young Veterans Family BBQ</b>	13/10/2024	Young Veterans invite all current and ex-serving veterans and their families to join us for a Family BBQ day at Kholo Gardens on the 13th October from 1130am. Families will get to enjoy a catered BBQ by Young Veterans, face painter and games with the Young Veterans volunteers.	11:30 AM	0410929780	yvipswich@outlook.com	Kholo Gardens, 243 Riverside Dr	Muirlea	6/10/2024	Participants should bring a chair/blanket, a hat/sun protection and are encouraged to bring the whole family.
Veteran Wellbeing Foundation	<b>Veterans and Families Art Class</b>	14/10/2024	COME AND JOIN LOCAL ARTIST CANDACE PURCELL FOR THIS SUPER FRIENDLY ALCOHOL INK CLASS WHERE YOU GET TO TAKE HOME YOUR VERY OWN MASTERPIECE WHILST HAVING A LAUGH AND MEETING SOME NEW FRIENDS	1:00 PM	0403193930	pk.wvf@outlook.com	8-10 TURNER ST	BEERWAH	7/11/2024	NIL

Young Veterans North Brisbane	<b>Movement and Mindfulness for Emotional Well-being</b>	14/10/2024	Discover the power of "Movement and Mindfulness for Emotional Well-being". Learn how simple movements and mindfulness techniques can boost your emotional health and strengthen your connections with others. Led by expert Gary Bates, you'll gain practical skills to manage stress, improve self-awareness, and enhance your relationships. Perfect for busy veterans, this event offers a chance to unwind, connect with peers, and learn valuable tools for everyday life. Join us to move, breathe, and connect!	10:00 AM	0403505443	matt@youngveterans.com.au	3 Hinkler Court	Brendale	30/09/2024	Participants to provide dietary requirements before event, wear comfortable clothing + bring notebook and pen
SMEAC inc	<b>SMEAC Veteran Health Program - Lake Walk and the Power of connection - finding your tribe</b>	14/10/2024	Get active, improve your physical and mental health, have fun, reconnect with your tribe. SMEAC is running seven, half day "outdoor" programs, as part of Veteran Health Week, throughout October at Camp SMEAC on the Ewen Madock Dam, Sunshine Coast! Includes: group morning PT by the lake, a group outdoor activity (kayak, walk, mountain bike, fishing etc), followed by an informative presentation for veterans. Morning tea and lunch provided. Free for veterans and their families. Get Active - Reconnect! SMEAC@smeac.org.au	8:30 AM	0402904170	nick@smeac.org.au	2315 Steve Irwin Way	Landsborough	12/10/2024	Participants need to bring the following: - Appropriate dress for morning fitness session - t-shirt, shorts, runners, - Appropriate dress for the outdoor activity, - Mountain Bike or fishing gear if you have it, if attending those activities, - Spare clothing items to change into after the group activity if needed, - Hat, sunscreen, water bottle
Returned Services League of Australia (Queensland Branch) Beachmere RSL Sub Branch	<b>Connecting our Community</b>	14/10/2024	Learn about the different services available across Brisbane north region. Connect with others sharing their experience  Learn how to prevent risks such as falls social and emotional well-being  Plan for the golden years	9:30 AM		secretary@beachmere.rslqld.net.au	5 Progress Avenue	BEACHMERE		All day event and participants can turn up at any time matched to what they might want to hear on the education program
National Servicemens Association of Australia Qld (Inc) Townsville and District Branch	<b>Reunite with old friends and Comrades to discuss where you are at, and renew old friendships and connect with new friends.</b>	14/10/2024	You are not alone. The worries of your world needs to be shared with your friends so that they are less burdensome. Keep connected with your friends. The Townsville and District Branch of the National Servicemens Association are encouraging its members to get out of their home / unit or Aged Care Facility and join us at our Memorial at National Servicemens Park Rowes Bay on the 14th of October 2024 for an activity packed picnic.	10:00 AM	0407135645	ikuhi@bigpond.net.au	Heatley Parade	Rowes Bay	17/09/2024	Bring your positive self, your willingness to connect with friends in a social setting and your chair.



Patriots Australia Military Motorcycle Club Townsville Chapter	<b>Patriots Australia MMC NAGM ride</b>	14/10/2024	Patriots Australia Military Motorcycle Club (MMC), established in 1993, providing support and comradeship for current serving and past ADF members. Patriots Australia is the only MMC that accepts all veterans regardless of gender. Patriots Australia also acknowledges and accepts members from Allied nations that have served.	8:30 AM	0400865828	davemacbigted68@gmail.com	204 - 232 Grampians Rd	Halls Gap	10/09/2024	Members are required to bring clothing and toiletries for the duration of the event and enough funding for food and fuel on the ride.
Far North Queensland Legacy Club	<b>Connections by the Coast</b>	14/10/2024	Join us for "Connections by the Coast: A Day at King Reef Resort" on Monday, 14th October! This free event invites people from Tully and Innisfail to connect, unwind, and enjoy a day filled with fun activities, a shared meal, and beautiful beach views. Perfect for veterans and families looking to build new friendships and strengthen community bonds in a relaxed, scenic setting. Seats are limited due to bus capacity"reserve your spot today and celebrate Veterans' Health Week 2024!	11:00 PM	0499391113	wellbeing@fnqlegacy.org.au	73 Jacobs Road	Kurrimine Beach	7/10/2024	No
Lives Lived Well Limited	<b>Creative Connections - Art for Veterans</b>	14/10/2024	Join us for an event dedicated to fostering a supportive and connected veteran community with our Creative Connections "Art for Veterans Workshop". Recognising that true connection goes beyond conversation, come and be part of this creative experience while creating "masterpieces" to make new connections.	9:30 AM	0429791956	lauralie.knight@liveslivedwell.org.au	12 King Street	Caboolture	4/10/2024	All materials provided. Morning tea and lunch also provided.
Women Veterans Network Australia - WVNA Incorporated	<b>WVNA - Townsville Supporting the Female Athlete Workshop</b>	14/10/2024	WVNA - Townsville Supporting the Female Athlete session will give the women veterans an opportunity to meet and greet with players from the Cowboys NRLW team.	5:30 PM	0418283752	info@wvna.org.au	20 Darter Street	Oonoonba	7/10/2024	a great attitude
North Gold Coast RSL Sub Branch	<b>Veteran Photography Exhibition showing</b>	15/10/2024	Australian Veteran Photography Exhibition, integrating veteran experiences into the community	5:30 PM	0484259344	secretary@nthgoldcoast.rslqld.net.au	20 Discovery drive	Helensvale	4/10/2024	No
Returned & Services League of Australia (Queensland Branch) Gympie Sub-Branch Inc.	<b>Sour Dough Starter Party</b>	15/10/2024	Join us for the Sourdough Starter Course for Veterans' Health Week! Limited to 20 participants, this 2-hour class offers a complete hands-on sourdough making lesson. Light refreshments and drinks are provided as well as a complete starter kit. The kit will include flour, a sour dough starter and all the tools you will require to make delicious fresh sour dough at home. Connect and learn in a supportive environment. Secure your spot today on (07) 5483 7707.	10:00 AM	0497000000	charmaine.c@gympiersla.com.au	44 Nash St	Gympie	8/10/2024	Participants need to bring a chair if possible.
Young Veterans Australia Ltd	<b>Go Karting - The importance of connection and competition</b>	15/10/2024	A day of connection, competition and education about the importance of these 2 things in a balanced life. We will have 2x sessions of Go Kart Racing, then a healthy lunch with a chat about connection from a psychologist.	10:00 AM	0411422051	ysvsevents@gmail.com	2310 Steve Irwin Way	Landsborough	1/10/2024	Enclosed Shoes, long pants

Bayside South RSL Sub-Branch Inc.	<b>Keeping Socially Connected</b>	15/10/2024	Bayside South RSL Sub-Branch is promoting as part of VHW, a presentation on the importance and well being benefits of staying socially connected.  The presentation is to be provided by a speaker from Open Arms who offer support to the veteran community. The seminar will be open open to all veterans and family members.	12:00 PM	477966278	george.bedford@baysidesouth.rslqld.net.au	North Street	Redland Bay	10/09/2024	Nil Required
Returned & Services League of Australia (Queensland Branch) Caloundra Sub-Branch Inc	<b>Understanding your Health and Wellbeing</b>	15/10/2024	Meet up with other veterans in the community to learn about support that can be provided to assist your health and wellbeing.  Mix with others across a morning tea and participate in presentations from health professional with advice and guidance on your health and wellbeing.	10:15 AM		noelenelucjan@gmail.com	13 West Terrace	Caloundra	4/10/2024	Participants do not need to bring anything, transport will be provided to enable less mobile veterans to attend. For transport enquiries contact the event organiser, Noelene Lucjan.
Mates4Mates Limited	<b>Resin Art Workshop</b>	15/10/2024	Under the guidance of an experienced instructor, you'll master the techniques of resin art, learning how to pour and manipulate vibrant hues on a large canvas. By the end of the session, you'll have formed new connections with fellow veterans and their families and crafted your own unique piece of resin art—a personalized masterpiece to proudly take home and display. Don't miss this chance to create, connect, and unwind!	10:00 AM	(07) 4771 9600	cairnsactivity@mates4mates.org	280 Sheridan Street	Cairns North	23/09/2024	To access our services please complete our new client form and one of our friendly staff members will be in touch. The new client form can be found at <a href="https://www.rslqld.org/vfwc/new-client">https://www.rslqld.org/vfwc/new-client</a>  Participants are selected through a short expression of interest process due to limited availability. Please to our Cairns team for more information and to register your interest
Mates4Mates Limited	<b>Mind, Body, and Soul Connection Workshop</b>	15/10/2024	Join us this Veteran Health Week to "Keep Connected" with Mates4Mates! Immerse yourself in holistic mental and physical wellness with our community partners. Enhance your wellbeing toolbox with enriching experiences like a sound bath, a psychologist-led presentation on holistic relaxation, a group gym class, and an ice bath recovery session. Our Liaison Officers and multi-disciplinary clinical team will support and guide you through the benefits of these activities for your wellness and recovery. Let's connect and thrive together!	9:30 AM	07 3493 6200	brisbane@mates4mates.org	3/39 Hayward St	Stafford	1/10/2024	To access our services please complete our new client form and one of our friendly staff members will be in touch. The new client form can be found at <a href="https://www.rslqld.org/vfwc/new-client">https://www.rslqld.org/vfwc/new-client</a>  Participants only require a change of clothes, and towel should they wish to get changed after the ice bath, which is the final activity

Returned & Services League of Australia (Queensland Branch) Bundaberg Sub Branch Inc.	<b>Guest speaker presentation on Keeping Connected &amp; Mingling Morning Tea</b>	15/10/2024	We invite veterans to join us for a special guest speaker & morning tea as part of Veteran's Health Week. Our guest speaker will highlight the importance of staying connected and help us with strategies to build social connections, combat loneliness, and improve mental health. Come along and enjoy a chance to mingle with veterans and build social connections. Free morning tea will be provided.	9:30 AM	(07) 4330 3167	reception@bundaberg.rslqld.net.au	Bundaberg RSL Sub Branch, 69-71 Takalvan Street	Millbank	9/10/2024	No requirement to bring anything
Currumbin Palm Beach RSL Sub Branch	<b>Womens Hormonal Health</b>	15/10/2024	Join us for an empowering Women's Hormonal Health session as part of the Veteran Health week. Learn how hormones influence your physical health, diet, and emotional balance from expert speakers. With interactive Q&A sessions and hands-on activities, this event will offer valuable insights into managing hormone levels and maintaining well-being. Connect with others, share experiences, and leave with practical tools to take charge of your hormonal health.	11:15 AM	0411744789	laurend@veteransupport.com.au	165 Duringan St, Currumbin QLD 4223, Australia	Currumbin	10/10/2024	No need to bring anything
Veterans Retreat Limited	<b>Connecting Veterans - Morning tea with horses</b>	15/10/2024	We will be hosting a "morning tea with the horses and conversations". Based upon our equine assisted learning activities we will demonstrate the power of connection via interactions with the horses and a guest speaker. A healthy morning tea will be hosted in the paddock with the equines and carrots are sure to be on the menu!	10:00 AM		veteransretreat@outlook.com	131 Hartwig Road	Mothar Mountain	14/10/2024	No
Mackay RSL Sub Branch Inc	<b>Keep connected through sport.</b>	15/10/2024	Have fun whilst out in the fresh air playing mini golf, swimming, or even trying something new like beach volleyball.	9:00 AM	0427661468	info@mackay.rslqld.net.au	1 Petrie Place	Mackay	4/10/2024	Participants just need to bring a towel and swimming gear. Everything else will be provided
Returned & Services League of Australia (Queensland Branch) Nanango Sub-Branch Inc	<b>Nanango Sub-Branch Trivia Evening.</b>	15/10/2024	Grab your mates and come along to the Nanango Sub-Branch Trivia Evening on the 15th of October and help celebrate Veterans Health Week. Think you know your military history, then try yourself against other veterans and enjoy a light meal, prizes and a fun evening.	7:00 PM	0491759758	noel.fischer@nanango.rslqld.net.au	24-26 Henry St	Nanango QLD	8/10/2024	Nothing to bring. Courtesy bus for locals.
Lives Lived Well Limited	<b>Equine Empowerment - Building Connections for Veterans</b>	15/10/2024	Join us for an event dedicated to fostering a supportive and connected veteran community with horses. Recognising that true connection goes beyond conversation, by leveraging the intuitive nature of horses and the expertise of skilled facilitators creating a safe space for veterans. Come and be part of this unique journey while working with horses to make new connections.	9:00 AM	0429 791 956	lauralie.knight@liveslivedwell.org.au	69 Hunchy Road	Palmwoods	4/10/2024	Closed in shoes for safety and comfort Sun Safety (hat and sunscreen)

Young Diggers Ltd	<b>Young Diggers Ltd Social Breakfast</b>	16/10/2024	Assistance dogs can play a significant role in helping veterans stay connected with their families, friends, and communities. These specially trained dogs provide not only practical support but also emotional companionship, which can be incredibly beneficial for mental health and overall well-being. Come, share breakfast with us and hear about the social connections with Assistance Dogs.	7:00 AM	0407439333	secretary@youngdiggers.com.au	Cnr of George and Alice Street	Brisbane	1/10/2024	Attending for breakfast, Assistance Dogs their handler and family welcome. Bring a story to share of how your Assistance Dog has supported you to connect with family, friends, community.
The Returned & Services League of Australia (Qld Branch) Gaythorne Sub-Branch Inc.	<b>Move it, Think it, Sing it!</b>	16/10/2024	The Mitchie Day Club is a Senior's Community Day club designed to combat social isolation in the North-West Brisbane area. We will be holding a special day of activities during Veterans' Health Week designed for the senior community. There will be activities to encourage interaction with others in the form of exercise, a quiz and singing.	10:00 AM		samford@bigpond.net.au	534 Samford Road	MITCHELTON	9/10/2024	No
Bray Park Strathpine RSL Sub Branch	<b>Veterans' Health Week - Breakfast &amp; Cornhole Event</b>	16/10/2024	During Veterans Health Week- 13 to 20 October 2024, Bray Park Strathpine RSL Sub Branch is holding a 'Healthy Eating Breakfast' along with a friendly game of 'Cornhole' with our members. The day is about making healthy choices when eating and the Cornhole game is about 'Staying Connected' with our Veteran community and family. All members & their families are welcome.	9:52 AM	0481 336 649	greg.searle@bps.rslqld.net.au	1 Galvin St,	Lawnton	2/10/2024	Breakfast & Cornhole equipment to be provided by the Sub Branch.
National Servicemen's Association of Australia (Queensland) Inc.	<b>BBQ Boats - Bribie Island</b>	16/10/2024	Bribie Island Veterans and partners will board BBQ boats and cruise the pristine waters around Bribie Island whilst doing some fishing and enjoying a healthy BBQ lunch.	12:00 PM	0439282640	bribienashos@hotmail.com	Marina Boulevard,	Banksia Beach	1/10/2024	Hat and Fishing equipment
SMEAC inc	<b>SMEAC Veteran Health Program - permaculture and Diet - growing a healthy lifestyle</b>	16/10/2024	Get active, improve your physical and mental health, have fun, reconnect with your tribe. SMEAC is running seven, half day "outdoor" programs, as part of Veteran Health Week, throughout October at Camp SMEAC on the Ewen Madock Dam, Sunshine Coast! Includes: group morning PT by the lake, a group outdoor activity (kayak, walk, mountain bike, fishing etc), followed by an informative presentation for veterans. Morning tea and lunch provided. Free for veterans and their families. Get Active - Reconnect! SMEAC@smeac.org.au	8:30 AM	0402904170	nick@smeac.org.au	2315 Steve Irwin Way	Landsborough	14/10/2024	Participants need to bring the following: - Appropriate dress for morning fitness session - t-shirt, shorts, runners, - Appropriate dress for the outdoor activity, - Mountain Bike, if you have one. - Spare clothing items to change into after the group activity if needed, - Hat, sunscreen, water bottle
Naval Association of Australia - Fraser Coast Sub-branch	<b>B Mee Beach Walk and Health Morning Tea</b>	16/10/2024	Please join us at B Mee for a leisurely walk to the beach and then back to our allied health clinic for a fresh and healthy morning tea with coffee and other refreshing healthy drinks. Please let B Mee staff know if you have any allergies or food preferences such as vegan or gluten free.	7:30 AM	0481576140	nick.bmee@gmail.com	50-52 Torquay Road	Pialba	18/09/2024	Please be sun smart and bring hat, sunscreen, long sleeve shirt

Returned & Services League of Australia (Queensland Branch) Bundaberg Sub Branch Inc.	<b>Let's get connected: a morning of games &amp; activities with morning tea &amp; lunch at the VSC</b>	16/10/2024	Join us for a morning of fun games and activities where we will laugh, let our hair down, and learn more about each other. Our activities are designed to be enjoyed by all, regardless of your physical abilities. Morning tea & lunch will be provided. We will also have goodies to give away to attendees. Enjoy the mate ship and camaraderie by connecting with other veterans.	9:30 AM	(07) 4330 3167	reception@bundaberg.rslqld.net.au	Bundaberg RSL Sub Branch, 69-71 Takalvan Street	Millbank	9/10/2024	No requirement to bring anything
Tin Can Bay RSL Subbranch Inc	<b>Veterans Luncheon and Keep Connected</b>	16/10/2024	Being in a regional area with distance of up to 50kms to travel just to have a coffee or a beer with your mates, a big ask for some aging veterans. Veterans' Health Week will allow all that attend the luncheon a chance to socialise with other veterans. This gives the opportunity to relax let your hair down and have a nice lunch with other veterans from all services.	11:30 AM	0499992703	tcbrrsl@bigpond.com	1 Wide Bay Esplanade	Rainbow Beach	16/09/2024	Water bottle if they wish
Currumbin Palm Beach RSL Sub Branch	<b>Build your own Terrarium</b>	16/10/2024	Join us for a hands-on experience as part of Veterans Health Week, designed to educate and connect our veteran community. Explore the fascinating world of terrariums – learn how these self-sustaining ecosystems function, their role in botany, and how to create and care for your own. This workshop blends environmental education with social connection, offering veterans a chance to engage in a creative project while making new friendships. Leave with your very own terrarium and lasting connections!	11:30 AM	0411744789	laurend@veteransupport.com.au	165 Duringan St, Currumbin QLD 4223, Australia	Currumbin	9/10/2024	No need to bring anything
Our Mate-Ship Limited	<b>Whale Watching</b>	16/10/2024	We will conduct a Whale Watching Cruise and connect over the beauty of mother nature. We will have some very qualified marine backed people onboard to answer all of our questions related to whales, and various other sea creatures we may encounter.	9:00 AM	0411422051	skipper@mate-ship.org	11 Nicklin Way	Minyama	10/10/2024	Participants to be emailed prior to event
Lives Lived Well Limited	<b>Wellness Day - keeping connected</b>	16/10/2024	Join us for our Veterans' Wellness Day, a special event dedicated to supporting our veteran community. This day features five informative workshops, each designed to provide valuable insights into the support services available to veterans. Connect with fellow veterans, learn about the resources at your disposal, and take a step towards enhancing your well-being.	9:30 AM	0429 791 956	lauralie.knight@liveslivedwell.org.au	12 King Street	Caboolture	11/10/2024	Morning tea and lunch provided.

Surfers Paradise RSL Sub-Branch Inc	<b>Lawn Bowls and Yoga Day: Keeping Veterans and Their Families Connected</b>	16/10/2024	Join us for the Lawn Bowls and Yoga Day: Keeping Veterans and Their Families Connected on Wednesday, 16 October 2024. This free event offers a fantastic opportunity for veterans, their families, and the local community to connect through team-based lawn bowls and a relaxing yoga session. Coaching will be provided, ensuring all can participate. Enjoy a healthy lunch, socialise, and learn about the importance of staying connected for your health and wellbeing. All are welcome!	10:00 AM		charles.wright@surfersparadise.rslqld.net.au	2418 Gold Coast Hwy	Mermaid Beach	1/10/2024	Participants are encouraged to wear comfortable, loose-fitting clothing suitable for both lawn bowls and yoga. Trainers or flat-soled shoes are recommended for lawn bowls. Please bring a yoga mat or towel for the yoga session, and don't forget a hat, sunscreen, and a water bottle to stay hydrated throughout the day. If you don't have a yoga mat, a limited number will be available on a first-come, first-served basis. All other equipment will be provided.
Women Veterans Network Australia - WVNA Incorporated	<b>WVNA - Townsville Impacts of Empathy "Vicarious Trauma" Session</b>	16/10/2024	WVNA - Townsville Impacts of Empathy " Vicarious Trauma Session will give women veterans an opportunity to connect and engage with other women veterans in the Townsville and meet with local NRLW players from the Cowboys.	5:30 PM	0418283752	info@wvna.org.au	20 Darter St	Oonoonba	9/10/2024	a great attitude and an awesome smile
North Gold Coast RSL Sub Branch	<b>Veteran and Family Lunch</b>	17/10/2024	We are hosting a nutritious lunch event that promotes a positive health message. It serves as a reminder of the support they have from fellow veterans and the broader community. Additionally, the event motivates veterans and their families to interact with local communities and explore new experiences, guaranteeing a comfortable and safe environment for everyone to enjoy the lunch.	12:00 PM	0484259344	secretary@nthgoldcoast.rslqld.net.au	20 Discovery drive	Helensvale	7/10/2024	No
Returned & Services League of Australia (Queensland Branch) Gympie Sub-Branch Inc.	<b>Paws &amp; Connect - Dog Training</b>	17/10/2024	Calling all veterans and their four-legged friends! Join us for "Paws and Connect," a special dog training event. Learn valuable obedience skills from a trainer while bonding with your furry companion and fellow veterans. Whether your pup is a seasoned pro or a playful novice, this session is perfect for all skill levels. You'll leave with new skills, a take-home pack, and maybe some new friends human & canine! It will be a tail-wagging good time! RSVP (07) 5483 7707	1:00 PM	0497337389	charmaine.c@gympiersla.com.au	44 Nash St	Gympie	9/10/2024	Dog must be on a leash and controlled at all times.

Carry On (Victoria)	<b>A Heartfelt Swing: Honouring Our Heroes on the Greens</b>	17/10/2024	Swing into action at our charity golf day and let's make a difference together! Join us on Thursday, October 17, 2024, for an unforgettable round of golf that will transform lives and provide homes for deserving veterans. Your game-changing support will uplift those who have served, ensuring they have a roof over their heads and the care they deserve. Corporates are welcome to participate for a fee. Veterans based in QLD who would like to join can email us at admin@veteranhousing.org.au.	10:00 AM	0403460658	sue.goddard@carryon.org.au	70 Tennyson Memorial Ave	Yeerongpilly	16/09/2024	Veterans need to register by the 16th September to be eligible to attend the event. Also golf clubs will be required, the golf club has a small amount for clubs for hire however there is no guarentees that any clubs will be available for hire due to demand as they are allocated based on a first in, best dressed bases.
Magnetic Island RSL Sub Branch Inc	<b>Magnetic Island RSL Sub Branch Veterans Health Week Day</b>	17/10/2024	As part of VETERANS HEALTH WEEK, the MAGNETIC ISLAND RSL SUB BRANCH is running a FREE morning of speakers on Yoga, Avoiding Falls, Advisable Vaccinations, and U3A, with live music, and light lunch* at the RSL, 31 Hayles Ave, Arcadia, 10am Thursday October 17th. *Only for those who RSVP to sue.boyd@magneticisland.rslqld.net.au by Thursday 4th October or obtain a ticket from the bar 5pm and 8pm Friday or Sunday before 6.10.24	10:00 AM	0403574500	colin.foley@magneticisland.rslqld.net.au	31 Hayles Avenue	Arcadia	6/10/2024	No
Herberton RSL Sub Branch	<b>Herberton - Staying Connected with our Veterans</b>	17/10/2024	Herberton is a small rural township located on the Atherton Tablelands, Far North Queensland. The township hosted members of the Australian Defence Forces during WW11. The Herberton RSL Sub Branch and its members support the local community in many commemorations during the year. Members actively promote membership to provide practical support, assistance, advice and camaraderie to current and former members of the ADF. Veterans Health Week forms part in our commitment to our Veterans and their families.	9:00 AM	0437410575	kenneth.willoughby@rslqld.org	38 Grace Street	Herberton	1/10/2024	N/A
Cardwell RSL 36 Roma St Cardwell 4849	<b>Cardwell RSL Foreshore Walk</b>	17/10/2024	Please join the Cardwell RSL for a healthy walk along the scenic Cardwell Foreshore path to enjoy the company of other members and to take in the ocean and island views and breathe the fresh healthy air. Enjoy a leisurely breakfast and good company afterwards and hopefully make this a regular event.	8:00 AM	0477964402	robert.lang@cardwell.rslqld.net.au	49 Victoria Street	Cardwell	10/10/2024	Hat, Water, Sunblock, Medications, Appropriate Footwear, Mobile Phones
Returned & Services League of Australia (Queensland Branch) Bundaberg Sub Branch Inc.	<b>Trivia &amp; Lunch</b>	17/10/2024	Come along for a fun morning of trivia followed by lunch at the VSC. Flex your knowledge across a variety of topics, while having fun with friends in a fun, relaxed environment. Afterwards, enjoy lunch and catch up with mates.	10:30 AM	(07) 4330 3167	reception@bundaberg.rslqld.net.au	Bundaberg RSL Sub Branch, 69-71 Takalvan Street	Millbank	9/10/2024	No requirement to bring anything

Thuringowa RSL Sub Branch	<b>Collective Struggles Group Chat</b>	17/10/2024	Thuringowa RSL members wish to reach out to our local community veterans and their partners / family members by provide a morning tea for them, with view of hosting a discussion session. the prime subject will be the outcome of the Royal commission and introduce the Shining a Light book to them. We wish to see if their answers they were seeking are referred to in the book, or their issues have been resolved.	10:30 AM	0428715449	info@thuringowa.rslqld.net.au	13 Kelso Drive	Kelso	4/10/2024	Nil Required
Lives Lived Well Limited	<b>Draw Stitch Smile - 'artistic embroidery designs'</b>	17/10/2024	Join us for an event dedicated to fostering a supportive and connected veteran community with our Draw Stitch Smile - 'artistic embroidery designs' Workshop. Recognising that true connection goes beyond conversation, come and be part of this creative experience while creating "masterpieces" to make new connections.	9:00 AM	0429 791 956	lauralie.knight@liveslivedwell.org.au	12 King Street	Caboolture	11/10/2024	Morning tea and lunch provided.
Thuringowa RSL Sub Branch	<b>Collective Struggles Group Chat</b>	17/10/2024	Thuringowa RSL members wish to reach out to our local community veterans and their partners / family members by provide a morning tea for them, with view of hosting a discussion session. the prime subject will be the outcome of the Royal commission and introduce the Shining a Light book to them. We wish to see if their answers they were seeking are referred to in the book, or their issues have been resolved.	10:30 AM	0428891825	info@thuringowa.rslqld.net.au	13 Kelso Drive	Kelso	4/10/2024	The event will be hosted at the Thuringowa RSL Club and morning tea will be organised thru the venue manager. The Deputy President of the Sub Branch will be the MC for the event and a discussion forum will be conducted by the President.
Cairns RSL Sub Branch	<b>Veterans Health Week Wellness Challenge</b>	18/10/2024	Join us for the 6th annual Veterans Health Week Challenge, hosted by the Cairns RSL Sub Branch! Navy PTIs will lead a fun fitness challenge for both current and ex-serving veterans. Enjoy healthy juices post-session and connect with stall holders offering valuable services. This event promotes physical fitness and fosters camaraderie among veterans, providing a fantastic morning of fitness and fun that unites our veteran community. Don't miss out on this exciting and beneficial event!	7:30 AM	0478000000	lucy.cahill@cairns.rslqld.net.au	Esplanade	Cairns City	10/10/2024	The only requirements, will be sun block, fitness wear/sneakers
Beaudesert RSL Sub Branch	<b>Keeping Connected for your Mental Health</b>	18/10/2024	Organising this social event can assist with being part of a community, can have a positive effect on mental health and emotional wellbeing. Community involvement provides a sense of belonging and social connectedness, it can also offer meaning and purpose to everyday life. Having people to talk and making new connections through social events can also help reduce the risk of mental illness. The Scenic rim regional community is mostly rural and remote. Organising this event will assist with them engaging.	11:30 AM	0408221512	admin@beaudesertslsubbranch.com.au	23-25 William Steet	Beaudesert	15/09/24	the participants will not be required to bring anything other than themselves.



Mates4Mates Limited	<b>Sound Yoga</b>	18/10/2024	<p>Transform your energy through sound, tone, mantra, music, breath and listening awareness. Supported by a sound scape of live music, participants are invited into a guided session of sound yoga to support deep relaxation, meditative states and inner connection.</p> <p>Outdoor activity please bring appropriate sun protection and water bottle, event is held in partial shade of the olive grove. Location is on a working farm with some uneven ground. Access via some single lane unsealed road, please drive safely.</p>	10:30 AM	(07) 2800 8900	ipswichactivity@mates4mates.org	53 Bryces Rd	Pine Mountain	15/10/2024	<p>To access our services please complete our new client form and one of our friendly staff members will be in touch. The new client form can be found at <a href="https://www.rslqld.org/vfwc/new-client">https://www.rslqld.org/vfwc/new-client</a></p> <p>Please bring appropriate sun protection, water bottle.</p>
Mates4Mates Limited	<b>Waves of Wellness</b>	18/10/2024	<p>Join us for an exciting surfing lesson with Waves of Wellness! Our event includes a 40-50-minute session on the sand focused on the "Keep Connected" theme, followed by an hour-long surf lesson. All equipment provided. Learn the importance of staying connected while having fun in the surf! Don't miss this fantastic opportunity to improve your well-being and make new connections.</p>	9:00 AM	(07) 5458 8399	sunshinecoast@mates4mates.org	Kings Beach	Sunshine Coast	20/09/2024	<p>To access our services please complete our new client form and one of our friendly staff members will be in touch. The new client form can be found at <a href="https://www.rslqld.org/vfwc/new-client">https://www.rslqld.org/vfwc/new-client</a></p> <p>Participants only need to bring their enthusiasm and a towel. All other equipment, including wetsuits, rashies, and surfboards, will be provided.</p>
Legacy Club of Brisbane Ltd	<b>Lotus Art Lovers</b>	18/10/2024	<p>Legacy Brisbane will be holding a 'Lotus Art Lovers' art workshop event for enrolled Legacy beneficiaries Friday, 18 October 2024. Come join us at Legacy House for creative fun and opportunities to create, connect, mingle and make new friends. For more information, call 3029-5600.</p>	10:00 AM	0447380150	admin@legacybrisbane.org.au	41 Merivale Street	South Brisbane	11/10/2024	<p>No need to bring anything. Instructor, art supplies and snacks will be provided.</p>
Mackay Veterans Support Group Inc	<b>Veterans' Barefoot Bowls Afternoon</b>	18/10/2024	<p>Join us for a social afternoon of barefoot bowls and healthy snacks while we share some useful mental wellbeing tips and tricks.</p>	1:00 PM		hayley@pro-active.com.au	305 Shakespeare Street	Mackay	11/10/2024	<p>All you need is your bare feet (socks or flat soled shoes are ok too)</p>
Tex and Bundy Charities Incorporated	<b>"Keep Connected Sundowner with SV Mystic Calming The Waves of Trauma"</b>	18/10/2024	<p>Sunset, Sails, Sea and Support is all yours when you join Tex &amp; Bundy SV Mystic "Keep Connected Sundowner Sail" event on the beautiful Coomera River on the Gold Coast. Calming the Waves of Trauma comes easier when you sail these Gold Coast calm waters at sunset. Limited numbers available on board for this event, so book early...</p>	3:00 PM	0412339029	contact@texandbundy.com.au	76-84 Waterway Drive	Coomera	11/10/2024	<p>Please wear easy to slip on shoes (no heels); bring belongings in either a backpack or crossbody bag to ensure that there are no accidental "drops overboard".</p> <p>*NOTE - There is a large step up to get on board.</p>

Young Veterans Australia	<b>Young Veterans CQ - Health and Wellness Dinner</b>	18/10/2024	Veterans Welfare Connection Dinner - Keeping welfare and Connection as the front of the event. We also have a Guest Speaker who will be talking about Health and Wellness and Nutrition. The meal will have a good mix of Healthy options included.	6:15 PM	0434100952	youngveteranscq@gmail.com	6a Ferris Street	Gladstone	11/10/2024	No
Currumbin Palm Beach RSL Sub Branch	<b>Veteran Health, Wellbeing and Support Expo 2024</b>	18/10/2024	Stay connected at the Veteran Health, Wellbeing & Support Expo! Discover the latest initiatives, programs, and resources designed to enhance your health and wellbeing. Connect with local businesses and organisations that understand your journey, explore opportunities to re-establish your sense of purpose, and engage with a supportive community. Join us for an inspiring and informative event featuring various businesses and presentations your gateway to reconnecting and enhancing your wellbeing.	10:00 AM	0411744789	laurend@veteransupport.com.au	165 Duringan St, Currumbin QLD 4223, Australia	Currumbin	18/10/2024	no need to bring anything
Lives Lived Well Limited	<b>BBQ for Community - connecting our veteran community</b>	18/10/2024	Join us for our BBQ for Community - connecting our veteran community event, designed to bring veterans together in a supportive and relaxing environment. Experience the joy of a delicious BBQ, build lasting friendships, and strengthen your support network. Let's come together to celebrate our community and the connections that keep us strong.	10:00 AM	0429 791 956	lauralie.knight@liveslivedwell.org.au	Morayfield Road	Morayfield	11/10/2024	Bring your own picnic blanket / folding chair.
Soldier On Limited	<b>Veteran Family Picnic Day and Ball Skills with Trevor Gillmeister</b>	18/10/2024	Soldier On invites you to our special Veterans' Health Week Picnic Day at Hyde Road Park. Enjoy a day of togetherness and healthy living with nutritious food catered by Soldier On and exciting ball skills training drills led by an ex-NRL player. 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!	3:00 PM	02 61886113	lily.hunter@soldieron.org.au	31 Fairfield Road "Hyde Road Park	Yeerongpilly	10/02/2024	"Enclosed shoes e.g. (Runners, sandals) Hat Towel "
Operation PTSD Support Inc.	<b>Connecting Threads</b>	19/10/2024	We will be learning different crafts throughout the day and over a healthy lunch we will have interesting talks on ways to get and stay connected. Bring your own projects or try some of ours.	9:30 AM	0493988733	team@opptsd.org.au	192 Marine Pde	Rainbow Bay	12/10/2024	They can bring their own project, sewing machine and supplies however we will also have supplies on hand to ensure everyone can participate.
RSL Australia (RSL QLD) Boyne Tannum sub branch	<b>Veterans' Health Thru Wellbeing</b>	19/10/2024	It is our aim on the day to promote health and wellbeing for veterans by offering alternatives thru dietary choices and exercise and working on a healthy brain for a healthy lifestyle.	11:30 AM	0477971784	graham.musgrove@boynetannum.rslqld.net.au	25 Ocean Drive	Tannum Sands	4/10/2024	No

SMEAC inc	<b>SMEAC Veteran Health Program - Lake kayak and re-establishing your purpose</b>	19/10/2024	Get active, improve your physical and mental health, have fun, reconnect with your tribe. SMEAC is running seven, half day "outdoor" programs, as part of Veteran Health Week, throughout October at Camp SMEAC on the Ewen Madock Dam, Sunshine Coast! Includes: group morning PT by the lake, a group outdoor activity (kayak, walk, mountain bike, fishing etc), followed by an informative presentation for veterans. Morning tea and lunch provided. Free for veterans and their families. Get Active - Reconnect! SMEAC@smeac.org.au	8:30 AM	0402904170	nick@smeac.org.au	2315 Steve Irwin Way	Landsborough	16/10/2024	Participants need to bring the following: - Appropriate dress for morning fitness session - t-shirt, shorts, runners, - Appropriate dress for the outdoor activity, - Spare clothing items to change into after the group activity if needed, - Hat, sunscreen, water bottle
Women Veterans Network Australia - WVNA Incorporated	<b>WVNA - Gold Coast High Tea</b>	19/10/2024	WVNA - Gold Coast High Tea will be a great opportunity for our women veterans who live in the Gold Coast area to catch up and make some new friends. Maintaining connections can be difficult once you have left the military, this event will be a way to make new connections and connect with some old work colleagues.	10:30 AM	0416109257	goldcoast@wvna.org.au	7 Johns Road	Mudgeeraba 4213	12/10/2024	an amazing smile
Young Veterans Australia	<b>Young Veterans CQ - Fast Kart come and try day - Keeping Connected</b>	19/10/2024	We are conducting a Day Out with an Instructor and respected Go Karting Company. To engage Veterans in a bit of fun and also have it as a peer support and social connectedness event. Bringing together our Veterans and family members who may never have had the opportunity to take part in a teams event and to help promote Social Connections.	11:00 AM	0434100952	youngveteranscq@gmail.com	South Trees Estate	Gladstone	12/10/2024	no all is provided, including all safety equipment
RSL Raemus Rover Off-Road Racing	<b>VHW Raemus Rover Off-Road Racing weekend</b>	19/10/2024	We are an organization that helps injured and ill veterans with adrenalin therapy. Through us the applicants get a first hand look and experience what it is like to be in the navigators seat of some of the fastest off road buggies and cars that are currently in the QLD State Championship. All lesson in safety and navigation are conducted onsite by our experienced team of officials.	9:00 AM	0423636521	vicepresident.raemusrover@gmail.com	Raemus Park	Willowbank Raceway	11/10/2024	Enclosed footwear, Hat, Chair everything else will be provided.
RETURNED & SERVICES LEAGUE OF AUSTRALIA (QUEENSLAND BRANCH) GLADSTONE SUB BRANCH INC	<b>Keep Connected Breakfast</b>	19/10/2024	Gladstone RSL Sub Branch - Keep Connected Breakfast. Enjoy a walk and talk activity along the Marina before breakfast.	8:00 AM	0419001142	edward.dahlheimer@gladstone.rslqld.net.au	1/72 Bryan Jordan Dr	Gladstone Central	14/10/2024	Nil, comfortable shoes.
RETURNED & SERVICES LEAGUE OF AUSTRALIA (QUEENSLAND BRANCH) GLADSTONE SUB BRANCH INC	<b>Keep Connected Dinner</b>	19/10/2024	Gladstone RSL Sub Branch - Keep Connected Dinner. Enjoy a dinner together and learn about healthy eating choices.	5:30 PM	0419001142	edward.dahlheimer@gladstone.rslqld.net.au	6a Ferris Street	Gladstone Central	11/10/2024	Transport to and from the venue.

Veterans Retreat Limited	<b>Connecting Female Veterans</b>	19/10/2024	Calling all female veterans! Come and relax on the farm and experience a safe, supportive environment to connect with other veteran women, share experiences, and learn practical tools for ongoing wellness. Facilitated by a female veteran with lived experience this fully catered event is one not to be missed.	9:00 AM		veteransretreat@outlook.com	131 Hartwig Road	Mothar Mountain	18/10/2024	Participants need to bring personal camping equipment, bedding etc. The event is fully catered.
Our Mate-Ship Limited	<b>Fishing and Lunch</b>	19/10/2024	We will go for a connecting session of Fishing, either inshore or offshore (weather dependent) We will learn all about what we catch, also connect as we prepare, cook and eat what we catch.	7:00 AM	0411422051	skipper@mate-ship.org	11 Nicklin Way	Minyama	10/10/2024	Participants to be emailed prior to event
Women Veterans Network Australia - WNA Incorporated	<b>Townsville Veterans and Families League Tag and BBQ</b>	19/10/2024	Townsville Veterans & Families League Tag and BBQ will be a great way to have a fun morning with your family and friends and meet new people in the Townsville area.	9:00 AM	0418283752	info@wna.org.au	26 Graham Murray Place	Railway Estate	12/10/2024	Waterbottle, sunhat, runners, comfortable clothes to play league tag in
Returned and Services League of Australia Queensland Branch Gracemere and District Sub Branch Inc	<b>Keep Connected Quiz Afternoon &amp; BBQ</b>	20/10/2024	Ex and current ADF Service members are invited to socially connect with families, mates and supportive community members in teams, and the friendly banter between rival teams will flow while enjoying the camaraderie and larkiness of tri-service banter within the Defence Force, which also intrigues and captivates those on the sideline. Dr M's Quizzology is a professional "quizzer", and these afternoons are far from boring! The "Keep Connected" presentation at half time will be light-hearted yet poignant on topic.	6:00 PM	0498826470	secretary@gracemere.rslqld.net.au	12 James Street	Gracemere	11/10/2024	No just a "quizzitive" mind
Kilcoy Golf Club Inc.	<b>DVA Kilcoy Golf Club Veterans Health Classic</b>	20/10/2024	DVA Kilcoy Golf Club Veterans Health Classic will be held on the 20th October, it will be a 2 Ball Ambrose, registration will commence at 1100, lunch will be provided from 1130, tee off will be at 1230. Kilcoy Golf Club have a limited number of golf carts available. You are encouraged to ring the golf Club on 54055705 to reserve your cart. For further information contact John on 0403336263.	12:00 PM	0403336263	contact@kilcoygolf.com.au	53 Carseldine Street	Kilcoy	13/10/2024	Hat, sunscreen, clubs and a sense of humor
Cairns RSL Sub Branch	<b>KickStart your Day' Breakfast</b>	20/10/2024	Join us for the 3rd Annual Veterans Health Week "Kick Start Your Day Breakfast" hosted by Cairns RSL Sub Branch. Connect with fellow veterans, hear from a nutritionist about the impact of food on health, and enjoy a walk along the esplanade with fun games to promote teamwork. Open Arms and Mates4Mates will provide information and support. Last year, 60 members attended, fostering well-being, reducing isolation, and building social connections. Don't miss this chance to connect, learn, and thrive!	8:00 AM	0477965925	lucy.cahill@cairns.rslqld.net.au	121 - 123 Esplanade, Cairns	Cairns City	16/10/2024	Participants are not required to bring anything to the event. The only requirement is that they will be required to RSVP for catering purposes.

The Athena Project Ltd	<b>A Mindful Moment - hosted by the Athena Project</b>	20/10/2024	Join The Athena Project for a Mindful Moment this Veterans' Health Week. Experience a tea ceremony and guided meditation designed to help veterans connect with their community and themselves. Discover unique ways to stay connected and learn about the Athena Project's support for veteran survivors. Open to all veterans.	10:00 AM	0437929333	hello@theathenaproject.com.au	20 Main Street	South Ripley	6/10/2024	You don't need to bring anything except yourself and a beautiful, open mind. If you have a yoga mat, feel free to bring it, but if not, don't stress—we will have options for you.
RSL of Australia Bowen Sub Branch Inc	<b>Connection through Art</b>	20/10/2024	This event involves participants undertaking an instructor led painting class to paint a watercolour. A local artist will be engaged to conduct the class and to provide tips on painting throughout the class.	11:00 AM		martytanzer@live.com.au	38 William Street	Bowen	16/12/2024	Participants do not need to bring anything.
Returned and Services League of Australia	<b>Bike and Track Ride</b>	20/10/2024	Bike and Track Ride Ride from the Townsville RSL to the Track - Connect with family and friends - Challenge yourself on the track - Safe and Fun	9:00 AM	0406 739757	pmcguire@tsvrsll.com.au	139 Charters Towers Road	Hermit Park	4/10/2024	Nil
Tex and Bundy Charities Incorporated	<b>"Keep Connected to Mental Health Support Gathering"</b>	20/10/2024	Are you wondering where you can get support? Is your carer overwhelmed? Join Tex & Bundy Charities "Keep Connected to Mental Health Support Gathering" Breakfast on the Gold Coast, and find out your options for support, help and hope. Let's calm the waves of trauma together...	8:00 AM	0412339029	contact@texandbundy.com.au	76-84 Waterway Drive	Coomera	13/10/2024	No
Tex and Bundy Charities Incorporated	<b>"Keep Connected to Mental Health Support Gathering" Lunch</b>	20/10/2024	Are you wondering where you can get support? Is your carer overwhelmed? Join Tex & Bundy Charities "Keep Connected to Mental Health Support Gathering" Lunch on the Gold Coast, and find out your options for support, help and hope. Let's calm the waves of trauma together...	12:45 PM	0412339029	contact@texandbundy.com.au	76-84 Waterway Drive	Coomera	13/10/2024	No
RETURNED & SERVICES LEAGUE OF AUSTRALIA (QUEENSLAND BRANCH) GLADSTONE SUB BRANCH INC	<b>Keep Connected through Equine Therapy</b>	20/10/2024	Introduction to equine therapy to help members to keep connected with each other in a rural area to discover the benefits of using animals for wellbeing.	9:00 AM	0419001142	edward.dahlheimer@gladstone.rslqld.net.au	34 Tuckers Road	Boyne Island	11/10/2024	Will need to bring camp chairs as limited seating.
Returned & Services League of Australia (Queensland Branch) Murgon Sub-Branch Inc	<b>Day out at the Rifle Range Test your skills against your mates</b>	20/10/2024	Join in a fun day out at the Rifle Range in a safe supervised environment. Test your skills against your mates - Enjoy camaraderie and a bbq lunch. A great opportunity to try various rifles. Bring your own or use one provided. Handouts on the benefits and importance of maintaining social connections will be provided.	11:00 AM	0407 737 097	secretary@murgonrsl.org	Rifle Range Road	Wondai Qld	14/10/2024	Comfortable clothing, Enclosed Footwear, sunscreen and hat.
Buddy Up Australia Limited	<b>Buddy Up Go Karting and Morning tea</b>	20/10/2024	Join Buddy Up and Members for a friendly go-karting experience followed by morning tea. Make new connections, reconnect with old buddies and enjoy the benefits of maintaining connection with family, friends and community.	10:00 AM	0414843155	admin@buddyupaustalia.org	2310 Steve Irwin Way	Landsborough	1/10/2024	Comfortable clothing and enclosed footwear. Children must be 12 years and older to go-kart

Returned Services League of Queensland Mount Morgan Sub-Branch Incorporated	<b>Barefoot Bowls on the Green</b>	20/10/2024	For Veterans and their families. Spend a relaxing day barefoot on the bowling green. Put together a team and pit your bowling skills against other teams to win the day. Afterwards enjoy camaraderie and guest speakers while enjoying a shared meal in the cool of the clubhouse.	9:00 AM	0488337798	secretary@mtmorgan.rslqld.net.au	28 Thompson Avenue	Mount Morgan	12/10/2024	While the bowling is barefoot, afterwards shoes will be required for the clubhouse. Bring sunscreen, hat and water bottle.
Lives Lived Well Limited	<b>Board Game Bonanza</b>	21/10/2024	Join us for our Board Game Bonanza! This event is designed to bring veterans together for an evening of fun, friendly competition, and social connection. Come play your favourite board games, meet new friends, and strengthen your community bonds. Let's roll the dice and create lasting memories!	9:00 AM	0429 791 956	lauralie.knight@liveslivedwell.org.au	12 King Street	Caboolture	4/10/2024	Morning tea provided.
Naval Association of Australia - Fraser Coast Sub-branch	<b>B Mee Mini Golf</b>	21/10/2024	B Mee Allied Health will be hosting Mini Putt golf rounds at the local Hervey Bay Mini Putt center. Keep connected with your fellow veteran through a fun day out with mini golf and tasty snacks. Have a chat with good friends and make new friends while enjoying the Hervey Bay Spring weather.	10:00 AM	0481576140	nick.bmee@gmail.com	1 Truro St	Torquay	28/09/2024	Please be sun smart and bring - Hat, Sunscreen, long sleeve shirt.
WOMENS ROYAL AUSTRALIAN ARMY CORPS QUEENSLAND INCO	<b>Connected by Service</b>	21/10/2024	The event will help to preserving our history, maintain the importance of our service, reinforce our sense of 'Proud to have Served' in the Women's Royal Australian Army Corps, and provide an opportunity for members to get together.	10:00 AM	0400038221	secretarywraac_qld@outlook.com	Roma Street	Brisbane	4/10/2024	No
Currumbin Palm Beach RSL Sub Branch	<b>Candlelight connections</b>	21/10/2024	Discover the art of candle-making in our workshop while forming connections among other veterans. Learn about different waxes - soy, beeswax, and paraffin - and explore techniques for creating beautiful, aromatic candles. From melting wax to adding fragrances and choosing the right wicks, this workshop offers hands-on experience in a collaborative environment. Create your own unique candle and leave with new connections.	10:00 AM	0411744789	laurend@veteransupport.com.au	165 Duringan St, Currumbin QLD 4223, Australia	Currumbin	3/10/2024	no requirement to bring anything
RSL (QLD) Atherton Sub Branch	<b>VETERAN HEALTH WEEK BARE FOOT BOWLS EVENT</b>	21/10/2024	All Veterans are invited to participate in Bare Foot Bowls Day at the Atherton Bowls Club Atherton for a Hatch up day and Lunch.	9:01 AM	0418898962	texgun@outlook.com.au	39 Vernon Street	Atherton	14/10/2024	Nil

Far North Queensland Legacy Club	<b>Tea and Talk</b>	21/10/2024	Join us for "Tea and Talk" in Tolga, a free morning tea event celebrating Veterans' Health Week 2024! Enjoy delicious refreshments, connect with others in your community, and hear from a guest speaker on the importance of staying socially connected. Learn valuable tips on reducing social isolation and discover local support networks and activities. Open to veterans, their families, and the wider community reserve your spot today and be a part of this meaningful gathering focused on building connections and wellbeing!	10:30 PM	0499391113	wellbeing@fnqllegacy.org.au	23 Main Street	Tolga	14/10/2024	No
Frontline Yoga Incorporated	<b>Body and Breath Connection</b>	22/10/2024	Join us for Veterans' Health Week! This event features an educational session and practical demonstration on the Body and Breath Connection, highlighting the benefits for well-being. Enjoy light refreshments afterward to encourage social connection and camaraderie. All veterans and their families are welcome!	11:00 AM	0411422051	sd0411422051@gmail.com	3A/70 Dalton Dr	Maroochydore	21/10/2024	no
Lives Lived Well Limited	<b>Fishing for Connection - 'hooked on community'</b>	23/10/2024	Join us for our Fishing for Connection - 'hooked on community' unique fishing workshop designed to bring veterans together in a supportive and relaxing environment. Experience the therapeutic benefits of fishing, build lasting friendships, and strengthen your support network.	9:00 AM	0429 791 956	lauralie.knight@liveslivedwell.org.au	First Ave & Toorbul Ln	Bongaree	11/10/2024	All fishing gear provided including bait and tackle. Morning Tea provided. Please bring your own fold up chair.
Returned & Services League of Australia (Queensland Branch) Gympie Sub-Branch Inc.	<b>Wicked The Musical</b>	23/10/2024	Join us for a Matinee Performance of Wicked the Musical! This exclusive event for 19 veterans, with transportation provided to and from the theatre. Experience the magic of this acclaimed musical while connecting with fellow veterans in a supportive and enjoyable environment. Don't miss this unique opportunity to bond, celebrate, and enhance your well-being. Reserve your spot today on (07) 5483 7707 and be part of this memorable day.	9:45 AM	0497000000	charmaine.c@gympiersla.com.au	44 Nash St	Gympie	9/10/2024	Participants will be responsible for purchasing their own food and drinks.
Legacy Club of Ipswich Inc.	<b>Social Connections Golden Oldies Music Bingo with a Healthy Lunch</b>	23/10/2024	Come join us to bop along to some great Golden oldies and Vintage Country tunes as we play Bingo. Enjoy a healthy lunch and listen to some information on the importance of social connection.	11:00 AM	0430166070	admin@ipswichlegacy.org.au	8 Railway St	Boonah	16/10/2024	All supplied

Caboolture-Morayfield & District RSL Sub-branch Inc.	<b>Mind Your Art &amp; Food For Thought</b>	23/10/2024	Mind Your Art and Food For Thought brings together our veterans to share a meal they have prepared with fun art activities in a social setting to learn about the importance of keeping connected to our community. This event is free to all our veterans and will provide an opportunity to catch up with mates or make new ones. To participate you need to book by phoning the sub-branch.	5:30 PM	0476658120	Caboolture@rslqld.org	75 King St, Caboolture QLD 4510, Australia	Caboolture	17/10/2024	No
Beenleigh RSL Sub-branch	<b>LONG LIFE GYM WORK</b>	23/10/2024	Many veterans find it hard to motivate themselves to undertake proper exercise. It is so much easier and more enjoyable when they do so in the company of comrades. This is an activity designed to remind veterans that through physical activity life goes on with more certainty and wellbeing!	9:00 AM	0401572510	DiggersRetreat1@outlook.com	City Road	Beenleigh	18/10/2024	All must wear suitable clothing, including tracksuit and footwear, for gym work. After Events 2 and 3 they will travel to Sawtell, NSW.
Beenleigh RSL Sub-branch	<b>YOUR BODY AND HEALTHY EATING</b>	23/10/2024	Smart veterans know that without their health they have nothing, and life can be a painful drag as well as a burden on their carers.	10:00 AM	0401572510	DiggersRetreat1@outlook.com	City Road	Beenleigh	18/10/2024	No
SMEAC inc	<b>SMEAC Veteran Health Program - Lake kayak - simple exercise and the benefits to your mental health</b>	23/10/2024	Get active, improve your physical and mental health, have fun, reconnect with your tribe. SMEAC is running seven, half day "outdoor" programs, as part of Veteran Health Week, throughout October at Camp SMEAC on the Ewen Madock Dam, Sunshine Coast! Includes: group morning PT by the lake, a group outdoor activity (kayak, walk, mountain bike, fishing etc), followed by an informative presentation for veterans. Morning tea and lunch provided. Free for veterans and their families. Get Active - Reconnect! SMEAC@smeac.org.au	8:30 AM	0402904170	nick@smeac.org.au	2315 Steve Irwin Way	Landsborough	19/10/2024	Participants need to bring the following: - Appropriate dress for morning fitness session - t-shirt, shorts, runners, - Appropriate dress for the outdoor activity, - Mountain Bike or fishing gear if you have it, if attending those activities, - Spare clothing items to change into after the group activity if needed, - Hat, sunscreen, water bottle
RSL of Australia (Qld Branch) Boonah Sub Branch Inc	<b>Veterans Cooking Classes</b>	23/10/2024	The Boonah RSL Sub Branch will be conducting cooking classes as part of Veterans Health Week 2024. The classes are conducted by a local volunteer facilitator from the CWA Country Kitchens Program. The aim of the class is to improve food and nutrition literacy, whilst connecting with others in a relaxed social setting. Participants will take part in cooking followed by a meal. Booking is essential, enclosed footwear must be worn.	9:00 AM	0490011570	secretary@boonah.rslqld.net.au	1 Yeates Ave	Boonah	18/10/2024	Enclosed footwear is essential.



Currumbin Palm Beach RSL Sub Branch	<b>Diabetes Awareness and Cooking demonstration</b>	23/10/2024	Join us for an educational session on diabetes awareness with a cooking demonstration focused on healthy eating. Connect with others while learning valuable skills to manage or prevent diabetes. This hands-on event promotes health, wellbeing, and community support through shared learning experiences.	11:30 AM	0411744789	laurend@veteransupport.com.au	165 Duringan St, Currumbin QLD 4223, Australia	Currumbin	16/10/2024	No need to bring anything
Far North Queensland Legacy Club	<b>Growing Connections</b>	23/10/2024	Join us for "Growing Connection" at Limber Lost Garden Centre, a special workshop designed for men and women over 50. Discover the mental health benefits of gardening, connect with others in your community, and learn sustainable gardening techniques in a relaxed, friendly setting. Enjoy hands-on activities, expert guidance, and take-home resources to help you continue fostering connections through gardening. Don't miss this opportunity to grow friendships and well-being. Free to attend as part of Veterans' Health Week 2024!	10:00 PM	0499391113	wellbeing@fnqlegacy.org.au	113 Old Smithfield Rd,	Freshwater QLD 4870	16/10/2024	No
Our Mate-Ship Limited	<b>Wellness on Water</b>	23/10/2024	We will have a leisurely sail/cruise either inshore or offshore (weather dependent) where we can just enjoy the peace and mindfulness of being in mother nature. Lunch will be provided. We will have a Mental Health professional onboard to educate us on the importance of having community for connection	10:00 AM	0411422051	skipper@mate-ship.org	11 Nicklin Way	Minyama	10/10/2024	Participants will be emailed prior to event
Returned & Services League of Australia (Queensland Branch) Gympie Sub-Branch Inc.	<b>Female Veterans Coffee &amp; Catch Up</b>	24/10/2024	Calling all female veterans! Join us for a special "Coffee & Catch Up". It's time to connect, share stories, and strengthen our sisterhood over a delicious morning tea. Enjoy great company, stimulating conversation, and the chance to forge new friendships with fellow servicewomen who truly understand your experiences. We'll treat you to morning tea, plus you'll take home a lovely gift hamper. Don't miss this opportunity to relax, recharge, and reconnect in a warm, welcoming environment. RSVP is essential (07) 54583 7707	10:30 AM	0497337389	charmaine.c@gympiersla.com.au	Meadows Lane	Chatsworth	17/10/2024	Transport available from Veterans Service Centre - RSVP essential
Malanda RSL Sub Branch	<b>Battle of the Bulge</b>	24/10/2024	The Battle of the Bulge is a play on words of the famous World War II battle and the very real and epidemic obesity crisis that we face in modern Australia. This event may well encourage both men and women to participate in some outdoor exercise and social activity, that will we believe is both beneficial to their mental, physical and social wellbeing.	10:00 AM	0499561665	gary.hunt@malanda.rslqld.net.au	39 Vernon Street	Atherton	17/10/2024	All equipment supplied.

Tex and Bundy Charities Incorporated	<b>"Keep Connected to Calming the Waves of Trauma Sail Lunch"</b>	24/10/2024	Sails, Sea and Support is all yours when you join Tex & Bundy SV Mystic "Keep Connected to Calming the Waves of Trauma Sail Lunch" event on the beautiful Coomera River on the Gold Coast. Calming the Waves of Trauma comes easier when you sail these Gold Coast calm waters. Limited numbers available on board for this event, so book early...	10:00 AM	0412339029	contact@texandbundy.com.au	76-84 Waterway Drive	Coomera	17/10/2024	Please wear easy to slip on shoes (no heels); bring belongings in either a backpack or crossbody bag to ensure that there are no accidental "drops overboard". *NOTE - There is a large step up to get on board.
Returned & Services League of Australia (Queensland Branch) Hervey Bay Sub-Branch Inc.	<b>Sunset Cruise</b>	25/10/2024	In the spirit of Keep Connected, this year for Veterans Health Week, Hervey Bay RSL Sub-Branch will be inviting the younger Veteran Community to come together onboard a sunset cruise.  Offering the platform to connect with other local likeminded Veteran comrades, while taking in the tranquil and gorgeous surrounds of the Sandy Straits Marine park and the Western Coast of World Heritage K&Gari. The gathering will allow an opportunity to provide information and education on available Veteran Services and other Community resources.	5:00 PM	0741849496	welfare@herveybayrsl.org.au	Hervey Bay Marina	Hervey Bay	18/09/2024	Hat, sunglasses, warm jumper (it can get a bit chilly after the sun sets), camera, binoculars (for spotting wildlife)
Returned & Services League of Australia (Queensland Branch) Gympie Sub-Branch Inc.	<b>Wonka Movie Night</b>	26/10/2024	Join us for a magical evening under the stars at our Community Movie Night! We're screening the enchanting "Wonka" at Nelson Reserve, bringing veterans and their families together for a night of wonder and connection. Enjoy free face painting, popcorn and sweets as you settle in for this cinematic adventure. Food trucks will be on-site for those craving more substantial treats. Don't miss this chance to celebrate our community and create lasting memories in a fun, family-friendly setting.	4:30 PM	0497337389	charmaine.c@gympiersla.com.au	Jaycee Way	Gympie	26/10/2024	Blanket/picnic rug or chair
Young Veterans Australia Ltd	<b>Nutrition and connection</b>	26/10/2024	An educational day presented by a local dietician on the importance of connection while preparing and eating meals and how this aids digestion.	10:30 AM	0411422051	yvscevents@gmail.com	40 Sportsground Dr	Beerwah	1/10/2024	Comfortable clothes
Invictus Australia	<b>Run, walk, roll or volunteer!</b>	26/10/2024	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 set up brimming with health snacks and information about how you can continue to keep connected within the community.	7:00 AM	0407241283	jlugg@invictusaustralia.org	2-14 Sporting Drive	Condon	24/10/2024	Comfortable sports clothes and shoes, a hat and water bottle

Australian Catholic University	<b>Aqua Warrior Family Fun Day</b>	26/10/2024	Join us for an afternoon at Aqua Warrior inflatable waterpark in Clontarf, exclusively for student veterans and their families. This event is designed to promote health and connectedness through fun water-based challenges in a supportive, family-friendly environment. Strengthen your bonds and de-stress before exams. Don't miss this opportunity to enjoy a refreshing break while connecting with fellow veterans and their loved ones!	11:00 PM	0407475481	studentveteranservices@acu.edu.au	Pelican Park, Hornibrook Esplanade, Clontarf	Redcliffe 4019	12/10/2024	Swimwear, sunscreen, towels.
Tex and Bundy Charities Incorporated	<b>"Keep Connected to Calming the Waves of Trauma Sail Breakfast"</b>	26/10/2024	Sails, Sea and Support is all yours when you join Tex & Bundy SV Mystic "Keep Connected to Calming the Waves of Trauma Sail Breakfast" event on the beautiful Coomera River on the Gold Coast. Calming the Waves of Trauma comes easier when you sail these Gold Coast calm waters. Limited numbers available on board for this event, so book early...	7:45 AM	0412339029	contact@texandbundy.com.au	76 - 84 Waterway Drive	Coomera	19/10/2024	Please wear easy to slip on shoes (no heels); bring belongings in either a backpack or crossbody bag to ensure that there are no accidental "drops overboard". *NOTE - There is a large step up to get on board.
Young Veterans Australia	<b>Young Veterans CQ - HMAS Gladstone and Maritime Museum Visit</b>	26/10/2024	We are wishing to take a group of Veterans and Family through the Gladstone Maritime Museum and a visit through the HMAS Gladstone Patrol Boat that is on display in the Port Park Precinct . We have members of the Maritime Museum staff giving all the members and informative tour of both entities. Keeping Connected!	10:00 AM	0434100952	youngveteranscq@gmail.com	60 Flinders Parade	Gladstone	18/10/2024	Enclosed Footwear, Sandals must have heel strap, No Thongs
RETURNED & SERVICES LEAGUE OF AUSTRALIA (QUEENSLAND BRANCH) GLADSTONE SUB BRANCH INC	<b>Keep Connected Lunch</b>	26/10/2024	Gladstone RSL Sub Branch - Keep Connected Lunch. Enjoy the marina parklands and each other's company during lunch.	12:00 PM	0419001142	edward.dahlheimer@gladstone.rslqld.net.au	60 Flinders Parade	Gladstone Central	18/10/2024	Transport to and from venue.
ST Helens RSL Sub Branch	<b>Calen Fishing Competiton</b>	26/10/2024	Have a local yoga/meditation practice attend the event showing how meditation and gentle stretching can help as well as letting the veteran's and community know where we are and how to get in touch with us and what we can do for them. We will be handing out pamphlets and contacts.	3:00 PM	0499 554 835	barb.farren-price@sthelens.rslqld.net.au	St Helens Bowls club	St Helens	26/10/2024	No we would supply it all.
Our Mate-Ship Limited	<b>Wellness on the Water</b>	26/10/2024	We will have a leisurely sail/cruise either inshore or offshore (weather dependent) where we can just enjoy the peace and mindfulness of being in mother nature. Lunch will be provided. We will have a Mental Health professional onboard to educate us on the importance of having community for connection	10:00 AM	0411422051	skipper@mate-ship.org	11 Nicklin Way	Minyama	20/10/2024	Emails sent to participants prior to event

Walkerston Pleystowe RSL Sub Branch	<b>Outdoor Movie Night - Connecting with your local Community</b>	26/10/2024	Walkerston Pleystowe RSL Sub Branch would like you to join us for an Outdoor Movie Night. Bring your blankets or folding chairs to Anzac Park - Bridge Rd Walkerston for a fun night of entertainment. Meet up with local Veterans and enjoy a fun night of movies	6:00 PM	0407127256	gail.clark@walkerston.rslqld.net.au	BRIDGE ST	WALKERSTON	26/10/2024	BYO BLANKETS AND CHAIRS
AFC & RAAF Association, Queensland Division, Townsville Branch	<b>Bare Foot Bowls Night</b>	27/10/2024	The Bare Foot Bowls hosted by the Townsville Branch of the RAAF Association evening is being held at the Kirwan Sports Club on Friday 11th October 2024 commencing at 6.00pm. The event is being organised as an inter-ESO activity where veterans will be encouraged to form teams consisting of their own ESO members plus members of other ESO's to take part in a "fun" bare foot bowls competition.	6:00 PM	0419665281	tvltreas@raafaqld.org	Bamford Lane	Kirwan	8/10/2024	Please wear your ESO shirt (if available) and a happy disposition
Young Veterans Australia	<b>Wellness on the Water</b>	27/10/2024	A day of Wellness on the Water, learning the ropes on how to sail, or just enjoying being out on the water. We will have a leisurely sail around the local waterways, learning some historical information, and have a traditional lunch for the area. Participants will be guided to learn all facets of sailing/operating the boat, or they can just sit back and enjoy mother nature.	9:00 AM	0411422051	yvscevents@gmail.com	11 Nicklin Way	Minyama	1/10/2024	Weather appropriate clothing, sun protection, water, travel sickness sickness aids.
Invictus Australia	<b>Unlock Your Gaming Potential!</b>	27/10/2024	Join us for an exciting afternoon of esports and gaming 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.	3:00 PM	0407241283	jlugg@invictusaustralia.org	Lemnos Street	North Toowoomba	23/10/2024	Not applicable
Harlaxton RSL Sub-branch Incorporation	<b>Let's Roll for Veteran's Health Week!</b>	27/10/2024	Bring the family down to North Toowoomba Bowls Club for a game of lawn bowls and stay for a BBQ dinner, Sunday 27th October. This event will be free for our veteran community in recognition of veteran health week 2024, "Keep Connected". This is a great way to get outdoors, meet like-minded people from the community and enjoy some low impact fitness!	3:00 PM	0439365063	harlaxtonrst@bigpond.com	Cnr	Toowoomba	24/10/2024	N/A
Australian Commando Association - Queensland Inc	<b>Australian Commando Association Queensland Branch Family Connection Day 2024</b>	27/10/2024	The Australian Commando Association Queensland Branch Family Connection Day 2024 will be conducted in October to bring our association members and families together in a friendly fun manner.  Kids will be able to join in the games and our special guest presenter with talk about "Creating Positive Connections".	2:00 PM	0451186914	acaqld.treasurer@gmail.com	12 Burnett Place	Sandgate	18/10/2024	Not required to bring anything

Veterans Retreat Limited	<b>Keeping Our Community Connected</b>	27/10/2024	Come and join us on the farm this long weekend! The day will include a BBQ lunch with healthy catering options, farm tours and interaction activities, a guest speaker highlighting the importance of social connectedness, how our organisation can assist and other avenues of support including a presence from other ESOs from the SEQLD region. Individuals and families can also choose to camp overnight should they wish to do so and take advantage of the long weekend.	7:30 AM		veteransretreat@outlook.com	131 Hartwig Road	Mothar Mountain	4/10/2024	Participants should bring a chair and any camping equipment should they wish the stay overnight as well as food/drinks/snacks as only lunch will be catered for.
Veterans Retreat Limited	<b>Great Beach Drive Adventure</b>	27/10/2024	Keeping the veteran community and families connected through a sense of adventure, fun and laughs through unique experiences otherwise unattainable due to costs, anxiety or fear of doing it alone. Includes 4WD Great Beach Drive experience, Double Island Point fun, National Park entry, Option to hire surf equipment, and fish and chips with laughs back at the main beach afterwards reminiscing about the days adventures.	7:30 AM		veteransretreat@outlook.com	Kirchner Ave (Opposite Sea Salt Cafe)	Rainbow Beach	23/10/2024	Please bring what you would usually bring to the beach e.g: towel, sunscreen, water, camera, change of clothes, snacks.
Young Veterans Australia	<b>Young Veterans Ipswich Halloween Heroes Neighbourhood Visits</b>	27/10/2024	Young Veterans Ipswich invites current and ex-serving veteran families to join us for our annual Halloween Heroes Neighbourhood visits on the 27 October from 1pm. Meet some of your favourite characters from Disney, Star Wars, Marvel, DC or maybe a villain or two. Registered children receive a goody bag containing all the good halloween stuff, plus some dental hygiene goodies, to keep those pearly whites shining. Families are allocated a park within the Ipswich City Council area to receive your heroes visit	1:00 PM	0410929780	yvipswich@outlook.com	Assorted locations in the Ipswich City Council area	Ipswich	14/10/2024	Participants are required to register their children for our Halloween Heroes visits by emailing yvipswich@outlook.com
Women Veterans Network Australia - WVNA Incorporated	<b>WVNA - Brisbane Staying Connected Lunch</b>	27/10/2024	WVNA - Brisbane Staying Connected Lunch will give women veterans the opportunity to connect and make new friends in a safe environment. Information about other activities in the local area will be shared on the day.	12:00 PM	0418283752	info@wvna.org.au	534 Samford Road	Mitchelton QLD	21/10/2024	A great smile
Far North Queensland Legacy Club	<b>Tea and Talk</b>	28/10/2024	Join us for "Tea and Talk" in Cairns, a free morning tea event to celebrate Veterans' Health Week 2024! Enjoy refreshments, connect with others, and hear from a guest speaker on the importance of staying socially connected. Discover ways to reduce social isolation and learn about local support networks and community activities. Open to veterans, their families, and the wider community secure your spot today and be a part of this friendly and informative gathering focused on building connections and well-being!	10:00 PM	0499391113	wellbeing@fnqlegacy.org.au	344 Mulgrave Rd	Westcourt QLD 4870	21/10/2024	No

Griffith University	<b>Keep Connected - Griffith University Veterans Program</b>	28/10/2024	Griffith University Veterans Program will be hosting a 'Keep Connected' event aimed at bringing together students in the Veterans Program to meet like-minded fellow students and learn about the support services available to them to assist in their student success journey.	6:00 PM	0478269646	tori.brown@griffith.edu.au	58 Parklands Drive	Southport	21/10/2024	No
North Gold Coast RSL Sub Branch	<b>Veteran and Family Day out to Brisbane Motor Museum</b>	29/10/2024	We are organizing a bus trip for veterans and their families to a motor museum, complete with a nutritious lunch. The journey is designed to provide the veterans with an opportunity to spend time with their peers and loved ones, stay connected, and enjoy some light exercise as they explore the museum, culminating in a healthy lunch at the café.	9:00 AM	0484259344	secretary@nthgoldcoast.rslqld.net.au	20 Discovery drive	Helensvale	15/10/2024	Sensible comfortable shoes
Tax and Bundy Charities Incorporated	<b>"Keep Connected to Calming the Waves of Trauma Sail Lunch"</b>	29/10/2024	Sails, Sea and Support is all yours when you join Tex & Bundy SV Mystic "Keep Connected to Calming the Waves of Trauma Sail Lunch" event on the beautiful Coomera River on the Gold Coast. Calming the Waves of Trauma comes easier when you sail these Gold Coast calm waters. Limited numbers available on board for this event, so book early...	10:00 AM	0412339029	contact@texandbundy.com.au	76-84 Waterway Drive	Coomera	22/10/2024	Please wear easy to slip on shoes (no heels); bring belongings in either a backpack or crossbody bag to ensure that there are no accidental "drops overboard". *NOTE - There is a large step up to get on board.
Currumbin Palm Beach RSL Sub Branch	<b>Veteran Photography Exhibition opening luncheon</b>	29/10/2024	Join us for an inspiring event that showcases the artistic talents of veterans captured through photography. This exhibition is unique, powerful and captures personal emotions, journeys and memories in each photograph. Join us for the opening with fellow Veterans and their families, food and an opportunity to hear from the creator of this exhibition.	12:00 PM	0411744789	laurend@veteransupport.com.au	165 Duringan St, Currumbin QLD 4223, Australia	Currumbin	18/10/2024	no need to bring anything
Legacy Club of Ipswich Inc.	<b>Retro Country Music Bingo Lunch</b>	30/10/2024	Come and join us at Colonial Cafe for a great day out. Our morning will start with a bird watching trail that is an easy walk looking at or photographing some beautiful local birds, then a Healthy choices Lunch and some great Retro Country Music Bingo. Joining us for lunch will be a social worker speaking on the importance of social connection. to some valuable information on social connection.	10:30 AM	0430166070	admin@ipswichlegacy.org.au	Lake Apex Dr	Gatton	23/10/2024	Hat and comfy clothes to go on the walk

SMEAC inc	<b>SMEAC Veteran Health Program - Lake walk and tour - establishing a healthy eating plan</b>	30/10/2024	Get active, improve your physical and mental health, have fun, reconnect with your tribe. SMEAC is running seven, half day outdoor programs, as part of Veteran Health Week, throughout October at Camp SMEAC on the Ewen Madock Dam, Sunshine Coast! Includes: group morning PT by the lake, a group outdoor activity (kayak, walk, mountain bike, fishing etc), followed by an informative presentation for veterans. Morning tea and lunch provided. Free for veterans and their families. Get Active - Reconnect! SMEAC@smeac.org.au	8:30 AM	0402904170	nick@smeac.org.au	2315 Steve Irwin Way	Landsborough	27/10/2024	Participants need to bring the following: - Appropriate dress for morning fitness session - t-shirt, shorts, runners, - Appropriate dress for the outdoor activity, - Mountain Bike or fishing gear if you have it, if attending those activities, - Spare clothing items to change into after the group activity if needed, - Hat, sunscreen, water bottle
Sherwood Indooroopilly RSL Sub-Branch Inc	<b>Veterans' Health Week - Keep Connected</b>	30/10/2024	Fostering and encouraging different ways to keep connected.	9:30 AM	0451171774	admin@sirsl.org.au	2 Clewley Street	Corinda	4/10/2024	Enclosed shoes, open mind & positive attitude and outlook
Veterans Retreat Limited	<b>Keeping Connected when Disconnected</b>	30/10/2024	Interactions on the internet can strengthen your sense of support and intimacy ensuring you stay connected. This event will be a combination of a live social media event, followed by video footage of our Veteran Health Week events so you can feel like you were a part of it and will also include the launch of our mini wellness sessions via our YouTube channel that you can participate in at anytime.	6:00 PM		veteransretreat@outlook.com	Online	Online	30/10/2024	No
Griffith University	<b>Griffith University Veterans Program</b>	30/10/2024	Griffith University Veterans Program will be hosting a 'Keep Connected' event aimed at bringing together students in the Veterans Program to meet like-minded fellow students and learn about the support services available to them to assist in their student success journey.	6:00 PM	0478269646	tori.brown@griffith.edu.au	170 Kessels Rd	Nathan	21/10/2024	No
Ipswich & West Moreton Naval association	<b>HMAS Sydney 2 Service at Southbank Naval memorial 31 Oct 1100hrs</b>	31/10/2024	HMAS Sydney 2 was the largest loss of life in an Australian naval battle in WW2 and Australia's greatest naval tragedy. Its disappearance in 1941 left a legacy of uncertainty for decades, the ship was located in 2008. This function will bring NA members together to enjoy Camaraderie after the function which is the back bone of NA 5 pillars and most certainly in line with the Keep Connected theme of DVA Health week 2024.	11:00 AM	0411758387	pauljuneandrews@hotmail.com	Stanley & Sidon Streets, South brisbane memorial park	South Brisbane	15/10/2024	Nil requirements.

Naval Association Australia Queensland Section INC	<b>Memorial for all those who were lost as crew members of HMAS Sydney (II) WW11</b>	31/10/2024	The loss of HMAS Sydney almost without trace in November 1941, following an encounter with the German raider Kormoran off the Western Australian coast, remains one of the most intriguing mysteries of Australia's wartime history. The ship and its entire company of 645 were lost. This is a Ceremony to come together as comrades and remember those fallen. The event keeps us connected.	11:00 AM	0407121912	secretary@navalassocqld.org.au	Sidon St, South Brisbane QLD 4101	South Brisbane	5/10/2024	Wreath Laying Nothing for Individuals to bring
Partners Of Veterans Association of Australia Queensland Branch Inc.	<b>Staying Connected Through Putt Putt - Hervey Bay</b>	31/10/2024	Partners Of Veterans Association of Australia Queensland Branch Inc. in partnership with B Mee Allied Health would love for you to attend our social mini golf catered event. Join us for 18 holes at Mini Golf Hervey Bay. The event will also include an educational discussion around how to stay connected and maintain social connections.	10:00 AM	(07) 4124 2621	nicola.bmee@gmail.com	1 Truro St	Torquay	24/10/2024	Sunscreen and Hat
Partners of Veterans Association of Australia Queensland Branch Inc.	<b>PVA bus trip to enjoy Flowers, Fine Foods and Crafts</b>	17/10/2024	Join the trip to the Toowoomba Carnival of Flowers, then onto the Pittsworth Fine Foods & Craft Spectacular for lunch. Bus leaves Nanango RSL back car park at 7.30am, Friday 11th October 2024. This is a DVA Veteran's Health Week funded trip, with no cost to you. Seats limited contact Pam now to register. Email: pamelaann9491@gmail.com or phone 0431 304 707	7:30 AM	0431304707	pvaqld@yahoo.com.au	Toowoomba	Pittsworth	10/01/2024	BYO :- Water, hat and jumper.
RSL North Queensland District	<b>RSL North Queensland District</b>	19/10/2024	RSL North Queensland District invites Current serving ADF members ,Veterans and Families to Day on the Lawn Bowls Green. Open Arms ,DVA and RSL North Queensland will have advocates to talk to in a relaxed environment and offer assistance to Veterans and Families	12:00 PM	0429187091		159 Bamford Lane	Kirwan	10/03/2024	Walking Shoes and a Hat