Organisation	Event Title	Date of Event	Promotional Wording	Start time	Event Contact Phone	Event contact email	Event Address	Event Suburb	RSVP	Event Requirements
Invictus Australia	"Walk & Talk: Connecting Through Shared Stories"	2/10/2024	Join our "Walk & Talk" group every week in October for a guided walk with guest speakers who are veterans or veteran family members. Each walk features a different speaker sharing how community connections helped them through tough times. After the walk, enjoy light refreshments at the cafĀ⊚ and explore resources on staying connected. This is a great way to stay active, hear inspiring stories, and build lasting connections.	9:30 AM	0488607004	vbroughill@invictusaustralia.org	665 Salisbury Hwy	Mawson Lakes	30/09/2024	Appropriate clothing and footwear Water bottle
South Australian Viet Nam Charity Group	Veterans who communicate with Veterans	4/10/2024	SAVCG Inc will have a lunchtime presentation at the Southern Bar and Bistro at South Road St Marys around mid-day on Friday 4 October 2024 concerning Veterans and how they can connect, meet, greet and join in meaningful activities. Subjects covered for both men and women will be Depression, Loneliness, camaraderie, regularly catching up with mates and friends, inclusion of spouse, partner in social functions. This event is for the veteran and spouse, war widow/widower or partner of a deceased veteran.	12:15 PM	0421330939	reachryan@optusnet.com.au	1303 South Road	St Marys	5/09/2024	Pen and paper or phone to jot down contact numbers
Australian War Widows (SA) Inc.	Balance = Confidence = Connection	4/10/2024	Improving balance and coordination is a key element to staying connected as confidence removes the fear of falls. This session will provide members with quick and easy moves that when practiced regularly will enhance flexibility, coordination and improved posture. Improvement in breath work, stress reduction and often, pain reduction are also added benefits. Members will be able to continue practicing their Tai Chi on Tuesday mornings.	10:30 AM	0411137813	admin@warwidowssa.org.au	141 Fullarton Road	Rose Park	27/09/2024	Participants only need to wear sensible shoes.
Invictus Australia	parkrun with Team Veteran	5/10/2024	parkrun is a free community event where you can walk, jog, run, roll, volunteer or spectate. parkrun is 5km and takes place every Saturday morning - join Team Veteran for parkrun this Veteran Heath Week to receive your FREE Team Veteran T-Shirt and find out how to "keep connected" with like-minded veterans and their families. Join our Facebook group for more information: Invictus Australia - South Australia	8:00 AM	0488607004	vbroughill@invictusaustralia.org	Crn Franklin Pde and Harbour View Tce	Victor Harbour	1/10/2024	Appropriate clothing and footwear. Water.
Invictus Australia	Wellness with Water	6/10/2024	Join Invictus Australia for a day on the water, designed to boost wellbeing and foster connections. These activities not only promote physical fitness but also help build strong bonds within the community. The event includes water activities, lunch, and discussions on the importance of staying connected. Information on maintaining community ties will be available, making this a perfect opportunity to get active and connect with like-minded individuals.	10:00 AM	0488607004	vbroughill@invictusaustralia.org	TBC	Victor Harbour	1/10/2024	Sun protection Swimmers Towel Water bottle
Soldier On Limited	Coffee & Conversation: Veteran Health Week Social Sip	9/10/2024	Join us for "Coffee & Conversation: Veteran Health Week Social Sip," a warm and inviting gathering every Wednesday in October. This event is designed to bring veterans and their families together over coffee, fostering meaningful connections and friendly chats. Enjoy a relaxed atmosphere with special guests each week. RSVP by emailing activities@soldieron.org.au. Families are welcome, and children must be supervised by parents or guardians. Let's come together and build lasting friendships this Veteran Health Week!	12:00 PM	0447273083	Charmaine.McClounan@soldieron. org.au	665 Salisbury Hwy	Mawson Lakes	1/10/2024	No
The Returned Services & League of Australia Ltd Sub-branch Henley and Grange	Keep Connected at Henley & Grange RSL	9/10/2024	The Henley and Grange RSL invite veterans to attend our veteran's health event which promotes the benefits of keeping connected. The event involves a group walk, followed by brunch and a presentation from Matt Newlands from Service of the servic	9:00 AM	0423609665	admin@henleyandgrangersl.com.au	138 North Street	Henley Beach	4/10/2024	It is planned to promote the benefits of group exercise with a walk along the beachfront and so comfortable shoes will be required.
Soldier On Limited	Veteran Health Week Parliament House Tour	10/10/2024	Join us for an exclusive tour of Parliament House during Veteran Health Week! Explore one of our nation's most significant buildings and learn about its history and functions. This event is open to veterans, their spouses, and families, promoting connection and community engagement. RSVP via TryBooking (link to be provided) or email activities@soldieron.org.au. Parents/guardians must supervise children. Don't miss this unique opportunity to connect and learn!	9:30 AM	0447273083	Charmaine.McClounan@soldieron. org.au	Corner of King William Road and North Terrace	Adelaide CBD	23/09/2024	Comfortable shoes for walking

The Partners of Veterans Association of Australia SA Branch Inc	20 Years of Connecting and Keeping Connected - The Partners of Veterans Association lunch	10/10/2024	Please join us for lunch as we celebrate 20 years of connecting and keeping connected widows and partners of Veterans from across the Veteran community. While our group is generally held monthly, with a focus on coffee and friendly chat, once a year we hold a luncheon during Veterans Health Week using lunch as an opportunity to connect with others and explore the Veterans Health Week theme with special guests and guest speakers We'd love you to join us!	10:00 AM	0415 052 041	gastanton@internode.on.net	Cnr Reservoir Rd and North East Rd	Modbury	30/09/2024	No
Soldier On Limited	Soldier On Family Games Night	11/10/2024	Looking for a great way to spend quality time with your family while connecting with other veteran families in your community? Come to the Soldier On Family Games Night at Mawson Lakes Library! Enjoy an evening packed with exciting games, healthy snacks, and refreshing beverages, all while building valuable support networks with your peers. Don't miss out on this fantastic event! Mark your calendars, bring your family, and get ready for a night of laughter, connection, and camaraderie at the Soldier On Family Games Night. Max attendees: 30.	6:30 PM	0447273083	Charmaine.McClounan@soldieron. org.au	Garden Terrace	Mawson Lakes	21/10/2024	No
Defence Shed Port Adelaide	Relaxation Yoga at the Shed	11/10/2024	Yoga Nidra is a space for wellbeing, mental fitness and self acceptance. Please join us we connect together and learn the benefits of this practice.	7:00 PM	0427607933	admin@defenceshedportadelaide.o rg.au	31 Nile St	Port Adelaide	9/10/2024	Please wear comfortable clothing and a rug, if you have Yoga equipment for yourself please let us know, so we can increase our numbers.
Eyes front LTD	Design Your Journal	11/10/2024	learning how to journal, enjoy a guided mediation, learn how to use different strategies to manage your stress. design a cover of your own leather journal while enjoying cacao and snacks.	11:30 AM	0448770730	contact@eyesfront.com.au	41 sunnydale avenue	Gawler East	30/09/2024	
Plympton Glenelg RSL	A Veteran's Musical Afternoon at the Repat	12/10/2024	In keeping with the 2024 VHW theme, 'Keep Connected', the planned event will provide a Musical Concert with Veteran support agencies such as Exercise Physiology, Dietician services, Occupational Therapists, Veterans Artists, Open Arms, and ATDP Advocates (Compensation, Wellbeing, and Veteran's Peer Educators). A light luncheon will also be supplied!	2:00 PM	0409170237	tich@plymptonvc.org.au	Repat Health Precinct, Daw Park, SA	Daw Park	8/10/2024	Food and Liquid refreshment supplied!
Eyes front LTD	Journal Making	12/10/2024	learning how journaling impacts your everyday life, this event will encourage you and teach you how to journal. Watching your own creations come to life. skills will be taught to use the equipment in the workshop and enjoy the company of others round the BBQ	11:00 AM	0448770730	contact@eyesfront.com.au	3/11 Bradpole road	Edinburgh North	30/09/2024	
Walk for a Veteran Inc.	Walk for a Veteran Inc. Yoga Morning	13/10/2024	Get ready for a fantastic start to your day with Walk for a Veteran Incl Join us for a Yoga and Mindfulness morning at West Beach, right on the lush lawns overlooking the beach. After we flow through some rejuvenating yoga poses and soak up the benefits of mindful relaxation, we'll keep the good vibes rolling with a delicious morning tea. Connect with other and enjoy the beautiful setting. Stick around after the session.	9:00 AM	0434392330	natalie@walkforaveteran.org.au	Harold and Cynthia Anderson Reserve, Burbridge Road	West Beach	6/10/2024	Yoga Mat Towel Positive Mindset Water bottle
Freeling RSL Sub-Branch	Freeling/Gawler RSL's Mental Health Week Barefoot Bowls	13/10/2024	Freeling and Gawler RSLs meeting on the Green to promoting better mental health.	11:00 AM	0498282825	freeling@rslsa.org.au	Freeling Bowls Club, 41 Hanson Street	Freeling	30/09/2024	FLAT SOLED SNEAKERS SUITABLE FOR THE LAWN BOWLS GREENS

Invictus Australia	Game On!	13/10/2024	Join us for a dynamic day of connection and fun at our Veteran Health Week event, hosted by Invictus Australia and Veteran Gaming Australia. Designed for veterans and their families, this event offers a variety of activities including E-Sports, gaming, tabletop games, and more. Whether you're a seasoned gamer or new to the scene there's something for everyone to enjoy. Come together, connect, and celebrate the power of gaming to strengthen bonds and promote well-being.	10:00 AM	0488607004	vbroughill@invictusaustralia.org	TBC	TBC	9/10/2024	Just bring yourself and have fun!
Defence Shed Port Adelaide	Relaxation Yoga at the Shed	13/10/2024	Yoga Nidra is a space for wellbeing, mental fitness and self-acceptance. Please join us we connect together and learn the benefits of this practice.	9:30 AM	0427607933	admin@defenceshedportadelaide.o rg.au	31 Nile St	Port Adelaide	11/10/2024	Please wear comfortable clothing and a rug, if you have Yoga equipment for yourself please let us know, so we can increase our numbers.
Soldier On Limited	Veteran Health Week Cooking Demonstration at Maggie Beers Farm	13/10/2024	Join us at Maggie Beers Farm for a special cooking demonstration during Veteran Health Week. Learn new recipes, enjoy delicious food, and connect with fellow veterans and their families. This event aims to foster social connections and community engagement, reducing isolation and loneliness. Don't miss this unique opportunity to cook and connect!	1:00 PM	0447273083	Charmaine.McClounan@soldieron. org.au	50 Pheasant Farm Road	Nuriootpa	10/01/2024	The VHW funding will be used to cover the per head costs for participants attending the cooking demonstration, including ingredients, cooking materials, and venue hire. Soldier On will make a significant contribution to cover additional expenses, as the total cost of facilitating this activity exceeds the grant funds. This ensures that all participants can enjoy a high-quality, engaging experience without any additional personal expense.
Military Brotherhood Military Motorcycle Club Hills Murraylands Sub-branch	Connection through Metal Art - Steel Rose	14/10/2024	Art therapy is known to be therapeutic for the recovery from PTSD. Participants will be able to connect with other veterans and create a sculptured metal rose to keep. It is hoped that this will inspire veterans to use art as a means of therapy, and keep connected with other veterans. Classes will run in the morning from 10:00 AM to 1:00PM and from 1:00PM to 4:00PM. Lunch and healthy refreshments will also be provided.	10:00 AM	0413194158	hillsmurraylands@mbmmc.onmicro soft.com	1783 Warren Road	Birdwood	13/10/2024	Safety Glasses, Closed toe footwear, work clothes
Military Brotherhood Military Motorcycle Club Hills Murraylands Sub-branch	The Glass Connection	15/10/2024	Connect with fellow glass artists and enthusiasts to learn the forgotten art of stained glass creation. Learn the basics of the copper foil technique and share your artistic ideas with other budding artists.	10:00 AM	0413194158	hillsmurraylands@mbmmc.onmicro soft.com	1783 Warren Road	Birdwood	0004-10-13	Closed toe Shoes, Safety Glasses
Soldier On Limited	Pages of Connection- The Soldier On Book Club Event	16/10/2024	Join us for an afternoon book club, bringing veterans and their families together through the power of literature, fostering a sense of community, connection, and socialisation. Dive into meaningful discussions, share your experiences, and strengthen your bonds with fellow veterans as we explore books that resonate with our shared journey. Let's "Keep Connected" through the pages of stories that unite us. Max attendees: 25.	12:00 PM	0447 273 083	Charmaine.McClounan@soldieron. org.au	665 Salisbury Hwy	Mawson Lakes	9/10/2024	Reading glasses if necessary.
Military Brotherhood Military Motorcycle Club Hills Murraylands Sub-branch	Forging a connection with Blacksmithing	16/10/2024	Blacksmithing is well known to be therapeutic for people suffering from PTSD. This is a half day session in a forge (smithy) learning the basics of blacksmithing and how to set up a forge. It is also a great way to connect with other people learning the forgotten art of blacksmithing.	10:00 AM	0413194158	beacham69@gmail.com	1783 Warren Road	Birdwood	13/10/2024	Closed toe footwear (safety shoes preferred), Safety glasses, work clothes
Military Brotherhood Military Motorcycle Club Hills Murraylands Sub-branch	A glass window to connection	17/10/2024	Learn the basics of the leadlight technique and share your artistic ideas with other budding artists. Art allows us to achieve a sense of connection to ourselves and each other, delivering a physical healing power.	10:00 AM	0413194158	beacham69@gmail.com	1783 Warren Road	Birdwood	13/10/2024	Closed toe shoes, safety glasses

Guitars For Veterans Australia	Keeping Connected with Music	17/10/2024	Guitars for Veterans team will present music therapy as a recognised approach to supporting PTSD and how music can bring people together providing new connections. G4VA will present the healing power of music and offer to support veterans with a guitar and lessons.	10:00 AM	0438843254	david.cox@pwcau.com	40 Kibby Ave	Glenelg North	17/10/2024	No
Invictus Australia	Get Active - Get Connected	17/10/2024	Join us for a veteran-focused event to get active and stay connected! Enjoy pickleball, shooting hoops, table tennis, or lawn games, followed by coffee, juice, and light refreshments. We'll discuss the importance of community connections and introduce a monthly "Get Active - Get Connected" series, offering ongoing opportunities to stay fit and socialize with fellow veterans. Don't miss out on this chance to have fun and strengthen your community ties!	10:00 AM	0488607004	vbroughill@invictusaustralia.org	Repat Health Precinct, Goodwood Road	Daw Park	14/10/2024	Non-marking sport shoes. Water bottle.
Operation Unity SA as FOVA	Keeping Connected via fitness, teamwork and peer support.	17/10/2024	Operation Unity SA' and 'I Help & Therapy Support' are teaming up this year, utilising a heart health class as the conduit to promote Social Connectedness and highlight the benefits of Peer Support. There will be a presentation of the benefits of Keeping Connected whilst you engage in refreshments. That will be followed with time to engage with each other.	9:30 AM	0403 337 772	operationunity3@gmail.com	Memorial Drive	Tea Tree Gully	11/10/2024	You only need to bring a towel and water for personal use.
Port Noarlunga Christies Beach	Veterans Health Week Luncheon	18/10/2024	We are hosting an informal healthy lunch, with a guest speaker, who is a qualified dietician, who will focus on what is healthy, and what is not healthy. There will be a demonstration of food groups, what is and is not healthy to eat, and the basis of a healthy meal. We want to educate our veteran community and those close to them. We are focusing on the goal of connecting veterans socially with others.	12:00 PM	0499772949	ptnoarlungachristiesbeach@rslsa.or g.au	86 Esplanade	Port Noarlunga	1/10/2024	Nil requirement to bring anything.
Military Brotherhood Military Motorcycle Club Hills Murraylands Sub-branch	Using art to connect	18/10/2024	Everyone has an inner artist waiting to be discovered. Art and its creation is well known as a form of therapy for both physical and emotional issues. Use your inner artist and connect with others to turn an idea into a reality.	10:00 AM	0413194158	hillsmurraylands@mbmmc.onmicro soft.com	1783 Warren Road	Birdwood	13/10/2024	Safety glasses, work clothes, closed toe shoes (Preferably Safety shoes)
RSL Gawler Sub Branch	Veterans Music Bingo Night	18/10/2024	DJG Events We are the ultimate "Hit That Hit Musical Bingo" hosts who will elevate your event to the next level! Listen to the music and check your card. You have 45 seconds to mark your card (and have a sing-a-long!). Musical Bingo is brought to you by @dig_events We hope to see you all there at RSL Gawler on Friday 18 October at 7 PM!	7:00 PM	0409505649	president@rslgawler.org.au	1 Overway Bridge Road	Gawler	4/10/2024	Participants need to bring their own refreshments.
TPI and Veterans Social Golf Club	Veterans Health Week Golf Day	18/10/2024	The TPI & Veterans Golf Club is putting on a fun day of Golf at the prestigious Mount Osmond Golf Club. A not to serious game but a chance to play golf socialise talk and enjoy the company of like veterans family and friends. There will be a chance for any one to take home a prize with a raffle nearest the pin long drive or just enjoy a walk in the Adelaide hills.	9:00 PM	0423524884	office@tpi-sa.com.au	60 Mount Osmond Road	Mount Osmond	4/10/2024	Dress code Golf clubs
Plympton Glenelg RSL	Keeping Connected with Veterans' Fitness and Good Eating	18/10/2024	It is intended to hold a modified fitness session conducted by an Exercise Physiologist in conjunction with a Dietician in HMAS Adelaide Room or SPF Hall depending on the number of participants attending at the Repat Hospital precinct during Veterans Health Week 2024.	10:00 AM	0409170237	tich@plymptonvc.org.au	Repat Health Precinct, Daw Park, SA	Daw Park	10/10/2024	Fitness wear including a towel as per fitness training

Macclesfield Sub Branch RSL Inc.	The RSL Veterans and Family Bingo	18/10/2024	To the veteran and family community of Battunga - Why don't you join us on Friday 18th October at the Macclesfield RSL Hall for a casual night of bingo and family fun. Bring a supper plate to share. Eyes down 7:30pm.	7:30 PM	0407395833	Macclesfield@rslsa.org.au	30 Venables Street	Macclesfield	16/10/2024	CONSIDER BRINGING A SUPPER PLATE
Returned & Services League of Australia (Tanunda Sub-Branch) Incorporated	Veterans' Health Week Crabbing Event	18/10/2024	Port Parham will be the location for an active crabbing event for Veterans' Health Week 2024 organised by the Tanunda RSL sub-branch. You will have the opportunity to connect with others while, go crabbing and hopefully eat what you catch. Access to a professional exercise physiotherapist and dietician will be available to answer the many questions you may have about keeping active, fit and healthy.	9:00 AM	0404184474	tanunda@rslsa.org.au	8 The Esplanade	Port Parham	11/10/2024	Suitable clothing for crabbing including footwear to wear in water, sunblock, a hat, a water bottle if desired. Other items depending on the weather. Refreshments and food will be provided. If you have crabbing equipment, you could also bring that as we have limited supplies.
Defence Shed Port Adelaide	Relaxation Yoga at the Shed	18/10/2024	Yoga Nidra is a space for wellbeing, mental fitness and self-acceptance. Please join us we connect together and learn the benefits of this practice.	6:30 PM	0427607933	admin@defenceshedportadelaide.o rg.au	31 Nile St	Port Adelaide	16/10/2024	Please wear comfortable clothing and a rug, if you have Yoga equipment for yourself please let us know, so we can increase our numbers.
Veteran Gaming Australia Limited	Connect & Play: Veterans Family Fun	19/10/2024	Join us at SA Pinball and Arcade for "Connect & Play: Veterans Family Fun!" Enjoy a day of morning of pinball, arcade games, family-friendly activities, and heartfelt connections. A veteran volunteer will share inspiring stories about the importance of staying connected. Mark your calendars for a day filled with joy and community spirit!	11:00 AM	0422598232	enquiries@veterangamingaustralia. com.au	19 Playford Cres	Salisbury North	10/01/2024	Nil
Naval Association of Australia - SA	Keep Connected	19/10/2024	In recognition of the WRANS sub-section Philosophy, of providing an outlet for our veterans for socialisation and camaraderie, this years VHW theme of Keep Connected aligns with our outlook. In recognition of this we are holding an afternoon tea with a Guest Speaker, which will be open to our members their family and friends who would gain knowledge of this afternoon event.	1:00 PM	0414701412	mrskuey@hotmail.com	War Memorial Drive	Adelaide	30/09/2024	Nothing
Buddy Up Australia Limited	Buddy Up BBQ Buoys: Connecting Over the Torrens	19/10/2024	"BBQ Buoys: Connecting Over the Torrens," offers veterans a unique experience to strengthen connections while enjoying a self-driven boat ride on Adelaideâe"s Torrens River. By sharing a meal in a fun, adventurous setting, participants can bond with family, friends, and fellow veterans. The event emphasizes the importance of staying connected, with discussions on mental health benefits and resources for ongoing support, making it a memorable and impactful way to promote the 'Keep Connected' theme.	7:00 PM	0414843155	admin@buddyupaustralia.org	War Memorial Drive	North Adelaide	12/10/2024	Weather appropriate attire and water if wanted.
Defence Shed Port Adelaide	Defence Shed at Garden Island	19/10/2024	Please join Defence Shed at Garden Island for kayaking and social connection	10:00 AM	0427607933	admin@defenceshedportadelaide.o rg.au	Garden Island	Port Adelaide	16/10/2024	This event will be held outside, please bring personal sun protection.
Limestone Coast Veterans Hub - Military Advocates South Australia (formerly Plympton Veterans Centre)	"Splash n' Giggle"	20/10/2024	Dust off the mankinis, smuggle a budgle, jump in for a "Splash 'n Giggle!" Aquarobics - (in the warm pool!!) chair yoga and afternoon tea. Join in as much as you can - qualified instructors leading the pool and yoga sessions. Getting some warmth back into winter bodies followed up by a "Chillax" with meditative chair yoga. Shared table of plenty of food to feed the beast after a good fun afternoon.	1:00 PM	08 8725 8181	managerMTGRSL@outlook.com	7 Margaret Street	Mount Gambier	17/10/2024	Swimmers/towel/ change of clothes Comfy loose clothing for chair yoga

RSL Salisbury Sub Branch Inc.	Sunday Lunch and how to meet other people in the community	20/10/2024	Learn to dance and learn about the different groups available in our surrounding community.	12:00 AM	0419827365	Salisbury@rslsa.org.sa	19 Park Terrace	Salisbury	11/10/2024	Everything is supplied
Operation Unity SA as FOVA	VETS & PETS Keeping Connected	20/10/2024	What better way to 'Keep Connected' with family, veteran peers and the whole community than via your pet/s. Come along and meet like minded people and have fun with your pet and your family. There will be a walk and events to engage adults and kids alike and food. You can bring most pets, but if your pet is too big (ie a horse) or perhaps does not play well with others (bring along an A4 size picture of your pet).	10:30 AM	0403 337 772	operationunity3@gmail.com	Harry Bowey Reserve, Riversdale, Drive	Salisbury Park, 5109	20/10/2024	Your Pet, folding chairs & table (or picnic blanket) if you want.
Defence Shed Port Adelaide	Relaxation Yoga at the Shed	20/10/2024	Yoga Nidra is a space for wellbeing, mental fitness and self-acceptance. Please join us we connect together and learn the benefits of this practice.	9:30 AM	0427607933	admin@defenceshedportadelaide.o rg.au	31 Nile St	Port Adelaide	18/10/2024	Please wear comfortable clothing and a rug, if you have Yoga equipment for yourself please let us know, so we can increase our numbers.
Port Noarlunga Christies Beach RSL	Veterans Health Week Luncheon	25/10/2024	We are hosting an informal healthy lunch, with a guest speaker who is an exercise physiologist. The purpose of this event is to educate veterans of the services available to them if eligible, one on one consults, pool, sauna, spa, physio, and dietician. We are focusing on the goal of connecting veterans socially with others.	12:00 PM	0499772949	ptnoarlungachristiesbeah@rslsa.org .au	86 Esplanade	Port Noarlunga	1/10/2024	Nil requirement to bring anything.
Defence Shed Port Adelaide	Relaxation Yoga at the Shed	25/10/2024	Yoga Nidra is a space for wellbeing, mental fitness and self-acceptance. Please join us we connect together and learn the benefits of this practice.	6:30 PM	0427607933	admin@defenceshedportadelaide.o rg.au	31 Nile St	Port Adelaide	23/10/2024	Please wear comfortable clothing and a rug, if you have Yoga equipment for yourself please let us know, so we can increase our numbers.
Operation Unity SA as FOVA	Keeping connected within the family and the broader community utilising gaming as a conduit.	26/10/2024	Come and have a fun day with family and/or friends as Operation Unity SA and Veteran Gaming Australia - South Australia join to facilitate an event of electronic gaming. Prizes to be won and a sausage sizzle to be eaten at the RSL Sub-Branch Northfield.	10:00 AM	0403 337 772	operationunity3@gmail.com	1 Peter Brown Drive	Northfield, SA 5085	21/10/2024	Nil
Returned Services League - Renmark Sub- Branch Incorporated	Keeping Riverland Veterans Connected	27/10/2024	Renmark RSL Sub Branch, in conjunction with the Riverland Vietnam Veterans Association, will be holding an afternoon of mate ship and camaraderie. This will be an opportunity for all veterans across the Riverland region to get together to make new friends, and to increase their network of contacts within the veteran community.	11:00 AM	0438786718	info@renmarkrsl.com	Lock 5 Road	Paringa	13/10/2024	Personal Chairs
Invictus Australia	Australian Volunteer Coast Guard Open Day	27/10/2024	Join Invictus Australia and the Australian Volunteer Coast Guard (AVCG) for an open day to explore volunteer opportunities tailored for veterans. Discover how the AVCG, a marine search and rescue organization, operates and learn about their accredited training programs, vessel tracking, and marine assist services. This event offers veterans a chance to stay connected, apply their valuable skills, and find a new purpose in a supportive environment. Don't miss this opportunity to connect with the AVCG community!	10:00 AM	0488607004	vbroughill@invictusaustralia.org	TBC	TBC	23/10/2024	Appropriate footwear and clothing.

Defence Shed Port Adelaide	Relaxation Yoga at the Shed	27/10/2024	Yoga Nidra is a space for wellbeing, mental fitness and self-acceptance. Please join us we connect together and learn the benefits of this practice.	9:30 AM	0427607933	admin@defenceshedportadelaide.o rg.au	31 Nile St	Port Adelaide	25/10/2024	Please wear comfortable clothing and a rug, if you have Yoga equipment for yourself please let us know, so we can increase our numbers.
Wallaroo RSL Sub Branch	Veterans keeping connected through exercise.	30/10/2024	2024 Veterans Health Week - "Keep Connected" will be celebrating the value of exercise for veterans. The Yorke Peninsula Exercise Program participants invite interested veterans to join them for a lunch and information session at the Copper Coast Sports and Leisure Centre.	12:00 PM	0437752751	dgjackson@internode.on.net	1 Doswell Tce	Kadina	23/10/2024	No