

Organisation	Event Title	Date of Event	Promotional Wording	Start time	Event Contact phone	Event contact email	Event Address	Event Suburb	RSVP	Event Requirements
Ballarat TPI Social Club	Around the Bay in a Day	10/1/2024	Join the Ballarat TPI Social group for a trip around the bay in a day. We will be stopping for lunch at Rye RSL.	8:00 AM	0428628121	raymond.charters@bigpond.com	21 Learmonth Road	Wendouree	10/1/2024	Bring along water bottle, and sense of fun.
Australian National Veterans Arts Museum	'The Ordinary Sublime' Veteran Art Exhibition	10/1/2024	The Ordinary Sublime' exhibition by Veteran Artist, Kimbaross, will be launched for the veteran community. The Kimbaross works depict everyday events and interactions inviting us to reflect on just how extraordinary the ordinary can be. People interacting with others and their environment are beautifully captured, reflecting the importance of social and natural world connections. ANVAM invites you to attend & Keep Connected to, and through, the thriving Veteran Arts Community.	4:00 PM	0447289102	jo.brown@anvam.org.au	ANVAM, 312 St Kilda Road	Soutbank	9/24/2024	No
Soldier On Limited	Beekeeping Basics - Veteran Health Week	10/1/2024	Are you looking to learn more about how to manage a beehive as part of your backyard garden or permaculture setup? This 2-hour Introductory workshop will provide you with an insight into the skills and experience required to manipulate safely and effectively a beehive and carry out general management practices. This 2-hour course provides participants an opportunity to connect in a fun educational environment that reduces social isolation, increasing social connections, reducing loneliness, increasing community engagement).	10:00 AM	0408956546	jason.isaac@soldieron.org.au	Corner Robersts & Stewart Streets	Brunswick East	17/09/2024	Notepad, writing materials, comfortable clothing
Mornington Peninsula TPI Social Club	Luncheon and a bus trip to "Trios Restaurant", Cranbourne	10/2/2024	During Veterans' Health Week the Mornington Peninsula TPI Social Club will be promoting the importance of keeping connected socially by taking our members on a bus trip to a luncheon at "Trios Restaurant" where will give a talk and provide all with written resources in keeping with the current theme of "Keep Connected".	12:00 PM	0458 218 761	the_barron1@bigpond.com	30 Grant Street	Cranbourne	Contact Organisation	Nothing required by participants.

Frankston RSL Sub-Branch (Incorporated)	Keep Connected Awareness Lunch	10/3/2024	Frankston RSL is conducting a lunch on Thursday, 17th October 2024, as part of Veterans Health Week. The purpose of the lunch is to promote awareness amongst the veteran community on the Mornington Peninsula of the numerous social contact activities available to them. The lunch is free for veterans and family members of veterans, and will be an opportunity for members of the Mornington Peninsula veteran's community to socialise and make or renew friendships.	12:00 PM	03 8792 4427	sraymond@frankstonrsl.com.au	183 Cranbourne Road	Frankston	10/11/2024	Nil
Australian National Veterans Arts Museum	Fusing Connections - Social Glass Art	10/4/2024	'Fusing Connections' is a 3 hour exploration of glass art for veterans looking for creative fun and social connection through a hands-on beginners workshop on glass design, fusing and kiln firing. Participants will have the opportunity to create a flat tile, wall hanging or coaster to keep. This introductory course provides an opportunity to meet with other veterans in a relaxed, creative space to enjoy learning and creating together and be part of the vibrant Veteran Arts Community.	6:00 PM	0447289102	jo.brown@anvam.org.au	39 St John Street (entry via Chapel Street)	Windsor	9/27/2024	Participants do not need to bring anything, just wear comfortable clothing and boots or covered toe shoes. Long pants or long skirts and long sleeves are safest to wear in the glass studio.
Hawthorn RSL Sub-Branch	October Friday Social Catch-up	10/4/2024	A Friday night catch up for veterans and their families with guests to provide information about health and well being. This event provides an opportunity for veterans to connect with advocates and people who can refer them to support services. We will provide a barbecue dinner. Gather around the firepit in our backyard.	6:00 PM	0408736009	info@hawthornrsl.com	605-609 Glenferrie Road	Hawthorn	10/4/2024	No
Warragul RSL Sub-Branch Incorporated	Friendly Games Challenge	10/4/2024	Friendly Games Challenge - Spare your time for some fun! Looking for a family friendly and fun-filled game event? Want to join us for an afternoon and evening of excitement and friendly competition? Are you ready to challenge your skills? The Warragul RSL is holding a games challenge on Friday 4th October commencing at 4.00 pm. There will be a variety of games for all ages that will be exciting and fun. All welcome!	4:00 PM	0480 257 478	admin@warragutrsl.com.au	Warragul RSL, 94 Albert Street	Warragul	10/3/2024	None - participants do not need to bring anything.

I've Got Your 7 Foundation Ltd	IGY6 Connection Workshop: Building Community Together	10/5/2024	Join the IGY6 Team for a transformative three-hour session designed to support veterans to connect with others and themselves. This session will focus on fostering connection, building community, and promoting positive mental health. Participants will engage in a variety of activities that enhance belonging and resilience, including creative exercises for mindfulness. We will also provide an informal space to forge friendships and strengthen support networks whilst enjoying a relaxed cuppa and nibbles.	12:00 PM	0478 083 303 (Cristina Leme)	hello@igy6.com.au	85 Overport Road	Frankston Sth	9/27/2024	No - nothing is required from participants
Military Christian Fellowship of Australia	MCF 40th Anniversary Celebration Dinner - Vic	10/5/2024	Everyone is welcome to help the Military Christian Fellowship of Australia celebrate it's 40th year! Come along for a free home cooked Indian meal (dietary requirements and other needs catered for) while enjoying great fun and fellowship. All current and former Defence, along with their families, and supporters are welcome to attend. You don't need to be an MCF member. For more info or the registration link please email mcf.office@defence.gov.au	6:00 PM	0417691669	mcf.office@defence.gov.au	46 Lillimur Road	Ormond	9/27/2024	No
The Diggers Wife Cafe	Gather, Grow and Grill: A Veteran's Retreat Experience	10/5/2024	Stay a day or two, but do join us for a special working bee event! Ditch your kitchen for ours! Connect with fellow veterans while we cook for you. As the day winds down, gather around the fireside for an intimate chat, share stories, and learn more about how to stay connected in an increasingly digital age. Discover practical advice, tips and tools to maintain strong bonds with loved ones and fellow veterans. Don't miss out on this enriching experience!	9:00 AM	0417000920	email@veteransretreat.com.au	21 Trewin Road	Goorambat	10/1/2024	N/A
Invictus Australia	Invictus Australia Parkruns	10/5/2024	Join the rest of Team Veteran in donning the gold camouflage. Come with your friends and family or just come alone and meet a positive community. Parkrun are all over the state with other veterans spread out through out. Some wonderful scenery and friendly people of all ages. Have your time recorded and start yourself on a new path for summer.	7:50 AM	0488323808	cburson@invictusaustralia.org	Various	Various	10/4/2024	Runners, activewear, water bottles and potentially sun protection.

Wonthaggi RSL Sub-Branch	Clay Target Shooting	10/6/2024	This Veterans' Health Week we'd like to offer some unforgettable moments for those wanting to enjoy the fun, competitive & challenging sport of clay target shooting. Firing a shotgun is an exhilarating experience. Come try it for yourself and feel the satisfaction of hitting clay targets. It's really addictive, after every hit you'll want another. Try the Ultimate experience and you could be hitting targets like a pro. There is no excuse not to give clay shooting a go. Everyone can do it.	10:00 AM	0432417401	president.wonthaggi.rsl@gmail.com	20 Cape Paterson Road	Wonthaggi	9/29/2024	No, all equipment and safety briefing is included.
Goorambat Veterans Retreat Inc.	Keep Connected: Wellness Through Yoga	10/7/2024	Join us for our Veterans Health Week 'Keep Connected' yoga event! Designed to promote social connectivity, mental well-being, and physical fitness, this event offers participants a chance to bond through a rejuvenating yoga session. Afterwards, enjoy light refreshments and connect with fellow participants in a relaxed, supportive environment. Whether you're a seasoned yogi or a first-timer, this event is for you! Don't miss this opportunity to improve your health and make some new friends!	10:00 AM	0417000920	email@veteransretreat.com.au	21 Trewin Road	Goorambat	10/3/2024	Essentials for a great yoga experience - An Open Mind! BYO yoga towel (any towel will do), comfortable yoga attire - like flowing pants and a supportive fitted top, hair ties if you have long hair, socks on or off - you choose. Equipment supplied - yoga mats and exercise accessories, post-yoga refreshments and light lunch to help recharge your energy reserves.
Central Victorian Veterans Support Centre	CVVSC Keeping you Connected	10/7/2024	The team at the Central Victorian Veterans Support Centre would love to see as many faces both new and familiar, attend our morning tea for Veterans' Health Week. We will provide you with ideas and tips about the benefits of staying connected within the community while enjoying morning tea. It is important to reach as many Veterans as possible to stay informed of current programs, activities and benefits available. We look forward to enjoying your company.	10:30 AM	0434 794 940	cwsc.info@gmail.com	2 Station Lane	Bendigo	10/2/2024	No
Soldier On Limited	Tee Up for Connection: Mornington Peninsula Golf for Veterans and Families	10/8/2024	Soldier On and Mornington Golf are providing a wonderful opportunity for veterans and families to connect and enjoy 9 holes of golf in a relaxed and scenic environment. Before participants head onto the golf course, we'll be meeting in the Bayview Restaurant for a light healthy lunch to commence the activity. Participants will have the opportunity to connect in a fun educational environment that reduces social isolation, increasing social connections, reducing loneliness, increasing community engagement.	12:30 PM	(02) 6188 6181	jason.isaac@soldieron.org.au	Tallis Drive, Mornington Golf Club	Mornington	9/24/2024	Water bottle, hat, sunscreen, golf clubs (if you don't have clubs please advise) and comfortable clothing and footwear

Geelong & District Vietnam Veterans Association of Australia	A Fun day at the You Yangs	10/8/2024	We look forward to challenging members and the community to wander/hike on the trails around the You Yangs National Park and embrace nature. Non active participants can join in the socialisation by watching the hikers, enjoying nature, the live music, an update on welfare news presentation and join in with the healthy BBQ lunch. By the way we may learn from you!	11:00 AM	0405 176 829	gdwaa@gmail.com	Branch Road	Lara	10/1/2024	Your enthusiasm, hiking clothing and an appetite!
hmasperth national association Victoria area	Vets positivity	10/8/2024	Join us for coffee or lunch with a social worker, EP, psychologist and or physio	10:30 AM	0416989020	jeanine.v@pro-active.com.au	312-320 High Street	Belmont	9/20/2024	Just yourself
Ringwood RSL	Keep Connecting Morning Tea	10/10/2024	Join us for a heartwarming morning tea event in honor of Veterans Health Week 2024. This year's theme, 'Keep Connected,' emphasizes the importance of social connections for our veterans' well-being. On the day we will be serving tea, coffee and light refreshments. Let's come together and celebrate the bonds that keep us strong. Your presence will make this event truly special.	10:30 AM	0416275683	welfare@ringwoodrsl.com.au	16 Station Street	Ringwood	10/4/2024	Nil
Ararat Legacy Club Inc.	Back to the Future by Connecting with our Community	10/10/2024	Ararat Legacy Club will host a 'Back to the Future' Get Together and Afternoon Tea that will involve Veterans, Legatees and Beneficiaries connecting with our secondary college ambassadors in the Ararat region to share stories from times gone by and the aspirations of our youth moving forward into the future.	2:00 PM	0419316920	dianner@amesystems.com.au	1 Waratah Avenue	Ararat	10/7/2024	Participants will be required to bring along photos or memorabilia connecting to their experiences of the past, present or future they wish to share.

Inverloch RSL Sub-Branch	Culinary Connections: A Cancer Care Conversation with Professor Peter Hudson and 100 Mile Foodie School	10/10/2024	Culinary Connections: A Cancer Care Conversation with Professor Peter Hudson and 100 Mile Foodie School an NDIS supported cooking school in the local community. An in depth discussion on new biotechnology products to improve cancer treatment followed by a healthy lunch prepared by the 100 Mile Foodie Group Cooking School.	10:00 AM	0421948862	inverlochrs@outlook.com	13 Bolding Place	Inverloch	10/3/2024	Nil requirements
I've Got Your 6 Foundation Ltd	IGY6 Connection Workshop: Building Community Together	10/11/2024	Join the IGY6 Team for a transformative three-hour session designed to support veterans to connect with others and themselves. This session will focus on fostering connection, building community, and promoting positive mental health. Participants will engage in a variety of activities that enhance belonging and resilience, including creative exercises for mindfulness. We will also provide an informal space to forge friendships and strengthen support networks whilst enjoying a relaxed cuppa and nibbles.	10:30 AM	0478 083 303 (Cristina Leme)	hello@igy6.com.au	401a Nepean Hwy	Chelsea	10/4/2024	No
Partners of Veterans Association Frankston Branch	P.V.A. steaming ahead to Kerrisdale	10/11/2024	P.V.A. Frankston Branch and partners will be travelling to Kerrisdale to enjoy a steam train and museum while enjoying the spectacular views of the Upper Goulburn Valley	8:30 AM	0408122802	thomas.head1@bigpond.com	7523 Goulburn Valley Highway	Kerrisdale	10/1/2024	As it will be a long day we will be encouraging our members to bring water bottles and suitable clothing and making sure those who are unsteady on their feet bring their walkers
Hawthorn RSL Sub-Branch	Walking Off the War Within - bus to Warrnambool	10/11/2024	Hawthorn RSL are going on the road to Walking Off the War Within in Warrnambool on Saturday, October 12. We will provide transport on a bus leaving from Hawthorn RSL on Friday afternoon. Walking is low impact exercise where you can connect with other veterans. Complete the ultimate 20km with 20kg or... walk any distance you can - with or without a pack. A family event designed for families to enjoy together. People of all abilities and ages are encouraged to walk.	2:00 PM	0408736009	info@hawthornrsl.com	Pertobe Rd	Warrnambool VIC 3280	10/4/2024	Walking boots/shoes, hat and sunscreen

Military Brotherhood Military Motorcycle Club - Port Phillip Sub Branch	Veteran Connecting Ride Port Phillip	10/12/2024	Military Brotherhood Military Motorcycle Club (MBMMC) Port Phillip Victoria is hosting a ride on Mornington Peninsula to Keep Connected with Veterans in our community. Will be a great day's ride with some great coast roads and bends, connecting and meeting Veterans and promoting who we are, finishing off with a guest speaker from Little Diggers and Veteran Support working dogs, and a feed and live music at Scotties Garage Seaford. All riding levels welcome.	10:00 AM	0400825109	shaun.mcroberts@frv.vic.gov.au	U 2 / 107 Nepean Hwy	Seaford	10/4/2024	Motorcycle and correct riding gear.
Buddy Up Australia Limited	Buddy Up Woodworking, Metal Working and CAD Modelling session	10/12/2024	Join Buddy Up and Members for an introduction to Woodworking, Metal Working and CAD Modelling session. After you've learnt some new skills, make new connections and share stories at the BBQ following the session.	10:00 AM	0414843155	admin@buddyupaustalia.org	125 Coppards Road	Newcomb	10/1/2024	Enclosed shoes and water bottle
Simpson Barracks Community Centre	Sense of Self Bath house session	10/12/2024	Simpson Barracks Community Centre, in partnership with VHW will host a self care wellness event at Sense Of Self Bathhouse Collingwood to keep our connected .	9:30 AM	0499018304	simpsoncommunitycentre@gmail.com	30-32 Easey St	Collingwood	9/28/2024	Bathers
Walking off the War Within	Walking off the War Within	10/12/2024	On Saturday October 12th, 2024 you can be part of Walking Off The War Within in Warrnambool and help fight depression and post-traumatic stress disorder. Together we can shine a light on mental health. Free for the community, Sausage Sizzle, kids activities, live music.	9:00 AM	0408757226	adam@communityasset.com.au	47 Pertobe Road	Warrnambool	10/12/2024	Walking attire, drink bottle, picnic blanket, sunscreen and hat

Flemington & Kensington RSL Club	Connecting through Cooking	10/13/2024	Connecting our service members together and fostering healthy lifestyle choices. The Flemington Kensington RSL sub Branch will host a Laksa cooking class. It will be run by local Chef, Travis, and aims to produce a first class Returned Service Laksa (RSL).	1:00 PM	0438988288	hello@flemkenrsl.org	25-27 Rankins Rd	Kensington	Contact Organisation	No, all supplies will be catered for.
Veterans for Fishing	Veterans For Fishing BBQ and Family Day	10/13/2024	VFF is holding an American and Australian BBQ day on Sun 13th of Oct to be held at the Mt Evelyn RSL hall in Mt Evelyn. The day will start at 11:30hrs and go till 17:30hrs we will have guest speakers to talk about fishing with rigs and knot tutorials and gear selection from around 14:00hrs with activities for children as well.	11:30 AM	0435110736	Veteransforfishing@gmail.com	49 Birmingham Rd	Mt Evelyn	10/5/2024	No
Bright RSL Sub Branch Inc.	Connecting to our Community Forum.	10/13/2024	We aim to inform our Young Veterans of the Community Groups, that are available to them. That they may not know about, and they may then want to be active in one of these Groups, by becoming a member.	11:00 AM	0407466600	rstbright@gmail.com	5a Camp Street	Bright	10/27/2024	No
Food Relief Neerim District Incorporated	Keep Connected. How to from a World Champion	10/13/2024	Join Glen Gillam, Gippslander and world champion wood chopper in the Stihl Timber Sport Series. Glen will share his methods of keeping connected when things are tough. The Fallen 41 Afghanistan veterans have gathered to restore military equipment at the local men's Shed. See and sit in their first project. A Humvee imported from the middle east. Enjoy a complimentary lunch prepared by Neerim Junction Hall Committee.	12:00 PM	0412 519 850	ford3nc@bigpond.com	2957 Main Neerim Road	Neerim Junction	10/7/2024	Nothing particular needs to be brought by participants. Registration for catering is essential.

Wodonga RSL	Wodonga RSL - Outdoor Connections	10/13/2024	Come and join us for an outdoor connections event as part of Veterans Health Week 2024. Based at Kookaburra Point Bonegilla, an outdoor social activities event, with light refreshments and healthy snacks; if you like bring your fishing gear along and cast a line into the weir. Check our website blog at wodongarst.com.au, our socials or email Wodonga RSL via events@wodongarst.com.au.	11:00 AM	0417060089	events@wodongarst.com.au	Kookaburra Point Rd	Bonegilla	10/11/2024	Bring your chairs, picnic rugs, and outdoor activities to enjoy an opportunity to socially engage with other veterans and their families in an open outdoor area.
Military Brotherhood Military Motorcycle Club - Port Phillip Sub Branch	Padres Connection Ride	10/13/2024	The Military Brotherhood Military Motorcycle club will host a Veteran Church Service and a Motorcycle ride focusing on Veterans connecting with their community by our very own Padre Glenn. Come and connect with likeminded people and enjoy a great morning riding and banter with fellow Veterans.	10:30 AM	0400825109	shaun.mcroberts@frv.vic.gov.au	U 2 / 107 Nepean Hwy	Seaford	10/4/2024	Motorcycle and approved safety gear
Naval Association of Australia (Vic) Inc. Box Hill & District Sub-Section - EST 1997	Keep Connected with a healthy mind and body	10/14/2024	Come and enjoy the activities planned by the Box Hill Naval Association, at the Box Hill RSL, 14th October, during Veterans Health Week. Listen to educational talks by speakers from the Bolton Clarke, Aged Care Provider on keeping connected and improving your mind and health. After the talks enjoy a basket lunch at the RSL and then dance to Rock N Roll Music, by Brendan Scott a one man band. In between dancing, scones with jam and cream will be provided.	11:00 AM	0416111095	waynewarhero@yahoo.com.au	24 - 26 Nelson Road	Box Hill	10/7/2024	Yourself and comfortable dancing shoes
Military Brotherhood Military Motorcycle Club - Port Phillip Sub Branch	Macca's Social Connection Ride	10/14/2024	Monday 14th October, Military Brotherhood Military Motorcycle Club will be hosting a Morning tea and lunch at Frankston RSL and Seaford RSL respectfully to promote Social Connection to Veterans in our Community.	10:33 AM	0400825109	shaun.mcroberts@frv.vic.gov.au	17 Station St	SEAFORD	10/4/2024	No

Invictus Australia	Invictus Australian Archers	10/14/2024	Come and try an old sport that combines the marksmanship principles you learnt in defence and turn it into mindfulness. The same skills with breathing and accuracy without the loud bangs! Come and connect with your family and local community and then if you get good, head off to the larger outdoor big game setups.	2:30 PM	0488323808	cburson@invictusaustralia.org	Various	Various	10/13/2024	Water bottle and a long sleeve top is advised for extra protection.
Soldier On Limited	Tee Up for Connection: Mornington Peninsula Golf for Veterans, Defence members, and Families	10/15/2024	Soldier On and Mornington Golf are providing a wonderful opportunity for veterans, Defence members, and families to connect and enjoy 9 holes of golf in a relaxed and scenic environment. Before participants head onto the golf course, we'll be meeting in the Bayview Restaurant for a light healthy lunch to commence the activity. This provides participants an opportunity to connect in a fun educational environment that reduces social isolation, increasing social connections, reducing loneliness, increasing community engagement.	12:30 PM	(02) 6188 6181	jason.isaac@soldieron.org.au	Tallis Drive, Mornington Golf Club	Mornington	10/7/2024	Water bottle, hat , sunscreen, golf clubs (if you don't have clubs please advise) and comfortable clothing and footwear
Seymour College	Keep Connected	10/15/2024	Join us in supporting the children of our Defence Force families with the theme 'Keep Connected.' This special event is dedicated to promoting mental health and well-being for school aged students by fostering community and connection. Through the distribution of custom designed T-shirts, we're helping these resilient kids feel united and supported, no matter where their families are deployed. Together, the bonds that keep our community connected!	9:00 AM	5771 1300	kelly.quigg@education.vic.gov.au	29-47 Stewert St	Seymour	9/23/2024	N/A
Wimmera Veteran Centre	Tie-in Terrariums	10/15/2024	Build Terrariums & Connections! The team at Plant Passions will take you through a workshop, creating your very own Terrarium to take home and show off. Don't worry, she tells you how to care for it too! With a small group of up to 10 people, a social connection is BOUND to happen. Register ASAP so you don't miss out! Tues 15th and Wed 16th from 10:00am	10:00 AM	0474290528	ljrothery@rslvic.com.au	36 Darlot Street	Horsham	10/2/2024	All tools and accessories for terrariums will be provided by Plant Passions. Registrations are a MUST.

Seaford RSL Sub Branch Inc.	Keep Connected at Seaford	10/15/2024	Seaford RSL and proud to host this important event in our Veteran Support calendar as we seek to connect and support our members and any other Veterans who may wish to engage.	9:30 AM	0409325831	secretary@seafordrsl.com.au	17 Station Street	Seaford	10/1/2024	Nothing to bring only your enthusiasm.
Invictus Australia	Invictus Australia / AIPT Boot camp	10/15/2024	Come and get fit with Invictus Australia and AIPT. Join a crew of like-minded veterans in your area who want to get back into shape and connect like we used to do. Group fitness makes it easier to share the burden and up the fun whilst meeting new people. Or just bring your family and show them what you used to go through. Grab a coffee after and debrief.	7:00 AM	0488323808	cburson@invictusaustralia.org	Western Beach Road	Geelong	10/1/2024	Shorts, runners, t shirt (Team Veteran shirt if you have one), water and a towel.
Rosebud RSL	Veterans Health Week Major Event	10/15/2024	Come and join us to learn more about your club and what it can offer and the importance of maintaining your health and wellbeing. See what activities are available that you may not know about. Free health check available along with lunch. Guest speakers to chat about natural therapies, retirement living and see what our social activities have to offer.	11:00 AM	0419106593	gscholes@rosebudrsl.com.au	117 Eastbourne Road	Rosebud	10/8/2024	Nil
Essendon RSL Sub Branch	Get Fit Keep Fit	10/16/2024	Too many older people think that exercise is for the young, that it is too hard and should be avoided, but exercise can be easy and fun regardless of your age. In fact, older members of the community often need strength and conditioning/resistance exercises far more than those who are younger. On top of that, eating healthy is critical (and healthy eating can also be incredibly tasty).	11:00 AM	0408999003	akenos@rslvic.org.au	Windy Hill Venue, Brewster & Napier Sts, Essendon 3040	Essendon	10/10/2024	Light clothing if not gym attire

Wimmera Veteran Centre	Veterans Connections Forum	10/16/2024	<p>Ex-service Organisations from all over are coming together, along with Horsham experts to offer a one-stop shop of information.</p> <p>This forum will allow Veterans to come along and learn about the opportunities available to them. Whether they want to know about their health and well-being options, activities they can engage in, local businesses they can present their DVA card to, or DVA in general... the information will be there. They can connect to as many as they like!</p>	10:30 AM	0474290528	ljrothery@rslvic.com.au	36 McLachlan Street	Horsham	10/9/2024	There are no requirements for this day.
Watsonia RSL	Pasta Making Masterclass - Create & Connect	10/16/2024	<p>Join us on Wednesday 16th of October in the Watsonia RSL Kitchen. In this master class you will learn how to make step by step Tortellini filled pasta. Our Head Chef will teach you and take you through how to make the perfect tortellini. A great day with friends to create and connect with new people and learn a new skill.</p> <p>Be sure to stay and enjoy eating the beautiful meal that you will make yourself.</p>	11:00 AM	0417312309	adalakis@watsoniarsl.com.au	6 Morwell Avenue	Watsonia	10/14/2024	Participants do not need to bring anything. We will provide everything.
Leongatha RSL Sub Branch	Nourish & Connect, A Healthy Living Experience	10/16/2024	<p>A trip to the Cranbourne Botanical Gardens is a perfect way to reconnect with nature and yourself. As you explore its serene landscapes, you'll find peace and clarity away from daily distractions. Let the beauty of the gardens inspire a deeper connection to both the natural world and your own inner self.</p> <p>Promoting a sense of wellbeing.</p>	9:30 AM	0407863477	wendy.wyhoon@leonagathar-sl.com.au	1000 Ballarto Road	Cranbourne	10/9/2024	Comfortable walking shoes, hat, sunscreen and umbrella depending on the weather on the day
Woodend RSL	Woodend Veterans health Week	10/16/2024	<p>We will gather at the Macedon Reservoir for the stimulation component run by a registered nurse, trained in this subject. Reservations will be welcome on mobile 0407 737 386. On Sunday 20th October we will be conducting a walk. This walk is designed to bring people together, returning to the RSL for informative discussion about health and friendship.</p>	6:00 PM	0407737386	Ken.bryce72@gmail.com	32 Onslow Street	Woodend	9/30/2024	<p>Event 1: Clothes to get wet in, clothes to be dry in, towels etc.</p> <p>Event 2: Friends, Dogs and an open mind</p>

Totally & Permanently Incapacitated Veterans	Bridging Social Isolation Barriers	10/16/2024	TPI Eastern Suburbs Social Club (ESSC) has arranged for a day trip to Healesville for veterans and their families. The event includes travel to Healesville followed by a beneficial stroll around the Healesville Sanctuary to explore the wonderful surrounds with a chance to go behind the scenes to meet the keepers and experience seeing wild animals in a natural setting. The group will then move to the Healesville RSL for a well-deserved rest.	8:30 AM	0402060840	mxapenko@gmail.com	Glen Eadie Avenue	Healsville	Contact Organisation	A positive attitude to a challenging and informative day with like minded family and friends.
Charlton RSL Sub-Branch	Charlton RSL Connects	10/16/2024	The Charlton RSL is proud to be presenting a very special movie event as part of the Dept of Veteran Affairs Health Week. Ex Servicemen, their family, friends and members of our community are all invited to attend. Along with free admission to the movie, attendees will receive an ice-cream and small popcorn. Movie details to be confirmed.	1:00 PM	0413129216	lonepine1915@yahoo.com	30-34 High Street	Charlton	10/8/2024	No, we will arrange free food and drinks on the day.
Frontline Yoga Incorporated	Breath and Body Connection	10/16/2024	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!	10:00 AM	0434 876 812	hello@cazpringlebowden.com.au	41 Smithton Grove	Ocean Grove	10/15/2024	No
Geelong TPI Welfare and Social Club Inc.	Coming Together	10/17/2024	Join us for a healthy nutritious lunchtime gathering, great company, great healthy food and interesting speakers. The focus of our speakers will be on the importance of living a healthy fulfilled lifestyle as well as enjoying a Tai-Chi adventure.	12:15 PM	0408 999 819	holger@youngko.com.au	50 Barwon Heads Road	Belmont	10/11/2024	Good cheer and a willingness to enjoy yourself

East Gippsland T.P.I Social Club Inc	Keeping the Community Together	10/17/2024	Bring together member of the TPI social club along with other from the veteran community for a social lunch, with a guest speaker to discuss ways and means staying 'connected', will also provide hand outs to attendees.	12:00 PM	5156 1475	0	84 Main Street	Bruthen	9/20/2024	No
I've Got Your 6 Foundation Ltd	IGY6 Connection Workshop: Building Community Together	10/17/2024	Join the IGY6 Team for a transformative three-hour session designed to support veterans to connect with others and themselves. This session will focus on fostering connection, building community, and promoting positive mental health. Participants will engage in a variety of activities that enhance belonging and resilience, including creative exercises for mindfulness. We will also provide an informal space to forge friendships and strengthen support networks whilst enjoying a relaxed cuppa and nibbles.	10:30 AM	0478 083 303 (Cristina Leme)	hello@igy6.com.au	21 Glydon Avenue	Coburg North	10/10/2024	No
Geelong & District Vietnam Veterans Association of Australia	A Fun Ten Pin Bowling Day	10/17/2024	We look forward to challenging members and the community to try/demonstrate their ability to conquer a few games of bowling and then sit down and enjoy a healthy catered luncheon. Non bowlers can join in the socialisation by watching the bowling and join with the lunch. By the way we may learn from you! This is to take place at the Geelong 10 Pin Bowling lanes in Reynolds Road Belmont.	10:00 AM	0405 176 829	gdwaa@gmail.com	Reynolds Road	Belmont	10/3/2024	Your enthusiasim and appetite!
Australian National Veterans Arts Museum	Socials Connection - A content creation workshop for veterans by Veteran Comedian, Jarryd Goundry	10/17/2024	Socials Connection' invites the veteran community to connect and skill-up for social media content creation. This 4 hr group workshop, hosted by touring Veteran Comedian Jarryd Goundry, offers a deep dive into content creation for veterans to build their profile, make new social connections and grow their business or audience, with lots of laughs guaranteed. Jarryd will talk from lived experience as a Veteran Artist, to the power of his goal to 'Keep Connected' in his personal and work life.	1:30 PM	0447289102	jo.brown@anvam.org.au	312 St Kilda Road	Southbank	10/10/2024	Participants can bring note taking materials, their phone and, as content will be made on the day, make up if required and whatever is needed to feel camera ready!

Watsonia RSL	Paint & Create Stay Connected	10/17/2024	Join us at Paint By the Vines, where you get your creative juices flowing and paint your own masterpiece. A fun way to make new friends and be creatively inspired by painting something wonderful you can enjoy and show to family and friends. A fun activity to share, enjoy a grazing platter and drinks as you find your inspiration and try your hand at art. We look forward to seeing you there and meet new artists.	11:00 AM	0417312309	adalakis@watsoniarls.com.au	44 Oleander Drive	Mill Park	10/14/2024	Participants do not need to bring anything.
Hawthorn RSL Sub-Branch	Veteran Comedy Night	10/17/2024	Hawthorn RSL is hosting a Comedy Night for veterans to share a laugh about their unique experiences in the Australian Defence Forces and some insights into some of our allies (or making fun of the kiwis). The night will include healthy refreshments and vanilla slices.	6:00 PM	0408736009	info@hawthornrsl.com	605-609 Glenferrie Road	Hawthorn	10/17/2024	No
Orbost RSL Sub-Branch	Learn ways on how to stay connected in our community	10/17/2024	The Orbost RSL Sub-Branch members and veterans, invites you to join with them at the Orbost Club Inc on Thursday 17th October to celebrate Veterans Health Week. Guest speakers from the Orbost Regional Health will discuss ways on how we can stay connected and join in activities in our community. Learn the how "Staying Connected" can improve both our mental health and wellbeing. You are also invited to join us for a lunch on conclusion of the event.	11:00 AM	0408 191 857 Cherie Young Personel	orbostrsl@gmail.com	67 Gladstone Street	Orbost	10/11/2024	No
Australian Catholic University	Art Brings Student Veterans and Family Together!	10/18/2024	Creating art through brush strokes, sculpting, and carving will bring student veterans together to balance out their study demands with a creative evening to build their connection. The teamwork in making a Jack-o-lantern to compete for the scariest and most unusual awards creates a friendly competition. Feedback, reflection, and discussion about the paintings and sculptures will remind student veterans of their shared backgrounds. They will join together to connect through art both as students and service people and family.	5:00 PM	03 9953 3960	Elaine.Rotor@acu.edu.au	115a Victoria Parade	Fitzroy	10/11/2024	No

VetRide	VetRide Weekend Cycling Weekend 18-20 Oct 24	10/18/2024	VetRide invites all ADF Veteran cyclists and their families to join us for a cycling weekend in Wangaratta, 18 - 20 Oct 24.	4:30 PM	0432671422	secretary@vetride.org	88 Sisely Avenue	Wangaratta	Contact Organisation	Cycling equipment, sleeping bag/doona, pillow, etc. and casual clothing
Vietnamese Freedom Day Club	Keeping our Social Connected	10/18/2024	This is an opportunity to get connected our people together with friends; meet new people; have some fun; learn about health and wellbeing . Get inspired and take part in activities; gain the our social connection with all level to share information you need to think about things related to your health and lifestyle; and keep the momentum going	10:30 AM	0403233478	thuantran79@yahoo.com	136-176 Osborne Ave	Clayton South	9/18/2024	Sun hat, sun cream and sport shoes
Military Brotherhood Military Motorcycle Club - Port Phillip Sub Branch	Military Keep Connected	10/18/2024	Friday 18th October 2024, the Military Brotherhood Military Motorcycle Club will host a morning tea with Veterans at the VAC, Boronia followed by a ride to Frankston to connect with Veterans at Vasey and give a presentation on the importance of Social Connection.	10:00 AM	0400825109	shaun.mcroberts@frv.vic.gov.au	88c Boronia Road	Boronia	10/18/2024	Nil
Lakes Entrance RSL Sub Branch incorporated	Stay Connected	10/18/2024	The Lakes Entrance RSL Sub Branch will be having an informal gathering of it's Service members to promote and encourage staying connected with our local community with Guest Speaker from local government and community groups. A Luncheon and BBQ will be provided.	10:30 AM	0493238825	secretary@lersl.com.au	221 Esplanade	Lakes Entrance	10/4/2024	No

Buddy Up Australia Limited	Buddy Up Group Exercise, Mindfulness and Mobility Session	10/18/2024	Join Buddy Up and Members in Geelong for a group exercise, mindfulness, and mobility session designed to foster connections among Veterans through a 3-hour group session centered around the theme of 'Keep Connected.'	12:00 PM	0414843155	admin@buddyupaustalia.org	27/8 Lewalan Street	Grovedale	10/1/2024	Exercise gear, towel and water bottle
Rosebud RSL	Veterans Health Week Major Event	10/18/2024	Come and join us for a round of bingo with free afternoon tea. Have some fun with bingo topped off with a lovely afternoon delight.	1:30 PM	0419106593	gscholes@rosebudrsl.com.au	117 Eastbourne Road	Rosebud	10/11/2024	Nil
Ringwood RSL	Ten Pin Bowling Extravaganza	10/19/2024	Join us for a social "Ten Pin Bowling Extravaganza" aiming to bring together Veterans and their families for a fun and engaging ten-pin bowling event. This event is free and will include 2 games of Ten Pin Bowling, Refreshments, and a host to coordinate our bowling tournament.	11:00 AM	0416275683	welfare@ringwoodrsl.com.au	171-175 Maroondah Hwy Eastland	Ringwood	10/11/2024	Nil
I've Got Your 6 Foundation Ltd	IGY6 Connection Workshop: Building Community Together	10/19/2024	Join the IGY6 Team for a transformative three-hour session designed to support veterans to connect with others and themselves. This session will focus on fostering connection, building community, and promoting positive mental health. Participants will engage in a variety of activities that enhance belonging and resilience, including creative exercises for mindfulness. We will also provide an informal space to forge friendships and strengthen support networks whilst enjoying a relaxed cuppa and nibbles.	12:00 PM	0478 083 303 (Cristina Leme)	hello@igy6.com.au	41 Barkly St	Ballarat East	10/11/2024	No

Warragul RSL Sub-Branch Incorporated	Stand Up! Open Mic Afternoon Tea	10/19/2024	<p>Stand Up! Open Mic Afternoon Tea.</p> <p>Looking for a family friendly and fun-filled afternoon? Want to join us for an afternoon of music? The Warragul RSL is holding an Open Mic Afternoon Tea on Saturday 12th October commencing at 3.00 pm.</p> <p>There will be a wide variety of musicians to entertain you whilst enjoying an afternoon tea. Also enjoy a special performance of the Warragul RSL Pipes and Drums Band!</p> <p>All welcome!</p>	3:30 PM	0480 257 478	admin@warragutrsl.com.au	94 Albert Street	Warragul	10/10/2024	Only those who wish to participate in the Open Mic session will need to bring their own instruments.
Lara RSL Sub Branch	Lara RSL Thank You For Your Service Day	10/19/2024	<p>This year as part of our Thank You For Your Service event, we have invited all members of the local Army Reserve unit to attend and to provide talks and displays about their current equipment. We will be advertising the event in local media and social media to get all local Veterans and Veterans families to come along for a good social afternoon.</p>	12:00 PM	0455190679	mmcewen@lararsl.com.au	McClelland Ave	Lara	10/11/2024	Just a friendly personality, ready to enjoy the social atmosphere and have a chat.
Hawthorn RSL Sub-Branch	Veteran Games Day	10/19/2024	<p>Hawthorn RSL are hosting a Veteran Games Day on October 19. Join in with our activities including board games, modelling, video games and esports. We aim to cater for all levels of involvement. Supported by Veteran Gaming Australia, this is an opportunity to connect with like-minded veterans and families and get involved in a fun, challenging and competitive event.</p>	10:00 AM	0408736009	info@hawthornrsl.com	605-609 Glenferrie Road	Hawthorn	10/17/2024	No
RSL VIC - Ocean Grove - Barwon Heads RSL Sub-Branch	Bellarine Young Veterans Kayaking and Dragon Boat Challenge	10/19/2024	<p>This kayaking and dragon boat event will provide an excellent opportunity for veterans to meet in a social setting that provides physical and mental challenges and requires teamwork. The activities will also enable veterans to not only connect with each other, but also with civilian members of the Geelong Canoe Club and the Geelong Dragon Boat Club, creating new friendships and connections.</p>	9:00 AM	0450 200 100	byv@oceangroverrsl.com.au	1/11 Marnock St	Newtown	10/11/2024	<p>All boating and safety equipment will be provided by the Geelong Canoe Club and the Geelong Dragon Boat Club.</p> <p>Participants should wear / bring shorts similar to board shorts, rash shirt or similar, old shoes for paddling, a hat, sunscreen, towel and a change of clothes.</p> <p>Shower and change facilities are available within the clubhouse.</p>

Briagolong RSL	Briagolong Log Cabin RSL Veteran & family day	10/19/2024	Briagolong RSL are hosting a Veterans and family day. There will be a historic military vehicle display from several private collections, lawn games for the kids and a representative from DVA to assist our veterans with any enquiries that they have. Lunch will be provided to Veterans and their families.	11:00 AM	0438095516	kim.pembrey@yahoo.com	61 Avon Street	Briagolong	10/11/2024	A camp chair would be ideal to sit outside.
Military Brotherhood Military Motorcycle Club -Port Phillip Sub Branch	Port Phillip recognizes Veteran United Nations Day	10/19/2024	Saturday 19th October the MBMMC will host a ride for any riders to recognize UN Day 2024. All Veterans riders are welcome. A short wreath and service will be held on the ride and highlight the importance of keeping Connected in our communities.	10:00 AM	0400825109	shaun.mcroberts@frv.vic.gov.au	U 2 / 107 Nepean Hwy	Seaford	10/4/2024	Motorcycle and approved safety wear
Veteran Gaming Australia Limited	Connect & Play: Veterans Family Fun	10/19/2024	Join us for the Veteran and Family Fun Morning! Get ready to experience amazing Virtual Reality with light condiments provided. Strengthen bonds, make new friends, and discover how staying active and connected enhances well-being. Don't miss this chance to engage, learn, and have fun with fellow veterans and their families! Ages 13+ can join in on the Virtual Reality experienc however those under the age of 13 may enjoy watching the VR experience on the screens provided and getting an introduction to the VR equipment itself.	11:00 AM	0414801239	enquiries@veterangamingaustralia.com.au	The District, Shop CW-G19, 440 Docklands Dr	Docklands	10/1/2024	No
Coburg RSL Sub-Branch Incorporated	Avenue Of Honour @ Coburg Lake.	10/19/2024	Coburg RSL will host a presentation by Coburg Historical Society on the Avenue Of Honour at Coburg Lake followed by a picnic lunch. The Avenue Of Honour originally consisted of trees planted to remember those who made the ultimate sacrifice in WW1-updated with a plaque unveiled by Coburg and Pascoe Vale RSL We will bring together current and past service persons, members of both RSLs extending thru to descendants of those WW1 servicemen to create and reinvigorate generations of connections.	10:30 AM	0401403804	info@rslcoburg.com.au	Gaffney St	Coburg	10/14/2024	No. Please RSVP for catering numbers.

Invictus Australia	Torquay RSL Pickleball Try Outs powered by Invictus Australia	10/20/2024	We know you have heard of Pickleball, it's a word that is being spoken amongst many but you likely have never seen or played it. Now is your chance to come down and take part in one of the most addictive and easy to learn sports. If you have been out of tennis and want to come back, or love table tennis but it's not enough cardio. This is for you.	6:00 PM	0488323808	cburson@invictusaustralia.org	36 Wadawurrung Way	Torquay	10/9/2024	Sports shoes, gear for running around in and water bottle.
Flemington & Kensington RSL Club	Bowling and bonding	10/20/2024	Flemington Kensington RSL sub branch will be bowling and bonding. Through lawn bowls and some friendly competition our service members will be connecting to their service community as well as the greater area as we bong thru activity	12:00 PM	0438988288	j.cameron@evergreen- shipping.com.au	407-411 Racecourse Rd	Flemington	Contact Organisation	All will be provided
Caroline Springs RSL Sub-Branch Inc.	Barefoot Lawn Bowls Competition plus a Healthy Salad BBQ	10/20/2024	Do you want to become fit and healthy while enjoying time with the community and eating good food that will fuel your body with nutrition and energy? The Caroline Springs RSL lawn bowls event is an incredible opportunity to get outside, spend quality time with your family and improve your heart health as well as your overall mental and physical wellbeing. A healthy BBQ will also be provided. So come and play barefoot bowls at the home of the Melton Mustangs!	11:00 AM	0488635281	admin@carolinespringsrsl.com.au	24 Reserve Road	Melton	9/20/2024	No
Hawthorn RSL Sub-Branch	Guitar for Veterans at Hawthorn RSL	10/20/2024	Hawthorn RSL is starting a Guitars for Veterans program. Come along to the introductory event on October 20 at 2pm. We will provide afternoon tea and refreshments. Teaching, guitars and equipment are all provided. Join in with other veterans and strum out some tunes. All genres welcome.	2:00 PM	0408736009	info@hawthornrsl.com	605-609 Glenferrie Road	Hawthorn	10/18/2024	No

Buddy Up Australia Limited	Buddy Up Family Day - Werribee Open Range Zoo	10/20/2024	Join Buddy Up Australia and members for a fun family day at Werribee Open Range Zoo and over lunch join in the discussion on the benefits of maintaining connection with like-minded people through physical activity, social connection and purposeful volunteering.	10:00 AM	0414843155	admin@buddyupaustralia.org	Werribee Open Range Zoo, K Road	Werribee	10/17/2024	Appropriate weather attire, hat, sunscreen, water bottle, snacks. BYO Lunch or purchase from the Cafe / Kiosk on site.
RSL Beechworth Sub Branch	Eat well, get active	10/20/2024	Eat well get active, is the Beechworth's RSL theme for its Veterans' Health week participants. Presentation on healthy food choices followed by a choice of physical activity, either a exercise class in Qigong or a walk around Lake Sambell for the more energetic, finishing with a healthy BBQ Lunch.	9:30 AM	0417054553	rsabeechworth@bigpond.com	99 Ford St	Beechworth	10/7/2024	Comfortable clothing and footwear, a bottle of water and sunscreen and hat for the outdoors
Puckapunyal and District Neighbourhood Centre Inc.	Stay in Touch	10/20/2024	The Puckapunyal Military Area and PDNC celebrate "staying connected" in conjunction with promoting Veterans Health Week invite past and present defence members and their families to a get together on Sunday 20th October for a BBQ and healthy competition. Enjoy catching up with old and new friends and listen to our guest speaker on the day representing a focus on the way staying in touch is so important for mental health and wellbeing. Let's keep connected!	11:00 AM	0437682534	info@thepdnc.org	4 Labuan Road	Puckapunyal	10/4/2024	Military Base DCAC holder for access.
Mildura TPI Social Club	Mildura TPI Social Connection Day	10/21/2024	Join us for a trip to connect up with other likeminded people for lunch and learn about how to keep connected with your community.	12:00 PM	0417 558 591	jpr63262@bigpond.net.au	36 McLachlan St	Horsham	9/30/2024	N/A

Geelong & District Vietnam Veterans Association of Australia	Golf & BBQ Fun Day	10/22/2024	We look forward to challenging members and the community to try/demonstrate their ability to conquer 9 holes of social golf and then sit down and enjoy a healthy BBQ luncheon. By the way we may learn from you! This is to take place at the Geelong Golf Club with your equipment or supplied by the Club.	10:00 AM	0405 176 829	gdwaa@gmail.com	5 Ballarat Road	North Geelong	10/15/2024	Golf Equipment and appetite!
The Totally and Permanently Incapacitated Ex-servicemen and Women's Association of Victoria Incorporated	TPI Victoria Inc. - VHW 2024 "Keep Connected: A Journey Through History and Remembrance"	10/22/2024	Join TPI Victoria Inc. for a powerful Veterans' Health Week 2024 event, "Keep Connected: A Journey Through History and Remembrance." This enriching experience will take veterans on a guided tour of the Melbourne Holocaust Museum and the Shrine of Remembrance. By connecting the lessons of history with our military heritage, this event fosters community, reflection, and resilience. Don't miss this unique opportunity to honor the past and strengthen bonds within our veteran community.	10:00 AM	0417345576	pholz@tpivic.com	13 Selwyn Street	Elsternwick	10/11/2024	No
Invictus Australia	Urban Rec Team Veteran empowered by Invictus Australia	10/23/2024	Come along to the Melbourne Sports and Aquatic Centre to join Team Veteran taking on the world Wednesday nights in a multisport league. After, stick around for dinner and a debrief with the gang. Get to know other veterans in your area.	6:10 PM	0488323808	cburson@invictusaustralia.org	Aughtie Dr	Albert Park	10/15/2024	Runners, sports clothes, water bottle, change of clothes. Team Veteran Shirts should be provided.
Guitars For Veterans Australia	Music Therapy for Veterans, connecting with guitar	10/23/2024	Guitars for Veterans will present the benefits of music therapy for veterans experiencing the challenge of PTSD. Guitars For Veterans will reveal research by Deakin University that shows how music therapy can reduce effects of PTSD by over 30%. Guitars for Veterans offers to provide veterans who seek music therapy a guitar and lessons. Playing a guitar enables connection with others and foster a teaming in pursuit of music.	10:30 AM	0414754580	david.cox@pwcau.com	83 Boronia Road	Boronia	10/16/2024	No

I've Got Your 6 Foundation Ltd	IGY6 Connection Workshop: Building Community Together	10/24/2024	Join the IGY6 Team for a transformative three-hour session designed to support veterans to connect with others and themselves. This session will focus on fostering connection, building community, and promoting positive mental health. Participants will engage in a variety of activities that enhance belonging and resilience, including creative exercises for mindfulness. We will also provide an informal space to forge friendships and strengthen support networks whilst enjoying a relaxed cuppa and nibbles.	10:30 AM	0478 083 303 (Cristina Leme)	hello@igy6.com.au	52-78 Centre Dandenong Road	Cheltenham	10/17/2024	No
Invictus Australia	Invictus Australia / Port Melbourne, Surf Life Saving Victoria Club day	10/25/2024	Come along to the Port Melbourne Surf Lifesaving Club and find out what being a lifesaver is all about. Take part in events and see all the gear they use. See if you want to start a new family as a surf life saver and be part of something again.	10:00 AM	0488323808	cburson@invictusaustralia.org	38 Beaconsfield Parade	Port Melbourne	10/1/2024	Towel, bathers, sunscreen and water.
Hawthorn RSL Sub-Branch	Veteran Photo Exhibition	10/25/2024	Hawthorn RSL Photo Exhibition - A picture tells a story where words are not enough. Hawthorn RSL is displaying the work of our very talented members with a theme of "Keep Connected". Come along and view our veteran themed photos at your own pace. We will host an Opening Night on October 25. The exhibition will be open to the public on October 26 and 27.	6:00 PM	0408736009	info@hawthornrsl.com	605-609 Glenferrie Road	Hawthorn	10/23/2024	No
Soldier On Limited	Soy Candle Making - Veteran Health Week	10/25/2024	In this workshop you will learn about fragrance blending, wax and wick sizes, candle care 101, and the techniques behind melting, mixing, and pouring. This hands-on class allows the opportunity to be creative while learning a new craft. Finish the class with two soy candles, ready to take home (value over \$50). This 2-hour course provides participants an opportunity to connect in a fun educational environment that reduces social isolation, increasing social connections, reducing loneliness, increasing community engagement.	10:00 AM	02 61886181	jason.isaac@soldieron.org.au	Cnr Roberts & Stewart Streets	Brunswick East	18/10/2024	Notepad and pen

Veteran Free Riders Inc.	Veteran Free Riders Senior Race Weekend	10/26/2024	The veteran Free Riders are excited to host this years Veterans Race Weekend in Broadford Vic. All veteran, family and friends are warmly invited to attend this free event. With special thanks to Hartwell racing and Veterans health week(DVA). Event date 26th/27 October.	10:12 AM	0488549485	veteranfreeriders@gmail.com	260 Strath Creek Rd	Broadford	10/20/2024	Camping equipment(if staying overnight) and enclosed footwear
Hawthorn RSL Sub-Branch	Veteran Bushwalking Day	10/26/2024	Join fellow veterans for a walk in the bush. Walks will be of varying lengths from 5km, 12km and 16km. Hawthorn RSL is running the bushwalk for veterans meeting at Lysterfield Lake, followed by a lunch. The walks will be led by experienced and trained bushwalking leaders. If you can't walk, join us for lunch at Lysterfield Lake. An advocate will join us for lunch.	8:00 AM	0408736009	info@hawthornrsl.com	Horswood Road	Lysterfield	10/24/2024	Boots and suitable clothing,
Bandiana Neighbourhood House Inc.	Bandi Poppy Community Connections	10/26/2024	Join us for connection, games (board & card), lunch, plus community art project "Bandi Poppy Community Connections" at the Wodonga RSL promoting "Keep Connected". Booking is required through link (https://events.humanitix.com/bandi-poppy-community-connections)	10:00 AM	0408245683	bandihouseinc@gmail.com	29 Reid Street	Wodonga	10/18/2024	No
Veterans for Fishing	Veterans For Fishing Emerald Lake Park Family Day	10/27/2024	VFF will be holding a family fun day at Emerald Lake park on Sun 27th Oct. The day will have a free BBQ lunch and soft drinks provided for all as well as lure casting and bait rigging tutorials for trout and other freshwater species. Emerald Lake park has access for all and great facilities for young families as well.	10:00 AM	0435110736	Veteransforfishing@gmail.com	Emerald Lake park	Emerald	10/18/2024	No

Naval Association Australia Victorian SW Sub Section Inc.	NAA Portland Vic Veteran's Health Week Lunch	10/27/2024	Join us at 12noon on Sunday 20 October 2024 at Portland Memorial Bowls Club to celebrate Veterans' Health Week. Test your knowledge in our trivia quiz and take home a lovely goodies bag.	12:00 PM	0458005020	julienne.clifford@hotmail.com	17 Cape Nelson Road	Portland	10/13/2024	No
Goorambat Veterans Retreat Inc.	Building Bonds: Big BBQ Cook-off Family Day	10/27/2024	Join us for a family fun day packed with activities for all ages! Get ready to tantalise your tastebuds with a bbq cook-off and picnic. Whether you're a BBQ aficionado, a proud veteran or are simply looking for a fantastic day, this is the place to be. With games, food, music, prizes and more; everyone can come together, creating a fun, supportive environment for veterans and their loved ones. It's a perfect day to relax, connect and strengthen bonds. Don't miss out!	10:00 AM	0417000920	email@veteransretreat.com.au	21 Trewin Road	Goorambat	10/21/2024	Non-alcoholic beverages supplied - BYO other beverages. Outdoor folding chairs.
Geelong & District Vietnam Veterans Association of Australia	Barefoot Bowls Session	10/28/2024	We will challenge members and the community to trying their hand at Barefoot bowls and demonstrate their ability while having fun and then sit down and enjoy a healthy luncheon. By the way we may learn from you!	10:00 AM	0405 176 829	gdwaa@gmail.com	Geelong RSL Bowls Club, 50 Barwon Heads Road	Belmont	10/21/2024	Bring your enthusiasm, bowls equipment if you have any and an appetite!
Invictus Australia	Veteran Gaming Australia E- Sports at Watsonia RSL powered by Invictus Australia	10/28/2024	Come down to your local RSL, meet your local veterans and community members whilst banding together to take on the (online) world. Veteran Gaming Australia and Invictus Australia are bringing the E Sport world to the Watsonia RSL. Have a laugh and meet new friends.	4:30 PM	0488323808	cburson@invictusaustralia.org	6 Morwell Avenue	Watsonia	Contact Organisation	Wear appropriate attire for an RSL

Soldier On Limited	Pages of Connection- Soldier On Book Club Event	29/10/2024	"Join us for a dinner 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	02 61886181	jason.isaac@soldieron.org.au	Tattis Drive, Mornington Golf Club	Mornington	20/10/2024	Reading glasses if needed.
Soldier On Limited	Pages of Connection- The Soldier On Book Club Event	10/30/2024	Join us for an evening book club, bringing veterans and their families together through the power of literature, fostering a sense of community, connection, and socialisation. Dive into meaningful discussions, share your experiences, and strengthen your bonds with fellow veterans as we explore books that resonate with our shared journey. Let's "Keep Connected" through the pages of stories that unite us. Max Attendees 30.	6:00 PM	(02) 6188 6181	jason.isaac@soldieron.org.au	167 Cremorne Street	Cremorne	10/22/2024	Professional attire and resumes
Vietnamese Freedom Day Club	Let's move to keep connected	10/31/2024	We have a guest speaker Mr Trung-Tam Dinh (Psychologist) in our area to give a talk on how to build social connections to promote well-being to the Veteran community and our society. There will also be light exercise games with instructors and a light lunch.	10:30 AM	0403233478	thuantran79@yahoo.com	36-176 Osborne Ave	Clayton South	9/30/2024	Bring a sun hat, sun cream, sport shoes and a light jacket