

For more information or to RSVP to any of these activities, please contact the Health and Wellbeing Coordinator: P: 03 5443 7097 or E: healthwellbeing@bendigorsl.com.au
Web: www.bendigorsl.com.au/health-wellbeing



2024- Health and Wellbeing Program- Calendar of Events

October

ACTIVITY	DATE	TIME	LOCATION
Walk, Talk, Cuppa	Friday- 4 th	9:00am - 10:30am	Thrive Fit
Veteran's Golf + Lunch	Sunday- 6 th	11:00am Tee Off	Neangar GC / BDRSL
Veterans Morning Tea	Friday- 18 th	10:30am - 11:30am	BDRSL Sub-Branch
RSL Sheds	Monday - Wednesday	9:00am - 12:00pm	BDRSL Sub-Branch
CrossFit – Veterans Only	Sunday- Weekly	8:00am - 9:00am	CrossFit
CrossFit – Group Session	Wednesday- Weekly	5:30pm - 6:30pm	CrossFit
Chair Yoga <i>(Deep Breathing & Mindfulness)</i>	Thursday- 3 rd , 17 th & 31 st (Fortnightly)	11:00am - 12:00pm	Kangaroo Flat

November

Walk, Talk, Cuppa	Friday- 1 st	9:00am - 10:30am	Thrive Fit
Veteran's Golf + Lunch	Sunday- 3 rd	11:00am Tee Off	Neangar GC / BDRSL
Veterans Morning Tea	Friday- 16 th	10:30am - 11:30am	BDRSL Sub-Branch
RSL Sheds	Monday - Wednesday	9:00am - 12:00pm	BDRSL Sub-Branch
CrossFit – Veterans Only	Sunday- Weekly	8:00am - 9:00am	CrossFit
CrossFit – Group Session	Wednesday- Weekly	5:30pm - 6:30pm	CrossFit
Chair Yoga <i>(Deep Breathing & Mindfulness)</i>	Thursday- 14 th & 28 th (Fortnightly)	11:00am - 12:00pm	Kangaroo Flat

December

Walk, Talk, Cuppa	Friday- 6 th	9:00am - 10:30am	Thrive Fit
Veteran's Golf + Lunch	Sunday- 8 th	11:00am Tee Off	Neangar GP / BDRSL
Veterans Morning Tea	Friday- 20 th	10:30am - 11:30am	BDRSL Sub-Branch
RSL Sheds	Monday - Wednesday	9:00am - 12:00pm	BDRSL Sub-Branch
CrossFit – Veterans Only	Sunday- Weekly	8:00am - 9:00am	CrossFit
CrossFit – Group Session	Wednesday- Weekly	5:30pm - 6:30pm	CrossFit
Chair Yoga <i>(Deep Breathing & Mindfulness)</i>	Thursday- 12 th (Fortnightly)	11:00am - 12:00pm	Kangaroo Flat