

# 2025- Health and Wellbeing Program Calendar of Events



January			
ACTIVITY	DATE	TIME	LOCATION
RSL Sheds	<b>Monday – Wednesday</b> Reopens Monday 13 <sup>th</sup>	9:00am - 12:00pm	BDRSL Sub-Branch
CrossFit – Veterans Only	<b>Sunday-</b> Weekly	8:00am - 9:00am	CrossFit
CrossFit – Group Session	<b>Wednesday-</b> Weekly	5:30pm - 6:30pm	CrossFit
Yoga- Mindfulness (Chair Yoga)	<b>Thursday- 9<sup>th</sup> &amp; 23<sup>rd</sup></b> (Fortnightly)	11:00am -12:00pm	Kangaroo Flat
Veterans Morning Tea	<b>Friday – 24<sup>th</sup></b> 4 <sup>th</sup> Friday of the Month	10:30am -11:30am	BDRSL Bistro
February			
RSL Sheds	<b>Monday - Wednesday</b>	9:00am -12:00pm	BDRSL
CrossFit – Veterans Only	<b>Sunday-</b> Weekly	8:00am - 9:00am	CrossFit
CrossFit – Group Session	<b>Wednesday-</b> Weekly	5:30pm - 6:30pm	CrossFit
Walk, Talk, Cuppa	<b>Friday – 7<sup>th</sup></b> 1 <sup>st</sup> Friday of the Month	9:00am -10:30am	Thrive Fit
Veteran's Golf + Lunch	<b>Sunday – 9<sup>th</sup></b>	18 Holes, 8:00am Pitch & Putt 11:00am	Neangar GC / BDRSL
Yoga- Mindfulness (Chair Yoga)	<b>Thursday – 6<sup>th</sup> + 20<sup>th</sup></b> (Fortnightly)	11:00am -12:00pm	Kangaroo Flat
<b>NEW - Falls &amp; Balance</b>	<b>Friday – 14<sup>th</sup></b> 2 <sup>nd</sup> Friday of the Month	10:30 -11:00am	Thrive Fit
<b>NEW - Walk, Talk, Cuppa</b>	<b>Friday – 21<sup>st</sup></b> 3 <sup>rd</sup> Friday of the Month	9:00am -10:30am	Lake Neangar
<b>EVENT- LIMITED TICKETS</b> Fosterville Gold Mine open day	<b>Saturday 22<sup>nd</sup></b>	10:00am – 2:00pm	<b>Contact to Book</b>
Veterans Morning Tea	<b>Friday – 28<sup>th</sup></b> 4 <sup>th</sup> Friday of the Month	10:30am -11:30am	BDRSL Bistro
March			
RSL Sheds	<b>Monday - Wednesday</b>	9:00am -12:00pm	BDRSL
CrossFit – Veterans Only	<b>Sunday-</b> Weekly	8:00am - 9:00am	CrossFit
CrossFit – Group Session	<b>Wednesday-</b> Weekly	5:30pm - 6:30pm	CrossFit
Walk, Talk, Cuppa	<b>Friday – 7<sup>th</sup></b> 1 <sup>st</sup> Friday of the Month	9:00am -10:30am	Thrive Fit
Veteran's Golf + Lunch	<b>Sunday – 9<sup>th</sup></b>	18 Holes, 8:00am Pitch & Putt 11:00am	Neangar GC / BDRSL
Yoga- Mindfulness (Chair Yoga)	<b>Thursday – 6<sup>th</sup> + 20<sup>th</sup></b> (Fortnightly)	11:00am -12:00pm	Kangaroo Flat
<b>NEW - Falls &amp; Balance</b>	<b>Friday – 14<sup>th</sup></b> 2 <sup>nd</sup> Friday of the Month	10:30 -11:00am	Thrive Fit
<b>NEW - Walk, Talk, Cuppa</b>	<b>Friday – 21<sup>st</sup></b> 3 <sup>rd</sup> Friday of the Month	9:00am -10:30am	Lake Neangar
Veterans Morning Tea	<b>Friday – 28<sup>th</sup></b> 4 <sup>th</sup> Friday of the Month	10:30am -11:30am	BDRSL Bistro

For more information or to RSVP to any of these activities, please contact the Veterans Activities Officer:  
P: 03 5443 7097 or E: [healthwellbeing@bendigorsl.com.au](mailto:healthwellbeing@bendigorsl.com.au) Web: [www.bendigorsl.com.au/health-wellbeing](http://www.bendigorsl.com.au/health-wellbeing)