

2025- Health and Wellbeing Program Calendar of Events



April			
ACTIVITY	DATE	TIME	LOCATION
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
Yoga- Mindfulness (Chair Yoga)	Thursday- 3 rd & 17 th (Fortnightly)	11:00am -12:00pm	Kangaroo Flat
Walk, Talk, Cuppa	Friday – 4 th 1 st Friday of the Month	9:00am -10:30am	Thrive Fit
Veteran's Golf + Lunch	Sunday –6 th *Bookings Required*	18 Holes, 8:00am Pitch & Putt 11:00am	Neangar GC / BDRSL
Falls & Balance	Friday – 11 th 2 nd Friday of the Month	10:30 -11:00am	Thrive Fit
Please note that the following events will not be held this month due to Public Holidays: Lake Neangar walk, talk cuppa Friday 18 th & Veterans Morning Tea Friday 25 th			
May			
RSL Sheds	Monday - Wednesday	9:00am -12:00pm	BDRSL
CrossFit – Veterans Only	Sunday- Weekly	8:00am - 9:00am	CrossFit
CrossFit – Group Session	Wednesday- Weekly	5:30pm - 6:30pm	CrossFit
Walk, Talk, Cuppa	Friday – 2 nd 1 st Friday of the Month	9:00am -10:30am	Thrive Fit
Veteran's Golf + Lunch	Sunday – 4 th *Bookings Required*	18 Holes, 8:00am Pitch & Putt 11:00am	Neangar GC / BDRSL
Yoga- Mindfulness (Chair Yoga)	Thursday – 1 st , 15 th & 29 th (Fortnightly)	11:00am -12:00pm	Kangaroo Flat
Falls & Balance	Friday – 9 th 2 nd Friday of the Month	10:30 -11:00am	Thrive Fit
Walk, Talk, Cuppa	Friday – 16 th 3 rd Friday of the Month	9:00am -10:30am	Lake Neangar
Veterans Morning Tea	Friday – 23 rd 4 th Friday of the Month	10:30am -11:30am	BDRSL Bistro
June			
RSL Sheds	Monday - Wednesday	9:00am -12:00pm	BDRSL
CrossFit – Veterans Only	Sunday- Weekly	8:00am - 9:00am	CrossFit
CrossFit – Group Session	Wednesday- Weekly	5:30pm - 6:30pm	CrossFit
Walk, Talk, Cuppa	Friday – 6 th 1 st Friday of the Month	9:00am -10:30am	Thrive Fit
Veteran's Golf + Lunch	Sunday – 8 th *Bookings Required*	18 Holes, 8:00am Pitch & Putt 11:00am	Neangar GC / BDRSL
Yoga- Mindfulness (Chair Yoga)	Thursday – 12 th & 26 th (Fortnightly)	11:00am -12:00pm	Kangaroo Flat
Falls & Balance	Friday – 13 th 2 nd Friday of the Month	10:30 -11:00am	Thrive Fit
Walk, Talk, Cuppa	Friday – 20 th 3 rd Friday of the Month	9:00am -10:30am	Lake Neangar
Veterans Morning Tea	Friday – 27 th 4 th 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 Web: www.bendigorsl.com.au/health-wellbeing