

# JUNE 2026

## BDRSL HEALTH WELLBEING MONTHLY CALENDAR

- RSL Sheds Program**

Monday - Wednesday

9am - 12pm

Sheds Art group - Wednesday

- SHEDS CLOSED 8<sup>th</sup> June Public Holiday**

- Walk, Talk, Cuppa 5<sup>th</sup> June**

**NEW LOCATION @ Lake Weeroona**

- Falls & Balance**

Thrive Fit, 10:30 - 11.00am

- Veterans Golf** moved due to Public Holiday

([booking req.](#))

- Mindfulness Yoga:**

11.00am 15a Station St, KFlat

- Hybrid Fitness Classes**

**Wednesdays:** 5.45am, 9.30am, 4.30pm,

5.30pm & 6.30pm

**Sunday:** 8.30am

- Veterans Morning Tea**

BDRSL 10:30am ([booking req.](#))

- Veterans Happy Hour**

BDRSL 6.00 -8.00pm

- Central Victorian Veterans**

BDRSL 6.00pm

MON	TUE	WED	THU	FRI	SAT	SUN
1 RSL Sheds Program	2 RSL Sheds Program	3 Hybrid Fitness Class RSL Sheds Program	4	5 Walk, Talk, Cuppa @Lake Weeroona Veteran Happy Hour	6	7 Hybrid Fitness Class
8 Kings B'day Public Holiday	9 RSL Sheds Program	10 Hybrid Fitness Class RSL Sheds Program	11 Mindfulness Yoga	12 Falls & Balances C.V.V Night @ BDRSL	13	14  Veteran Golf Day Hybrid Fitness Class
15 RSL Sheds Program	16 RSL Sheds Program	17 Hybrid Fitness Class RSL Sheds Program	18	19 Walk, Talk, Cuppa @Lake Neangar	20	21 Hybrid Fitness Class
22 RSL Sheds Program	23 RSL Sheds Program	24 Hybrid Fitness Class RSL Sheds Program	25 Mindfulness Yoga	26 Falls & Balances Veterans Morning Tea	27	28 Hybrid Fitness Class
29 RSL Sheds Program	30 RSL Sheds Program	1/07 Hybrid Fitness Class RSL Sheds Program	2/07	3/07 Walk, Talk, Cuppa @Lake Weeroona	4/07	5/07  Veteran Golf Day Hybrid Fitness Class



For more information, or to register please contact 03 5443 7097 or via email [healthwellbeing@bendigorsl.com.au](mailto:healthwellbeing@bendigorsl.com.au)