



## Veterans Support

The team in the Welfare, Health & Wellbeing office have been hard at work over the last few months. They have conducted trips and outings for our veterans, held seminars on a number of important and challenging topics as well as their reoccurring walks and morning teas.

The team would like to highlight the Flow Yoga sessions which are available for veterans. Check the details below.

We would love to see new faces at our veterans' events. Please contact Vicki on 5443 7097 or Pete on 5443 4013 if you need any assistance.



### NOVEMBER

Activity	Date	Time	Location
Veterans Morning Tea	Fri 17 <sup>th</sup>	10.30am-11.30am	RSL Bistro
RSL Sheds	Mon -Wed	9am – 12pm	BDRSL
<u>Crossfit</u> – Veterans only	Sundays	8am	CrossFit – 24 Taylor St
<u>Crossfit</u> – Group session	Wednesdays	5.30pm - 6.30pm	CrossFit – 24 Taylor St
Mindfulness Yoga (deep breathing & relaxation)	Alternate Thursdays 2 <sup>nd</sup> and 16 <sup>th</sup> Nov	11am – 12pm	Kangaroo Flat RSL
Flow Yoga – (stretching and balance)	Alternate Thursdays 9 <sup>th</sup> and 23 <sup>rd</sup> Nov	11am – 12pm	Eaglehawk Band Hall
Veterans' Golf	Sunday 5 <sup>th</sup> Nov	10am start	Neangar GC & Bistro
Walk, Talk, Cuppa	Friday 3 <sup>rd</sup> Nov	9am – 10.30am	Thrive Fit, 28 Abel St
Historic Car Race Sandown	Sat 11 <sup>th</sup> Nov		

**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](mailto:healthwellbeing@bendigorsl.com.au)  
Web: [www.bendigorsl.com.au/health-wellbeing](http://www.bendigorsl.com.au/health-wellbeing)

# Poppy Appeal



## Commemorative

We commemorated Peacekeepers Day on the 14th September with a service in the memorial garden.

On the 29th September Jeffery Crust represented the BDRSL at a service held for Police Remembrance Day.

Upcoming commemorative days include:

- Beersheba Day on the 31st October with a service to held in the memorial garden.
- Remembrance Day on 11th November with services beginning at 10.30am at the forecourt at the Bendigo Military Museum and 10.45am at the Cenotaph in Eaglehawk.



## Other News

- Bendigo District RSL and MyRSL memberships are now open for renewal. If your membership is due to expire in December, you can renew NOW. Drop in and talk to the team on reception. If you renew your MyRSL membership between the 1st November and 31st December 2023 you could win a bottle of Penfolds Grange or a bottle of whisky to the value of \$1000.00
- Keep an eye out for our new upcoming promotion. We are putting together a trailer, outdoor furniture and accessories in a major raffle valued at around \$10,000 which will kick off in November.
- The hospitality staff will be sporting a fresh contemporary look from 20th October featuring an apron and a nice chequered shirt. Our customer service staff will also be sporting a new look in the coming weeks.