

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

JANUARY

ACTIVITY	DATE	TIME	LOCATION
Walk, Talk, Cuppa	-	-	-
Veteran's Golf + Lunch	Sunday- 7 th	11:00am Tee Off	Neangar GC / BDRSL
Veterans Morning Tea	Friday- 19 th	10:30am -11:30am	BDRSL
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
Yoga- Mindfulness (Deep Breathing & Relaxation)	-	-	-
Yoga– Flow (Stretching and Balance)	-	-	-

FEBRUARY

Walk, Talk, Cuppa	Friday- 2 nd	9:00am -10:30am	Thrive Fit
Veteran's Golf + Lunch	Sunday- 4 th	11:00am Tee Off	Neangar GC / BDRSL
Veterans Morning Tea	Friday- 16 th	10:30am -11:30am	BDRSL Bistro
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
Yoga- Mindfulness (Deep Breathing & Relaxation)	Thursday- 8 th + 22 nd (Fortnightly)	11:00am -12:00pm	Kangaroo Flat
Yoga– Flow (Stretching and Balance)	Thursday- 1 st ,15 th + 29 th (Fortnightly)	11:00am -12:00pm	Eaglehawk

MARCH

Walk, Talk, Cuppa	Friday- 1 st	9:00am -10:30am	Thrive Fit
Veteran's Golf + Lunch	Sunday- 3 rd	11:00am Tee Off	Neangar GP / BDRSL
Veterans Morning Tea	Friday- 15 th	10:30am -11:30am	BDRSL Bistro
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
Yoga- Mindfulness (Deep Breathing & Relaxation)	Thursday- 7 th + 21 st (Fortnightly)	11:00am -12:00pm	Kangaroo Flat
Yoga– Flow (Stretching and Balance)	Thursday- 14 th + 28 th (Fortnightly)	11:00am -12:00pm	Eaglehawk