



ST MARYS VETERANS' WELLBEING PROGRAM – NOVEMBER 2024






Phone 9833 4711 (Mon-Fri 8am-2pm) to enquire/join, or email vietvet@vvaastmarys.org.au



Wellbeing Activities for Veterans and Family

Activity	Participants	Description/Timing
Coffee n Chat	Veterans	Mon – Fri early mornings – simply just a chat on <i>the Train</i> veranda (Veterans Support Centre)
Social Guild	Veterans & partner	Occasional social outings local or coach overnight
Hospital Visitations	Veterans & partner	Usually Tuesday mornings; teams of 2 visit veterans in local hospitals
Guitars for Vets	Veterans	Wednesday mornings @ Veterans Support Centre (<i>the Train</i>); learn to play or join a jam session
Monthly BBQ B'fast	Veterans & family	8.00am Last Thursday of each month @ Veterans Support Centre (<i>the Train</i>)
Exercise classes	White or gold card holders	Tue and Fri @ 8.00am @ Ripples, St Marys; occasional walks from/to <i>the Train</i> in lieu; must meet criteria
Walk n Talk n Breakfast	Veterans & family	Monthly walk on local footpaths from/to the Veterans Support Centre (<i>the Train</i>) – Breakfast provided on return.
Small bus day-trips	Veterans	Occasional, weekday or weekend; greater Sydney area; lodge interest at Veteran Support Centre
Computer Classes	Veterans and partner	Thursday mornings @ Veterans Support Centre (<i>Train</i> carriage); for beginners or for Photoshop classes
Merrie Widows	Partners of deceased vets	Last Wednesday of each monthly - gathering for lunch @ St Marys Diggers Club
Gov King Day Club	Veterans & partner	Wednesdays 9.00am @ Mamre House area
Packing Care Boxes	Veterans	6-monthly day trip to Randwick to pack care boxes
Barefoot Bowls	Veterans and partner	1 st Friday of the month - mornings @ St Marys Diggers Club

Wellbeing Activity Schedule for NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7.30 Coffee n chat 8.00 Exercise Class 10.00 Barefoot Bowls	2
3	4 7.30 Coffee n chat	5 7.30 Coffee n chat 8.00 Exercise Class	6 8.00 Gov King Day Club 9.00 Guitars for Vets	7 7.30 Coffee n chat 9.00 Computer Classes	8 7.30 Coffee n chat 8.00 Exercise Class	9 7.30 Walk n Talk n Breakfast
10	11 10.40 REMEMBRANCE DAY	12 7.30 Coffee n chat 8.00 Exercise Class	13 8.00 Gov King Day Club 9.00 Guitars for Vets	14 7.30 Coffee n chat 9.00 Computer Classes	15 7.30 Coffee n chat 8.00 Exercise Class	16
17	18 7.30 Coffee n chat	19 7.30 Coffee n chat 8.00 Exercise Class	20 8.00 Gov King Day Club 9.00 Guitars for Vets	21 7.30 Coffee n chat 9.00 Computer Classes	22 7.30 Coffee n chat 8.00 Exercise Class	23
24	25 7.30 Coffee n chat	26 7.30 Coffee n chat 8.00 Exercise Class	27 8.00 Gov King Day Club 9.00 Guitars for Vets 7.30 Coffee n chat	28 7.30 Coffee n chat 8.00 BBQ B'fast 9.00 Computer Classes	29 7.30 Coffee n chat 8.00 Exercise Class	30