



VegSA Diary Dates

VegSA Dates – Open to everyone – contact Co-ordinators to book.

◆ **Afternoon Get-together at Organic Store & Café**

Saturday July 3rd from 1 pm onwards.

Lunch – afternoon tea – coffee. All organic Produce, Products and Cafe.

37 The Broadway, Glenelg South Enquiries & bookings:

Contact: Joy 8326 0564 or 0428 832 605 or email Pam: pam@theshoppe.com.au

◆ **Banquet Lunch at Vegetarian Delight**

Sunday August 8th 12.30pm. \$20/head (includes soup, main & sweet).

462a Port Road, Hindmarsh. Book with VegSA by 3/8/10

◆ **VEGEWISE GROUP** Everyone Welcome

Meets 3rd Tuesday each month - 12 noon (unless otherwise stated)

June 15th – All Seasons Cafe – 14 Walker St, Mt Barker

July 20th – Doof (We Know Food Backwards) – 88 Duthy St. Malvern

August 17th – A Taste of Spice – (lunch special: only \$10). 57 Gouger St, City

Contact: Joy 8326 0564 or 0428 832 605 or email Pam: pam@theshoppe.com.au

◆ **VEGSA NORTHERN SOCIAL GROUP** Meets approximately every 2 months.

Sunday June 27th - Lunch at Salisbury North Football Club Bistro - \$8 for main

Course (vegetarian) with Salad/veges Contact Karin*

Saturday July 17th 12.noon - Shared Lunch followed by talk by Naturopath

Pauline Barnes, 5 Enford St, Elizabeth. *Contact Karin 82817694 or 0414213967 .

◆ **VEGSA SOUTHERN MONTHLY SOCIAL GET TOGETHER**

2nd Saturday of the month from 12 noon. Great Nature 3/48 Beach Rd, Christies

Beach. No Booking but check details with Su: 8326 1062 vegsu2003@yahoo.com.au

Other Groups:

◆ **ADELAIDE VEGANS GET-TOGETHER:** www.adelaidevegans.org

1st and 3rd Fridays 6pm at different Adelaide Eateries. All other Fridays at Pure Vegetarian, Market Plaza Food Court. (no booking needed). See website for upcoming venues and bookings (essential for numbers)

3rd Sun (weather permitting) from 12.30pm Botanic Garden. Contact Carmen: 8265 7747 or 0438796841

◆ **ADDIS ABABA CAFE: MONTHLY VEGETARIAN BANQUET** - 4/462a Port Rd, West Hindmarsh 6.30 pm. Last Wed each month. \$25 (cash only). Variety of tasty, traditional Ethiopian vegetable and bean dishes, all you can eat! Bookings and enquiries: Ph 8241 5185 email: zed_wondimu@optusnet.com.au

Special Note: Veg SA members Pam & Joy are organising a booking for next banquet – contact Joy on 8326 0564 or 0428 832 605 or email Pam: pam@theshoppe.com.au if you would like to come along.

◆ **NATURAL HEALTH SOCIETY (SA)** - 1st Tuesday each month 7.30pm: Meeting & lecture at Unley Citizens Centre, 18 Arthur Street Unley. Members \$2, visitors \$4/\$3. Info: Secretary 8277 7207. Next Meeting/Lectures: **July 6th** Makid Gheisart (Osteopath): “Osteopathy and Aging” Common Problems and what we can do about them”. **August 3rd** Kathy Scarborough on Vaccination Issues and Information. **September 7th** Lynn Lobo (Accupuncturist): “Health from a Doaist perspective, the natural flow of energy”



Adelaide Vegan Festival: Sunday October 31st Around Whitmore Square, City. website www.veganfestival.info or phone Kas on 0410481290

VegSA Box 311 Kent Town SA 5071 phone 08 8260 2778 info@vegsa.org.au

www.vegsa.org