

# VegSA Diary Dates

- ◆ **VegSA Dates** - Members and friends are invited to join us on **Saturday 27th August** at **Govinda's** 25 Le Hunte St Kilburn. 5.30pm Cost: \$8.50 for all you can eat. Pay on arrival, but please make bookings by Tuesday August 22nd to Su 8326 1062 email: [veg-su2003@yahoo.com.au](mailto:veg-su2003@yahoo.com.au) or to VegSA
  
- ◆ **Vegewise Group** *Meets 3rd Tuesday each month - 12 noon (unless otherwise stated). Bookings contact: Joy 8326 0564 or 0428 832 605.*  
**June 21 - Meesu** 449 Pultney Street Adelaide  
**July 26 - Organic Market** Druid Avenue Stirling  
**August 16 - Monsoon Indian Restaurant** 135 Melbourne Street North Adelaide
  
- ◆ **VegSA Northern Social group** *Info and bookings: Karin 82817694 or 0414 213 967 or email VegSA*  
**Sat July 2nd 11am - 2pm** - Meet at entrance to **Market, Black Top Rd, One Tree Hill** to be followed by meal at "mystery" Venue  
**Sat July 30th 12noon - Lunch at Ms Chowki** 490 Main North Road (west side, opp. bus stop 24). Mainly Indian with other options. Book by Thursday July 28<sup>th</sup>.
  
- ◆ **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 email: [veg-su2003@yahoo.com.au](mailto:veg-su2003@yahoo.com.au)

Other Groups:

◆ **ADELAIDE VEGANS:** brings vegans together for networking and social gatherings. Dinner every Friday evening at various veg\*n restaurants in the Adelaide CBD plus monthly picnics. **Bookings essential** for dinners to enable the venues to reserve a table. For info or to book see **EVENTS** page on the Website: [www.adelaidevegans.org](http://www.adelaidevegans.org) or contact John: [jbrasted@internode.on.net](mailto:jbrasted@internode.on.net) ph 0428 225 712 or Shane: [swardshane@yahoo.com](mailto:swardshane@yahoo.com) ph 0410 481 290. For picnic info Contact Carmen 043879684

◆ **HEALTHY FOOD WISE COOKING DEMONSTRATIONS** 12.45pm Sundays; 20/3, 17/4, 19/6, 21/8, 16/10, 20/11. Glandore Community Centre (Opal Room), 25 Naldara St Glandore. **All vegan.** Cost \$10/ \$5. Organised by Di Cornelius for Animal Liberation SA. Info or bookings Di: 8296 3803, [diphilcorn@gmail.com](mailto:diphilcorn@gmail.com)

◆ **UNI VEGAN SOCIETY: A SOCIAL CLUB FOR YOUNG VEGANS/VEGTARIANS.** Lunches, dinners, pubcrawls, cooking classes etc. open to vegans/vegetarians under 30 and/or those currently studying at university. Details at [www.univegans.com](http://www.univegans.com) email: [univegans@gmail.com](mailto:univegans@gmail.com)

◆ **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. July 5th Sunset Lorenz from Breastlogic: "Radiation and Painfree Breast Scanning for all Ages". Aug 2nd Barry Freeman (Neuro Kinetics Skeletal Therapist) "Skeletal Alignment without Manipulation" Sept 6th Devashaon Temple: "Renewable Conscious Biology and Sound Therapy"