



MENTAL HEALTH
MONTH





## WOMEN'S BREAKFAST

7.30-9.00 a.m. Corowa Golf Club



### **4-DAY SOCIAL DANCE FESTIVAL**

Corowa Festival of Dance runs Thursday 2nd – Sunday 5th October at Memorial Hall, with dancers from across Australia. Enjoy live entertainment from local singer Dylan Forge on Friday and Saturday nights.



## TEE OFF FOR BREAST CANCER TRIALS - PINK DAY AT COROWA GOLF CLUB

The day starts at 9 am for a 9:30 am tee-off, with a Cha Cha Cha mixed teams competition (3–4 players). Entry is \$30, covering competition, a donation, and lunch.



### COROWA ANNUAL AGRICULTURAL SHOW

The Corowa Show returns Sunday 12th October at Corowa Showgrounds, featuring horse events, pavilion competitions, rides, food stalls and family entertainment including Troppo Bob and Circus McCabe. Entry \$5 adults, \$2 children (under 6 free).



## **COROWA ROWING CLUB OPEN DAY**

(9:00 am–12:00 pm) invites anyone interested to visit the club, try rowing on land or water, tour the facilities, and enjoy a BBQ or morning tea.



### THE RUTHERGLEN ANNUAL AGRICULTURAL SHOW 2025

Rutherglen Park (171 High St). It's free entry, with a full program of livestock, horse events, pavilion competitions (baking, crafts, photography), plus woodchop, pet parade, dog high jump, scarecrow contest, sideshows and more for the whole family.



## **CUPPA AND CANVAS FOR MENTAL HEALTH MONTH**

10:30 am at Corowa Community Centre — free event.

# WHAT ELSE IS ON...

- Wear It Blue 3 Oct at 10-2pm. Meet the Federation Youth Council at Memorial
   Plaza.
- Corowa Public School Open Garden and Morning Tea Fundraiser for the Cancer Council. 16 Oct from 10 a.m
- Aged Care Visiting morning tea 16 Oct @ 10am at Intereach
- Looking for entertainment? Visit **Federation Cinema** for the latest movies.
- Rutherglen Farmers Market. Lions Park, Second Sunday of every month a showcase of seasonal and regional produce, artisan goods, and unique stalls.
- Corowa Rotary Markets. Bangerang Park, Sunday, October 5 @ 9am
- Federation Museum, Sanger Street, Corowa open every Saturday from 1pm -4pm.
- St Mary's Art Show Opening Night on 31 Oct
- Inner Wheel Conference 15<sup>th</sup> 19<sup>th</sup> October at Club Corowa
- Lions State Conference 24<sup>th</sup> 26<sup>th</sup> October at St Marys PS Hall



## TASTE THE REGION.....

#### Music on the Murray

St Leonards Vineyard. First Saturday of every month. enjoy live music, great food, and exceptional wine overlooking the Murray River.

## Scio Slow local

### Scion x Slow Grown Pizza Pop-up

Slow Grown Foods + Scion Wine. Woodfired sourdough pizza with local/organic ingredients, live folk/roots music by Dave Daly. Wines, Muscat Gin & Tonics, local beers + non-alc options.

#### **Cofield Bottomless Brunch**

Two hours of free-flowing Cofield sparkling, whites, and mimosas. Local produce menu by Quartz Executive Chef Kim Fitzpatrick. Bookings essential. **Cofields Winery.** 

James and Co – Pan-Asian Feast









