



VIRTUAL PROGRAMS
March



VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century

Dungeons and Dragons: Monday, March 4, 11, 18 and 25 at 2:30PM

Morning Mingle: Tuesday, March 5 and 19 at 10:00AM

Pet Therapy: Tuesday, March 12 at 10:00AM

Photography: Tuesday, March 12 at 12:30PM

Bee School: Tuesday, March 5, 12 and 19 at 3:00PM

Chair Yoga: Tuesday, March 12 and 19 at 4:00PM

Writing for Well-Being: Wednesday, March 6 and 20 at 9:00AM

Art for Well-Being: Wednesday, March 6 and 20 at 11:00AM

Book Club: Wednesday, March 13 at 11:00AM - Gone By Morning by Michele Weinstat

Heroes to Hives Conference Information Session: Wednesday, March 13 at 1:00PM

Gardening Basics: Wednesday, March 13 at 2:30PM

Birds of NH: Wednesday, March 6 and 20 at 2:30PM

Coffee Chat: Thursday, March 7, 14, 21 and 28 at 9:00AM

VA CALM Information Session: Thursday, March 7 at 2:00PM

Leisurely Cooking: Thursday, March 7, 14, 21 and 28 at 3:00PM

Mindful Journaling: Friday, March 1, 8, 15, 22 and 29 at 11:30AM

Cribbage: Friday, March 1, 8, 15, 22 and 29 at 1:00PM

Registration required for all programs.

Call Recreation Therapy to register at 603-624-4366 x 5044



FACE TO FACE PROGRAMS



VA
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March

Dungeons and Dragons: Monday, March 4, 11, 18 and 25 at 2:30PM (Room SW147, VAMC)

Winter Exercise: Monday, March 4, 11, 18 and 25 at 11:30AM (Solarium, VAMC)

Art Therapy- Mask Workshop: Tuesday, March 5 at 10:00AM (Currier Museum of Art, 52 Hanover St, Manchester) **(Limited Spots Available)**

Photography Field Day: Tuesday, March 26 at 12:30PM (Heads Pond, 1822 Hooksett Rd, Hooksett)

Horses for Heroes: Wednesday, March 6, 13, 20 and 27 at 12:00PM (Iron Stone Farm, 450 Lowell St., Andover MA) **(Additional registration required)**

Fiber Arts and Craft Kits: Wednesday, March 13 and 27 at 10:30AM (Solarium, VAMC)

Gardening Basics: Wednesday, March 27 at 2:30PM (Solarium Greenhouse, VAMC)

Intro to Hand Drumming: Wednesday, March 20 at 9:30AM (T&E room, 1st floor, VAMC)

Watercolor Painting: Wednesday, March 13, 20 and 27 at 1:30PM (Solarium, VAMC)

Skiing: Wednesday, March 6 (NEDS at Loon 9:30AM) **(Additional registration required)**

Thursday, March 14 (LRDS at Gunstock 9:30AM) **(Additional registration required)**

Metal Stamping and Woodburning: Thursday, March 7 and 28 at 10:00AM (Solarium, VAMC)

Indoor Bocce: Thursday, March 21 at 10:00AM (T&E room 1st floor, VAMC)

Cribbage: Thursday, March 7 at 12:00PM (Solarium, VAMC) 14 and 22 (T&E room, 1st floor, VAMC)

Bowling: Thursday, March 21 at 1:00PM (Merrimack Ten Pin, 698 Daniel Webster Hwy., Merrimack)

Snowshoe: Thursday, March 28 at 1:00PM (Rockingham Rail Trail, 1-53 Londonderry Turnpike, Manchester)

Yoga: Friday, March 8, 15, 22 and 29 at 2:30PM (Solarium, VAMC)

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No transportation unless specified.