



## VIRTUAL PROGRAMS

April



**VA**  
HEALTH  
CARE | Defining  
**EXCELLENCE**  
in the 21st Century

***Dungeons and Dragons: Monday, April 1, 22 and 29 at 2:30PM***

***Photography Image Sharing: Tuesday, April 9 at 12:30PM***

***Bee School: Tuesday, April 2, 23 and 30 at 3:00PM***

***Chair Yoga: Tuesday, April 2, 9, 16, 23 and 30 at 4:00PM***

***Book Club: Tuesday, April 23 at 2:00PM – Beauty in the Broken Places by Allison Pataki***

***Leather Crafting Class: Tuesday, April 23 and 30, May 7, 14, 21 and 28 at 10:00AM (Additional registration required before April 2<sup>nd</sup>. Must commit to all 6 weeks)***

***Writing for Well-Being: Wednesday, April 3 at 9:00AM***

***Art for Well-Being: Wednesday, April 3 and 17 at 11:00AM***

***Afternoon Mingle: Wednesday, April 3 at 2:00PM***

***Homesteading 101- Intro to Raising Chickens: Wednesday, April 24 at 2:00PM***

***VA CALM Mindfulness Program, 8-week Series: Thursday, April 4, 11, 18 at 2:00PM and May 2, 9, 16, 23 and 30 at 2:00PM***

***Leisurely Cooking: Thursday, April 4, 11, 18 and 25 at 3:00PM***

***Mindful Journaling: Friday, April 5, 12, 19 and 26 at 11:30AM***

***Cribbage: Friday, April 19 and 26 at 1:00PM***

**Registration required for all programs.**

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



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## FACE TO FACE PROGRAMS

### April

***Dungeons and Dragons: Monday***, April 1, 22 and 29 at 2:30PM (Room SW147, VAMC)

***Spring Exercise: Monday***, April 1, 8, 15, 22 and 29 at 11:30AM (Solarium, VAMC)

***Indoor Bocce: Tuesday***, April 2 at 2:00PM (T&E Room, VAMC)

***Photography Field Day: Tuesday***, April 23 at 12:30PM (Brady Sullivan Tower, 1750 Elm Street, 2<sup>nd</sup> Floor, Suite 200, Manchester, NH)

***Bowling: Tuesday***, April 16 at 1:00PM (Merrimack Ten Pin, 698 Daniel Webster Hwy., Merrimack, NH)

***Intro to Guitar: Wednesday***, April 3, 10, 17 and 24 at 10:00AM (1 Delahunty Dr, Windham, NH)

***Horses for Heroes: Wednesday***, April 3, 10, 17 and 24 at 12:00PM (Iron Stone Farm, 450 Lowell St., Andover MA) ([Additional registration required](#))

***Fiber Arts and Craft Kits: Wednesday***, April 10 and 24 at 10:30AM (Solarium, VAMC)

***Creative Art Competition Information Session: Wednesday***, April 3 at 1:00PM (Solarium, VAMC)

***National Creative Art Recognition Event: Wednesday***, April 17 at 1:00PM (Solarium, VAMC)

***Metal Stamping and Woodburning: Wednesday*** April 10 and 24 1:00PM (Solarium, VAMC)

***Equine Connection: Thursday***, April 4, 11, 18 and 25 at 12:00PM (UpReach Inc, 153 Paige Hill Rd. Goffstown, NH)

***Cribbage: Thursday***, April 4 and 18 at 10:00AM (Solarium, VAMC)

***Yoga: Friday***, April 5, 12, 19 and 26 at 2:30PM (Solarium, VAMC)

***Bird watching: Friday*** April 12 at 10:00AM (Pickering Ponds, 175 Pickering Rd. Rochester, NH)  
April 26 at 10:00AM (Odiorne State Park, 570 Ocean Blvd, Rye, NH)

**Registration required for all programs.**

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**No transportation unless specified.**