

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY												
<p>¹ VA Medical Center 718 Smyth Road Manchester NH</p> <ul style="list-style-type: none"> • Solarium (Basement) • T&E Room (1st Floor) • Chapel (2nd Floor) • N650 (6th Floor) <p>² Brady Sullivan Tower 1750 Elm Street, Manchester NH</p> <ul style="list-style-type: none"> • 2nd Floor (Suite 200) 	<p>OPEN GYM HOURS</p> <table border="1"> <thead> <tr> <th>Day</th> <th>Hours</th> </tr> </thead> <tbody> <tr> <td>MON</td> <td>8:30-10:00 am 2:00-4:00 pm</td> </tr> <tr> <td>TUE</td> <td>8:30-10:00 am 12:00-2:00 pm</td> </tr> <tr> <td>WED</td> <td>8:30-10:00 am 2:00-4:00 pm</td> </tr> <tr> <td>THU</td> <td>2:00-4:00 pm</td> </tr> <tr> <td>FRI</td> <td>8:30-10:00 am</td> </tr> </tbody> </table>	Day	Hours	MON	8:30-10:00 am 2:00-4:00 pm	TUE	8:30-10:00 am 12:00-2:00 pm	WED	8:30-10:00 am 2:00-4:00 pm	THU	2:00-4:00 pm	FRI	8:30-10:00 am	<p>Yoga - Standing (Virtual) ¹ 8:00-8:30 Yoga - Intermediate ² 9:00-10:00 Writing for Well-Being (Virtual) 9:00-10:30 Tai Chi for Balance ² 11:00-12:00 Art for Well-Being (Virtual) 11:00-12:00 Yoga – Chair Sequence (Virtual) 1:00-2:00 Fiber Arts ¹ 1:30-3:00 Tai Chi ² 3:00-4:00</p>	<p>Zhan Zhuang Standing Meditation (Virtual) ² 11:00-12:00 Mindfulness (Virtual) 1:00-1:30 Yoga - All Levels ² 1:00-2:00 VA Calm (Virtual) 2:00-3:30</p>	<p>Yoga - Intermediate ² ³ 9:00-10:00 Tai Chi ² 11:00-12:00 Yoga – All Levels (Virtual) 11:00-12:00 Mindful Journaling (Virtual) 11:30-12:00 Yoga for Strength ² 1:00-2:00 Taking Charge of My Life and Health (Virtual) 2:00-3:30 Tai Chi ² 3:00-4:00</p>
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 <p>²⁷</p>	<p>Photography (In Person- Monson Village Milford, NH) ²⁸ 12:30-2:00 Functional Fitness (Virtual) 1:00-2:00 Yoga – All Levels ² 1:00-2:00 Stretch it Out (Virtual) 3:00-3:30 Post 9/11 Vet Connect ¹ 5:00-6:30</p>	<p>Yoga – Standing (Virtual) ²⁹ 8:00-8:30 Yoga - Intermediate ² 9:00-10:00 Tai Chi for Balance ² 11:00-12:00 Yoga – Chair Sequence (Virtual) 1:00-2:00 Creative Arts Competition Information Session ¹ 1:00-2:00 Tai Chi ² 3:00-4:00</p>	<p>Zhan Zhuang Standing Meditation (Virtual) ³⁰ 11:00-12:00 Yoga – All Levels ² 1:00-2:00 Mindfulness (Virtual) 1:00-1:30 VA Calm (Virtual) 2:00-3:30 Functional Fitness ² 3:00-4:00</p>	<p>Yoga - Intermediate ² ³¹ 9:00-10:00 Mindful Journaling (Virtual) 11:30-12:00 Yoga – All Levels (Virtual) 11:00-12:00 Tai Chi ² 11:00-12:00 Taking Charge of My Life and Health (Virtual) 2:00-3:30 Yoga for Strength ² 1:00-2:00 Tai Chi ² 3:00-4:00</p>												

Manchester's Whole Health Programs are designed to empower and equip Veterans to live life to the fullest

Please contact Whole Health to register or to learn more. 603-624-4366 x5046

Acupuncture for Well-Being (In Person - VA Medical Center, Solarium, Basement)

Monday - 1:00 - 2:00_{PM} & 2:00 - 3:00_{PM} (May 6th, 13th, 20th)

***Appointment required. Space is limited. Call 603-624-4366 x5046 to schedule.**

Following the NADA protocol, this group provides ear acupuncture as a non-pain centric treatment that is focused on general well-being, i.e. anxiety and stress.

Art for Vets - Creative Cohorts (In Person - Currier Museum of Art, 150 Ash St, Manchester)

Monday - 1:00 - 3:00_{PM} - (May 13th, 20th, June 3rd)

Engage in art making and discussion. 3-week series. No experience necessary.

Registration required. Laura.Shannon@va.gov

Art for Well-Being/Close Up with the Currier (VVC-VA Video Connect)

Wednesdays - 11:00 - 12:00_{PM} (May 1st and 22nd)

A behind the scenes look at the Currier Collection where Veterans can engage in open art discussion with educators from the Currier Museum of Art. No prior art experience or knowledge necessary. This session is open to all.

Book Club (VVC-VA Video Connect)

Wednesdays - 10:00 - 11:00_{AM} (May 23rd)

The Alice Network, by Kate Quinn

Creative Arts Competition (In Person - VA Medical Center, Solarium)

Information Session - Wednesday - 1:00 - 2:00_{PM} (May 29th)

Learn about how to enter your art in the local and national creative arts competition.

Fiber Arts & Craft Kits (In Person - VA Medical Center, Solarium)

Wednesdays - 1:30 - 3:00_{PM} (May 1st, 15th)

Creative collaborative featuring needle felting, knitting, and crocheting.

Functional Fitness (In Person and VVC-VA Video Connect)

Tuesdays - 1:00 - 2:00_{PM} (May 7th, 14th, 21st, 28th) (VVC-VA Video Connect)

Thursdays - 3:00 - 4:00_{PM} (May 16th, 23rd, 30th) (In Person - Brady Sullivan Tower, 2nd Floor)

An exercise program designed to reduce pain by improving strength, flexibility, and function with the goal of giving Veterans the knowledge to safely exercise on their own.

Healthy Teaching Kitchen (VVC-VA Video Connect & Hybrid)

Thursday - 9:00 - 10:00_{AM} (May 9th) (VVC-VA Video Connect)

Monday - 9:00 - 10:00_{AM} (May 20th) (VVC-VA Video Connect & In Person-VA Medical Center, 6th Floor, Room N650)

Learn how to make healthy food choices and prepare different foods.

Call 603-624-4366 x6404 or x6415 to enroll.

Mask Making Workshop (In Person - Currier Museum of Art, 150 Ash St, Manchester)

Tuesdays - 10:00 - 3:00_{PM} (May 14th)

This mask-making workshop will be an art therapist led experience focused on the ways we engage the world, the faces we show, and those that we don't.

Mindful Journaling (VVC-VA Video Connect)

Fridays - 11:30 - 12:00_{PM} (May 3rd, 10th, 17th, 24th, 31st)

Unwind through mindful journaling.



Mindfulness (VVC-VA Video Connect)

Thursdays - 1:00 - 1:30PM (May 2nd, 9th, 16th, 23rd, 30th)

Rest and recharge through mindfulness activities including guided imagery and meditation.

Morning Meditation (VVC-VA Video Connect & In Person - Brady Sullivan Tower, 2nd Floor)

Mondays - 10:30 - 11:00AM (May 6th, 20th)

Relax and recharge with guided meditation. Meditation styles include yoga Nidra, guided imagery, and mindfulness.

Music Meet Up (In Person - Brady Sullivan Tower, 2nd Floor)

Mondays - 12:00 - 1:00PM (May 6th, 13th, 20th)

Join other Veterans in playing and listening to music.

Open Gym (In Person - Brady Sullivan Tower, 2nd Floor)

Hours located on the top of page one

Please call **603-624-4366 x5046** to sign-up or to schedule your initial Wellness Center Orientation.

Photography (Hybrid)

Tuesday - 12:30 - 2:00PM (May 14th) - Image Sharing (VVC-VA Video Connect)

Tuesday - 12:30 - 2:00PM (May 28th) (In Person- Monson Village Milford, NH)

Veterans will have the opportunity to discuss a different photography skill or topic each session.

Post 9/11 Veteran Connect (In Person - VA Medical Center, Solarium)

Tuesday - 5:00 - 6:30PM (May 28th)

The mission of the group is to foster camaraderie, prioritize health and wellness, and build a supportive community for Post-9/11 Veterans.



Stretch it Out (VVC-VA Video Connect)

Tuesdays - 3:00 - 3:30PM (May 7th, 14th, 21st, 28th)

This entry-level class is for any Veteran looking to improve range of motion and flexibility.

Tai Chi (In Person - Brady Sullivan Tower, 2nd Floor)

Wednesdays - 3:00 - 4:00PM (May 1st, 8th, 22nd, 29th)

Fridays - 11:00 - 12:00PM & 3:00 - 4:00PM (May 3rd, 17th, 24th, 31st)

Learn traditional Qigong principles, such as Song and Tins in the easy to learn Dragon & Tiger Qigong form. Develop high quality movement principles that may aid in stress release, pain management, managing repetitive stress injuries, regaining flexibility, reducing chronic joint pain, improving balance, increasing mental clarity, and developing effortless power for athletics and martial arts.

Tai Chi For Balance (In Person - Brady Sullivan Tower, 2nd Floor)

Wednesdays - 11:00 - 12:00PM (May 1st, 8th, 22nd, 29th)

Exercises from the Tai Chi curriculum specifically to address and cultivate greater balance, stability, and flexibility challenges in a small class format.

Taking Charge of My Life and Health (VVC-VA Video Connect)

Friday - 2:00 - 3:30PM (April 26th, May 3rd, 10th, 17th, 24th, 31st)

6-week series - Call x5043 to register - Workbook will be provided.

Join fellow Veterans and be empowered to explore what matters most to you. Support one another as you set and achieve goals and learn new ways to optimize your health and well-being.

VA CALM (VVC-VA Video Connect)

Thursdays - 2:00 - 3:30PM (May 2nd, 9th, 16th, 23rd, 30th and June 6th, 13th & 20th)

8-week series focused on building a mindfulness practice.

[VA 2K Walk & Roll](#) (In Person - VA Medical Center, Solarium, Basement)

Wednesday – 11:30 - 12:30^{PM} (May 15th)

14th Annual National VA 2K Walk and Roll Event encouraging healthy living & supporting homeless Veterans. Join us in the Solarium at 11:30am on May 15th for a 2K (1.24 mile) walk & roll around the VA Manchester campus. Registration available at the event. All are welcome!

[Writing for Well-Being](#) (VVC-VA Video Connect)

Wednesdays - 9:00 - 10:30^{AM} (May 1st and 15th)

A community of writers sharing work and using creative writing prompts to inspire and relax.

[Yoga and Sound Meditation](#) (In Person - VA Medical Center, Solarium, Basement)

Mondays - 10:00 - 11:00^{AM} (May 6th, 13th)

Yoga for all Veterans. All abilities and experience levels welcome. Can be done sitting on a Yoga mat.

This class will end with 10-15 minutes of sound meditation with singing bowls or gongs for mind/body relaxation.

[Yoga – All Levels](#)

Tuesdays - 1:00 - 2:00^{PM} (May 7th, 14th, 21st, 28th) (In Person - Brady Sullivan Tower, 2nd Floor)

Thursdays - 1:00 - 2:00^{PM} (May 2nd, 9th, 16th, 23rd, 30th) (In Person - Brady Sullivan Tower, 2nd floor)

Fridays - 11:00 - 12:00^{PM} (May 3rd, 10th, 17th, 24th, 31st) (VVC-VA Video Connect)

A mat based movement and mindfulness practice to help you feel your best. All experience levels welcome.

[Yoga – Chair Sequence](#) (VVC-VA Video Connect and (In Person - Brady Sullivan Tower, 2nd Floor)

***NEW* Tuesday - 10:30 – 11:30^{AM}** (May 7th, 21st) (In Person - Brady Sullivan Tower, 2nd Floor)

Wednesdays - 1:00 - 2:00^{PM} (May 1st, 8th, 22nd, 29th) (VVC-VA Video Connect)

A seated yoga practice for all. Classes include breath practices, seated stretching, and opportunities to use the chair for balance.

[Yoga – For Strength](#) (In Person - Brady Sullivan Tower, 2nd Floor)

Fridays - 1:00 - 2:00^{PM} (May 3rd, 10th, 17th, 24th, 31st)

This class uses resistance bands along with yoga inspired postures and movements to build strength.

[Yoga - Intermediate](#) (In Person - Brady Sullivan Tower, 2nd Floor)

Mondays - 9:00 - 10:00^{AM} (May 6th, 20th)

Wednesdays - 9:00 - 10:00^{AM} (May 1st, 8th, 22nd, 29th)

Fridays - 9:00 - 10:00^{AM} (May 3rd, 17th, 24th, 31st)

A mat based Vinyasa practice for those with prior experience and knowledge of basic yoga.

[Yoga – Standing Sequence](#) (VVC-VA Video Connect)

Wednesdays - 8:00 - 8:30^{AM} (May 1st, 8th, 22nd, 29th)

An all levels standing yoga practice for flexibility, stability, and balance.

[Zhan Zhuang Standing Meditation](#) (VVC-VA Video Connect)

Mondays - 11:00 - 12:00^{PM} (May 6th, 13th, 20th)

Thursdays - 11:00 - 12:00^{PM} (May 2nd, 9th, 16th, 23rd, 30th)

Zhan Zhuang practice is highly valuable systematic method to teach students how to organize the skeletal alignments and structure of the body and release the soft tissue of the body. How to get basic flows of qi down and up the body. How to get the mind inside the body to relax and to allow the qi to sink to the Dantian.

[#LiveWholeHealth - VA Information](#) (Internet Resources)



Whole Health centers around what matters to you, not what is the matter with you.

This means your health team will get to know you as a person, before working with you to develop a personalized health plan based on your values, needs, and goals.



U.S. Department
of Veterans Affairs