

VIRTUAL PROGRAMS

January



Chair Yoga: Monday, Jan 6, 13 and 27 at 2:00PM

Dungeons and Dragons: Monday, Jan 6, 13 and 27 at 2:30PM

Photography: Tuesday, Jan 14 and 28 at 12:30PM

Bee School: Tuesday, at 3:00PM

Jan 7- Intro to Beekeeping and What's in the Hive

Jan 14 - Equipment and Bee Installation

Jan 28- Bee Biology and Safety at the Hive

Writing for Well-Being: Wednesday, Jan 15 at 9:00AM

Art for Well-Being: Wednesday, Jan 8 and 22 at 11:00AM

Homesteading 101 - Maple Sugaring: Wednesday, Jan 15 and 29 at 2:00PM

Trivia: Thursday, Jan 2 and 16 at 11:00AM

Pet Therapy: Thursday, Jan 9 at 11:00AM

Book Club: Thursday, Jan 30 at 11:00 AM *The Last Thing He Told Me* by Laura Dave (Thriller/Suspense/Fiction)

VA CALM Mindfulness - 8-week series: Thursday, Jan 2, 9 and 16 at 2:00PM

Leisurely Cooking: Thursday, Jan 2, 9, 16, 23, and 30 at 3:00PM

Birds of NH: Friday, Jan 3, 17, 24 and 31 at 10:00AM

Mindful Journaling: Friday, Jan 3, 10, 17, 24 and 31 at 11:30AM

Cribbage: Friday, Jan 3, 10, 17 and 31 at 1:00PM or 2:00PM

Beekeeping Skills- Friday at 3:30PM

Jan 17 -Cleaning dirty and damaged equipment

Jan 31- Woodenware: Assembling Hive Boxes and Frames

Registration required for all programs.

Call Recreation Therapy to register at 603-624-4366 x 205044



FACE TO FACE PROGRAMS

January



Advanced Hike: Tuesday, Jan 7 at 10:00AM (Oak Hill Tower Trail, Concord NH)

Intermediate Hike: Tuesday, Jan 21 at 10:00AM (Belmont Branch Trail, Belmont NH)

Skiing with New England Disabled Sports: Wednesday Jan 29 at 10:00AM

(Loon Mountain Resort; 60 Loon Mountain Road, Lincoln NH)

Additional Registration Required

Horses for Heroes: Wednesday, Jan 8, 15 and 22 at 12:30PM (Ironstone Farm, 450 Lowell St, Andover MA)

Additional Registration required

Woodburning: Wednesday, Jan 8 and 22 at 1:30PM (Solarium, VAMC)

Fiber Arts and Crafts: Wednesday, Jan 15 at 1:30PM (Solarium, VAMC)

Bocce: Thursday, Jan 23 and 30 at 10:00AM (Solarium, VAMC)

Intro to Guitar: Thursday, Jan 9 and 16 at 10:00AM (NH Guitars: 2 Range Rd, Salem NH)

Cribbage: Thursday, Jan 2, 9, 16, 23 and 30 at 12:00PM (Solarium, VAMC)

Skiing with Lake Region Disabled Sports: Friday: Jan 10 and 31 at 10:00AM

(Gunstock Mt, Ski Resort 719 Cherry Valley Rd, Gilford NH)

Additional Registration Required

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603-624-4366 x 205044

Travel reimbursement only for appts at Medical Center.