

VIRTUAL PROGRAMS

February



Chair Yoga: Monday, Feb 3, 10 and 24 at 2:00PM

Dungeons and Dragons: Monday, Feb 3, 10 and 24 at 2:30PM

Photography: Tuesday, Feb 25 at 12:30PM

Bee School: Tuesday, at 3:00PM

Feb 4 - Hive Inspections and Record Keeping

Feb 11 – Early Season Swarm Management and Splits with Craig Midget

Feb 18 - Pest and Pathogen Management

Feb 25 - Mid-Season Management and Laying Workers

Writing for Well-Being: Wednesday, Feb 5 and 19 at 9:00AM

Art for Well-Being: Wednesday, Feb 5 and 19 at 11:00AM

Homesteading 101 -Maple Sugaring and Gardening: Wednesday, Feb 12 and 26 at 2:00PM

Trivia: Thursday, Feb 6 and 20 at 11:00AM

Pet Therapy: Thursday, Feb 13 at 11:00AM

Book Club: Thursday, Feb 27 at 11:00AM Codename Nemo by Charles Lachman (Non-Fiction, WWII)

VA CALM Mindfulness – New 8-week series: Thursday, Feb 6, 13, 20 and 27 at 2:00PM

Leisurely Cooking: Thursday, Feb 6, 13, 20 and 27 at 3:00PM

Birds of NH: Friday, Feb 7 and 28 at 10:00AM

Mindful Journaling: Friday, Feb 7, 14, 21 and 28 at 11:30AM

Cribbage: Friday, Feb 7, 14, 21 and 28 at 1:00PM or 2:00PM

Beekeeping Skills- Friday at 3:30PM

Feb 14 - Preparing for your bees' arrival and package installation

Feb 28 - Making sugar syrup and supplemental feeding

Registration required for all programs.

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



FACE TO FACE PROGRAMS

February



Advanced Hike: Tuesday, Feb 4 at 10:00AM (Northwood Meadows State Park, Northwood NH)

Intermediate Hike: Tuesday, Feb 18 at 10:00AM (Great Bay National Wildlife Refuge, Newington NH)

Photography Field Day: Tuesday, Feb 11 at 12:00PM (85 Glendon St, Wolfeboro, NH)

Skiing with New England Disabled Sports: Wednesday Feb 26 10:00AM (Bretton Woods Ski Resort, 99 Ski Area Rd, Bretton Woods, NH)

Additional Registration Required

Cribbage: Wednesday, Feb 5 and 19 at 11:00AM (Solarium, VAMC)

Woodburning: Wednesday, Feb 5 and 19 at 1:30PM (Solarium, VAMC)

Ceramics: Wednesday, Feb 12 at 1:30PM (Solarium, VAMC)

Intro to Hand Drums: Wednesday, Feb 19 at 1:00PM (T&E room, VAMC)

Bocce: Wednesday, Feb 12 and 26 at 11:00AM (Solarium, VAMC)

Intro to Guitar: Thursday, Feb 6, 13, 20 and 27 10:00AM (NH Guitars: 2 Range Rd, Salem NH)

**Registration required for all programs. Call Recreation Therapy to register at:
603-624-4366 x 205044**

Travel reimbursement only for appointments at Medical Center