

March

HARBOR CARE

TEAM FOX HEALTH & WELLNESS GROUPS

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 BAE Art Group: 12-1	3 Paint by number Group: Buckingham 1:00-2:30pm Aerial 7-8:15 Hooksett NH	4 Board Games: Dalianis House 11:30-1:00pm Music therapy 6pm @Franklin Campus	5	6	7
8	9 BAE Art Group: 12-1	10 Paint by number Group: Buckingham 1:00-2:30pm Aerial 7-8:15 Hooksett NH	11 Board Games: Dalianis House 11:30-1:00pm Music therapy 6pm @Franklin Campus	12	13 Book Club (Virtual) 10:30- 11:30am	14
15	16 BAE Art Group: 12-1	17 Paint by number Group: Buckingham 1:00-2:30pm Aerial 7-8:15 Hooksett NH	18 Board Games: Dalianis House 11:30-1:00pm Music therapy 6pm @Franklin Campus	19	20 Yoga Class: 10:30-11:30am	21
22	23 Grief Counseling Group: 10:30- 11:30 @BAE BAE Art Group: 12-1	24 Paint by number Group: Buckingham 1:00-2:30pm Aerial 7-8:15 Hooksett NH	25 Board Games: Dalianis House 11:30-1:00pm Music therapy 6pm @Franklin Campus	26	27 Escape Room @11:30am	28
29	30 BAE Art Group: 12-1 Music therapy 2:30 – 3:30 @Dalianis House	31 Paint by number Group: Buckingham 1:00-2:30pm Aerial 7-8:15 Hooksett NH				

ARTS & CRAFTS GROUP

A weekly creative space for Veterans to relax, express themselves, and connect with peers who understand military experiences.

Location: Veterans Housing BAE: 335 Somerville St.
Manchester, NH 03103

GRIEF SUPPORT GROUP

A monthly peer group for Veterans navigating loss, life changes, and identity transitions in a respectful, confidential environment.

Location: Veterans Housing BAE: 335 Somerville St.
Manchester, NH 03103

PAINT BY NUMBER GROUP

Guided painting sessions that promote relaxation, conversation, and connection with fellow Veterans.

Location: Veterans Housing Buckingham Place:
46 Spring st. Nashua, NH 03060

BOARD GAME GROUP

Play cooperative and strategy games while building camaraderie, coping skills, and supportive peer relationships.

Location: Veterans Housing Dalianis House:
59 Factory St. Nashua, NH 03060

MUSIC THERAPY GROUP

Led by licensed clinicians, Veterans use music activities to process emotions, reduce stress, and connect with others.

****Sign up and pre-registration required.****

Location: Easter Seals NH

27 Holy Cross Rd, Franklin, NH 03235

Location: Veterans Housing Dalianis House:
59 Factory St. Nashua, NH 03060

YOGA GROUP

Gentle yoga and peer connection to support physical health, relaxation, and resilience.

****Sign up and pre-registration required.****

Location: Veterans Housing BAE: 335 Somerville St.
Manchester, NH 03103

BOOK CLUB GROUP

Read and discuss meaningful topics together while building connection and supporting mental wellness.

****Sign up and pre-registration required.****

Location: Virtual – link will be sent out to registrants

MARCH COMMUNITY OUTINGS

Escape Room

Build connection and confidence while reducing stress through engaging, goal-oriented teamwork.

****Sign up and pre-registration required.****

Location: 3 Bud Way unit 21

Nashua, NH 03063

AERIAL GROUP

Adaptive aerial fitness that builds strength, confidence, and peer connection while reducing stress and isolation.

****Sign up and pre-registration required.****

Location: 187 Londonderry Turnpike

Hooksett, NH 03106

**SIGN UP HERE with
your name & number:**

