

TEAM SSG FOX Health & Wellness Program



August Peer Support Group Calendar

Suncook Valley Rotary Hot Air Balloon Rally

Saturday, August 1 - 3-7 pm (SSG Fox Group time) - 5:30 am - 9:30 pm (location open times)
Location: Drake Field, Barnstead Road, Pittsfield, NH

Yoga with Chaz Marie Flows

Sundays, August 2, 16 & 30 - 2 pm
Location: 52 Canal Street, Laconia, NH

SunnyCrest Farms - Flower Field Picking

Wednesday, August 5 - 11:30 am
Location: SunnyCrest Farm, 59 High Range Road, Londonderry

Tennis Group

Saturday, August 8 - 10:30-12 pm
Location: 48 Lutheran Drive, Nashua
Monday, August 17 - 6:30-8 pm
Location: 18 Farley Road, Hollis, NH
Play games, get active, learn tennis skills, and connect with fellow Veterans in a fun and supportive environment. No experience or equipment required.

Bowling Group

Monday, August 10 - 11:30 am
Location: Yankee Lanes, 216 Maple Street, Manchester
A fun outing focused on camaraderie, conversation, and strengthening peer conditions.

Equine Group

Saturday, August 15 - 8:45 am
Location: Strongwater Farm, Tewksbury, MA
Spend time with horses while learning grooming, leading, and riding skills. No experience necessary—just come ready to connect, learn, and enjoy the outdoors.

LGBTQIA+ Veteran Art Group

Wednesday, August 19 - 5-6 pm
Location: Manchester True Collaborative Community Center, 72 Concord Street, Manchester
Join Manchester True Collaborative and SSG Fox for a Veterans LGBTQIA+ Art Group. Explore creativity through painting, collage, crafts, and more – all in a welcoming and affirming space.

Axe Throwing Night

Wednesday, August 19 - 5:15 pm
Location: The Rugged Axe, 377 S. Willow St., Manchester
A fun, low-impact activity that promotes physical health, teamwork, and social connection among Veterans.

Aplomb Workshop

Thursday, August 20 - 6:30-8 pm
Location: 262 Central Ave., Dover, NH
This workshop uses relaxing nerographic drawing techniques. Participants will push a marble around to draw free-flowing lines and then color the shapes to create a finished piece. No prior art experience required.



Register
by Email



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