

TEAM SSG FOX Health & Wellness Program



November Peer Support Group Calendar

Aerial Aerobics

Tuesday, November 3 - 7-8:15 pm

Location: Inverted Perspective Aerial, 187 Londonderry Turnpike, Hooksett, NH

This group uses adaptive aerial aerobics to promote physical strength, stress relief, and emotional resilience while fostering meaningful peer connections. By bringing Veterans together in a space built on trust, camaraderie, and mutual understanding, the program helps reduce isolation, encourage open dialogue about mental health, and reinforce the message that no person must face challenges alone.

Boots & Beats

Wednesdays, November 4 & 18 - 5 pm

Location: Manchester Vet Center, 1461 Hooksett Road, Hooksett, NH

Prior registration required - 10 spots available. Boots and Beats, a veteran-centered music program led by music therapist and Navy veteran Tony Varga. We'll explore a range of skills that will prepare you with the confidence to play and sing some of your favorite songs.

For advanced players, we'll throw in some lead work to create sizzling solos! The group is open to guitar players of all skill levels, including those who have no experience but a desire to learn. Reading music is not required.

Andres Institute of Art Walk

Thursday, November 5 - 11:30 am

Location: Andres Institute of Art, 106 Route 13, Brookline, NH

Participants must be able to walk 2-3 miles outdoors without assistance.

Spend time with fellow veterans exploring the outdoor art walk during a low-impact walk through nature.

Bowling

Monday, November 9 - 11:30 am-1:30 pm

Location: Yankee Lanes, 216 Maple Street, Manchester, NH

A fun outing focused on camaraderie, conversation, and strengthening peer connections.



Register
Today



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September Peer Support Group Calendar TEAM SSG Fox Health & Wellness Program

Axe Throwing

Wednesday, November 11 - 5:30 pm

Location: The Rugged Axe, 377 S. Willow Street, Manchester, NH

A fun, low-impact activity that promotes physical health, teamwork, and social connection among Veterans.

Veteran and First Responder Art Group

#1 Saturday, November 14 - 9-11 am

Location: Tamworth Community Nurse Association, 86 Main Street, Tamworth, NH

#2 Saturday, November 14 - 12:30-2:30 pm

Location: Easterseals Military & Veteran Campus, 27 Holy Cross Road, Franklin, NH

#3 Thursday, November 19 - 6-8 pm

Location: Harbor Care, 77 Northeastern Boulevard, Nashua, NH

LGBTQIA+ Art Group

Wednesday, November 18 - 5-6:30 pm

Location: Manchester True Collaborative Community Center, 72 Concord Street, Manchester, NH

In partnership with Manchester True Collaborative, SSG Fox invites Veterans to

explore creativity through painting, collage, crafts, and more – all in a welcoming and affirming space.

Equine Group

Saturday, November 21 - 8:45 am

Location: Strongwater Farm, 500 Livingston Street, Tewksbury, MA

Consistent participation required.

Spend time with horses while learning grooming, leading, and riding skills. No experience necessary – just come ready to connect, learn, and enjoy the outdoors.

Drumming Group

Monday, November 30 - 11 am

Location: Nashua Community Music School, 2 Lock Street, Nashua, NH

Explore and create music as a community with everything from drumming to singing to all sorts of different instrument playing. No experience or musical talent necessary!



Register
Today

