

TEAM SSG FOX Health & Wellness Program



October Peer Support Group Calendar

Aerial Aerobics

Tuesdays, October 6, 13, 20 & 27 - 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.

Axe Throwing

Wednesday, October 7 - 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.

Boots & Beats

Wednesdays, October 7 & 21 - 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.

Veteran and First Responder Art Group

#1 Saturday, October 10 - 9-11 am

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

#2 Saturday, October 10 - 12:30-2:30 pm

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

#3 Thursday, October 15 - 6-8 pm

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



Register
Today



CONTINUED

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

LGBTQIA+ Art Group

Wednesday, October 14 - 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.

Popcorn Story Series with Northeast Passage

Wednesday, October 14 - 6-8 pm

Location: University of New Hampshire, 88
Commercial Street, Third Floor, Room 341,
Manchester, NH

Do you have a story to tell? A kernel of
creativity waiting to burst? This introduction to
storytelling workshop will use easy games and
creative prompts to pop a story to mind...and
then, in sharing, pop another. Join Northeast
Passage's Popcorn Story Series for a night of
snacks, stories, and fun!

Equine Group

Saturday, October 17 - 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, October 26 - 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!

Bowling

Monday, October 26 - 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**

