TEAM SSG FOX Health & Wellness Program



November Military Peer support group Calendar

Boots & Beats

Music group

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.

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.

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.

Hidden Battles

Veteran Art Group

- Saturday, November 14 - 9-11 am
Location: Tamworth Community Nurse Association, 86 Main Street, Tamworth, NH

-Thursday, November 19 - 6-8 pm
Location: BAE/Independence Hall- 335 Somerville st Manchester, NH

Axe Throwing

Wednesday, November 4th- 11:15am-1:15pm
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.

Lakes Region Veterans Coalition Dancing Bear Hike

Saturday, November 14, 2026 — 1030 to 1230
Location: 30 Hot Hole Pond Rd, Concord, NH 03301

Team fox will be gathering for a group hike put on by LRVC.
"On Saturday, November 14th, from 1030 to 1230, we're conductng a highly classified, moderately sweaty operaton through the Knowlton, Dancing Bear, Tower, and Bowl Trail Loop. This mission will involve tactcal footwork, controlled"
breathing, and the occasional Hoo-Rah.
REGISTRATION IS REQUIRED FOR EVENT.

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CONTINUED: November Peer Support Group
TEAM SSG FOX Health & Wellness Program

Andres Institute of Art
Sculpture Walk

Thursday, November 5 - 11:30 am
Location: Andres Institute of Art, 106 Route 13, Brookline, NH

Spend time with fellow veterans exploring the outdoor art walk during a low-impact walk through the forest.
** Appropriate foot ware and clothing required**
Participants must be able to walk 2-3 miles outdoors without assistance

Nashua Community Music School
Drumming Group

Monday, November 30th - 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!

Veteran's Art Social Group

Tuesday November 3rd 5pm-6pm
Tuesday November 17th 5pm-6pm
Location: On the Road to Wellness
377 S Willow St Ste B2-4, Manchester, NH

Join our Veteran's art social hour at On the Road to Wellness. Bring an art project you've been working on or utilize our art supplies
to create something of your own.
** No supplies or art experience required**

Inverted Perspective
Aerial Group

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

Harbor Care Community Thanksgiving Dinner

Tuesday November 24th 11:30am-2pm
Location: Harbor Care Health & Wellness Center, 45 High Street, Nashua



Harbor Care's free Thanksgiving Community Dinner is expected to bring together more than 300 community members from 11:30 a.m. to 2 p.m. on Tuesday, November 24, at Harbor Care Health & Wellness Center. The Common Man Family will cater. The free Thanksgiving dinner is available to anyone in need of a hot meal and holiday cheer. No registration required.



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