Monday August 3rd, 2020

Virtual Kayaking with NEHSA – 2:00pm

- Join Recreation Therapy and New England Healing Sports Association to learn all about the world of adaptive kayaking. Learn about the adaptations, kayaks, safety and benefits of this water sport. Each week will cover a different skill in an interactive format.

Tuesday August 4th 2020

Get Active with Adaptive Adventures – 11:00am

- Learn about different adaptive sports available within your local community, the basics for each, adaptations and how to get involved!

Yoga with Elyse– 2:00pm (*VVC not ZOOM, sign up with Jenny required*)

- Join Elyse from Whole Health to practice yoga!

Wednesday August 5th 2020

Seated Yoga for Veterans – 11:00am

- Veteran centered yoga offered by Laura each week to work on breath work, mindfulness, coping with mental health symptoms and an overall gentle body workout. This class uses a chair for balance and stability with modifications for all abilities.

Thursday August 6th, 2020

- NO Yoga Session today

Friday August 7th, 2020

Leisure Trivia! – 2:00pm (*VVC not ZOOM, sign up with Jenny required*)

- Join Jenny for some Friday afternoon fun regarding recreation and leisure!

These programs are offered through VA Video Connect or Zoom. To sign up, please contact Jenny Vulpis at: jenny.vulpis@va.gov or 774-826-1955