Monday October 26th, 2020
Virtual Skiing/Snowboarding with NEHSA – 2:00pm

- Join NEHSA to learn about skiing/snowboarding/ski bike and so much more!

Tuesday October 27th, 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!

Wednesday October 28th, 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 October 29th, 2020
Yoga with NEHSA– 11:00am

- Join NEHSA and Laura for 30 minutes of Yoga to work on mindfulness and breath work to cope with the current times. Classes will rotate between seated yoga, chair yoga, and traditional yoga practices and are open to participants of all levels!

Friday October 30, 2020
Games with Jenny! – 2:00pm (*WEBEX*)

- Join Jenny for some Friday afternoon brain games!

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