

UPCOMING VETERANS EVENTS 3-3-23

**** All Vet Center Groups require that the Veteran be enrolled with the Vet Center prior to attending. To check eligibility or for questions, please contact the Vet Center at (401) 739-0167 or reach out to our Veteran Outreach Program Specialist (VOPS) via email at Justyn.Charon@va.gov ****

Post-Traumatic Stress Disorder Group (PTSD) – 2nd and 4th Tuesday of the month from 2:00 – 3:30 p.m. (Group is only active September through May)

Global War on Terrorism (GWOT) and Vietnam Veterans PTSD Group – 2nd and 4th Wednesday of the month from 9:30 – 11:00 a.m.

Vietnam Veteran PTSD Group – 1st and 3rd Monday of the month from 10:30 – 12:00 p.m. and 5:30 p.m. – 7:00 p.m.

Art Expression Group – Every Thursday from 9:00 – 12:00 p.m.

Operation Enduring Freedom (OEF)/Operation Iraqi Freedom (OIF)/Operation New Dawn (OND) Group – Every Wednesday from 11:00 – 12:00 p.m.

Stress Management- Every Thursday from 9:00 – 10:00 a.m.

Low Impact Walking Group – Every Tuesday from 9:00 – 10:00 a.m.

Guitar 4 Veterans – Every Wednesday from 7:00-8:30 p.m.

Monday Mindfulness Group – Every Monday from 10:00 - 11:00 a.m.

Yoga Group – Every Friday from 12:00 - 1:00 p.m.

Moral Injury Group – Every Friday from 10:00 - 11:00 a.m.

Modern Warrior Support Group – 1st and 3rd Monday of the month from 2:30 - 4:00 p.m.

2023 Project New Hope Inc. Veterans'

Retreats: www.projectnewhopema.org/home/retreats/

Friday, March 10th, 2:00PM, Pawtucket Veterans Council meeting, Major Walter G Gatchell, VFW Post 306, 171 Fountain Street, Pawtucket, RI

Sunday, March 19th, Iraqi War Begins (2003)

Monday, March 20th, Veterans of Foreign Wars, Post 306 monthly meeting, 7PM, 171 Fountain St, Pawtucket, RI

Friday, March 25th, National Medal of Honor Day

Wednesday, March 29th, National Vietnam War Veterans Day

Wednesday, April 5th, Gold Star Spouses' Day

Thursday, April 6th, US Officially Enters World War I (1917)

Sunday, April 9th, Easter Sunday

Saturday, April 9th, National Former Prisoner of War Recognition Day (not to be confused with National POW/MIA Recognition Day on the third Friday in September)

Friday, April 14th, 2:00PM, Pawtucket Veterans Council meeting, Major Walter G Gatchell, VFW Post 306, 171 Fountain Street, Pawtucket, RI

Friday, April 14th, 75th Birthday, US Air Force Reserve (1948)

Saturday, April 15th, VFW District #1 meeting, Dusza-Almeida VFW Post 2339, 178 Columbus Ave, Pawtucket, RI

Monday, April 17th, Veterans of Foreign Wars, Post 306 monthly meeting, 7PM, 171 Fountain St, Pawtucket, RI

Wednesday, April 19th, VFW District #2 meeting, 10:00AM, Location TBD

Saturday, April 21st, Veterans of Foreign Wars, District #1 meeting, 10:00AM, VFW Post 306, 171 Fountain St, Pawtucket, RI

Sunday, April 23rd, 115th Birthday, US Army Reserve (1908)

Saturday, April 29th, VFWRI Council of Administration meeting, 10:00AM, VFW Post 152, 44 Beach St., North Kingstown, RI

Monday, May 1st, VFW Loyalty Day

Thursday, May 4th, National Day of Prayer (observed the first Thursday of May)

Monday, May 8th, VE Day Anniversary (1945)

Friday, May 12th, Military Spouse Appreciation Day (Friday before Mother's Day)

Friday, May 12th, 2:00PM, Pawtucket Veterans Council meeting, Major Walter G Gatchell, VFW Post 306, 171 Fountain Street, Pawtucket, RI

Saturday, May 13th, 384th Birthday, Rhode Island National Guard (1638)

Sunday, May 14th, Mother's Day

Saturday, May 20st, Armed Forces Day (Third Saturday in May) (Celebrated for 72 years)

Monday, May 29th, Memorial Day (Originally Decoration Day 1868) (154 years)

Monday, May 29th, 11AM, Pawtucket Veterans Council & City of Pawtucket "Annual Memorial Day Ceremony" corner of Exchange St. & Roosevelt Ave. For more information contact PVC President John P Gallo Sr., johnlgg@cox.net or (401) 573-7057.

Tuesday, June 6th, D-Day-1944

Wednesday, June 14th, Flag Day (U.S. Army Founded-1775)

Sunday, June 18th, Father's Day

Thursday, June 22nd, Pledge of Allegiance Recognized by Congress-1942

Sunday, June 25th, Korean War Began-1950

Tuesday, June 27th, National Post Traumatic Stress Awareness Day

Monday, July 4th, Independence Day

Wednesday, July 27th, Korean War Armistice Signed (1953)