

UPCOMING VETERANS EVENTS 05-05-25

**** 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.

2024 Project New Hope Inc. Veterans'

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

Every 1st Friday, of every month, Veteran's Eat FREE, at Badger's Pub
Location: 530 Broadway, Pawtucket, RI Time: 12PM-8PM

EVERY 1ST Friday, of every month, Medicine Horse, Silva Spirit Farm, 1600 Eaglerville Road, Tiverton RI, "Fall in Friday" for active duty, veterans and first responders. No appointment, drop in from 10:00 to 12:00. Refreshments include homemade cookies. More information, (401) 640-7506. <https://www.facebook.com/SilvaSpiritFarm>

Every 2nd Wednesday of month) toast n' tap, 5:00-7:00, toast n' tap, 45 Quaker Lane, W. Warwick RI. The Italian American War Veterans of the US will provide a FREE Dinner for all veterans and one guest. Macaroni and Meatballs, Caesar Salad, Garlic Bread, Zeppole, cannoli, and more.

Every 3rd Monday each Month, 11:30 to 1:00 FREE Luncheon, at Perella's Ristorante, 311 Metacom Ave, Warren R.I. Guinness Shepards Pie or Macaroni and Meatballs, dessert, and coffee. More information, call (401) 677-9838 or email itamri4vets@gmail.com

Friday, May 9th, 1:00PM, Pawtucket Veterans Council meeting, Major Walter G. Gatchell, VFW Post 306, 171 Fountain Street, Pawtucket, RI

Sunday, May 11th, Mother's Day

Sunday, May 18th, Rhode Island Blue Star Parents Day

Monday, May 19th, Veterans of Foreign Wars, Post 306 monthly meeting, 7PM, 171 Fountain St, Pawtucket, RI

Wednesday, May 21st, [Veteran's Cafe: Social dining opportunity for Veterans 60+](#)
Location: American Legion Fairmount 870 River Street Woonsocket RI
11:00am 1:00pm

Wednesday, May 21st Veterans Legislation Day, State House, 2PM-5PM

Monday, May 26th Memorial Day Ceremony, corner Exchange St & Roosevelt Ave 11AM, hosted by Pawtucket Veterans Council and City of Pawtucket

Saturday, June 7th, Veterans of Foreign Wars, Post 306 monthly meeting, 9AM, 171 Fountain St, Pawtucket, RI

Friday, June 13th, 1:00PM, Pawtucket Veterans Council meeting, Major Walter G. Gatchell, VFW Post 306, 171 Fountain Street, Pawtucket, RI

Saturday, June 14th, Flag Day, ALL DAY

Wednesday, June 18th, [**Veteran's Cafe: Social dining opportunity for Veterans 60+**](#)

Location: American Legion Shield Post, West Shore Rd Warwick RI

11:00am 1:00pm

Saturday, June 28th, VFW District One meeting, Post 306, 171 Fountain St. Pawtucket, RI. 10:00AM

Thursday, July 4th Independence Day, ALL DAY

Saturday, July 5th, Veterans of Foreign Wars, Post 306 monthly meeting, 9AM, 171 Fountain St, Pawtucket, RI

If any event is in [BLUE](#), click on the event for a flyer.

Would you like to see your veteran event here, please contact John P Gallo Sr., Chairman, Legislation Committee. Cell: 401-573-7057 or johnlqq@cox.net