

## UPCOMING VETERANS EVENTS 02/10/2026

*\*\*\* 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](mailto:Justyn.Charon@va.gov) \*\*\**

**Post-Traumatic Stress Disorder Group (PTSD)** – 2<sup>nd</sup> and 4<sup>th</sup> 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** – 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month from 9:30 – 11:00 a.m.

**Vietnam Veteran PTSD Group** – 1<sup>st</sup> and 3<sup>rd</sup> 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** – 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month from 2:30 - 4:00 p.m.

**Every 1<sup>st</sup> Friday, of every month, Veteran's Eat FREE, at Badger's Pub**

**Location: 530 Broadway, Pawtucket, RI Time: 12PM-8PM**

**EVERY 1<sup>ST</sup> 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 2<sup>nd</sup> 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 3<sup>rd</sup> 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](mailto:itamri4vets@gmail.com)

**Friday February 14<sup>th</sup>, Pawtucket Veterans Council meeting,**  
**Location:** Major Walter G. Gatchell, VFW Post 306, 171 Fountain Street, Pawtucket, RI

**Saturday, February 15<sup>th</sup>, Veterans of Foreign Wars, Post 306 monthly meeting, 9AM**  
**Location:** 171 Fountain St, Pawtucket, RI

**Sunday, 15 February, Founders Day Italian-American War Veterans of the United States**

**Wednesday 17 February, [Women Veterans Train for Heart Health](#)**

**Location:** Centerville Stadium Pawtucket RI  
11:30am 1:30pm

**Wednesday 18 February, [Veteran's Cafe](#)**

**Location:** VFW Post 306 171 Fountain St Pawtucket RI 02860  
11:00am 1:00pm

**Thursday 5 March, Women Veteran History Month**

**Location:** VA Providence Healthcare System 5th Floor  
12:00pm 1:00pm

**Thursday, 5 March, Rhode Island Seabees Day**

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

**Saturday, March 14<sup>th</sup>, Veterans of Foreign Wars, Post 306 monthly meeting, 9AM**  
**Location:** 171 Fountain St, Pawtucket, RI

**Sunday, 29 March, Vietnam Veterans' Day**

**Friday April 10<sup>th</sup>, Pawtucket Veterans Council meeting,**  
**Location:** Major Walter G. Gatchell, VFW Post 306, 171 Fountain Street, Pawtucket, RI

**Saturday, April 11<sup>th</sup>**, Veterans of Foreign Wars, Post 306 monthly meeting, 9AM  
**Location:** 171 Fountain St, Pawtucket, RI  
**Sunday, 12 April**, RI Patriot Guard Riders Day

**Saturday 18 April**, Combat Veterans' Day

**Friday 1 May**, VFW Loyalty Day

**Monday 4 May**, Rhode Island Independence Day

**Friday May 8<sup>th</sup>**, Pawtucket Veterans Council meeting,  
**Location:** Major Walter G. Gatchell, VFW Post 306, 171 Fountain Street, Pawtucket, RI

**Saturday, May 9<sup>th</sup>**, Veterans of Foreign Wars, Post 306 monthly meeting, 9AM  
**Location:** 171 Fountain St, Pawtucket, RI

**Sunday 10 May**, Mother's Day

**Sunday 17 May**, Rhode Island Blue Star Parents Day

**Monday 1 June**, Military Nurses' Day

**Saturday 6 June**, Italian-American Veterans Daisy Day

**Friday June 12<sup>th</sup>**, Pawtucket Veterans Council meeting,  
**Location:** Major Walter G. Gatchell, VFW Post 306, 171 Fountain Street, Pawtucket, RI

**Saturday, June 13<sup>th</sup>**, Veterans of Foreign Wars, Post 306 monthly meeting, 9AM  
**Location:** 171 Fountain St, Pawtucket, RI

**Saturday & Sunday 13 & 14 June**, Gaspee Days

**Sunday 14 June**, Flag Day

**Saturday 20 June**, Destroyer Escort Day

**Sunday 21 June**, Father's Day

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 [johnlgg@cox.net](mailto:johnlgg@cox.net)