

Where
heart
meets
health.

CMC Parish Nurse sites

Nurse Consults & Blood Pressure Checks

Parish of the Transfiguration

CMC Parish Nurse Main Office

Tue, Wed, Thu, 9 AM-3 PM

Closed Mon & Fri

- Brookside Congregational Church
Sun, March 15, from 11:15 AM-1:15 PM
- 1st United Methodist Church
Tuesdays 8:30-10:30 AM
- Congregational Church Goffstown
Wednesdays 10 AM -noon
- Divine Mercy Peterborough
Thu, March 12 from 9-10 AM
- Immaculate Conception, Nashua
Sat, March 14, 6 PM & Sun, March 15, 8:30-11 AM
- Litchfield Community Church
Wed, March 11, 10 AM
- St. Andrew's Episcopal Church
1st & 3rd Tue, 8-9 AM
- St. Anne-St. Augustin Parish
Tues, March 10, 10:00AM
- St Catherine of Siena Parish
Wednesdays 11 AM-noon
- St. Elizabeth Seton
1st & 3rd Tuesday, 8:30-10:30 AM
- St. John the Baptist, Suncook
Mondays 9-11 AM
- St. Joseph Cathedral
1st & 3rd Tuesday, 10 AM-noon, Senior Group
- St Lawrence (TBA)
- St. Matthew's Episcopal Church
Wednesdays 10 AM-noon
(closed after 6/5, reopens 9/4)
- St. Pius X Church
Fridays 9-11 AM
- St. Raphael's
Tuesdays 12:30-1:30 PM
& Burns Hi Rise 1:30-2:30 PM
- Sacred Heart (closed for the summer)
Tue, June 8, 8:45-10:30 AM
- Salvation Army
Thurs, March 19, 9-11AM

Free Special Programs

Grief Support Group

Sat, March 21, 10-noon
Immaculate Conception, Nashua

Ongoing Programs

Chair Exercise Classes (free)

Thursday's at Transfiguration, 9:30 AM

2nd & 4th Wed, Congregational Church
Goffstown, 10-11 AM

Tuesday's at St Elizabeth Seton, Bedford, 9 AM

Knitting Group

Tuesdays at Transfiguration, 1-2:45 PM

Indoor Walking

Thurs, Transfiguration, 1-2PM

Prayer Shawl Ministry

1st Wed, Transfiguration. 10:30 AM-noon

1st Mon, St Elizabeth Seton, 6 PM

3rd Tue, St. Joseph Cathedral Rectory, 1-2 PM

1st Fri, St. Pius X, 9 AM

1st Sat, Immaculate Conception,
Nashua, 8 AM-noon

2nd Tue, Sacred Heart Parish,
Manchester, 10:30-11:30 AM

2nd Wed, St. Raphael's, 7 PM

SHINE

A senior support group offering sociability,
education, nutritious food and exercise

Wed, 10:30-11:45 AM

St. Matthews Episcopal Church, Goffstown NH

Senior Fitness

Tuesdays at Transfiguration, 8:45-9:30AM

Ange Cande, Physical Therapist

Please note: Our programs will be cancelled if Manchester schools are closed due to weather conditions

Learn more:

catholicmedicalcenter.org/parishnurse

Call 603.663.8004 for additional information