

January 2018

***CMC Parish Nurse Sites:
Nurse Consults & BP's***

- **Parish of the Transfiguration**
CMC Parish Nurse Main Office
Monday 9-1PM (closed 1/1 & 1/15)
Tuesday -Thursday 9-3PM
Closed Fridays
- **Bedford Presbyterian Church**
1/15 Food Pantry; 5:30-7:15p
- **Brookside Congregational Church**
Thursdays, 10 to 11:30 AM
- **1st United Methodist Church**
Tuesdays, 8:30-10:30 AM
- **Congregational Church Goffstown**
Wednesday's 10-N
- **Divine Mercy Peterborough NH**
To be announced
- **Immaculate Conception Nashua NH**
Saturday 1/13 at 6PM
Sunday 1/14 from 8:30-11
- **Litchfield Community Church**
Wednesday, 1/10 at 10AM
- **St. Andrew's Episcopal Church**
2nd and 4th Tuesdays, 8 to 9 AM
- **St. Anne-St. Augustin Parish**
Tuesday, 1/9 from 10:30-11:30AM
- **St. Anthony Church (closed until April)**
- **St Catherine of Siena Parish**
Wednesday's; 11-12N
- **St. Elizabeth Seton**
1st & 3rd Tuesday, 8:30-10:30
- **St. John the Baptist, Suncook**
Mondays, 9 to 11AM
- **St. Joseph Cathedral**
1st & 3rd Tuesday 10-12n Senior Group
- **St Lawrence**
Tues 12/6 & 12/20; 9:30-10:30 @ Placid Woods
- **St. Matthew's Episcopal Church**
Wednesdays, 10-Noon
- **St Philip Greek Orthodox Church Nashua**
Wednesday's 10-Noon
Last Sunday of the month 11:30-1P
- **St. Pius X Church**
Friday's, 9-11AM
- **St. Raphael's; Tuesdays: 12:30-1:30PM**
& Burns Hi Rise 1:30-2:30 PM
- Sacred Heart-**
Monday, 1/15, 8:45-10:30

** Please note that if Manchester Schools are closed due to inclement weather, the CMC Parish Nurse Programs are closed.*

Free Special Programs - call 603-663-8004 to register

Adult Grief Workshop, Saturday 1/6 from 10-12
At Immaculate Conception, Nashua

Vitamin and Adult Vaccine Update, Tuesday 1/30 at 1015am
At the Parish of Transfiguration by the
Massachusetts College of Pharmacy and Health Science
Students and Professor

Ongoing Programs

Chair Exercise Classes (Free):

Tuesday's at St Elizabeth's, 8:30AM
Thursdays at Transfiguration, 9:30AM
Wednesday's at the Congregation Church of Goffstown., 10-11AM

Knitting Group: Tuesdays at Transfiguration, 1:00-2:45PM

Chair Massage: call 603-663-8004 to register

1/3 Chair Massage, St Philip's Greek Orthodox Church, Nashua 9-N, Fee
1/3, Chair Massage, Transfiguration, 9:00-11:00 AM, Fee
1/17 Chair Massage, Transfiguration, 9:00-11:00 AM, Fee

Prayer Shawl Ministry:

1st Wednesday @ Transfiguration; 10:30-Noon
3rd Tuesday at St. Joseph Cathedral Rectory, 1-2 PM
1st Friday @ St. Pius X, 9 AM
1st Monday @ St Elizabeth Seton, 6-7:30PM
2nd Wednesday @ Immaculate Conception, Nashua 6-8PM

SHINE: (Supportive Services for Older Adults) Wednesday's 10-N
St. Matthew's in Goffstown NH

Walking Groups (Free): Tuesdays at Transfiguration, 9:30 AM

Link for our programs:

https://www.catholicmedicalcenter.org/uploads/ParishNurseBrochure_2016final_web.pdf

