

Celebrate America's 250th in Middleborough

**Join us on May 2nd from 10am-2pm
on the Town Hall Lawn for a
250th community celebration!**

Enjoy live performances from the

**Massachusetts Army
National Guard Band
& the Hingham Militia!**



Middleborough resident Mary Standish will
be speaking/portraying Deborah Sampson.

**FREE Admission
Everyone Welcome!**

Bring your friends, family, and community spirit
— we look forward to celebrating with you!

**Refreshments and lunch will be provided
while supplies last.**

**Sponsored by the Middleborough Veterans Department
with help from Peirce Trustees and the Tourism Committee**



Baby ★ SHOWER

the guest of honor is you!

VA Boston and VA Bedford Healthcare Systems invite you to celebrate your new arrival and connect with other Veterans who are expecting! This is a family affair, so mom (to be), dad (to be), partner or supporter, and siblings are welcome.

This special baby shower will provide essential baby items, resources, light refreshments and connection. You are a special part of our growing Veteran family and we want to honor you!

MAY
SUNDAY 3 11AM-1PM
2026

NEWTON CITY HALL, WAR MEMORIAL HALL
1000 COMMONWEALTH AVE., NEWTON, MA 02459



PLEASE REGISTER via QR code or call us:

Jessica Hickey, VA Bedford Social Worker (781) 824-0104
Carolyn Mason Wholley, VA Boston WVPM (617) 981-9277
Cheryl Coviello, VA Bedford WVPM (781) 687-3426



U.S. Department of Veterans Affairs
Veterans Health Administration
Bedford Healthcare System



U.S. Department of Veterans Affairs
Veterans Health Administration
Boston Healthcare System

CARRY THE LOAD

WORCESTER EVENT

SUNDAY, MAY 3, 2026

**GREEN HILL PARK
50 OFFICER MANNY FAMILIA WY
WORCESTER, MA 01605
9:30 AM - 1:00 PM**

9:30 am: Gather near the Massachusetts Vietnam Veterans Memorial

10:00 am: Welcome & National Anthem

10:05 am: Inspiring Speakers – Hear powerful stories from veterans, first responders, and families honoring those who served.

10:30 am: Begin the 2.5-mile walking loop

11:30 am: Walk Concludes

11:40 am: Post-Walk Hangout with Refreshments, Kid's Face Painting, and Other Family Friendly Activities

1:00 pm: Event Ends

JOIN TODAY



**VETERANS SUPPORT SERVICES
(VSS)**

EMPOWERING VETERANS. STRENGTHENING COMMUNITIES.™



WHO ARE
YOU
CARRYING?



CARRYTHELOAD.ORG



Commonwealth of Massachusetts
Executive Office of
Economic Development



MASSACHUSETTS SMALL BUSINESS RESOURCE FORUM



Join us for a speaking program, panels, and networking opportunities for small business owners and entrepreneurs. Light breakfast and coffee will be offered.



MONDAY, MAY 4, 2026
9:30 AM - 1:00 PM
STOUGHTON PUBLIC LIBRARY



OUR SPEAKERS



State Treasurer
Deborah B.
Goldberg



Undersecretary of
Business Strategies,
Zenobia Moochhala

ALSO FEATURING...

- Eastern Bank
- Massachusetts Office of Business Development
- Massachusetts Small Business Initiative
- Massachusetts Supplier Diversity Office
- NeighborWorks Housing Solutions
- Small Business Administration
- South Eastern Economic Development Corporation

Registration required. Please RSVP by April 27th.

Questions?

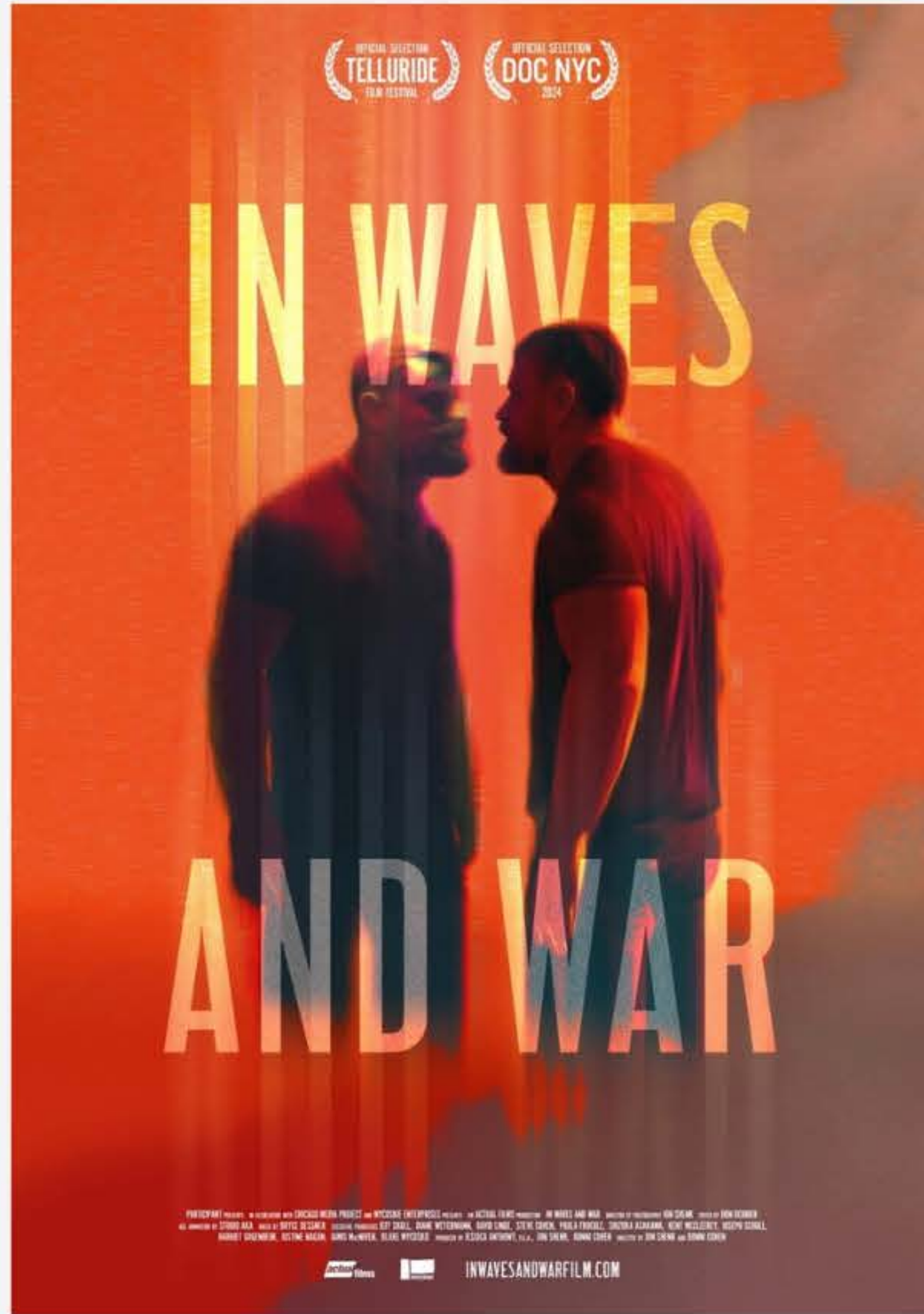
Email smallbusinessma@tre.state.ma.us or call 617-367-6900 ext.201

Thank you to the Town of Stoughton's Economic Development Office and the Stoughton Equal Opportunity Committee, chaired by Debra Roberts, for making this event possible.



IN WAVES AND WAR

DOCUMENTARY SCREENING



In Waves and War documents the journeys of three U.S. Navy SEALs and their experiences with PTSD, traumatic brain injuries, and severe depression in the aftermath of war.

After turning to groundbreaking psychedelic-assisted therapy, these servicemen found a new mission to bring this lifeline to fellow veterans fighting the same invisible battles.

All are welcome to join us on May 5th for lunch, a screening, and a discussion led by Dr. Elisabeth Parrott on the current state of psychedelic-assisted therapy for veterans in Massachusetts.



MAY

5

2026

12PM – 1:00PM

1:00 – 3:00PM

3:00 – 4:00PM

Lunch & Conversation

Documentary Screening

Discussion led by

Dr. Elisabeth Parrott

BEDFORD TOWN HALL

REED ROOM

**10 MUDGE WAY,
BEDFORD, MA 01730**

★ **Let us know you are coming!** Contact Karen by email, phone, or sign-up form.

Karen Tyler

Veteran Services Director

ktyler@lexingtonma.gov

781-953-3160



★ This event is sponsored by the towns of Bedford, Carlisle, and Lexington & by Lexington Human Services.



ROCKLAND *Mental Health* COMMUNITY RESOURCE FAIR

Join us for a welcoming evening of support, education, and connection

MAY 7, 2026
4pm-7pm

Robert J. Nynam
Rockland Senior Center
317 Plain St.

Walk with Us

Luminary Walk
Rockland Rail Trail
7:00pm-8:00pm

Questions: Contact Rockland Recreation
rocklandrec@rockland-ma.gov | 781-871-1730

Scan QR Code: May is Mental Health Awareness Month Website





Veterans Association of Bristol County theVABC.org



OUTRAGEOUS GOLF TOURNAMENT

FRIDAY, MAY 8, 2026

SWANSEA COUNTRY CLUB

299 MARKET ST SWANSEA, MA

8:00 AM REGISTRATION

9:00 AM SHOTGUN START

2:00 PM LUNCH

We have packages
from individual golfers
to corporate sponsors

**SPONSORS &
GOLFERS
SCAN HERE!**





**MASSACHUSETTS
VETERANS ALLIANCE**
FOUNDATION

**January 16,
2026**

**February
20, 2026**

**March
20, 2026**

**April
17, 2026**

**May
15, 2026**

**June
19, 2026**

We're bringing it
all together—
Veterans Lunch
+
Veterans Free Market

3rd Friday monthly
American Legion
Post 188
20 Main St, Sandwich Ma



Event Schedule
12:00–2:00 PM –
Veterans Lunch
1:00–4:00 PM – Free
Veterans Market

Come for the food, stay
for the connection.
RSVP today at
massvaf.org



SCAN ME



22 FOR THE 22

5K, 10K OR 22K

RUN WALK OR RUCK

16
MAY

8
AM



END VETERAN SUICIDE

PLANNED  PERFECTLY



HEBRON COMMON
7 SCHOOL STREET HEBRON, NH
www.hiddenbattlesfoundation.org





18th Annual Women Veterans Network Conference

Saturday, May 16, 2026

8:00am to 3:00pm

Four Points by Sheraton Norwood
1125 Boston-Providence Turnpike
Norwood, MA 02062

**EMPOWERING HER VOICE,
HONORING HER SERVICE**

Highlights:

Learn about programs and services directly from veteran-serving organizations, including the VA and EOVS

Attend information sessions and engaging presenters

Experience self-care options from skilled professionals

TO REGISTER:

<https://bit.ly/3MRSOqP>



WARRIOR 2026 WEEKEND

Saturday & Sunday, May 16-17, 2026
Beverly High School • 100 Sohier Road

10:00 AM - 2:00 PM Memorial Ceremony at 1:30PM May 17th

Join us for this two day event to pay tribute to our veterans & see the benefits the military has to offer!

EVENTS INCLUDE



Military Apparatus

Willy's Jeep • 1940 Jeep Transport
1968 Ambulance
Sherman Tank
Rescue Drones, Bomb Truck,
Disposal Equipment And Many More!



RACE CAR
PROVIDED
BY INDY
AUTO PARTS

Vendors

Local Law Enforcement
State Police • NEMLEC
ARMY/NG Reserve • USMC
COAST GUARD/Reserve • USAF/Reserve



Food Vendors

The Whoo(pie) Wagon
Beverly House of Hot Sauce
Brian Williams BBQ



Guest Speakers Bryson Banks, USMC Veteran Stand up Comedian
Stay tuned for additional speaker announcement!



NATIONAL ANTHEM SINGER
JILLIAN SABINA

Demonstrations

REENACTORS & LIVING HISTORY ASSOCIATION

3-5-0 girls (WWII) - Womens contribution during WWII
WWII Army, WWII Germany, WWI Austrian, & Vietnam Reenactors
Wilmington Co of Minutemen - Muskets, tents & cooking history
Fox Company 2/5 Reenactors • 75th Ranger Regiment,
Baker Company 1/21 - Historic weapons display & demonstrations of Marine Life in the 1940's





American Red Cross
Saturday, May 16, 2026
9:00 AM to 2:00 PM

Honor your hero.
Be a hero.
Donate blood.



And So Much More!

Veterans Affairs - Saturday only
Rainforest Reptiles Show - Sunday only
Virtual Sky Dive - Sunday only
• Racing Drones (Far Side of Field)
The Garrison Speed Shop •
Dive KS Salem - Diving Info & Equipment
INDY Auto Parts • Jubilee Yacht Club
Marine Corps Reserve Toys For Tots



RYCO



MARINE CORPS RESERVE



BRYSON BANKS
MAY 15, 2026
6:30PM & 9:00PM

Veteran Groups/Support

American Legion Post 331 • American Legion Riders
BVV/Vet Council • Clear Path for Veterans NE
Company 2 Heroes • Farmer Veteran Coalition
Fleet Reserve Assn • Healing Horses
Marblehead Submarine Base



TOUCH TRUCK

SUNDAY
MAY 17, 2026
10AM - 1PM

BEVERLY
HIGH SCHOOL
100 SOHIER RD

SEE, EXPLORE & PLAY!



P

Cummings Center at Balch St. Bev Hospital Side lot, and Middle School,. The High School parking will be for Vendors and Handicap licensed vehicles.



For more information contact:
Veterans Agent David Perinchief
email: dperinchief@beverlyma.gov
phone: 978.778.5000



SCAN FOR
EVENT TIMES



All educational and non-academic programs, activities and employment opportunities at Beverly Public Schools are offered without regard to race, color, sex, religion, national origin, ethnicity, sexual orientation, gender identity, homelessness, age and/or disability, and any other class or characteristic protected by law.



Corvette Club of Western Mass

ALL CORVETTE SHOW

Charity: **SOLDIER ON**



May 17th, 2026



10:00am - 2:00pm



Chicopee Moose Lodge

244 Fuller Rd, Chicopee, MA 01020



Complimentary photo of each car entered

Spectators Free

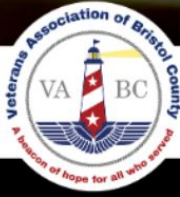
Live Music by **Midlife Crisis**

Door Prize: 55-inch 4k TV



Proudly Sponsored by





Veterans Association of Bristol County theVABC.org



MEMORIAL DAY COOKOUT

REMEMBER AND HONOR

THURS. MAY 21, 2026

NOON - UNTIL THE FOOD RUNS OUT

755 PINE ST

FALL RIVER, MA 02720

**THIS EVENT IS EXCLUSIVELY FOR
VETERANS**



VETERAN RESOURCE FAIR

RESOURCES. SUPPORT. COMMUNITY. ALL IN ONE PLACE.

Join the Billerica Honor Platoon for a day dedicated to veterans and their families. Connect with local organizations and service providers offering resources on health, benefits, housing, employment, mental wellness, and more.



CONNECT

with local resources
and organizations



LEARN

about programs and
benefits available to you



GET SUPPORT

for the challenges veterans
face every day



SATURDAY
MAY 30, 2026



10:30 AM – 2:30 PM



BILLERICA TOWN HALL
365 Boston Rd
Billerica, MA 01821

★ ALL ARE WELCOME! ★

Honoring Service. Supporting Veterans.



JUNE 5-7, 2026 | Goffstown, NH



EQUINE RETREAT



WORKING WITH AND BUILDING RELATIONSHIPS WITH HORSES FOSTERS RESILIENCE, PERSONAL GROWTH, AND WELL-BEING—FOR BOTH HUMANS AND THE HORSES.

Camp Resilience, in partnership with UpReach Therapeutic Equestrian Center and At Liberty Connections, invites Veterans to spend a meaningful weekend participating in experiential equine-related learning activities. Activities address health and healing using an unmounted, ground program. This program is facilitated by a skilled team experienced in supporting veterans and the unique challenges they face.

Register Now ▾

📞 978-219-4003

🌐 camp-resilience.org



LODGING, MEALS, AND ACTIVITIES ARE PROVIDED AT NO COST TO PARTICIPANTS. TRANSPORTATION TO/FROM THE RETREAT IS NOT PROVIDED.



Veterans Association of Bristol County theVABC.org

Let's go Kayaking



Friday, June 5th
10:00 A.M. - Noon.
Osprey Sea & Surf
489 Old county Rd
Westport, MA 02790

Join us on the picturesque Westport River for an afternoon on the water.

Registration for this event must be done on our website. Go to the VABC.org and click on the events tab.

Transportation is NOT provided for this event.

This event is exclusively for veterans.



VETERANS & FAMILY OUTREACH EVENT

JUNE 6, 2026

11 AM - 3 PM

CONANT PARK, ELM ST ENTRANCE

Behind the Library
Southampton, MA



**FREE
HAMBURGERS
& HOT DOGS!**



**FUN GAMES &
ACTIVITIES!**

LIVE MUSIC BY



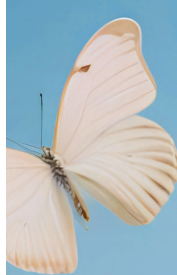
**BARRY SEARLE
& FRIENDS**



**MEET LOCAL
NON-PROFITS
ORGANIZATIONS
HERE TO HELP
YOU**

**ALL VETERANS & FAMILIES WELCOME!
SUPPORT OUR COMMUNITY.**

VSO 413-552-9047



Home Base Living with Loss

Helping Families of the Fallen navigate grief after a military-connected suicide loss

At Home Base, we recognize the profound impact military service has on Veterans, Service Members and their Families. We honor the sacrifices of Families of the Fallen by providing compassionate, evidence-based care during one of life's most difficult journeys.

Living with Loss was created to support those struggling to understand their grief and who need practical skills and guidance to navigate the new reality shaped by their loss. This six-week, educational course is designed to offer Families of the Fallen education, skills and guidance while they navigate grief at least one year after a military-connected suicide loss.

Each 90-minute session is taught virtually by our instructors. The course includes teaching, structured discussion and practical exercises about grief and how to respond to it healthily.

This course is not psychotherapy or clinical treatment. It does not provide diagnosis, trauma processing or mental health care. Participants seeking psychotherapy will be offered referrals to licensed clinicians.

Participants will learn:

- Overview of grief types and stages
- Support in understanding and normalizing unique grief experiences
- Increased awareness of daily grief-related emotions
- Skills for distress management, grounding and relaxation
- Interactive exercises and skills practice to increase peer support
- Strategies for recognizing and challenging grief-related cognitive distortions
- Guidance in developing personal goals for living with loss
- Discussion of social support, self-care and navigating difficult milestones

UPCOMING COHORT

**June 10-July 22, 2026, 1:30-3 p.m. ET
(no session July 1, in observance
of Independence Day)**

*Please note the program commitment is
for the full six-week course.*

To register, please email
MGHLivingwithLoss@mgh.harvard.edu



21st Annual DEBORAH SAMPSON AWARD CEREMONY

June 12, 2026
11:00am - 12:30pm
Massachusetts State House
Great Hall

Register by June 5
bit.ly/4bMGfw9



Witness the presentation of the Deborah Sampson Award, listen to captivating stories of bravery and sacrifice, and be part of commemorating the legacy of one of America's first female soldiers.



Veterans Association of Bristol County theVABC.org

RAIL EXPLORERS

**FRIDAY
JUNE 12, 2026**

ENJOY A 6-MILE, 2 HOUR SCENIC PEDAL RIDE

Transportation will NOT be provided.

Arrive at Rail Explorers depot at 12:30 PM

We will depart at 1 PM

Rail Explorers RI
1 Alexander Rd.
Portsmouth, RI 02871
www.railexplorers.net

This is a physically demanding activity.
Participants will be pedaling a rail bike for the full 6-mile round trip.

- You must be able to pedal continuously for the duration of the ride
- This activity is not suitable for individuals with heart or lung conditions
- Full range of motion in your legs is required to safely participate

Your safety is our top priority!



Registration for this event must be done on our website. Go to theVABC.org and click on the events tab.

Spots are limited!

If your plans change after you register, let us know ASAP so we can offer your spot to another veteran. Please contact Holly at info@thevabc.org or call (508) 679-9277 if you need to cancel or have any questions.

THIS EVENT IS EXCLUSIVELY FOR VETERANS

Made possible by a grant from United Way of Greater Fall River



United Way of
Greater Fall River

VETERANS

Inc.

21st Annual
STAND DOWN

**DIRECT ACCESS TO
SERVICES FOR
VETERANS INC.**



JUNE 12, 2026
9AM - 3PM

STAND DOWN CONNECTS VETERANS DIRECTLY WITH:

- HOUSING ASSISTANCE AND SHELTER NAVIGATION
- HELP FINDING A JOB OR ENROLLING IN JOB TRAINING
- RESUMÉ WRITING AND EMPLOYMENT CONNECTIONS
- SUBSTANCE USE RECOVERY AND BEHAVIORAL HEALTH SERVICES
- VA BENEFITS GUIDANCE AND CLAIMS ASSISTANCE
- ACCESS TO COMMUNITY RESOURCES AND SERVICE PROVIDERS
- BASIC NEEDS SUPPORT (FOOD, CLOTHING, HYGIENE ITEMS)
- DIRECT CONNECTION TO VETERANS INC. PROGRAMS

*FREE to all Veterans and their families.
Bring DD-214 or VA card as proof of Veteran status.*



69 Grove Street, Worcester, MA 01605



StandDown@veteransinc.org

(800) 482-2565

SERVING VETERANS & THEIR FAMILIES SINCE 1990

veteransinc.org/events/stand-down/

REGISTER/SPONSOR





A day of Remembrance & Community, open to all honoring our families. Please bring a dish to share.



Lynn Heritage Park, 194 Lynnway, Lynn, MA

RSVP: Please call or text Donna Brown (781-775-2248), Donna Misiaszek (508-395-7041) or Doris Syrakos (781-244-0986).



AMERICA'S 250th CELEBRATION



STARRING
RICKY LEE

**American Legion Post 40
PLYMOUTH MASSACHUSETTS**

JUNE 14th (FLAG DAY)

3PM

TICKET PRICE \$15

★ **FOOD, BEER,** ★

LIVE MUSIC AND GOOD TIME!





Catch a Big One!

An all-inclusive fishing trip for Veterans

Tuesday, June 16, 2026 | 1 - 5 PM

TIME:

Arrive at the dock 12:30 PM

DEPARTURE:

1:00 PM sharp!

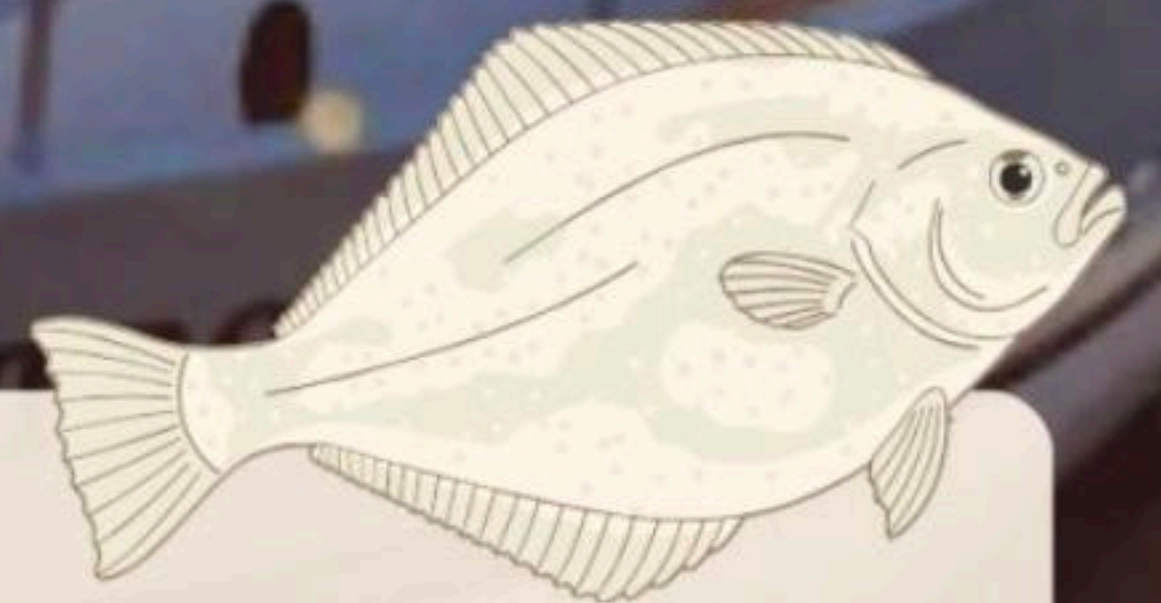
LOCATION: Sesuit Harbor, Dennis

Parking fee \$20 per vehicle.

Carpooling strongly recommended.

OR call **CCRTA 800.352.7155** to reserve Dial A Ride Transport, only **\$3-\$6 round trip**. Your phone transport reservation must be made **no later than Monday, June 8th before 12 PM**.

FOOD: Bag lunch is provided.



PRE-REGISTRATION IS REQUIRED

Call CIVOC at **508.237.3349** to reserve your fishing trip spot.

This is a Flounder Fishing outing. The Captain will prepare the fish you catch for travel, but you must bring a cooler with cold packs to the parking lot and leave it in your car until the conclusion of our trip.



**MASSACHUSETTS
VETERANS ALLIANCE**

FOUNDATION

**January 16,
2026**

**February
20, 2026**

**March
20, 2026**

**April
17, 2026**

**May
15, 2026**

**June
19, 2026**

We're bringing it
all together—
Veterans Lunch
+
Veterans Free Market

3rd Friday monthly
American Legion
Post 188
20 Main St, Sandwich Ma



Event Schedule
12:00–2:00 PM –
Veterans Lunch
1:00–4:00 PM – Free
Veterans Market

**Come for the food, stay
for the connection.
RSVP today at
massvaf.org**



SCAN ME

2026 Veteran Employment, Education, and Training Conference

Explore current
employment/educational
opportunities with 40+
employers and resource
providers at our career fair.



The Commonwealth of Massachusetts
**EXECUTIVE OFFICE of
VETERANS SERVICES**



**June 16, 2026
10 A.M. – 4 P.M.**

Save Your Spot

Bristol Community College
Commonwealth College Center (Building G)
777 Elsbree Street
Fall River, MA 02720



[Mass.gov/VEET](https://www.mass.gov/VEET)

VETERAN & FIRST RESPONDER RESOURCE SUMMIT

RAISING FUNDS FOR 22MOHAWKS PUPS FOR VETS & FIRST RESPONDERS PROGRAM

THE 22K9 MOTORCYCLE RIDE WILL BE ARRIVING HERE!



BOURNE VFW
SATURDAY JUNE 27TH
10AM-4PM



VETERANS EXPO!







Free
Food &
Fun!

For Vets, Troops, Family & Friends




SATURDAY, JUNE 27th

VA Boston Brockton Campus

10 AM – 2 PM, 940 BELMONT ST, BROCKTON, MA

-  **Live Bands/Music and Free Prizes!**
-  **Jobs and Career Fair! Bring DD214**
-  **Fed/State Resources and Benefits**
-  **Health Services and Checks**



-  **Military Vehicle and Equipment Displays**
-  **Women Veterans Seminar at 11:00**
-  **Kid's Zone! Pony Rides, Bounce House and More**



*For more information, go to www.eventbrite.com and search for "Massachusetts Veterans Expo", email VABostonVets@va.gov or call (617) 275-6101.

VA



**Boston
Healthcare
System**



**City of
Brockton**



**With generous
support from Cell
Phones for Soldiers**

CLAM BAKE

JUNE 28TH 2026

IN LOVING MEMORY OF RAYMOND G TOURVILLE

POST 188, 20 MAIN ST. SANDWICH MA



ALL PROCEEDS GO TO RAYMOND G TOURVILLE MEMORIAL FUND