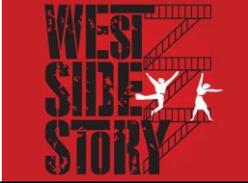


ATTENTION WOMEN VETERANS!! FALL 2016 CALENDAR

You are invited to the following activities for women at VA Central Iowa Health Care System in Des Moines—**You MUST BE ENROLLED at VA Central Iowa to attend**

<p>TENTATIVE!!!! They are in the process of changing the days/times of this class. We are not sure when it will change. Please contact us if you plan to attend this class. We think they are going to concentrate on more mat yoga/traditional yoga as well.</p> <p>Every Thursday from 1:30-2:30-pm we will be offering a yoga class Place: Bldg. 12/CLC, 3rd floor dining room</p> <p>Come work with a certified yoga instructor. Mats will be provided (or bring your own) or you can use a chair. This instructor is awesome and has worked with veterans, military and first responders. Come learn about your body, work on breathing and relax. No need to sign up—just show up!</p>	
<p>Fly Tying some Tues evenings Contact Joni if interested in Fly Tying. Dates and times vary.</p>	
<p>Thurs. Sept 22 Time: 1:30-2:30pm Bldg. 12/CLC, Room B109 Paws and Effect coming to talk to us about therapy/service dogs and training. Even if you are not interested in getting a dog or don't feel you need one, please feel free to come for information and possible volunteer opportunities</p>	
<p>Wed. Oct. 5 Time: 7:30pm at Des Moines Playhouse Come watch a FREE show of West Side Story during dress rehearsal. Be at the lower, back parking lot by 7:15pm to get into building. This is ON YOUR OWN and no VA Staff will be present.</p>	
<p>Thurs. Oct. 6 Time: 11am-1pm Main Lobby of VA Come attend the PINK OUT at the VA. Wear your pink in support of Breast Cancer Awareness. A picture of everyone will be taken outside at NOON. Visit the booths in the Lobby between 11am-1pm for information.</p>	
<p>Wed. Oct. 26 Time: 1-3pm Bldg. 12/CLC, Room B109 Music Therapy! Come meet our Music Therapy Intern, Justina. She will do a music and relaxation session plus some improvisation on instruments or other music therapy interventions. Come for a fun and relaxing afternoon!</p>	
<p>Wed. Nov. 2 Time: 5pm Bldg. 12/CLC, Room B109 Let's start working on our National Veterans Creative Arts Competition entries! Meeting to talk about what we might like to do for the talent competition which will occur in Feb. Feel free to bring your dinner or snacks to share.</p>	

<p>2 Days in Nov---dates and times to come later</p> <p>We will go back to Kil'n Time to work on another pottery piece; one day to create the piece and one day to paint. We will send out more details as it gets closer. You will be responsible for paying for part of your creation (cannot remember exact amount but around 10-20.00 I think).</p>	
<p>Sat. Dec. 3 Time: 11am-12:30pm Bldg. 12/CLC, Room B109</p> <p>Continue working on our National Veterans Creative Arts Competition entries. We will most likely work on a group art project and then maybe a skit/poem/or music entry. Feel free to bring a lunch or snacks to share</p>	
<p>Wed. Dec. 7 Time: 5:00-7:00pm Bldg. 12/CLC, Room B109</p> <p>Come to our ANNUAL HOLIDAY PARTY!!! We will provide a catered meal (usually turkey, potatoes, salad, etc). Feel free to bring a salad, snack, or dessert to share, but you don't have to. We will visit, play games, and do a gift exchange (if you wish to participate). Please bring a gift worth about 15.00-20.00 to exchange (only if you wish to participate). Feel free to come and go as you like—you don't have to stay the entire time. We will eat first, right around 5pm. PLEASE RSVP to Suzanne if you plan to attend so we know how much food to have on hand.</p>	

For questions, please contact Suzanne Anderson, Music Therapist at 699-5999 x4949
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or Joni Osmundson, Recreation Therapist at 699-5999 x4980
or e-mail joni.osmundson@va.gov