

Iowa Vets in Action

Recreation Therapy and Music Therapy Activities for Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
1st and 3rd Tues of the month June-August	6:30pm	Bldg 12/CLC 3 rd floor dining room	Fly Tying and Fishing Contact Joni about learning how to create flies. Some of the Tues night we will actually use them while fishing	Any veteran	Joni Osmundson 515-699-5999 X4980
1st and 3rd Thurs of the month **Please note- NO YOGA on June 18	1:30- 2:30pm	Bldg. 12/CLC Room B109 RT Multipurpose Room	Women Veterans Yoga Beginning Level; Can use mats or adapt it to a chair. No need to sign up-just show up!	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Every Tuesday in June	6:00- 8:00pm	Valley Community Center 4444 Fuller Road, WDM 50265	Power Soccer Practice and Scrimmage Soccer for people who use power wheelchairs, foot guards will be provided during game for your wheelchair.	Any veteran who uses and can independently control a power wheelchair	Joyce Ellens 515-699-5999 X4939
Every Thursday in June	7:00- 9:00pm	First Family Church 317 SE Magazine Rd. Ankeny 50021	Wheelchair Basketball Practice and Scrimmage Basketball for people in manual wheelchairs. Some sport wheelchairs available to try.	Any veteran who uses a manual wheelchair independently	Joyce Ellens 515-699-5999 X4939
Fri. June 5th	9:30am- 12:00pm	Gray's Lake South- West Entrance	Women Veterans-come walk or bike around Gray's Lake with us; we will provide various types of bikes; meet at the South-West Entrance	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Tues. June 9th	11am- 3pm	Meet at Bldg. 12/CLC for a ride to Principal Park	Women Veterans-attend an I-Cubs Game; game starts at 12:08pm; we will leave from VA at 11am; we will pay for your ticket; must sign up by June 1	Any female veteran	Joni Osmundson 515-699-5999 x4980

Wednesday June 10th	9:00am- 12:00pm	Gray's Lake South- West Entrance	<p>"Veterans Riding to Live" A group of cyclists who love to ride! Beginner or intermediate levels.</p> <p>Lunch provided by the DAV after the ride! *Some standard and adaptive bikes are available. Please let Joyce know if you need a bike by 6-8-15*</p>	Any veteran	<p>Joyce Ellens x4939 or Ed Bryja x4687</p> <p>*Go to Facebook page "Veterans Riding to Live" for updates.</p>
Saturday June 13th	8:30am	ChildServe – or Sign up for Transportation from VA main lobby	MOVE! Takes on a 5k! Must sign up with team prior to June 10 th to participate with group. Contact Kayla for more info.	MOVE! Participants	Kayla Nelson 515-699-5999 x4331
Wed. June 17th	6:30pm	Parking Lot 6 Outside of Bldg. 12/CLC	West Des Moines Community Band; live music concert	Any veteran, family or friend	No need to sign up- just come!
Wednesday June 24th	9:00am- 12:00pm	Chichaqua Trail- Take highway 65 northeast to NE 88 th Street. Meet at the Bondurant trailhead of the Chichaqua Valley Trail	<p>"Veterans Riding to Live" A group of cyclists who love to ride! Intermediate ride-11 mile trail is fairly flat. Lunch provided by the DAV after the ride! *Some standard and adaptive bikes are available. Please let Joyce know if you need a bike by 6-22-15*</p>	Any veteran	<p>Joyce Ellens x4939 or Ed Bryja x4687</p> <p>*Go to Facebook page "Veterans Riding to Live" for updates.</p>
Thurs. June 25th	9:30am- 2pm	Meet at Bldg. 12/CLC for a ride to State Historical Building or meet us there by 10am	Women Veterans-tour the State Historical Building with us; see the Battle Flag Exhibit and Wall of lowans; then have lunch; all FREE but please sign up by June 15 to attend	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Friday June 26th	12:30- 2:30pm	ChildServe Therapy Pool- Sign up for Transportation from VA main lobby	Veteran's MOVE! Group- heads to the pool for a work out, low intensity and accessible for all!	MOVE! Participants	Kayla Nelson 515-699-5999 x4331
Sunday June 28th	5:00- 7:00pm	Urbandale Pool 7201 Aurora Ave Urbandale 50322	<p>"I tried SCUBA!" Try SCUBA in an indoor pool with instructors and lifeguards! No experience or equipment necessary! Bring towel. Medical clearance is necessary, please contact Joyce for details.</p>	Any veteran Slots are limited! \$5.00 fee for refilling the tanks	Joyce Ellens 515-699-5999 x 4939

Saturdays: July 18, 25, Aug 1, 8, 15	9:00am- 11:00am	Warrior Run Golf Course, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and their caregivers.	Any veteran, open to 15 veterans	Joyce Ellens 515-699-5999 X4939
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