

## ATTENTION WOMEN VETERANS!!

### Nov/Dec 2015 Calendar of Activities

You are invited to the following activities for women veterans enrolled at VA Central Iowa Health Care System in Des Moines (if you are not currently enrolled but would like to, please contact Eligibility at 515-699-5888)

<p>Thurs. Nov. 5, 2015—10am-Noon Glass Fusion activity at Kil'n Time Studios</p> <p>We will take a van from the VA, leaving at 9:30am from outside of Bldg. 12/CLC. Please let us know if you plan to ride with us or meet us at the Studio. Kil'n Time is located at: 268 W. Hickman Rd in Waukee. The class is 20.00 per person. We are asking that each veteran pay 10.00 (cash, the day of) and the VA will pay the other 10.00. Please sign up by Oct. 30.</p>	
<p>Thurs. Nov. 12, 2015—12:30-2:30pm Bldg 12/CLC Room B109 Zentangle activity with Daila</p> <p>Come learn about the relaxing properties of Zentangle, a doodling art form. We will provide all supplies-just show up!</p>	
<p>Fri. Dec. 4, 2015—12:30-2:30pm Bldg. 12, Room B109</p> <p>Work on a group project for the National Veterans Creative Arts Competition. If you are interested in entering the 2016 National Veterans Creative Arts Competition, please come by this date or call/e-mail Suzanne for more info. We can also work on blankets if anyone wants to.</p>	
<p>Wed. Dec. 9, 2015—5-7pm Bldg. 12, Room B109</p> <p>Annual Holiday Party! We will provide a catered meal and some fun games. Bring a gift for gift exchange (10.00 or less) if you want to participate. Please sign up by Dec. 1 so we know how many will be in attendance.</p>	
<p>1<sup>st</sup> and 3<sup>rd</sup> Tues of the month—Fly Tying 6:30pm CLC/Bldg. 12 3<sup>rd</sup> floor dining room</p> <p>Come learn how to make decorative flies for fishing. For questions, please contact Joni.</p>	

For questions or to sign up for an activity, please contact Suzanne Anderson, Music Therapist at 699-5999 x4949 ([Suzanne.anderson4@va.gov](mailto:Suzanne.anderson4@va.gov)) or Joni Osmundson, Recreation Therapist at 699-5999 x4980 ([joni.osmundson@va.gov](mailto:joni.osmundson@va.gov))