



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
1 st and 3 rd Tues of the month June-Oct	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 nights we will actually use them while fishing	Any veteran	Joni Osmundson 515-699-5999 X4980
Thurs. Oct. 1, 29 and Nov. 5	1:30-2:30pm	Bldg. 12/CLC Dining room of CLC 3	Yoga--Beginning Level; Can use mats or adapt it to a chair. Equipment provided. No need to sign up- just show up!	Any veteran	Suzanne Anderson X4949 or Kayla Nelson X4331
Every Tuesday in October	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 October	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
Dates TBD Summer of 2016	TDB Summer of 2016	Warrior Run Golf Course, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and their caregivers. Call to reserve your spot for the season!	Any veteran, open to 15 veterans/session.	Joyce Ellens 515-699-5999 X4939

Mon Oct 5 th	6:00-8:00pm	Building 12, CLC room B109	Amputee Support & Education Group- First Monday of the month, topics vary, social and supportive group.	Any veteran or caregiver affected by amputation	Amber Krakau 515-699-5999 X4982
Wed. Oct. 7 th	9:00am-12:00pm	Gray's Lake Bike Ride. Meet at the Southwest corner of the park.	"Veterans Riding to Live" A group of cyclists who love to ride! 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 10-5-15*	Any veteran	Joyce Ellens X4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
Thurs. Oct. 8 th	1:30-3pm	Building 12, CLC room B109	Women Veterans. Come meet with a VA Dietician and learn how to prepare some healthy fall goodies.	Any female veteran	Joni Osmundson 515-699-5999 X4980
Fri. Oct. 16 th	11am-1pm	VA Main Lobby	Pink Out Day! Come support Breast Cancer Awareness Month. Wear your pink. A group photo will be taken at noon. Info, treats and other fun stuff.	Any veteran	Connie Roth, Women Veterans Coordinator 515-699-5999 X5647
Sat. Oct 17 th	2:00-3:00pm	Community Living Center 3 rd floor dining room	A free 1 hour presentation about the history of streetcars in Des Moines. Presented by Earl Short of The Des Moines Streetcar Friends.	Any veteran or caregiver	Joyce Ellens 515-699-5999 X4939
Tues. Oct. 20 th	7:00-8:30pm	New Hope United Methodist Church 4525 Beaver Ave Des Moines 50310	Stroke Club- Stroke Education and Support Group. Third Tuesday of the month (except Nov, Dec, Jan). Topics vary, social and supportive group.	Any veteran or caregiver affected by stroke	Joyce Ellens 515-699-5999 X4939
Wed. Oct 21 st	9:00am-12:00pm	Bike Ride location TBD	"Veterans Riding to Live" A group of cyclists who love to ride! Intermediate ride-12 miles. 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 10-19-15*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
Thurs. Oct. 22 nd	12:30-2:30pm	Bldg. 12 CLC; room B109	Women Veterans. Come learn how to make a t-shirt scarf. No experience or sewing needed.	Any female veteran	Suzanne Anderson 515-699-5999 X4949

Fri. Oct.. 23 rd	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
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