

ATTENTION WOMEN VETERANS!! SUMMER 2015 CALENDAR

You are invited to the following activities for women at VA Central Iowa Health Care System in Des Moines

<p>***New Activity**** Every 1st and 3rd Thursday of the month from 1:30-2:30-pm we will be offering a women's yoga class</p> <p>May 7, 21, June 4, 18, July 2, 16, August 6, 20 Time: 1:30-2:30pm Place: Bldg. 12/CLC, Room B109</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>Tues. May 19 Time: 6:30pm Place: Bldg. 12, 3rd floor dining room Fly Tying</p> <p>Come learn how to make your own artistic flies for fishing. No experience needed.</p>	
<p>Fly Tying this summer—Fly Tying will continue on the 1st and 3rd Tuesdays of the month (in the evening). One of the Tuesdays will be creating and one will be actually fishing. Please contact Joni for more information and details. Details were not finalized when this calendar was created!</p>	
<p>Fri. June 5 Time: 9:30am-1pm Place: Meet at Bldg. 12 Gray's Lake-bike or walk</p> <p>Meet at Bldg. 12 if you would like a ride over to Gray's Lake for a nice walk or bike around the lake. We will then stop at Chocolaterie Stam for a sweet treat. Back to the VA by 1pm. Please let us know if you plan on attending. If you are meeting us there, please be there by 10am and park at the South Entrance. We will bring various types of bikes that you can use (hand cycles, trikes, regular bikes, etc).</p>	
<p>Tues. June 9 Time: 11am Place: Meet at Bldg 12 Iowa Cubs Game-Game starts at 12:08pm</p> <p>Come to an I-Cubs Game! A van will leave the parking lot by Bldg. 12 at 11am (or you can meet us there if you like--but let us know if you plan to do that and you will need to pay for your own parking); we will provide General Admission Tickets for you. Food will be on your own. Please let Joni know by June 1 if you plan on attending.</p>	
<p>Thurs. June 25 Time: 9:30am-2pm Place: Meet at Bldg. 12 State Historical Building</p> <p>We will leave from Bldg. 12 or you can meet us there (around 10am). Come look at all of the cool things in this museum! They are currently having a Battle Flag Exhibit as well as the Wall of Iowans (famous Iowans). We will then eat lunch at Café Baratta's (on the VA). Museum is free. Please let us know if you plan on attending by June 15.</p>	

<p>Thurs. July 9 Time: 7am-8pm (or earlier) Place: Meet at Bldg. 12 Day Trip to Omaha!</p> <p>Take a day trip to Omaha. We will visit the Wildlife Safari Park and the Strategic Air and Space Museum. If time allows, we can walk over the pedestrian bridge that spans the Missouri River or see the Old Market Area. The VA will pay for admissions to the Park and Museum. Food will be on your own. We need to know ASAP if you would like to attend. If we do not get a minimum of 5 people to go, we will need to cancel this trip. If you want to attend but this date does not work for you, let us know that too. We may be able to change the date to accommodate more.</p>	
<p>Fri. July 24 Time: 1-3pm Place: Bldg. 12, Room B109 Fleece Blankets</p> <p>Come work on some fleece blankets to be given to hospitalized female veterans at the VA. We will also make some blankets for kids which will be donated to an orphanage through a service organization. Come socialize and work on this worthwhile project. No experience needed.</p>	
<p>Thurs. Aug 20 Time: 11am-2pm Place: To be determined Cookout</p> <p>Join us for a cookout at a local park. We can also do some lawn games or take a walk/hike. Will work out details later, but save the date.</p>	
<p>Fri. Aug 28 Time: 11am-2pm Place: Meet at Bldg. 12 Des Moines Sculpture Garden, Meredith Better Homes and Gardens Tour and Lunch Downtown</p> <p>We will eat at a downtown restaurant (on the VA) and then tour the Meredith Gardens (tours are from noon-2 only) and then if time permits we will look at the Sculpture Garden.</p>	
<p>Sept 2-3, 2015 -Overnight retreat at Camp Wesley Woods in Indianola, IA. More details to come but save the dates!</p>	

For questions, please contact Suzanne Anderson, Music Therapist at 699-5999 x4949
or e-mail Suzanne.anderson4@va.gov
or Joni Osmundson, Recreation Therapist at 699-5999 x4980
or e-mail joni.osmundson@va.gov

Please let Suzanne or Joni know if you plan on attending activities, especially trips, so we know how much money and space will be needed. Thank you!