



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
1 st Tues of the month	6:30pm	Bldg. 12/CLC 3 rd floor dining room	Fly Tying Contact Joni about learning how to create flies! Sponsored by Project Healing Waters	Any veteran	Joni Osmundson 515-699-5999 X4980
Every Tuesday in January	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
The following Thursdays: Jan. 14 th , 21 st , 28 th	1:30-2:30pm	Bldg. 12 CLC; 3 rd floor dining room	Yoga! Please join us for yoga on Thursdays. Beginning level in chairs. Learn about deep breathing techniques and relaxation.	Any veteran	Kayla Nelson 515-699-5999 X4331 or Suzanne Anderson x4949
Every Thursday in January	6:00-8:00pm	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
Thurs. Jan. 7	12:30-4pm	Bldg. 12 CLC; room B109	Women Veterans. Come work on a group art and/or drama project for the National Veterans Creative Arts Competition. Just show up!	Any female veteran	Suzanne Anderson 515-699-5999 X4949

Friday Jan. 8 th and 22 nd	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 *must call and sign up	Kayla Nelson 515-699-5999 x4331
Fri.. Jan. 15	12:30- 4pm	Bldg. 12 CLC; room B109	Women Veterans. Come work on a group art and/or drama project for the National Veterans Creative Arts Competition. Just show up!	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Jan. 16 th	9am	Iowa Veterans Home, Malloy Building, CRC Room	IVH and PVA Pool Tournament. Open to all levels.	Any veteran with paralysis.	Kim or Linda 515- 277-4782
Feb. 6 th	12pm	Premier Bowling Alley in Pleasant Hill	Bowling event for people with Spinal Cord Injuries or paralysis. Will have ball ramps to use and bowling balls with retractable handles available.	Any veteran with spinal cord injury or paralysis.	Joyce Ellens 515-699-5999 X4939
Fri. Feb 12	12:30- 4pm	Bldg. 12 CLC; room B109	Women Veterans. Come finalize the Creative Arts projects or work on crafts. We will have supplies to make cards, do scrapbooking, make a fleece blanket and more. Bring your own craft/hobby if you'd like. Come visit and enjoy some cookies and hot chocolate for a mini Valentine's Day party.	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Wed. Feb. 17	12- 3:30pm	Leave from Bldg. 12 or meet at Annett Nature Center south of Indianola	Women Veterans. Join us for snowshoeing at Annett Nature Center from 1-2pm. If you are riding with us, we will leave from the VA at noon. No experience needed. Activity is TENTATIVE as it depends up the snow amounts. We need a minimum of 5 veterans signed up to go. Please sign up from Feb. 1 with Suzanne.	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Fri. Feb. 26	6pm	VA Main Lobby	Local Veterans Creative Arts Competition—veterans can enter into a talent competition in the areas of art, creative writing, dance, drama or music. Some paperwork and rules apply. Start planning entries now!! All entries will be	Any veteran	Contact Suzanne Anderson at 515-699- 5999 x4949 for questions or entry forms

			due by Feb 15, 2016.		
Coming Feb 2016	TBD, usually the first weekend of the month	7 Oaks in Boone Iowa	Winter Experience. Adaptive snow skiing offered by Adaptive Sports Iowa and Adaptive Adventures. Space is limited. FREE adaptive equipment rental and instruction. Contact Joyce to reserve your spot!	Any disabled veteran	Joyce Ellens 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 2016 season!	Any veteran, open to 15 veterans per session.	Joyce Ellens 515-699-5999 X4939