



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
1 <sup>st</sup> Tues of the month	6:30pm	Bldg. 12/CLC 3 <sup>rd</sup> 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 November	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 November	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 <b>Summer of 2016</b>	TDB <b>Summer of 2016</b>	Warrior Run Golf Course, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and their caregivers. <b>Call to reserve your spot for the 2016 season!</b>	Any veteran, open to 15 veterans per session.	Joyce Ellens 515-699-5999 X4939
Mon. Nov 2 <sup>nd</sup>	6:00-8:00pm	Building 12, CLC3 Dining Room	Amputee Support & Education Group- First Monday of the month, topics vary, social and supportive group. This month enjoy a visit and demonstration from Teri Collins, VA Dietician!	Any veteran or caregiver affected by amputation	Amber Krakau 515-699-5999 X4982

Wed. Nov 3rd	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! *Some standard and adaptive bikes are available. Please let Joyce know if you need a bike	Any veteran	Joyce Ellens X4939 or Ed Bryja x4687  *Go to Facebook page "Veterans Riding to Live" for updates.
Thurs. Nov. 5	10am-noon	Leave from Building 12 at the VA at 9:30am if you want a ride	Women Veterans. Come to Kil'n Time Studio at 268 W. Hickman Road in Waukee and learn how to do glass fusion. VA will pay 10.00 and you pay 10.00, payable that day in cash. Sign up by Nov. 2 with Suzanne.	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Wed. Nov. 11th	10:00am	Bldg. 1 Main lobby	Veteran's Day- Westridge 5 <sup>th</sup> Grade proudly wishes to thank our Veterans. Music Concert "All-American Me & you in the heart of America"	Any Veteran & family welcome	Kayla Nelson x4331
Thurs. Nov. 12	12:30-2:30pm	Bldg. 12 CLC; room B109	Women Veterans. Come learn about Zentangle, a meditative and relaxing doodle art form. All supplies will be provided. No need to sign up-just show up!	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Fri. Nov. 20 <sup>th</sup>	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
Fri. Dec. 4	12:30-2:30pm	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
Wed. Dec. 9	5-7 pm	Bldg. 12 CLC; room B109	Women Veterans. Annual Holiday Party! We provide a catered meal and games. Bring a gift (10.00 or less) if you want to participate in the gift exchange. Please sign up by Dec. 1 with Suzanne.	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Coming Feb 2016	TBD	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.	Any veteran	Contact Suzanne Anderson at 515-699-5999 x4949 for questions or entry forms

			Some paperwork and rules apply. Start planning entries now!! All entries will be due by Feb 1, 2016.		
Coming Feb 2016	TBD	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