



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 3rd Tues of the month	6:30pm	Bldg. 12/CLC 3 rd floor dining room or at a fishing location TBD	Fly Tying Learn how to tie flies and then use those flies to go fishing with us! Contact Joni for more information! Sponsored by Project Healing Waters	Any veteran	Joni Osmundson 515-699-5999 X4980
All Thursdays in April	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
Mon. April 4th	6:00-8:00pm	Bldg. 12 CLC; 1 st floor Room – B109	The educational part will be a presentation about the "why" and "what" of yoga and then a couple of exercises. The second half of group is support and networking.	Any veteran with an amputation or potential amputation	Amber Krakau 515-699-5999 x4982
Wed. April 6	1-3pm	Bldg. 12 CLC; room B109	Women Veterans Recreational Group- We will be making fleece blankets as part of our service project for other hospitalized female veterans. No experience necessary!	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Friday April 15th	12:30-2:30pm	ChildServe Therapy Pool- must be signed up with Kayla Nelson 3 days prior	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

Wed. April 20	9:30am-3pm	Iowa Veteran's Home If interested in riding in the van from the VA, please contact Joni at 515-699-5999 x4980 to sign up for a ride	Women Veterans Outreach Program at IVH. We will have speakers, lunch, activities and a virtual tour of IVH. We will take a van from the VA, leaving at 8am and returning around 4-4:30pm. More info will be presented when finalized. YOU DO NEED TO SIGN UP FOR THIS PROGRAM ahead of time. Please contact Connie.	Any female veteran	Connie Roth 515-699-5647
Fri. April 22	1-4pm	Meet in the lobby of Building 12	Women Veterans. Come and join in the largest Earth Day Trash Bash Service Project in the state to clean up and beautify our community. We will be cleaning up the bike trail behind the VA and possibly around the VA grounds. Please contact Joni for more info and to sign up.	Any female veteran	Joni Osmundson 515-699-5999 X4980
Friday April 29th	12:30-2:30pm	ChildServe Therapy Pool- must be signed up with Kayla Nelson 3 days prior	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
Sat April 30 May 7 May 14 May 21 June 4	9am-11am	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.	Klay Queck 515-699-5999 x4039