

VA CENTRAL IOWA HEALTH CARE



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> Monday of every month	6:00pm	Bldg. 12/CLC – 1 <sup>st</sup> floor Room B-109	Central Iowa Amputee Support Group: The educational first part of group will be education and the second half of group is support and networking.	Any Veteran with an amputation or potential amputation	Amber Krakau (515) 699-5999 x4982
1 <sup>st</sup> and 3 <sup>rd</sup> Tues of the month	6:30pm	Bldg. 12/CLC 3 <sup>rd</sup> 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 August	1:30-2:30pm	Bldg. 12 CLC; 3 <sup>rd</sup> floor dining room	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

Every Thursday in Aug	6:00- 8:00pm	First Family Church in Ankeny	Wheelchair Basketball practice and scrimmage. 12 different sport chairs available to try. FREE Sponsored by Adaptive Sports Iowa	Any veteran with a physical disability or limitation	Joyce Ellens 515-699-5999 x4939 or Mike Boone at 888- 777-8881 x115
Wed. Aug. 3	1:30-3 pm	Bldg. 12/CLC Room B109	Women Veterans Recreation Group- Come learn about healthy food choices and make a new recipe with a VA dietician and Recreation Therapy. No sign up need, just show up!	Any female veteran	Joni Osmundson 515-699-5999 X4980
Sat. Aug 6th	10:30am- 3:30pm	Easter Seals Camp Sunnyside 401 NE 66 <sup>th</sup> Ave, Des Moines 50313	<u>Adaptive Sports &amp; Recreation Expo!</u> <u>FREE EXPO and LUNCH!</u> Come see what Iowa has to offer for adapted sports, recreation and other resources to live a healthy and active life! Sponsored by the United Spinal Association, Iowa Chapter	Any physically disabled veteran and their caregiver	Joyce Ellens 515-699-5999 x 4939
Wednesday Aug 10th	9am- noon, meet at 8am for bike check	Gray's Lake- meet at the southwest parking lot.	"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 8-9-16*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
Tuesday Aug 9th (2 <sup>nd</sup> Tues of every month)	6:00- 8:00pm	Warrior Lanes 190 SE Laurell in Waukee, IA	Bowling Program for anyone with a physical disability or low vision. First game is FREE. Sponsored by Adapted Sports Iowa	Any veteran with a physical disability or low vision	Joyce Ellens 515-699-5999 X 4939 or Mike Boone at 888- 777-8881 x115
Aug 16 <sup>th</sup> (3 <sup>rd</sup> Tues of every month)	7:00- 8:30pm	New Hope Methodist Church, 4525 Beaver Ave, Des Moines	Stroke Club Meeting. Support and education group for stroke survivors and their caregivers. FREE August topic: The Healing of Art	Any veteran with a stroke and their caregivers	Joyce Ellens 515-699-5999 x4939

Friday August 19th	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
Wednesday Aug 24th	9am- noon, meet at 8am for bike check	Martensdale Ride. Meet at the Martensdale Trailhead Parking lot	"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 7-23-16*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
Session 4 dates: Aug 26 <sup>th</sup> , Sept 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> and 30 <sup>th</sup>	Fridays from 1- 3pm	Warrior Run Golf Course, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and their caregivers. <b>Must call to reserve your spot!</b>	Any veteran, open to 15 veterans per session.	Joyce Ellens 515-699-5999 x4939 or Klay Queck 515-699-5999 x4039
Wed. Aug. 24	1-3pm	Bldg. 12/CLC Room B109	Women Veterans Recreation Group- Come make some fleece blankets to be given to hospitalized female veterans at the VA. No experience needed-just show up!	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Sept. 7-8, 2016		Camp Wesley Woods, south of Indianola	Women Veterans Recreation Group- 3 <sup>rd</sup> Annual Overnight Women's Retreat Save the dates! More info to follow. Contact Suzanne if you want to sign up or more info.	Any female veteran	Suzanne Anderson 515-699-5999 X4949