

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 st and 3 rd Tues of the month (cancelled on July 5 th)	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
Tuesday nights (July 5 is last night)	6:00-8:00pm	Crossroads Shooting in Johnston, IA	A Veteran Outreach Airgun Program. Learn or practice your skills with volunteers to assist. FREE Sponsored by Adaptive Sports Iowa	Any veteran	Joyce Ellens 515-699-5999 x4939 or Mike Boone at 888-777-8881 x115
All Thursdays in July	1:30-2:30pm	Bldg. 12 CLC; 3 rd 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 July	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

Wednesday July 6 th	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 7-5-16*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
Tuesday July 12th (2 nd 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
Friday July 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
Wednesday July 20th	9am- noon, meet at 8am for bike check	TBD	"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 6-20-16*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
Wed. July 20	2-8 pm	Big Creek Marina/Beach in Polk City, IA	Women Veterans Recreation Group- We are renting a pontoon boat, having a cookout and playing lawn games. No money or food necessary. You DO NEED to register ASAP as the boat only holds 10 people. Call Suzanne to sign up or for more details.	Any female veteran	Suzanne Anderson 515-699-5999 X4949

July 23, 30, Aug 6, 13, 20	9am- 11am	Warrior Run Golf Course, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and their caregivers. Must call to reserve your spot!	Any veteran, open to 15 veterans per session.	Klay Queck 515-699-5999 x4039 or Joyce Ellens 515-699-5999 x4939
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
Sept. 7-8, 2016		Camp Wesley Woods, south of Indianola	Women Veterans Recreation Group- 3 rd 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