



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 March	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
All Thursdays in March	1:30-2:30pm	Bldg. 12 CLC; 3 <sup>rd</sup> 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 March	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
Fri. March 4	Noon-3pm	Bldg. 12 CLC; room B109	Women Veterans. Come work on some fleece blankets to be given to hospitalized female veterans at the VA. Bring a snack or your lunch if you wish. No experience needed.	Any female veteran	Suzanne Anderson 515-699-5999 X4949

Wed. March 23	12:30-3pm	Bldg. 12 CLC; room B109	Women Veterans. Come learn about organic and companion gardening. Then work with the VA dieticians to learn about healthy eating. We will make a healthy item or two and taste-test!	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Friday March 25th	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
Wed. March 30	5:30-10pm	Des Moines Playhouse and a local restaurant	Women Veterans. The Des Moines Playhouse will be presenting "Sister Act" with a free showing to the women vets. We will meet at a nearby restaurant for dinner and then head to watch the show as a group. PLEASE SIGN UP WITH SUZANNE by March 21 so we can decide on a restaurant.	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Wed. April 6	1-3pm	Bldg. 12 CLC; room B109	Women Veterans. Come learn how to make a string art project presented by one of our own women veterans. All supplies will be provided.	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Wed. April 20	9am-3pm	Iowa Veterans Homes	Women Veterans. Save the date for a special Outreach Program at IVH. We will have speakers, lunch, activities and a 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	Noon-??	Des Moines Area	Women Veterans. Come and join in the largest Earth Day Trash Bash Service Project in the state to clean up and beautify our community. This is a great way to represent the VA and the Women Veterans Group. The day starts with a free lunch and then you are given assignments. Please contact Joni for	Any female veteran	Joni Osmundson 515-699-5999 X4980

			more info and to sign up.		
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