

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 June-Sept	6:30pm	Bldg. 12/CLC 3 rd floor dining room	Fly Tying and Fishing Contact Joni about learning how to create flies. Some of the Tues night we will actually use them while fishing	Any veteran	Joni Osmundson 515-699-5999 X4980
Sept. 10 th and 24 th	1:30-2:30pm	Bldg. 12/CLC Dining room of CLC 3	Beginning Level; Can use mats or adapt it to a chair. Equipment provided. No need to sign up-just show up!	Any veteran	Suzanne Anderson X4949 or Kayla Nelson X4331
Every Tuesday in Sept.	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 Sept.	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
Sept 2 nd -3 rd		Camp Wesley Woods in Indianola	Women Veterans-overnight retreat for female veterans; call for details/ to sign up	Any female veteran	Suzanne Anderson 515-699-5999 X4949

Saturdays: Sept 12 th , 19 th , 26 th , and Oct. 3 rd	8:00am- 10:00am	Warrior Run Golf Course, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and their caregivers.	Any veteran, open to 15 veterans	Joyce Ellens 515-699-5999 X4939
Sat. Sept 12th	2:00- 3:00pm	Community Living Center 3 rd floor dining room.	A free 1 hour presentation about the history of streetcars in Des Moines. Presented by Earl Short of The Des Moines Streetcar Friends.	Any veteran or caregiver	Joyce Ellens 515- 699-5999 X4939
Sunday Sept. 13 th	5:00pm- 7:00pm	Urbandale Community Pool 7201 Aurora Ave Urbandale 50322	"I tried SCUBA" event for Iowa Veterans! Come and try SCUBA in a safe controlled environment at the indoor Urbandale Pool. \$5.00 to reserve your spot. There is a pool lift for those who need it. Please bring your own towel.	Any veteran. Must have medical clearance prior to participating.	Joyce Ellens 515-699-5999 X4939
Wed. Sept. 16 th	9:00am- 12:00pm	Chichaqua Trail Ride. Meet at the Bondurant Trailhead at 8:00am.	"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 9-14-15*	Any veteran	Joyce Ellens 515-699-5999 X4939
Thursday Sept. 17 th	10-2pm	VA Central Iowa Campus	Walk n' Roll Health Fair Walk and Roll at 11:00 to celebrate the 10 year Anniversary of the MOVE! Program Kick Off the Influenza Prevention Campaign Learn more about VA programs that can help you reach your healthy lifestyle goals Fill up at a Veteran Friendly Farmer's Market Feed your soul with Veteran success stories, music, and alternative therapy demonstrations	Any veteran or caregiver	Kayla Nelson 515-699-5999 x4331

Wed. Sept 23 rd	8:30am-3pm	Meet at Bldg. 12 CLC for transportation	Women veterans. Day trip to Ames. Tour Reiman Gardens (VA will pay admission), have lunch (on your own) and tour the town. Please sign up with Joni by Sept. 18.	Any female veteran	Joni Osmundson 515-699-5999 X4980
Fri. Sept. 25 th	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
Sat. Sept. 26 th	11:00am-1:00pm	Wellmark YMCA 501 Grand Ave Des Moines 50309	Wellness & Fitness Program for people with paralysis. Demo classes include: Boot Camp, Cycling, TRX Suspension Training, and Yoga. FREE one-day pass to the YMCA	Any veteran with paralysis (ex. SCI, MS, stroke) and their caregivers	Joyce Ellens 515- 699-5999 X4939
Wed. Sept. 30 th	9:00am-12:00pm	High Trestle Trail/Madrid Trailhead Meet at the gravel parking lot across from the "Flat Tire Lounge"	"Veterans Riding to Live" A group of cyclists who love to ride! Intermediate ride-11 mile trail is fairly flat. 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 8-28-15*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
Wed. Sept 30 th	12:30-2:30pm	Bldg. 12 CLC; room B109	Women veterans. Come make fleece blankets to give to hospitalized female veterans. No experience needed. Just show up!	Any female veteran	Suzanne Anderson 515-699-5999 X4949
Thurs. Oct 8 th	1:30-3pm	Bldg. 12 CLC; room B109	Women Veterans. Come meet with a VA Dietician and learn how to prepare some healthy fall goodies.	Any female veteran	Joni Osmundson 515-699-5999 X4980
Thurs. Oct. 22 nd	12:30-2:30pm	Bldg. 12 CLC; room B109	Women Veterans. Come learn how to make a t-shirt scarf. No experience or sewing needed.	Any female veteran	Suzanne Anderson 515-699-5999 X4949