

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
Saturday, October 1 st , 2016	1:00- 2:00pm	Gray's Lake Garage 2101 Fleur Dr. Des Moines, IA 50321	Come meet with the Des Moines Rowing Club and learn rowing technique on a rowing machine. All abilities welcome!	Any Veteran	Klay Queck (515) 699-5999 x4039
Sunday October 2nd- (Save the date)	5pm-7- pm	Urbandale Pool 7201 Aurora Ave, Urbandale 50322	"I Tried SCUBA" event for veterans! Come try SCUBA in a safe indoor pool. Instruction and equipment are provided. Please bring your own towels.	Any veteran	Joyce Ellens 515-699-5999 x4939 Must call to reserve your spot!!
October 3rd	6:00pm	Bldg. 12/CLC – 1 st 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. Contact Amber Krakau for information on education.	Any Veteran with an amputation or potential amputation	Amber Krakau (515) 699-5999 x4982
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
Tuesdays in Oct: 11 th , 18 th & 25th	3:00- 4:00pm	Bldg. 12 CLC; 1 st floor ROOM B105	Please join us for yoga on Tuesdays Beginning level in chairs. Learn about deep breathing techniques and relaxation.	Any veteran	Kayla Nelson 515-699-5999 X4331

Tuesdays in Oct: 11th, 18th & 25th	4:00-5:00pm	Bldg. 12 CLC; 1st floor ROOM B105	"Yoga for Veterans" Higher level mat yoga class that is trauma sensitive and helps assist Veterans with breath control, emotional regulation and mental-resiliency.	Any Veteran	Klay Queck 515-699-5999 x4039
Every Thursday in October	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
Thurs. Oct. 6, 2016	11am-1pm Photo at noon	VA Campus-Main Lobby	Women Veterans Recreation Group Or ANY Veteran Attend the Pink Out in the Main Lobby of the VA between 11am-1pm with information and handouts. Wear your pink and be in a Campus-wide picture taking place at NOON (hopefully outside)	Any veteran	Suzanne Anderson 515-699-5999 X4949
Tuesday Oct. 11th (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
Wednesday October 12th	9am-noon, meet at 8am for bike check	Carlisle Trailhead	"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 10-10-16*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
Oct. 18th (3 rd 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	Any veteran with a stroke and their caregivers	Joyce Ellens 515-699-5999 x4939
Friday October 21st	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. Oct. 26	1-3pm	VA, Bldg. 12 CLC Room B109	<p>Women Veterans</p> <p>Come meet our Music Therapy Intern and participate in some music therapy interventions such as improvisation and music assisted relaxation.</p>	Any female veteran	Suzanne Anderson 515-699-5999 x4949
Wed. Oct. 26 th	1:00pm-4:00pm	Chichaqua Trail Ride	<p>“Veterans Riding to Live”</p> <p>A group of cyclists who love to ride! Lunch provided by the DAV after the ride!</p> <p>*Some standard and adaptive bikes are available. Please let Joyce know if you need a bike by 10-24-16*</p>	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page “Veterans Riding to Live” for updates.
Wed. Nov. 2	5pm	VA, Bldg. 12 CLC Room B109	<p>Women Veterans</p> <p>Join us for a planning meeting to discuss entries for the 2017 National Veterans Creative Arts Competition—we may do some group entries in art, drama, creative writing and/or music. Come with ideas or just to see what it is all about! Bring your dinner or a snack if you wish.</p>	Any female veteran	Suzanne Anderson 515-699-5999 x4949
Sat. Dec. 3	11am	VA, Bldg. 12 CLC Room B109	<p>Women Veterans</p> <p>Join us for a planning meeting to discuss entries for the 2017 National Veterans Creative Arts Competition—we may do some group entries in art, drama, creative writing and/or music. Come with ideas or just to see what it is all about! Bring your lunch or a snack if you wish.</p>	Any female veteran	Suzanne Anderson 515-699-5999 x4949
Wed. Dec. 7	5-7pm	VA, Bldg. 12 CLC Room B109	<p>Women Veterans</p> <p>Join us for our annual Holiday Party! We will provide a catered meal (bring a snack, salad or dessert IF YOU WISH, but don’t have to). Bring a gift valued from 15-20 dollars if you want to do the gift exchange. Come to socialize and meet new people! Please RSVP to attend by Dec. 1.</p>	Any female veteran	Suzanne Anderson 515-699-5999 x4949

