



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
2nd Monday of the month in Sept. only due to Labor Day Holiday	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
All Thursdays in September	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 September	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
Sept. 7-8, 2016		Camp Wesley Woods, south of Indianola	Women Veterans Recreation Group- 3 rd Annual Overnight Women's Retreat Must sign up to attend.	Any female veteran	Suzanne Anderson 515-699-5999 X4949

Tuesday Sept 13th (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
Thursday September 15th	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 9-14-16*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page “Veterans Riding to Live” for updates.
Friday September 16th	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
Sept 20 th (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
Thurs. Sept. 22	1:30-2:30pm	VA, Bldg. 12 CLC Room B109	Women Veterans Paws and Effect will be here to talk to us about service dogs, training and volunteer ideas. Please stop by!	And female veteran	Suzanne Anderson 515-699-5999 x4949
Thursday September 29 th	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 9-28-16*	Any veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page “Veterans Riding to Live” for updates.
Session 4 dates: Sept 9 th , 16 th , 23 rd , 30 th and Oct 7 th	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. Must call to reserve your spot!	Any veteran, open to 15 veterans per session.	Joyce Ellens 515-699-5999 x4939 or Klay Queck 515-699-5999 x4039
Sunday October 2nd- (Save the date)	5pm-7pm	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!!

