

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
Tuesdays in December	3:00-4:00pm	Bldg. 12 CLC; 1 <sup>st</sup> floor ROOM B105	Please join us for yoga on Tuesdays <b>Beginning level</b> in chairs. Learn about deep breathing techniques and relaxation.	Any veteran	Kayla Sherwood 515-699-5999 X4331
Tuesdays in December	4:00-5:00pm	Bldg. 12 CLC; 1st floor ROOM B105	“Yoga for Veterans” <b>Higher level</b> 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
Sat. Dec. 3	11am	VA, Bldg. 12 CLC Room B109	Women Veterans 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.	Any female veteran	Suzanne Anderson 515-699-5999 x4949
December 5 <sup>th</sup> (1 <sup>st</sup> Monday of Every Month)	6:00pm	Bldg. 12/CLC – 1 <sup>st</sup> 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

December 6 <sup>th</sup> (1 <sup>st</sup> Tues of the month)	6:30pm	Bldg. 12/CLC 3 <sup>rd</sup> floor dining room	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
Wed. Dec. 7	5-7pm	VA, Bldg. 4 Room 1140	Women Veterans 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.	Any female veteran	Suzanne Anderson 515-699-5999 x4949
<b>NO DEC. DATE</b> Next class Jan. 20 <sup>th</sup> , 2017	12:30- 2:30pm	ChildServe Therapy Pool- must be signed up with Kayla 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 Sherwood 515-699-5999 x4331
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December 20th (3 <sup>rd</sup> 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