

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 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 November	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 Sherwood 515-699-5999 X4331
Tuesdays in November	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
Wed. Nov. 2	5pm	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 dinner or a snack if you wish.	Any female veteran	Suzanne Anderson 515-699-5999 x4949

November 7th	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
Thurs. Nov. 10 and 17	1-4pm	Kil'n Time Studio in Waukee	Women Veterans Join us for creating our own unique clay/ceramic piece. Come with an idea in mind. Please let Joni know if you plan to meet her there or get a ride from the VA. We will need to leave around 12:15pm from the VA. Each veteran will pay for part of the art piece—about 10.00 each. Please bring cash the day of. You need to attend both days—first day to create and second day to paint.	Any female veteran	Joni Osmundson 515-699-5999 X4980
Nov. 15th (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 November 18th	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 Sherwood 515-699-5999 x4331
Mon. Nov. 28	1-2pm	VA, Bldg. 12 CLC Room B109	Women Veterans Come learn how to play the Native American Flute. See a variety of flutes, listen to the beautiful music and then trying your hand at playing. No experience needed.	Any female veteran	Suzanne Anderson 515-699-5999 x4949
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	Any female veteran	Suzanne Anderson 515-699-5999 x4949

			just to see what it is all about! Bring your lunch or a snack if you wish.		
Wed. Dec. 7	5-7pm	VA, Bldg. 12 CLC Room B109	<p style="text-align: center;">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