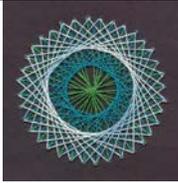


ATTENTION WOMEN VETERANS!! May 2016 CALENDAR

You are invited to the following activities for women enrolled at VA Central Iowa

<p>On-going activity you can attend each week Time: 1:30-2:30pm Place: Bldg. 12/CLC, Third Floor Dining Room Yoga!! Mats will be provided (or bring your own) or you can use a chair. Come learn about your body, work on breathing and relax. No need to sign up—just show up!</p>	
<p>Tues. May 3 and 17 Time: 6:30pm Place: Bldg. 12, 3rd floor dining room Fly Tying will continue on the 1st and 3rd Tuesdays of the month. One of the Tuesdays will be creating and one will be actually fishing. Please contact Joni for more information and details.</p>	
<p>Fri. May 13 Time: 10am-2pm Place: Meet at Bldg. 12 if you want a ride Botanical Center and Lunch We will leave from Bldg. 12 at 10am or you can meet us there (around 10:15am). The VA will pay your admission into the Botanical Center. Afterwards, we will have lunch together (lunch is on your own) at a place we decide together. Please let us know if you plan on attending by May 6 and if you plan on riding with us.</p>	
<p>Wed. May 18 Time: 10am-2pm Place: Bldg. 12 The VA is holding a 2K walk around the campus. We thought it would be fun to do this as a group. We don't have all of the details yet, but have been told the event will be from 10:00-2:00pm with a 2k walk around the facility along with a health fair in the main lobby and outside of the revolving doors. This event will help the homeless Veterans program. Walk participants have the opportunity to provide donations in the form of items such as clothing, toiletries, food and water. Donations are entirely voluntary. We will let you know more about the event as we hear more details. For now, save the date.</p>	
<p>Wed. May 25 Time: 1-3:30pm Place: Bldg. 12 Room B109 Craft Time We are hoping one of our own will teach us a new string art project. All supplies will be provided. If she is unable to attend this date, we will work on blankets or scrapbooking.</p>	
<p>Sept 7-8, 2016-Overnight retreat at Camp Wesley Woods in Indianola, IA. More details to come but save the dates!</p>	

For questions, please contact Suzanne Anderson, Music Therapist at 699-5999 x4949

or e-mail Suzanne.anderson4@va.gov

or Joni Osmundson, Recreation Therapist at 699-5999 x4980

or e-mail joni.osmundson@va.gov

Please let Suzanne or Joni know if you plan on attending activities, especially trips, so we know how much money and space will be needed. Thank you!