

ATTENTION WOMEN VETERANS!! JULY/AUG 2017 CALENDAR

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

<p>Fly Fishing this summer— 6:30-8pm. ***Please note the dates are different in July--meeting on July 11 and 18 (due to the 4th Holiday) and then again on Aug. 1 and 15. Please contact Joni for more information and to sign up (to find out where they are fishing, in case they need to cancel an evening, etc).</p>	
<p>Tues. July 6 7pm at Camp Dodge Free concert by the 34th Army Band Sidewinders. This activity is "on your own" and staff from the VA may not be present. Hard rock, pop and classic rock concert. Wear your favorite red, white and blue items. Enter at the main gate of Camp Dodge at 7105 NW 70th Ave. in Johnston. Must have a photo ID for individuals 16 and over. Perform at the Historic Camp Dodge Pool Complex. There is another Free concert, same location, on July 13 at 7pm as well, featuring Bonnie Finken, a regional Emmy Award Winner featuring rock and electronic music.</p>	
<p>Tues. July 11 1pm at Child Serve Low-impact water exercises in a therapeutic/heated pool. MUST SIGN UP with Joni by July 7 so she knows how many plan on attending as we do pay for this activity. Contact her for any other questions.</p>	
<p>Wed. July 12 Time: 7:15pm Place: Des Moines Playhouse Another "on your own activity." Wonderful chance to see a FREE show---The Music Man. MUST be there by 7:15pm no exceptions---doors will lock after that. You can contact Ann at 515-205-9757 for more info if needed.</p>	
<p>Wed. July 19 6:00-7:30pm Room B109 Building 12/CLC Come meet our guest artist/presenter and learn how to do some journaling and drawing that can help clear your mind as well as relax you. Let Suzanne know if you plan on attending so we know we have enough supplies.</p>	
<p>Thurs. July 27 Time: 1:30-2:30pm Place: Bldg 1, Canteen Dining Room Come learn how to cook grilled salmon, mango salsa and steamed veggies with the VA Dieticians. You MUST let Suzanne know two week prior (by July 13) if you plan to attend. No exceptions please and no late RSVP's for this event. FYI-this is for other Veterans as well, so it is NOT a women's only activity.</p>	

<p>Fri., Aug. 4 Time: 12:30-3pm Place: Meet at Meredith Gardens downtown (or let us know if you need a ride from the VA—van from VA would be leaving by 12:15pm)</p> <p>Visit the beautiful test gardens at Meredith Gardens and then walk through the Pappajohn Sculpture Park. All is free. Please let us know if you plan on attending. We need to have a minimum of 5 women attend to warrant us to be gone from the VA for so long.</p>	
<p>Wed, Aug. 30 Time: Noon-3pm Place: Memory Bound Scrapbooking Store at 614 N. Ankeny Blvd, Ankeny, IA</p> <p>More details to come as it gets closer but save the date. The VA will buy you lunch and then it's on to Memory Bound. There you can do a "Make and Take" on your own---usually it is about 3.00 and you learn a new craft technique. You will have time to shop and stock up on supplies. We need to have 5 women attend to warrant us being gone from the VA for so long. Please let Suzanne know if you plan to attend by Aug. 25 and whether you will meet us in Ankeny or ride with us from the VA.</p>	
<p>Ideas for this fall and winter include: More shows at the Des Moines Playhouse—Sept 6 "A Chorus Line" and Oct. 11 "Choices" but at 7:15pm and FREE to Veterans!!!</p> <p>We plan to do some card making/scrapbooking to get ready for the holidays, we hope to do a fall art/garden project possibly at Ted Lare, snowshoeing if the weather is good, our annual Holiday Party in Dec., continue making blankets for hospitalized female vets, more art projects, possibly a tour of the World Food Prize building and more</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

Be sure to check out the VETS in ACTION calendar found on the VA Central Iowa website for more activities every month. See info about golfing, bike rides, air rifle, special activities and more. These activities are not necessarily for women only but some of them may be of interest to you. You can access the calendar by:

- Go to www.centraliowa.va.gov
- In the lower right hand column, click on Recreation and Music Therapy Calendar or the Recreation Therapy for Women Veterans Calendar
- You can also go to the left hand column and click on Health Care Services, then A-Z List of Services, then Recreation Therapy for links to information and calendars
- You can also find out information on the VA Central Iowa Health Care System Facebook page (just search for it while on Facebook and then LIKE it!)
- Get Out and Stay Active Iowa Veterans!!

VA CENTRAL IOWA HEALTH CARE



Other activities you could participate in—found under Vets in Action

Tuesdays in July	6pm- 8pm	CrossRoads Shooting Sports, 5550 Johnston Dr., Johnston, IA 50131	Air Rifle program hosted by Adaptive Sports Iowa. Some adaptive equipment and instruction provided. FREE for participants. Call ahead to reserve a spot!	Any veteran with a physical limitation	Joyce Ellens 515- 699-5999 x4939 or adaptivesportsiowa.org
Wed July 5	8:00am- 12:00pm	Gray's Lake- meet at the SW corner of the park by the circle drive.	"Veterans Riding to Live" A group of cyclists who love to ride! Snacks provided by the DAV after the ride! *Some standard and adaptive bikes are available. Please let Joyce know if you need a bike by 7-3-17	Any Veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
Sat July 8 th	9am- noon	Gray's Lake in Des Moines- meet at the boathouse	ALTRD- Adaptive Learn To Row Day! Learn how to row in a 2 person rowing boat. Open to 4 veterans! All instruction, equipment, and safety gear provided.	Any physically disabled (amputee or paraplegic) or blind veteran	Joyce Ellens 515-699-5999 x4939 Must call Joyce to reserve your spot!

Wed July 19 th	8:00 am- 12:00 pm	Bouderant to Chichaqua Trail	<p>“Veterans Riding to Live”</p> <p>A group of cyclists who love to ride! Snacks provided by the DAV after the ride! *Some standard and adaptive bikes are available. Please let Joyce know if you need a bike by 7-17-17</p>	Any Veteran	<p>Joyce Ellens x4939 or Ed Bryja x4687</p> <p>*Go to Facebook page “Veterans Riding to Live” for updates.</p>
TBD	TBD	Various locations in central Iowa	<p>Team River Runner-kayaking program for disabled veterans. Please call if you are interested in being signed-up!</p>	Open to 4 veterans with physical limitations per event	<p>Joyce Ellens</p> <p>515-699-5999 x4939</p> <p>Must call Joyce to apply and be accepted</p>
<p>Session 3 dates:</p> <p>July 15th, July 22nd, July 29th, Aug 5th & Aug 12th</p>	9am- 11am	Warrior Run Golf Course, Norwalk	<p>GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and one caregiver.</p> <p>4 class sessions offered in summer months.</p> <p>*Taking names for sessions 3, and 4*</p>	Any veteran, open to 15 veterans per session.	<p>Joyce Ellens</p> <p>515-699-5999 x4939</p> <p>Must call to reserve your spot for the 2017 season!</p>