**Weekly**

**Mondays**

**Music Therapy Jam Session:** 5:30pm (Veteran Center) Secure Message to CI-Recreation Therapy

**Tuesdays**

**Trauma Yoga:** 9:00am (Bldg 7m Rm 101) Reconnecting with your breath and body through yoga philosophies. Contact Claire Lamb x23959

**VVC Yoga:** 2:30pm (Video Connect) Beginning level yoga done on mat or chair—Contact Megan Trimble x24039 or via MHV Secure messaging CI-Recreation Therapy

**Walking Club:** 8:00am (Meet at Terra Park by the playground) Tuesdays August 16, 24, and 31!

**Wednesdays**

**Tai Chi:** 3:00pm (Gray’s Lake) No prior experience needed. Contact Josh Mulder 515-809-8996 or Joni Osmundson 515-528-6628 or MHV Secure message to CI-Whole Health. Located north side of Gray’s Lake to the east of the beach area. Bring lawn chair.

**Virtual Yoga for Caregivers:** Each Wednesday 2:00pm (Virtual-Webex) 515-718-5109 or email stephanie.day4@va.gov

**Chair and Mat Yoga:** 4:00pm (Bldg 7m Room 101) Beginner level yoga class done on mat or chair for all abilities. Contact Klay Queck 515-214-4578 or MHV secure message CI-Recreation Therapy

**Thursdays**

**Pickleball Club:** 9:30am (Walker Johnston Park in Urbandale) Contact Klay Queck 515-214-4578 Secure Message to CI-Recreation Therapy

**Break Free From Tobacco:** 10:00 am (Video Connect) Preregister at extension x21540 or via Secure Message to CI-Recreation Therapy

**Mindfulness Group:** 12:00pm (Video Connect) No experience necessary—learn and practice mindfulness meditation techniques Contact x21540 or via Secure Message to CI-Health and Prevention

**VVC Yoga:** 2:30pm (Video Connect) Beginning level yoga done on mat or chair—Contact Megan Trimble x24039 or via MHV Secure messaging CI-Recreation Therapy

**Fridays**

**Break Free from Tobacco:** 11:30am (Bldg 7 Rm 101) Kick tobacco with the aide of counseling, pharmacy, acupuncture and Hypnosis. Preregister: Angela Dagnachew x21540 or via Secure Message to CI-Recreation Therapy

**Craft Kit Checkout:** 1:30pm (VA Canteen area) Walk in Secure Message to CI-Recreation Therapy

**Other Dates**

**Pain 101/102:** Wed. Aug 4 & 18 1:00pm Jamie Erixon x3985 or MHV Secure Message to CI-Whole Health

**Pain 103/104:** Wed. Aug 25 1:00pm Jamie Erixon x23985 or MHV Secure Message to CI-Whole Health

**Team River Runner (TRR):** Saturday August 7 10am Dedicated to helping any Veteran experience kayaking, all levels. Adapted equipment available. See the Team River Runner-Des Moines Facebook page.

**Caregiver Support Group:** Tues. Aug 8 & 24 12pm (Call-in ) 1-872-701-0185, Access code 770675970#

**Project Healing Waters:** Tuesday August 3 and 24: FLY FISHING – Ankeny Pond Secure Message to CI-Recreation Therapy

**Mobile Food Pantry:** Tues. August 10 11:30am– 1pm (2350 Euclid Ave. Des Moines IA 50310) Please Bring VA ID Card or DD214

**Vets Ride to Live Bike Ride:** Tuesday August 10th and Friday, August 20th 9:00am Group bike rides take place at various trails around the metro. All ability levels welcome. Secure Message to CI-Recreation Therapy

**Veteran Climbing Night @ Climb Iowa:** Wed. August 11th 6:00-9:00pm Admission and harness rental will be provided. Must sign-up prior as limited spots are available. Klay Queck 515-214-4578 or MHV Secure Message to CI-Recreation Therapy

**Therapeutic Art Group:** Thurs. August 12th 4pm Each month we teach a new technique in a laid back, group environment. Secure Message to CI-Recreation Therapy

**Rowing:** Wed. August 18 5:00pm (Gray’s Lake) Try out rowing with other Veterans. Adaptive equipment available. Secure Message to CI-Recreation Therapy

**Healthy Teaching Kitchen:** Tues. August 24th 2:00pm MHV Secure Message to CI-Ask a Dietitian@

**VA SAVE Suicide Prevention Training for Caregivers:** Thursday August 26 12:00pm Email sarah.greazel@va.gov

**Women’s Virtual Game Night:** Thurs. August 26th 6:00pm (Virtual) x24980 MHV Secure Message to CI-Recreation Therapy

**Virtual Yoga for Caregivers:** Wed. July 28 2:00pm (Virtual-Webex) 515-718-5109 or email stephanie.day4@va.gov

**DAV Thrift Store Back To School:** Sun. Aug 22 12-4 pm – Are you a Veteran and feeling stressed about school supplies and clothes for your children? DAV Chapter 20 & Central Iowa teamed up to assist. Must Pre-register - Call your Social Worker or call x4373 or x3743 (Event held at DAV Thrift Store in Des Moines)

**VA Central Iowa Health Care System**

3600 30th St
Des Moines, IA 50310
515-699-5999

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See page 2 for upcoming programs & activities
Preventing the Flu Begins with YOU!

The best way to prevent seasonal flu is to get vaccinated every year. August’s National Center for Health Promotion and Disease Prevention monthly topic is Get Recommended Immunizations: “Preventing the Flu Begins with You!”

Due to the challenges of COVID-19, it is more important than ever for our patients and employees to get a flu shot in the coming months. Flu vaccine should be available after September 15th in most VHA facilities. It is also important to ensure completion of COVID-19 vaccinations According to The Centers for Disease Control and Prevention (CDC), these vaccines may be given at the same visit.