






ATTENTION WOMEN VETERANS!! SPRING 2018 CALENDAR

You are invited to the following activities for women only at VA Central Iowa Health Care System in Des Moines

<p>Fri. March 2, 2018 Time: 6pm Place: Auditorium, 2nd floor, Bldg. 4 VA</p> <p>Come to the Local Veterans Creative Arts Show and support all who entered. See amazing artwork and performances from local Veterans. Members of the Women's Group entered a Group Art Project that you need to see!</p>	
<p>Tues. March 20, 2018 Time: 5:30-7:30pm Place: Bldg. 12, room B109</p> <p>Come make this cute wooden bunny for spring/Easter. We will paint, sand, glue and decorate. Everything provided. Please RSVP to Suzanne by March 8 so we have enough supplies.</p>	
<p>Sat. March 24, 2018 Time: 5:00-7:00pm</p> <p>"I Tried SCUBA"—try your hand at Scuba Diving. It can be relaxing and has many health benefits. You MUST sign up with Recreation Therapist, Joyce Ellens ASAP if interested (515-699-5999 x4939). Limited spaces. Must pay 5.00 to participate.</p>	
<p>Mon. April 2, 2018 Appointments starting at 8:00am</p> <p>Registration opens for the National Veterans Golden Age Games! The NVGAG is the only national multi-event sports and recreational seniors' competition program designed to improve the quality of life for all older Veterans, including those with a wide range of abilities and disabilities. The games are open to veterans who are 55 years and older and will be held in Albuquerque, NM August 5-9th, 2018. Please contact Joni ASAP for more information and to be added to our mailing list for upcoming meetings, practice times and to get registered!</p>	
<p>Wed. April 4, 2018 arrive by 7:15pm for a 7:30 show</p> <p>The Des Moines Playhouse will be presenting "Ragtime" free of charge to veterans this night starting at 7:30pm. You must go in the east/downstairs door and be there by 7:15pm or the doors will lock. This is a dress-rehearsal night for the performers, so there are very few people in the audience. This activity is "on your own" but if you have any questions, please let us know.</p>	

<p>Tues. April 10th 4:00-7:00pm Bldg. 12/CLC Room B109</p> <p>Scrapbooking, Cardmaking, Crafts</p> <p>Bring your crafts and/or pictures with you. We will have lots of paper, cutting tools, tape, stickers, ribbon and more as well as some help on hand if you need it. Come and visit with peers. Feel free to bring a snack to share or your own dinner. Come and go as you like.</p>	
<p>Fri. April 20th 11:00am-?? Des Moines Area Earth Day Trash Bash</p> <p>Join in the largest Earth Day Service project in the state to clean up and beautify our city! This is a great way to represent the VA and the Women Veterans group as we give back to the Des Moines community. The day starts with a free lunch (if you are pre-registered) and orientation and then various jobs will be assigned to our group (Typically our group stays in the VA neighborhood). Please contact Joni for more details and to get signed up by April 1st!!</p>	
<p>Thurs. April 26th 1:30pm Walking Club</p> <p>If you're interested in staying physically active and would like the comradery of your fellow female veterans to encourage and motivate you, join us 1x/month as we walk around various parks, trails, shopping centers, etc! Dress appropriately for the weather as we will attempt to walk outdoors when we can! Contact Joni if you are interested and she will send out location information closer to the date!</p>	
<p>5th Annual Retreat at Camp Wesley Woods-May 9 and 10, 2018 Information, schedule, etc. to follow---just 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 they know how much money and space will be needed. Thank you!

Be sure to check out the VETS in ACTION calendar found on the VA Central Iowa website for more activities every month. 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!!