







ATTENTION WOMEN VETERANS!! SPRING 2017 CALENDAR

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

<p>Every Tuesday evening Time: 6-8pm Place: CrossRoads Shooting Sports, 5550 Johnston, Dr. Johnston, IA Adapted Sports Iowa sponsors an Air Rifle program every Tuesday night. Come and learn how to operate an air rifle and participate in friendly competitions! You would then be eligible to compete in the Iowa Games Air Rifle competition this summer!</p>	
<p>Bicycle Maintenance Clinic with Des Moines Bike Collective (506 East Sixth St.). This is offered every THIRD WED. from 5-7pm with a bike class just for women. You bring your own bike and learn how to work on it. This is FREE and would be on your own but a great opportunity to learn how to work on your own bike.</p>	
<p>Tues. March 7, 2017 Time: 2-3pm Place: Bldg. 12, CLC2 dining room BOCCIA BALL! We have an indoor set and want you to come play, learn the rules, visit and have fun!</p>	
<p>Tues. March 7th Time: 6:30-8pm Place: Bldg. 12 2nd floor dining room Project Healing Waters Fly Tying. Come learn how to make your own artistic flies for fishing!! No experience needed.</p>	
<p>Wed. March 15, 2017 arrive by 7:15pm for a 7:30 show The Des Moines Playhouse will be presenting "Young Frankenstein" FREE of charge to veterans! 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. We thank Ann, one of our fellow women Veterans, for this amazing opportunity (she volunteers there and set this up for us). This activity is "on your own" but if you have any questions, please let us know.</p>	
<p>March 19, 2017 Time: 5-7pm Place: Urbandale Pool "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). Space is limited and there is a small fee (\$5-10) to participate.</p>	

Thurs. March 30, 2016 Time: 1:30-3pm Place: Canteen Dining Room-main building of VA (near the Canteen Retail space).

Cooking demo and TSES (Therapeutic Support Employment Services) Presentation! Work with the VA dieticians and their Healthy Teaching Kitchen Series from 1:30-2:30pm. The theme is protein with an emphasis on plant based protein. After, learn about the TSES program from fellow Vets, Amy and Shelaine. They can help Veterans find jobs or make contacts in the community and much more!



Thurs. April 13th Time: 1-3pm Place: Merle Hay Lanes (basement of the Merle Hay Mall)

Join us for a fun afternoon of bowling! We have adapted bowling balls and ramps available for those who need them! Please sign up with Joni so we can plan ahead for the cost!



Fri. April 21st Time: TBD Des Moines Area Earth Day Trash Bash

Come and join in the largest Earth Day Service project in the state to clean up and beautify our community! 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 and orientation for all volunteers and then various jobs will be assigned to our group. Last year we had a great time cleaning up the bike trail behind the VA! Please contact Joni for more details and to get signed up!!



5 Saturdays beginning April 22, 2017 9-11am Warrior Run Golf Course, Norwalk, IA


GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and one caregiver. Open to ALL Veterans, not just female. Must call to reserve your spot for the 2017 season! Contact Joyce ASAP if interested. 515-699-5999 x4939. MUST attend all 5 Saturdays.



4th Annual Retreat at Camp Wesley Woods-May 17-18, 2017

Information, schedule, etc. to follow---just SAVE THE DATES!



<p>Wed. May 31, 2017 arrive by 7:15pm for a 7:30 show</p> <p>The Des Moines Playhouse will be presenting "Steel Magnolias" FREE of charge for veterans! 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. We thank Ann, one of our fellow women Veterans, for this amazing opportunity (she volunteers there and set this up for us). This activity is "on your own."</p>	
<p>Summer activities: FREE Rowing Clinic with the Des Moines Rowing Club! Please let Joni or Joyce (515-699-5999 x4939) know ASAP if you are interested so we can get a date set up.</p>	
<p>Summer biking trips! Joyce and Ed take monthly bike rides with any Veteran. Dates/times/places to be determined.</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!!](#)

VA CENTRAL IOWA HEALTH CARE



VETS IN ACTION