



## Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Check out VA Central Iowa Facebook page and website for updates

<https://www.facebook.com/VACentralIowa/>
<https://www.centraliowa.va.gov/>

Day/Date	Time	Location	Description	Who May Participate	Contact Information
Mondays in March	6:00- 8:00pm	VA Building 12 Room B109	<b><u>Music Therapy Jam Session</u></b> If you've ever wanted to sing/play with other veterans, join this open music clinic! Instruments are provided and experience is not necessary!	Any Veteran	Matt Lloyd 515-699-5999 x24983
Tuesdays in March	2:00- 3:00pm	VA Building 7M Room 101	<b><u>Chair Yoga</u></b> Beginning level yoga class with most movement in chairs. Learn about breathing techniques and relaxation.	Any Veteran	Megan Trimble 515-699-5999 x24039
Wednesdays in March	4:00- 5:00pm	VA Building 7M Room 101	<b><u>Tai Chi</u></b> Form of exercise that focuses on weight transfers, balance by using slow movements and can also help relieve pain, stress, and improve strength.	Any Veteran	Josh Mulder 515-699-5999 x25984
Wednesdays in March  No Practice on the 4 <sup>th</sup>	6:00- 8:00pm	Western Hills Elementary School 600 39 <sup>th</sup> St. West Des Moines, IA 50265	<b><u>Wheelchair Basketball Practice</u></b> Adaptive Sports Iowa is looking for more wheelchair basketball players! They practice regularly and would love to have veterans join their team. Basketball wheelchairs are provided and no prior experience is needed!	Any Veteran with a physical impairment and/or uses a wheelchair	Joni Osmundson 515-699-5999 x24980  Hannah Lundeen- ASI <a href="mailto:hannah.lundeen@adaptivesportsiowa.org">hannah.lundeen@adaptivesportsiowa.org</a>

Tuesdays and Thursdays	10:00-11:00am	Merle Hay Mall 3800 Merle Hay Road Des Moines, IA 50310	<b><u>Walk with Ease Walking Club</u></b> Join other veterans as we continue to walk and exercise during the colder months! It's a great way to stay active, gain new friendships or just get out of the house! Meet in the food court!	Any Veteran	Joni Osmundson 515-699-5999 x24980
Thursdays in March	4:00-5:00pm	VA Building 7M Room 101	<b><u>Mat Yoga</u></b> Higher level mat yoga class that is trauma sensitive and helps assist Veterans with breath control, emotional regulation, and mental-resiliency.	Any Veteran	Klay Queck 515-699-5999 x24838
Fridays in March	1:30-3:30pm	VA Building 12 Room B109	<b><u>Open Craft Clinic and Kit Checkout</u></b> In partnership with Help Heal Veterans, free craft kits will be available for veterans to work on during this open clinic! Staff will be on hand to assist as needed. One kit per veteran per week.	Any Veteran	Theresa Johnson 515-699-5999 x24938
Monday, March 2 <sup>nd</sup>	6:00-8:00pm	VA Building 12 3 <sup>rd</sup> floor – Dining room	<b><u>Amputee Support Group</u></b> Come join us, network and build a support system with other amputees.	Any Veteran or community member with an amputation	Amber Krakau 515-699-5999 x24982
Tuesday, March 3 <sup>rd</sup> and 17 <sup>th</sup>	5:30-8:00pm	VA Building 6M Room 204	<b><u>Project Healing Waters-Fly Tying</u></b> Join the Project Healing Waters volunteers as they teach you this fun new skill! All materials are provided. No experience necessary. Please call or check the Facebook page for updates!	Any Veteran	Joni Osmundson 515-699-5999 x24980 or Dale Sanders <a href="mailto:Dale.sanders@projecthealingwaters.org">Dale.sanders@projecthealingwaters.org</a>

Friday, March 6 <sup>th</sup> and 27 <sup>th</sup>	2:00- 3:30pm	Jester Park Outdoor Recreation Center 12112 NW 128th St, Granger, IA 50109	<b><u>Beginner Archery</u></b> For those ready to learn the basic technique of archery and have a little fun! Space is limited so please RSVP!	Any veteran	Joni Osmundson 515-699-5999 x24980
Monday, March 9 <sup>th</sup> and 23 <sup>rd</sup>	9:00- 11:00am	Smash Park 6625 Coachlight Dr. West Des Moines, IA 50266	<b><u>Pickleball Clinic/Practice</u></b> Have you ever wanted to try the sport of pickleball? This the perfect opportunity to play with other Veterans and learn a new skill. All ability levels are welcome! Equipment/admission will be provided.	Any Veteran	Klay Queck 515-699-5999 x24838
Wednesday, March 11 <sup>th</sup>	7:15pm	Des Moines Community Playhouse 831 42 <sup>nd</sup> St. Des Moines, IA 50312	<b><u>Free Dress Rehearsal</u></b> Come see a free showing of "Singing in the Rain." Show starts at 7:30pm but you need to be there by 7:15pm as the doors lock. Use East Entrance, lower doors. No VA staff present-just say you are a Veteran.	Any Veteran plus friends and family welcome to attend too	Suzanne Anderson 515-699-5999 X24300
Thursday, March 12 <sup>th</sup>	6:30- 8:00pm	Des Moines Art Center 4700 Grand Ave. Des Moines, IA 50312	<b><u>Make it a Date: Make &amp; Take Mosaic Planters</u></b> Learn how to use broken glass and tile to create a colorful pop for your spring garden. Plant seedlings in your planter and enjoy your creation as it continues to grow throughout the year. \$10.00/per couple	Any Veteran and significant other  Must register to reserve spot	Klay Queck 515-699-5999 x24838
Friday, March 20 <sup>th</sup>	11:00am- 1:00pm	Main Lobby of the VA	<b><u>Adapted Sports and Therapeutic Arts Expo</u></b> Did you know that the VA hosts several adapted sports and creative arts events around the country each year? Stop by the table in the main lobby to learn more about events and activities coming in 2020!	Any Veteran	Joni Osmundson 515-699-5999 x24980

Tuesday, March 24 <sup>th</sup> and 31 <sup>st</sup>	6:00- 8:00pm	Gloria Dei Lutheran Church 8301 Aurora Avenue, Urbandale, IA 50322	<b><u>Sketch to Learn Class</u></b> Sketching is the foundation of almost every creative discipline. No drawing skill is required! Veterans will learn the elements of sketching and how to use sketching to switch into "creative mode." All art supplies are provided and yours to keep. Space is limited, so RSVP to reserve your spot!	Any Veteran	Joni Osmundson 515-699-5999 x24980
Thursday, March 26 <sup>th</sup>	5:30pm- 7:00pm	Merle Hay Lanes	<b><u>Women Veterans Bowling Night</u></b> Whether you're new to bowling, or have been bowling for years, come and have a fun evening with other women veterans! Cost: \$3 Please RSVP so we have enough lanes!	Any female Veteran  Cost: \$3	Joni Osmundson 515-699-5999 x24980
Sunday, April 5 <sup>th</sup>	1:00- 3:00pm	Des Moines Art Center 4700 Grand Ave. Des Moines, IA 50312	<b><u>Veteran and Family Workshops</u></b> <b><u>Found Object Sculptures</u></b> Learn how to repurpose your recyclables into art. Create unique sculptures from found and recycled materials such as plastic bottles, cardboard, and wood scraps combined with traditional art materials. Explore how to work with form and shape to create abstract and representational sculptures.	Any Veteran and children/gran dchildren	Klay Queck 515-699-5999 x24838
Sundays starting on April 19 <sup>th</sup>	12:00- 3:00pm	Des Moines Art Center 4700 Grand Ave. Des Moines, IA 50312	<b><u>Healing Hands in Clay (6 Week Program)</u></b> Discover the art of ceramics in a relaxing environment with fellow veterans. Tap into your creativity and self-expression as you learn the art of wheel throwing and hand building. Veterans will learn traditional glazing techniques and have the opportunity to experiment with a variety of surface design techniques.	Any Veteran	Klay Queck 515-699-5999 x24838

<p>Summer 2020</p> <p>1<sup>st</sup> Session Full</p> <p>2<sup>nd</sup> Session starts Saturday, May 30<sup>th</sup></p>	<p>9:00- 11:00am</p>	<p>Warrior Run Golf Course</p> <p>3089 North Ave. Norwalk, IA 50211</p>	<p><b><u>GIVE Golf Program</u></b></p> <p>Whether you've golfed before or not, join other veterans to learn the various aspects of the sport, taught by PGA instructors! These classes are held once a week for 5 weeks and clubs will be provided if you do not own a set.</p> <p>Please call to register for the program!</p>	<p>Any veteran</p>	<p>Klay Queck 515-699-5999 x24838</p> <p><a href="https://giveforveterans.com/">https://giveforveterans.com/</a></p>
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