Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans
Check out VA Central Iowa Facebook Page for Updates
https://www.facebook.com/VACentrallowa/

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<th>Day/Date</th>
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<th>Description</th>
<th>Who May Participate</th>
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| Mondays in April  | 6:00-8:00pm | VA Building 12         | **Music Therapy Jam Session**
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 x4983 |
|                   |             | Room B109              |                                                     |                     |                                    |
|                   |             |                        |                                                     |                     |                                    |
| Tuesdays in April | 2:00-3:00pm | VA Building 7M         | **Chair Yoga (Beginner)**
Beginning level yoga class with most movement in chairs. Learn about breathing techniques and relaxation. | Any Veteran         | Megan Trimble 515-699-5999 x4039 |
|                   |             | Room 101               |                                                     |                     |                                    |
|                   |             |                        |                                                     |                     |                                    |
| Tuesdays in April | 11:00-11:45am | Merle Hay Mall Entrance near Panda Express | **Veterans Walking Club**
Get a jump start on those 2019 resolutions by joining other veterans for a healthy walk around the mall! All abilities and paces are welcome! | Any Veteran         | Joni Osmundson 515-699-5999 x4980 |
|                   |             |                        |                                                     |                     |                                    |
| Wednesdays in April | 4:00-5:00pm | VA Building 7M         | **Tai Chi**
Form of exercise that focuses on weight transfers, balance by using slow movements and can also help relieve pain, stress, and improve muscular strength. | Any Veteran         | Josh Mulder 515-699-5999 x5984  |
|                   |             | Room 101               |                                                     |                     | Stephanie Day 515-699-5999 x3835  |
| Thursdays in April | 4:00-5:00pm | VA Building 7M Room 101 | **Mat Yoga (Intermediate)**  
Higher level mat yoga class that is trauma sensitive and helps assist Veterans with breath control, emotional regulation, and mental-resiliency. | Any Veteran | Megan Trimble  
515-699-5999 x4838 |
|---|---|---|---|---|---|
| Monday, April 1st | 6:00-8:00pm | VA Building 12 Room B109 | **Amputee Support Group**  
This month we will continue to network building social support and have an open discussion. | Any Veteran or community member with an amputation | Amber Krakau  
515-699-5999 X4982 |
| Tuesday, April 2nd and April 16th | 5:30-8:00pm | VA Building 12 Room B109 | **Project Healing Waters-Fly Fishing**  
Have you ever wanted to learn how to tie flies or Fly-Fish? Join the Project Healing Waters volunteers as they teach you this fun new skill!  
All materials are provided. No experience necessary!  
Fishing trips will be coming soon, as the weather permits! | Any Veteran | Joni Osmundson  
515-699-5999 x4980  
or  
Dale Sanders  
Dale.sanders@projecthealingwaters.org  
[https://www.facebook.com/PHWFFDSM/](https://www.facebook.com/PHWFFDSM/) |
| Monday, April 8th and April 29th | 1:30-3:30pm | Grays Lake Boathouse | **Rowing Clinic**  
Rowing is a fantastic sport and great exercise!  
Join us as we use ergs in the Grays Lake Boathouse in preparation for getting on the water this summer! Limited space is available.  
No experience necessary. | Any veteran | Joni Osmundson  
515-699-5999 X4980 |
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| Tuesday, April 9th   | 11:30am       | Downtown Des Moines             | **Women Veterans-Lunch and Tour**  
Take a tour of the beautiful World Food Prize Building and have lunch with us. We will meet downtown and have lunch, then the tour starts at 1:30pm. Meeting place and lunch location TBD. More information will be provided upon signing up | Any Female Veteran   | Suzanne Anderson 515-699-5999 x4300                       |
| Tuesday, April 9th   | 4:00-6:00pm   | Jester Park Nature Center       | **Air Rifle Clinic**  
Come and learn how to shoot air rifle with trained coaches. Air rifles and equipment will be provided. Free to participate. Must call to sign-up!                                                                 | Any Veteran          | Joni Osmundson 515-699-5999 x4980                       |
| Friday, April 12th   | 8:30-9:15am   | Aspen Athletic Club             | **Veterans Riding to Live- Cycling**  
Spinning Classes are indoor stationary bicycling classes set to highly motivational music, in low light, and led by a skillful instructor! Please wear appropriate bicycling/active attire and bring your water bottle for hydration!  
*Possibility for outdoor riding weather permitting* | Any Veteran          | Joni Osmundson 515-699-5999 x4980  
Check out our Facebook page “Vets Riding to Live” for updates |
| Friday, April 19th   | 11:00am       | TBD                             | **City of Des Moines Earth Day Trash Bash**  
Join the largest Earth Day Service Project in the state as we create a team of Veterans to help beautify our community! Lunch will be provided prior to our service work. More information will be provided upon signing up. | Any Veteran          | Joni Osmundson 515-699-5999 x4980                       |
| 1st Session: | Saturday, April 20, 27; May 4, 11, 18 | 9:00-11:00am | Warrior Run Golf Course 3089 North Ave, Norwalk 50211 | **GIVE-** **Golf for Injured Veterans Everywhere** FREE golf lessons for Veterans. Program provides refurbished golf clubs if you do not have your own. Earn membership card for free and discounted golf upon completion. | Any Veteran Must call to sign up! | Klay Queck 515-699-5999 x4838 | [http://giveforveterans.com/](http://giveforveterans.com/) |
| Sunday, April 28th | 10:00am-2:00pm | VA CLC/Bldg. 12 Room B109 | **Women Veterans-Scrapbook and Craft** Bring your photos or crafts and have a fun and relaxing day with us! We will have some craft supplies on hand. Pizza will be ordered for lunch, but please consider bringing a snack or side to share. | Any Female Veteran | Suzanne Anderson 515-699-5999 x4300 |
| Sundays, starting May 5th for six consecutive weeks | 12:00-3:00pm | Art Center 4700 Grand Avenue Des Moines, IA 50312 | **Veterans in Clay: Healing Hands** Join fellow veterans to learn the fundamentals of wheel throwing and how to manipulate vessels to create works of art inspired by artist Sterling Ruby. During this six-week course participants will experiment with a variety of ceramic and surface design techniques, and learn the skills of manipulating and altering forms in clay. Engage in self-expression and creativity and gain appreciation for the relaxing medium of ceramics. | Any Veteran Must call to sign-up! | Klay Queck 515-699-5999 x4838 | [www.desmoinesartcenter.org](http://www.desmoinesartcenter.org) |
| **SAVE THE DATE** Friday July 19th | 9am-3:30pm | Gold Star Museum Camp Dodge | **Women Veterans** Mini Retreat Day with the VA! More details to come. | Any Female Veteran | Suzanne Anderson 515-699-5999 x4300 |