



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
Tuesdays in August	2:00-3:00pm	VA Building 7M Room 101	<u>Chair Yoga</u> Beginning level yoga class with most movement in chairs. Learn about breathing techniques and relaxation.	Any Veteran	Klay Queck 515-699-5999 X4039
Thursdays in August	4:00-5:00pm	VA Building 7M Room 101	<u>Mat Yoga</u> 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 x4039
Saturday, August 4 th August 18 th September 8 th Location TBD	10:00am-2:00pm Drop in program	August 4 th -Meet at the boat ramp at Gray's Lake 2800 Fleur Dr. Des Moines, IA August 18 th - Meet at Ahquabi Park 16510 118 th Ave. Indianola, IA	<u>Team River Runner-Kayaking for Veterans</u> Come out to enjoy both the challenge and peacefulness that kayaking offers! All levels and abilities welcome. We have 3 fully adapted kayaks for anyone with a physical disability to try. All equipment and instruction provided for FREE.	Any Veteran and their caregivers/family. Please bring towels and wear shoes that can get wet.	Joyce Ellens 515-699-5999 x5681 Email: TRRdesmoines@gmail.com Check out our Facebook page at "Team River Runner Des Moines" for updates

<p>Tuesday, August 7th</p> <p>August 21st (End of Summer BBQ)</p>	<p>5:30- 8:00pm</p>	<p>Various ponds in Des Moines area</p>	<p><u>Project Healing Waters-Fly Fishing</u></p> <p>Have you ever wanted to learn how to Fly-Fish? Join the Project Healing Waters volunteers as they teach you this fun new skill! All materials are provided. No experience necessary!</p>	<p>Any Veteran</p>	<p>Joni Osmundson 515-699-5999 x4980</p> <p>http://projecthealingwaters.org/</p>
<p><u>Session 4</u></p> <p>August 17, 24 September 7, 14, 21</p>	<p><u>Session 4</u></p> <p>Fridays 1:00- 3:00pm</p>	<p>Warrior Run Golf Course, 3089 North Ave, Norwalk</p>	<p><u>GIVE- Golf for Injured Veterans Everywhere</u></p> <p>FREE golf lessons for Veterans and one caregiver. Program provides refurbished golf clubs if you do not have your own.</p> <p><u>Must call to sign-up!</u></p> <p>*Taking names for session 4 and Summer 2019*</p>	<p>Any Veteran</p>	<p>Klay Queck 515-699-5999 x4039</p> <p>http://giveforveterans.com/</p>
<p>Monday, August 27th</p>	<p>6:00pm- 8:00pm</p>	<p>VA Building 12 First floor Room B-109</p>	<p><u>Central Iowa Amputee Support Group</u></p> <p>Amputee Support group is moved to Monday, August 27th due to staff travel and the Labor Day Holiday. Please join us on August 27th! This will be a combined meeting for August and September.</p>	<p>Any Veteran with an amputation or risk of amputation</p>	<p>Amber Krakau 515-699-5999 x4982</p>

Wednesday, August 29 th	6:30pm	Entrance of the CLC (Community Living Center Building 12) at the Des Moines VA	<u>USAF Band of Mid-America Performance</u> Bring additional seating if able Event is free and family and friends are welcome!	Any Veteran	Becky Thompson 515-699-5999 x4300
Dates-TBD	TBD	TBD	<u>Veterans Riding to Live</u> A group of cyclists who love to ride! Lunch provided by the DAV after the ride! *Some standard and adaptive bikes are available. Please let Ed know if you need a bike at least 5 days prior to event!	Any Veteran	Ed Bryja 515-699-5999 x4687 Check out our Facebook page "Veterans Riding to Live" for updates
Labor Day Monday, September 3 rd	1:00- 3:00pm	VA Campus in front of the CLC (Community Living Center Building 12)	<u>2nd Annual VA Summer Bash</u> Live music, petting zoo, refreshments, games, and more! Family and friends are welcome! *Free Kona Ice snow cones*	Any Veteran	Joni Osmundson 515-699-5999 x4980