

VA CENTRAL IOWA HEALTH CARE



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
Tuesdays in December (except the 25 th)	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	Theresa Johnson 515-699-5999 X4838
Thursdays in December	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	Theresa Johnson 515-699-5999 x4838
Fridays December 14 th , 28 th	8:30-9:15am Arrive between 8-8:15am	ASPEN Health Club 6103 SE 14 th St. Des Moines, IA 50320	<u>Veterans Riding to Live- Indoor Spinning Classes for Winter</u> 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	Any Veteran	Ed Bryja 515-699-5999 x4687 Check out our Facebook page "Vets Riding to Live" for updates

			and bring your water bottle for hydration!		
Monday, December 3 rd	6:00pm- 8:00pm	VA Building 12 3 rd Floor	<u>Central Iowa Amputee Support Group</u> Please come and join us for socialization and support with/from others with an amputation.	Any Veteran with an amputation or risk of amputation	Amber Krakau 515-699-5999 x4982
Monday December 3 rd , 10 th , and 17 th	6:00- 8:00pm	VA Building 12 Room B115	<u>Music Therapy Jam Session!</u> 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
Tuesday December 4 th	5:30- 8:00pm	Baldwin- Patterson American Legion, 2211 E 42nd St., Des Moines IA	<u>Project Healing Waters-Fly Fishing</u> 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!	Any Veteran	Joni Osmundson 515-699-5999 x4980 or Dale Sanders Dale.sanders@projecthealingwaters.org https://www.facebook.com/PHWFFDSM/ https://www.projecthealingwaters.org
Wednesday December 5	5:30- 7:30pm	VA Bldg 4 Auditorium on 2 nd floor	<u>Women Veterans-ANNUAL HOLIDAY PARTY!!!</u> Enjoy a catered meal, socializing, games, and a gift exchange! Please bring a gift worth about 15.00 to exchange (only if you wish to participate).	Any female Veteran	Suzanne Anderson 515-323-1427

TBD	Taking names for Spring 2019	Warrior Run Golf Course, 3089 North Ave, Norwalk	<p align="center"><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. <u>Must call to sign-up!</u></p> <p>*Taking names for Summer 2019*</p>	Any Veteran	<p align="center">Joni Osmundson 515-699-5999 x4980</p> <p align="center">http://giveforveterans.com/</p>
Entries due by February 1 st , 2019		VA Central Iowa <u>local competition</u>	<p align="center"><u>National Veterans Creative Arts Festival</u></p> <p>We are accepting entries for the 2019 National Veterans Creative Arts LOCAL competition from now until February 1st in the following areas: Visual Arts, Dance, Drama, Creative Writing and Music. There are MANY categories to choose from, so contact the appropriate Recreation/Music Therapist for more info!</p>	Any Veteran	<p align="center">515-699-5999</p> <p align="center">Joni Osmundson (visual arts) x4980</p> <p align="center">Theresa Johnson (visual arts) x4838</p> <p align="center">Matt Lloyd (performing arts) x4983</p> <p align="center">Justina Albright (performing arts) x4938</p>
Saturday February 16 th	5:00-7:00pm	Urbandale Pool	<p align="center"><u>I Tried SCUBA</u></p> <p>Have you ever wanted to try SCUBA diving? Limited spots are available, so contact Joni ASAP if you are interested! Medical clearance required. Cost: \$5</p>	Any Veteran	<p align="center">Joni Osmundson 515-699-5999 x4980</p>

June 5 th -10 th 2019	Taking names until Feb 1 st	Anchorage, Alaska (Medical Clearance and team practices will be required prior to the national event)	<u>National Veterans Golden Age Games</u> Are you interested in joining a team of local veterans and competing against other veterans from across the country in various sporting events? Contact Joni or Amber to get more information!	Any Veteran 55 years or older	Joni Osmundson 515-699-5999 X4980 Amber Krakau 515-699-5999 X4982
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VA Central Iowa Recreation Therapy Department will be expanding their outpatient services in 2019!! Stay tuned for details about more exciting opportunities!