

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 Jan.	2:00-3:00pm *Note-Change in time*	Bldg. 12 CLC; 1 st floor ROOM B105	Please join us for yoga on Tuesdays Beginning level in chairs. Learn about breathing techniques and relaxation.	Any Veteran	Kayla Sherwood 515-699-5999 x4331
Thursdays in January	4:00-5:00pm	Bldg. 5 Domiciliary 1st floor ROOM 128	“Yoga for Veterans” 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
Thursdays in January	5pm-8pm	First Family Church, 317 SE Magazine Rd, Ankeny, IA 50021	Wheelchair Basketball drop-in practice hosted by Adaptive Sports Iowa. 12 sport wheelchairs available at first come first serve basis. No experience necessary!	Any veteran with a physical limitation	Joyce Ellens 515- 699-5999 X4939 or adaptivesportsiowa.org
Dates in January TBD, call for details!	5:30-8pm	Baldwin-Patterson American Legion Post at 2211 E 42nd St. (E 42nd and Easton), Des Moines. IA	Fly Tying! Have you ever wanted to learn how to tie your own flies for fishing? Join the Project Healing Waters volunteers as they teach you this fun new skill! All materials are	Any Veteran	Joni Osmundson 515-699-5999 x4980

			provided. No experience necessary!		
Monday Jan. 8th	6:00- 8:00pm	VA Building 12/CLC Room B109	Any female Veteran Come learn how to do watercolor paintings with our visiting artist. PLEASE RSVP by Jan. 3.	Any female Veteran	Suzanne Anderson 515-323-1427 Or Joni Osmundson 515-699-5999 x4980
Wednesday Jan. 17th	1:30- 2:30pm	VA Main Building back of Canteen	Any female Veteran Come to a cooking class with the VA Dieticians. Learn how to make healthy foods. This is your time to ask questions!	Any female Veteran	Suzanne Anderson 515-323-1427 Or Joni Osmundson 515-699-5999 x4980
February 7 th	2 sessions: 9am-noon 1pm-4pm	Seven Oaks Recreation 1086 222 nd Drive, Boone, IA 50036	Winter Experience- Adapted Snowskiing Event. Event sponsored by Adaptive Sports Iowa. All ages and experience levels are welcomed! Adapted skiing equipment and instruction is provided. FREE event. You MUST register to participate.	Any veteran with blindness or physical disability-some slots open for able-bodied veterans.	Joyce Ellens 515-699-5999 x4939 Or www.adaptivesportsiowa.org
Thursday Feb. 8th	4:00- 7:00pm	VA Building 12/CLC Room B109	Any female Veteran Come scrapbook with us! Bring you crafts and/or pictures. Some supplies will be provided such as paper, stickers, scissors, etc. Feel free to bring your dinner or a snack to share. We will have some Valentine's treats too! Come and go as you like!	Any female Veteran	Suzanne Anderson 515-323-1427 Or Joni Osmundson 515-699-5999 x4980
Thursday Feb. 22nd	1:00- 3:00pm	VA Building 7M Room 181	Any female Veteran Come help make fleece tie blankets to be given to hospitalized women veterans. No experience needed.	Any female Veteran	Suzanne Anderson 515-323-1427 Or Joni Osmundson 515-699-5999 x4980

Save the Date! May 9-10	TBD	Camp Wesley Woods in Indianola	Any female Veteran Come to our annual overnight women's retreat! Lots of fun, education and socializing! More details and registration to come!	Any female Veteran	Suzanne Anderson 515-323-1427 Or Joni Osmundson 515-699-5999 x4980
Summer Dates to be determined		Warrior Run Golf Course, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and one caregiver. 4 class sessions offered in summer months. Must call to sign-up! *Taking names for summer 2018!*	Any veteran and their caregiver	Joyce Ellens 515-699-5999 x4939 Or Klay Queck 515-699-5999x4039