

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 January (except the 1 st)	2:00-3:00pm	VA Building 7M Room 101	<u>Chair Yoga(Beginner)</u> Beginning level yoga class with most movement in chairs. Learn about breathing techniques and relaxation.	Any Veteran	Theresa Johnson 515-699-5999 X4838
Tuesdays in January (except the 1 st)	10:00-11:00am	Merle Hay Mall Entrance near Panda Express	<u>Veterans Winter Walking Club</u> 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 January	4:00-5:00pm	VA Building 7M Room 101	<u>Tai Chi</u> 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 Stephanie Day 515-699-5999 x3835

Thursdays in January	4:00-5:00pm	VA Building 7M Room 101	<u>Mat Yoga(Intermediate)</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 January 11 th , 25 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 and bring your water bottle for hydration!	Any Veteran	Ed Bryja 515-699-5999 x4687 Check out our Facebook page "Vets Riding to Live" for updates
Monday January 7 th and 14 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 January 15 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

Thursday January 24 th	12- 3:00pm	Johnston Community Center 6300 Pioneer Parkway Johnson, IA	<u>National Veterans Golden Age Games Informational Meeting</u> Are you interested in competing against veterans from across the country in various sporting events? Attend our informational meeting to learn more! **If you'd like to come to the senior center early, FREE lunch is provided to anyone 60+(\$5 for anyone 55-59) at Noon. Call Caroline at 515-251-3707 to reserve your lunch. **	Any Veteran who is age 55 or older	Joni Osmundson 515-699-5999 x4980 Or Amber Krakau 515-699-5999 x4982
Wednesday January 30 th	8-4pm	VA Auditorium Building 4	<u>Whole Health Fair</u> You've heard about Whole Health, but you're not sure what it is? Check out the various free booths at the Fair to learn more and ask questions to the staff about how you can get involved!	Any Veteran	
TBD	Taking names for Spring 2019	Warrior Run Golf Course, 3089 North Ave, Norwalk	<u>GIVE- Golf for Injured Veterans Everywhere</u> 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> *Taking names for Summer 2019*	Any Veteran	Joni Osmundson 515-699-5999 x4980 http://giveforveterans.com/

Entries due by February 15 th , 2019		VA Central Iowa <u>local competition</u>	<u>National Veterans Creative Arts Festival</u> We are accepting entries for the 2019 National Veterans Creative Arts LOCAL competition from now until February 1 st 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!	Any Veteran	515-699-5999 Joni Osmundson (visual arts) x4980 Theresa Johnson (visual arts) x4838 Matt Lloyd (performing arts) x4983 Justina Albright (performing arts) x4938
Saturday February 16 th	5:00-7:00pm	Urbandale Pool	<u>I Tried SCUBA</u> 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	Any Veteran	Joni Osmundson 515-699-5999 x4980
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

VA Central Iowa Recreation Therapy Department will be expanding their outpatient services in 2019!! Stay tuned for details about more exciting opportunities!