



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
Tuesdays in July	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 July	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
No Amputee Support Group in July	N/A	N/A	<u>Central Iowa Amputee Support Group</u> There is no meeting for Amputee Support Group in July.	Any Veteran with an amputation or risk of amputation	Amber Krakau 515-699-5999 x4982
Wednesday July 11 th	Be there by 7:15pm Show starts at 7:30pm	TBD	Another “on your own activity.” Wonderful chance to see a FREE show— “Mamma Mia!”. This show will be in a different location than normal (usually it is at the Des Moines Playhouse). Will let you know the place as soon as we find out. You can contact Ann at 515-205-9757 for more info	Any Veteran	Suzanne Anderson 515-323-1427

<p>Friday, July 13th</p> <p>&</p> <p>Tuesday, July 31st</p>	<p>Meet at 8:00am</p> <p>Ride from 9:00am-12:30pm</p>	<p>July 13th- High Trestle Trail-Slater Trailhead (Earl Grimm Park)</p> <p>July 31st- The High Trestle Trail in Madrid (Dalander Park Trailhead)</p>	<p><u>Veterans Riding to Live</u></p> <p>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!</p>	<p>Any Veteran</p>	<p>Ed Bryja 515-699-5999 x4687</p> <p>Check out our Facebook page "Veterans Riding to Live" for updates</p>
<p>July 14th and August 4th</p> <p>SAVE THE DATES! 8/18, 9/8</p>	<p>10:00am-2:00pm</p> <p>Drop in program</p>	<p>July 14th - Meet at Ahquabi Park 16510 118th Ave. Indianola, IA</p> <p>August 4th-Meet at the boat ramp at Gray's Lake 2800 Fleur Dr. Des Moines, IA</p>	<p><u>Team River Runner-Kayaking for Veterans</u></p> <p>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.</p>	<p>Any Veteran and their caregivers/family.</p> <p>Please bring towels and wear shoes that can get wet.</p>	<p>Joyce Ellens 515-699-5999 x5681</p> <p>Email: TRRdesmoines@gmail.com</p> <p>Check out our Facebook page at "Team River Runner Des Moines" for updates</p>
<p>Session 3 July 14, 21, 28, Aug 4, 11</p> <p>Session 4 August 17, 24 September 7, 14. 21</p>	<p>Session 3: Saturdays 9:00am-11:00am</p> <p>Session 4: 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. . <u>Must call to sign-up!</u></p> <p>*Taking names for session 3 and 4!*</p>	<p>Any Veteran</p>	<p>Klay Queck 515-699-5999 x4039</p> <p>www.giveforveterans.com/</p>

<p>Tuesday, July 17th & July 31st</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>www.projecthealingwaters.org/</p>
<p>Thursdays July 26- August 30</p>	<p>6:00- 9:00pm</p>	<p>Des Moines Art Center 4700 Grand Ave. Des Moines, IA 50312</p>	<p><u>Healing Hands: Veterans & Clay Ceramics Workshop</u></p> <p>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</p>	<p>Any Veteran</p>	<p>Klay Queck 515-699-5999 x4039</p> <p>or</p> <p>www.desmoinesartcenter.org</p>
<p>Monday July 30th</p>	<p>4:00- 7:00pm Drop in any time</p>	<p>VA Building 12 CLC (Community Living Center) Room B109</p>	<p><u>Women Veterans!</u></p> <p>Scrapbooking, card making or crafts! Bring your own supplies and some photos. Or bring your own craft or project to work on. We will have some supplies on hand like paper, stickers, stamps, and more. Be creative! Free time to create and socialize. Bring your dinner or a snack to share.</p>	<p>Any female Veteran</p>	<p>Suzanne Anderson 515-323-1427</p>