



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
Tuesdays in June	3:00-4:00pm	Bldg. 12 CLC; 1 st floor ROOM B105	Please join us for yoga on Tuesdays Beginning level in chairs. Learn about deep breathing techniques and relaxation.	Any Veteran	Klay Queck 515-699-5999 x4039
Thursdays in June	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 June	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
Tuesdays in June	6pm-8pm	CrossRoads Shooting Sports, 5550 Johnston Dr., Johnston, IA 50131	Air Rifle program hosted by Adaptive Sports Iowa. Some adaptive equipment and instruction provided. FREE for participants. Call ahead to reserve a spot!	Any veteran with a physical limitation	Joyce Ellens 515- 699-5999 x4939 or adaptivesportsiowa.org
Monday, June 5th	6pm-8pm	VA CIHCS 3600 30 th Street (2 nd floor of building 12) Des Moines, IA 50310	Central Iowa Amputee Support Group: The first half of group will be education and the second half of group is support and networking. A Veteran, whom is a bilateral below knee amputee will be performing a music concert in the dining room on 2 nd floor of building 12! Hope you can join us!	Any Veteran with an amputation or potential amputation	Amber Krakau (515) 699-5999 x4982 or http://www.orgsites.com/ia/ciasg/

Tuesday June 7 th and June 20 th	6:00-8pm	VA, Bldg. 12 CLC2 dining room	Project Healing Waters Fly FISHING!! Join us to learn this fun leisure skill of FLY FISHING!! We'll be fishing at various places around the metro throughout the summer, so call Joni to get more details! All fishing equipment is provided and no experience is necessary!	Any Veteran	Joni Osmundson 515-699-5999 x4980
Wednesday, June 7 th	8:00am- 12:00pm	High Trestle Trail- meet at the trailhead in Madrid	"Veterans Riding to Live" 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 Joyce know if you need a bike by 6-5-17	Any Veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
Sunday June 11 th	5pm-7pm	Urbandale Pool 1702 Aurora Ave Urbandale 50322	"I Tried SCUBA!" Come try SCUBA with trained instructors in a controlled indoor pool environment. \$5.00 for class. Please bring swimsuit or shorts and t-shirt and your own towel. Caregivers can also join in the pool, but equipment is reserved for veterans to use.	Any Veteran, caregivers are welcome. Open to 15 veterans	Joyce Ellens 515-699-5999 X4939 Must call to reserve your spot!
Friday June 16 th	11am-1pm	Cottonwood Recreation Shelter #4- Saylorville Lake	Women Veterans BBQ and Lawn Games— We will provide the food and games. You just show up and have some fun! Please let Suzanne or Joni know by June 12 if you plan to attend so we make sure to have enough food on hand.	Any female Veteran	Suzanne Anderson 515-699-5999 x4949 Or Joni Osmundson 515-699-5999 x4980
Tuesday June 20 th	7pm- 8:30pm	New Hope Methodist Church 4525 Beaver Ave, Des Moines 50310	Stroke Club Monthly meeting for stroke survivors and their caregivers-focusing on peer support, education, and helpful resources.	Any veteran who is a stroke survivor	Sue Toale Knapp (515) 241-8139 or Amy Johnson (515) 263-5166
Wednesday June 21 st	8:00 am- 12:00 pm	Summerset Trail in Carlisle.	"Veterans Riding to Live" 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 Joyce know if you need a bike by 5-19-17	Any Veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.

Wed. June 28th	6-7:30 pm	VA; Bldg. 12 Room B109	Women Veterans Guided journaling and drawing workshop—Come meet our guest artist/presenter and learn how to do some journaling and drawing that can help clear your mind as well as relax you. Fun evening for all! Please let Suzanne or Joni know if you plan to attend.	Any female Veteran	Suzanne Anderson 515-699-5999 x4949 Or Joni Osmundson 515-699-5999 x4980
TBD	TBD	Various locations in central Iowa	Team River Runner- kayaking program for disabled veterans. Please call if you are interested in being signed-up!	Open to 4 veterans with physical limitations per event	Joyce Ellens 515-699-5999 x4939 Must call Joyce to apply and be accepted for program.
Session 2 dates: June 3 rd , June 10 th , June 17 th , June 24 th July 8 th No Class on 4th of July weekend	9am-11am	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. *Taking names for sessions 2,3,and 4*	Any veteran, open to 15 veterans per session.	Joyce Ellens 515-699-5999 x4939 Klay Queck 515-699-5999 x4039 Must call to reserve your spot for the 2017 season!
Save the Date! Saturday July 8 th	9am-noon	Gray's Lake in Des Moines- meet at the boathouse	ALTRD- Adaptive Learn To Row Day! Learn how to row in a 2 person rowing boat. Open to 4 veterans! All instruction, equipment, and safety gear provided.	Any physically disabled (amputee or paraplegic) or blind veteran	Joyce Ellens 515-699-5999 x4939 Must call Joyce to reserve your spot!