



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	2:00-3:00pm	Building 7M Room 101	Please join us for yoga on Tuesdays Beginning level in chairs. Learn about breathing techniques and relaxation.	Any Veteran	Theresa Johnson 515-699-5999 X4838
Thursdays in June	4:00-5:00pm	Building 7M Room 101	“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	Contact Mike Boone at Adaptive Sports Iowa 515-292-3251 x115 mike@adaptivesportsiowa.org
1 st and 3 rd Tuesdays in June June 5 th and June 19 th	5:30-8pm	Various ponds in Des Moines area	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 provided. No experience necessary!	Any Veteran	Joni Osmundson 515-699-5999 x4980
Monday, June 4 th	6:00-8:00pm	Building #12 CLC 3rd floor	Central Iowa Amputee Support Group Please come and join us for networking and a competitive game of bean bag baseball!	Any veteran with an amputation or risk of amputation	Amber Krakau 515-699-5999 x4982

Wednesday June 6th	Meet at 8, Ride from 9am- 12:30pm	Meet at the Trailhead in Bondurant to Mingo	<u>“Veterans Riding to Live”</u> 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 by 6-4-18	Any veteran.	Ed Bryja x4687 *Go to Facebook page “Veterans Riding to Live” for updates.
June 9 th and June 23 rd SAVE THE DATES! 7/14, 8/4, 8/18, 9/8	10am- 2pm-drop in program.	June 9th - Meet at Ahquabi park in Indianola. 16510 118 th Ave. June 23rd - Meet at the boat ramp at Gray’s Lake	Team River Runner-Kayaking for Veterans 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.	Any veteran and their caregivers/family. Please bring towels and wear shoes that can get wet.	Joyce Ellens 699-5999 x5681 or Email: TRRdesmoines@gmail.com or Check out our Facebook page at Team River Runner Des Moines
Thursday June 21 st	1-3pm	VA Bldg 7M Room 181	Women Veterans Come learn about Whole Health and all the great new programs being offered at the VA. Talk with last about 30 minutes. Then we will work on fleece blankets for hospitalized women Veterans. Snacks will be provided!	Any female Veteran	Suzanne Anderson 515-323-1427
Thursday June 21 st	Meet at 8am. Ride from 9am- 12:30pm	Carlisle to Indianola. Meet at the trailhead in Carlisle.	<u>“Veterans Riding to Live”</u> 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 by 6-18-18	Any veteran	Ed Bryja x4687 *Go to Facebook page “Veterans Riding to Live” for updates.
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	Any veteran	Suzanne Anderson 515-323-1427

			out. You can contact Ann at 515-205-9757 for more info		
Monday July 30 th	4-7pm Drop in any time	VA Bldg. 12 CLC Room B109	Women Veterans! 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.	Any female Veteran	Suzanne Anderson 515-323-1427
Session 2-FULL Session 3: July 14, 21, 28, Aug 4, 11	9:00am- 11:00am on Saturdays	Warrior Run Golf Course, 3089 North Ave, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and one caregiver. 4 class sessions offered in summer months. <u>Must call to sign-up!</u> *Taking names for session 3!*	Any veteran and their caregiver	Klay Queck 515-699-5999x4039
Thursdays July 26- August 30	6:00- 9:00pm	Des Moines Art Center 4700 Grand Ave. Des Moines, IA 50312	Healing Hands: Veterans & Clay Ceramics Workshop 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	Any Veteran	Klay Queck 515-699-5999 x4039