



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
Tuesdays in May	2:00-3:00pm	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	Josh Mulder 515-699-5999 x4331
Thursdays in May	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 May	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 May 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 provided. No experience necessary!	Any Veteran	Joni Osmundson 515-699-5999 x4980
Monday, May 7th	6:00-8:00pm	Building #12 CLC first floor	Central Iowa Amputee Support Group Please come and join us for support from others with an amputation.	Any veteran with an amputation or risk of amputation	Amber Krakau 515-699-5999 x4982

May 9-10	10am Wed- noon Thurs	Camp Wesley Woods in Indianola	Any female Veteran Come to our annual overnight women's retreat! Lots of fun, education and socializing! Must register ahead of time!	Any female Veteran	Suzanne Anderson 515-323-1427 Or Joni Osmundson 515-699-5999 x4980
Friday May 11 th	10am- 1pm (9am bike safety check)	Gray's Lake- meet at the SW corner of the park by the rental office.	<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 Joyce know if you need a bike by 5-9-18	Any veteran.	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
Wednesday, May 16th	10:00am- 1:00pm	Starts at the revolving door of the main hospital entrance.	VA2K- Annual 2K walk/roll to promote wellness and raise awareness for Veteran homelessness. Donations will be accepted, but not required.	All Veterans and community members are welcome	Joni Osmundson (515) 699-5999 x4980
Saturday May 19th SAVE THE DATES! 6/9, 6/23,7/14, 8/4, 8/18, 9/8	10am- 2pm-drop in program.	Gray's Lake, meet at the Northwest corner of the park by the boat dock.	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 x4939 or Email: TRRdesmoines@gmail.com or Check out our Facebook page at Team River Runner Des Moines
Sunday, May 20th	4:00- 5:30pm	Parking lot in front of building #12 (CLC) on VA campus	National Veterans Awareness Ride is a ten day ride across America, from Sacramento, CA to Washington, DC. During this ride, we visit veterans' hospitals and homes to thank Veterans for their service. Join us to visit and see 80-100 motorcycles. For more information go to: http://www.nvar.us/	Any Veteran and their caregivers/family.	Contact Voluntary Service for more information.

<p>Friday May 25th</p>	<p>10am-1pm <u>(9am bike safety check)</u></p>	<p>High Trestle Trail Ride. Meet at the trailhead in Madrid</p>	<p><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 Joyce know if you need a bike by 5-23-18</p>	<p>Any veteran</p>	<p>Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page “Veterans Riding to Live” for updates.</p>
<p>Session 1 FULL: Next session: June 2, 9, 16, 23, and 30</p>	<p>9:00am-11:00am on Saturdays</p>	<p>Warrior Run Golf Course, 3089 North Ave, Norwalk</p>	<p>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 summer 2018!*</p>	<p>Any veteran and their caregiver</p>	<p>Joyce Ellens 515-699-5999 x4939 Or Klay Queck 515-699-5999x4039</p>