



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
Mondays in October	6-8:00pm	Building 12 1 <sup>st</sup> Floor Music Clinic	<p><b><u>Open Music Clinic</u></b></p> <p>Join other veterans for a weekly “jam session!” Various instruments will be provided!</p> <p>*This is a group session. Individual lessons can be scheduled separately with the music therapists!*</p>	Any veteran	Matt Lloyd 515-699-5999 X4983
Tuesdays in October	2:00-3:00pm	VA Building 7M Room 101	<p><b><u>Chair Yoga</u></b></p> <p>Beginning level yoga class with most movement in chairs. Learn about breathing techniques and relaxation.</p>	Any Veteran	Theresa Johnson 515-699-5999 X4838
Thursdays in October	4:00-5:00pm	VA Building 7M Room 101	<p><b><u>Mat Yoga</u></b></p> <p>Higher level mat yoga class that is trauma sensitive and helps assist Veterans with breath control, emotional regulation, and mental-resiliency.</p>	Any Veteran	Theresa Johnson 515-699-5999 x4838

<p>1<sup>st</sup> and 3<sup>rd</sup> Tuesdays in October</p>	<p>5:30- 8:00pm</p>	<p>TBD</p>	<p><b><u>Project Healing Waters-Fly Fishing</u></b></p> <p>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!</p>	<p>Any Veteran</p>	<p>Joni Osmundson 515-699-5999 x4980</p> <p><a href="http://projecthealingwaters.org/">http://projecthealingwaters.org/</a></p>
<p>Monday, October 1<sup>st</sup></p>	<p>6:00pm- 8:00pm</p>	<p>VA Building 12 1<sup>st</sup> Floor Room B-109</p>	<p><b><u>Central Iowa Amputee Support Group</u></b></p> <p>Please come and join us for socialization and support with/from others with an amputation.</p>	<p>Any Veteran with an amputation or risk of amputation</p>	<p>Amber Krakau 515-699-5999 x4982</p>
<p><b>CHECK in with Ed in case of questionable weather for riding</b></p> <p>Thursday, October 11<sup>th</sup></p> <p>and</p> <p>Friday, October 26<sup>th</sup></p>	<p>TBD</p>	<p>Various bike trails in greater Des Moines area.</p>	<p><b><u>Veterans Riding to Live</u></b></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>Saturday, October 20<sup>th</sup></p>	<p>10:00am- 3:00pm</p>	<p>VA CIHCS Hospital Staff/Veteran Parking Lot</p>	<p><b><u>Car/Truck &amp; Cycle Show</u></b> <b><u>Food Stands/Music/Silent</u></b> <b><u>Auction/Prizes</u></b> This event is sponsored by: Larry Nehring Det./Marine Corps League Paralyzed Veterans of America VA Central Iowa Health Care System ALL PROCEEDS TO BENEFIT VETERANS</p>	<p>Free Admission to Spectators: Veterans, Staff, Family, Friends and all Community Members</p>	<p>VA Central Iowa HCS Voluntary Service Department</p>
<p>Thursday, November 1st</p>	<p>1:30pm- 4:30pm</p>	<p>Atrium at Capital Square 400 Locust Street Des Moines, Iowa</p>	<p><b><u>2018 National Veterans Creative Arts</u></b> <b><u>Festival</u></b>  <b><u>Art and Writing Exhibition</u></b>  National first place winning artwork from 51 categories and first place original written work by Veterans will be featured at the Art and Writing Exhibition.</p>	<p>Any Veteran, family and friends</p>	<p>Suzanne Anderson (515) 323-1427</p>
<p>Sunday, November 4th</p>	<p>2:00pm</p>	<p>Hoyt Sherman Place Theater 1501 Woodland Avenue Des Moines, Iowa</p>	<p><b><u>2018 National Veterans Creative Arts</u></b> <b><u>Festival</u></b>  <b><u>Stage Show Performance</u></b>  The stage show will feature the performing arts talents of America's Veterans. The event recognizes the progress and recoveries made through creative arts therapy</p>	<p>Any Veteran, family and friends</p>	<p>To reserve your complimentary tickets to the stage show performance, please contact:  Suzanne Anderson (515) 323-1427</p>

<p>Fridays November 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup></p>	<p>8:30- 9:15am  Arrive between 8-8:15am</p>	<p>ASPEN Health Club 6103 SE 14<sup>th</sup> St. Des Moines, IA 50320</p>	<p><b><u>Veterans Riding to Live- Indoor Spinning Classes for Fall/Winter</u></b>  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!</p>	<p>Any Veteran</p>	<p>Ed Bryja 515-699-5999 x4687  Check out our Facebook page "Veterans Riding to Live" for updates</p>
<p>TBD</p>	<p>Taking names for Spring 2019</p>	<p>Warrior Run Golf Course, 3089 North Ave, Norwalk</p>	<p><b><u>GIVE- Golf for Injured Veterans Everywhere</u></b>  FREE golf lessons for Veterans and one caregiver. Program provides refurbished golf clubs if you do not have your own. <b><u>Must call to sign-up!</u></b>  *Taking names for Summer 2019*</p>	<p>Any Veteran</p>	<p>Joni Osmundson 515-699-5999 x4980  <a href="http://giveforveterans.com/">http://giveforveterans.com/</a></p>