



## Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Check out VA Central Iowa Facebook Page for Updates

<https://www.facebook.com/VACentrallowa/>

Day/Date	Time	Location	Description	Who May Participate	Contact Information
Monday, October 7 <sup>th</sup> & 21 <sup>st</sup> (These dates only)	6:00- 8:00pm	VA Building 12 Room B109	<b><u>Music Therapy Jam Session</u></b> If you've ever wanted to sing/play with other veterans, join this open music clinic! Instruments are provided and experience is not necessary!	Any Veteran	Matt Lloyd  515-699-5999 X24983
Tuesdays in October	2:00- 3:00pm	VA Building 7M Room 101	<b><u>Chair Yoga (Beginner)</u></b> Beginning level yoga class with most movement in chairs. Learn about breathing techniques and relaxation.	Any Veteran	Megan Trimble  515-699-5999 X24039
Wednesdays in October	4:00- 5:00pm	VA Building 7M Room 101	<b><u>Tai Chi</u></b> Form of exercise that focuses on weight transfers, balance by using slow movements and can also help relieve pain, stress, and improve muscular strength.	Any Veteran	Josh Mulder 515-699-5999 x25984  Stephanie Day 515-699-5999 x23835

Thursdays in October	8:00- 9:00 am	Urbandale Public Library	<p align="center"><b><u>Walking Club</u></b></p> <p>Join other veterans as we walk the beautiful trail behind the library! It's a great way to stay active, gain new friendships or just get out and enjoy nature!</p> <p>*During inclement weather, the group will meet at Merle Hay Mall by Panda Express</p>	Any veteran	<p align="center">Joni Osmundson</p> <p align="center">515-699-5999 x24980</p>
Thursdays in October	4:00- 5:00pm	VA Building 7M Room 101	<p align="center"><b><u>Mat Yoga (Intermediate)</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	<p align="center">Klay Queck</p> <p align="center">515-699-5999 x24838</p>
Fridays in October	1:30- 3:30pm	VA Building 12 Room B109	<p align="center"><b><u>Open Craft Clinic and Kit Checkout</u></b></p> <p>In partnership with Help Heal Veterans, free craft kits will be available for veterans to work on during this open clinic! Staff will be on hand to assist as needed. One kit per veteran per week.</p>	Any Veteran	<p align="center">Theresa Johnson</p> <p align="center">515-699-5999 x24938</p>
Tuesday, October 1 <sup>st</sup> & 15 <sup>th</sup>	5:30- 8:00pm	Check Facebook Page or call for locations!	<p align="center"><b><u>Project Healing Waters-Fly Fishing</u></b></p> <p>It's not too late 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>When the weather gets colder, we will be starting our fly-tying classes! Please call or check the Facebook page to find out when and where we will be in October!</p>	Any Veteran	<p align="center">Joni Osmundson 515-699-5999 x24980 or Dale Sanders <a href="mailto:Dale.sanders@projecthealingwaters.org">Dale.sanders@projecthealingwaters.org</a> <a href="https://www.facebook.com/PHWFFDSM/">https://www.facebook.com/PHWFFDSM/</a></p>

Monday, October 7 <sup>th</sup>	6:00pm- 8:00pm	VA Building 12 3 <sup>rd</sup> floor Dining Room	<p><b><u>Amputee Support Group</u></b></p> <p>Please come join us for our next meeting as we will have Hannah Lundeen, CTRS and coordinator of Adaptive Sports Iowa come and speak about programs offered through Adaptive Sports Iowa. This will be a fun night of great information to share!</p>	Any Veteran or community member with an amputation	Amber Krakau  515-699-5999 X24982
Tuesday, October 8 <sup>th</sup> & October 15 <sup>th</sup>	6:00- 7:00pm	Gloria Dei Lutheran Church  8301 Aurora Avenue Urbandale, IA	<p><b><u>Veterans Sketch to Learn Workshop</u></b></p> <p>Sketching is the foundation for almost every creative discipline. Participants will learn entry level elements of sketching and how to use sketching to switch into “creative mode.” All art supplies will be provided.</p> <p>Space is limited, so please call ASAP to reserve your spot!</p>	Any Veteran	Joni Osmundson  515-699-5999 x24980  Sketching Teacher: Michael Wilson <a href="http://www.michaelwilsonart.com">www.michaelwilsonart.com</a>
Friday, October 11 <sup>th</sup>	6:30- 7:30pm	Building 4 Auditorium	<p><b><u>Re-Creation “Color Me America” Concert</u></b></p> <p>Touring across our nation in VA Medical Centers and State Veterans Homes for 40 years, all veterans and their family/friends are welcome to enjoy this fantastic variety show!</p>	Any veteran and their family and friends!	Suzanne Anderson  515-699-5999 x24300  For more information on the group, please visit:  <a href="https://re-creationusa.org">https://re-creationusa.org</a>
Wednesday, October 16 <sup>th</sup>	5:30- 7:30pm	Building 4 Auditorium	<p><b><u>Open House for Women Veterans</u></b></p> <p>Have you ever wondered what VA services are available for female veterans? Do you know a female veteran who is not enrolled in the VA, but would like to learn more? All are welcome! Dinner, free childcare activities(ages 2+), panel discussion and informational booths are all available!</p>	Any female veteran, whether they are enrolled or not in the VA	Bev Erskine  515-699-5647

<p>Friday, October 18<sup>th</sup></p>	<p>11:00am- 1:00pm</p>	<p>VA Central Iowa Main Lobby</p>	<p><b><u>Pink Out Day</u></b> There will be informational booths in the lobby in regards to Breast Cancer Awareness Month.</p> <p>*Everyone is encouraged to wear the color “pink” that day and join in for a GROUP PICTURE at 12:00pm in the lobby!*</p>	<p>Any veteran</p>	<p>Bev Erksine 515-699-5647</p>
<p>Sunday, October 27<sup>th</sup></p>	<p>1:30- 2:30pm</p>	<p>Terra Park 6400 Pioneer Pkwy Johnston, IA  Meet at the Shelter</p>	<p><b><u>Beginner Archery</u></b> Have you ever wanted to try archery? Here’s your chance! Instruction and equipment are provided!</p> <p>Space/equipment is limited, so please sign up by October 25th!</p>	<p>Any veteran  Please sign up by 10/25!</p>	<p>Joni Osmundson 515-699-5999 x24980</p>