



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

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
Tuesdays in Sept	3:00-4:00pm	Bldg. 12 CLC; 1 <sup>st</sup> floor ROOM B105	Please join us for yoga on Tuesdays <b>Beginning level</b> in chairs. Learn about deep breathing techniques and relaxation.	Any Veteran	Kayla Sherwood 515-699-5999 x4331
Thursdays in September	4:00-5:00pm	Bldg. 5 Domiciliary 1st floor ROOM 128	“Yoga for Veterans” <b>Higher level</b> 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 September	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
Monday September 4 Labor Day!	Time: 1-3:30pm	VA Campus Outside Bldg. 12/CLC	<b>1<sup>st</sup> Annual VA Summer Bash!</b> All veterans and their family and friends are invited to join us for a fun afternoon on Labor Day! Live music, Petting Zoo, adapted bikes, games, refreshments and more!! Can’t wait to see you there! ☺	All Veterans!	Joni Osmundson 515-699-5999 x4980  Joyce Ellens 515-699-5999 x4939
Wed. September 6th	7:15pm	Des Moines Playhouse	Any Veteran The Des Moines Playhouse is allowing Veterans to attend a FREE dress rehearsal to most of their shows. Show this date is	Any Veteran	Suzanne Anderson 515-699-5999 x4949 Get more details from Suzanne

			"A Chorus Line!" Come in bottom east doors and be there by 7:15pm as doors will lock. Show starts at 7:30pm.		
Saturday Sept 9th	9:00am- 12:00pm	Raccoon River Park in West Des Moines- Meet at public beach	Team River Runner- kayaking program for disabled veterans. All equipment, instruction, snacks and drinks are provided. 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 RSVP!!
Friday Sept 15th	8:00am- 12:00pm	Terra Park Trail in Johnston	"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 9-13-17	Any Veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates
Sept 16 <sup>th</sup>	10:00am- 3:00pm	Easter Seals Camp Sunnyside	<b>12<sup>th</sup> Annual Adapted Sports &amp; Recreation Expo</b> Experience a FREE expo featuring many adapted sports and recreational activities that are adapted for adults with physical disabilities. Handcycling, rowing, kayaking, basketball, gaming, golf, and many other opportunities! <u>Free lunch and prizes too!</u> Donations accepted.	Any veteran with a physical limitation- families and friends are welcome too!	Joyce Ellens 515-699-5999 x4939
Tuesday September 18th	5:30-8pm	American Legion 2211 E 42nd St Des Moines	Fly Tying and Fishing! Have you ever wanted to learn to tie flies or fly fish? Join Project Healing Waters volunteers as they teach you how to use a fly rod in local ponds. Contact Joni for more info!	Any Veteran	Joni Osmundson 515-699-5999 x4980
Tuesday Sept 19th	7pm- 8:30pm	New Hope Methodist Church 4525 Beaver Ave, Des Moines 50310	<b>Stroke Club</b> 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
Thurs Sept 21	Time: 1:30pm	Grays Lake, east parking lot	ALL NEW... WALKING CLUB for Women Veterans! Join other female veterans for encouragement and motivation and we walk around various parks, trails,	Female Veterans	Joni Osmundson 515-699-5999 x4980  Or Suzanne Anderson 515-699-5999 x4949

			shopping centers, etc 1x/month! Dress appropriately for the weather as we will attempt to walk outdoors while we still can! Contact Joni if you need more info!		
Thursday. September 28 <sup>th</sup>	4-7:00pm	Scrapbooking Bldg 12/CLC Room 109	Women Veterans Come scrapbook, make cards, or do other crafts. We will have many supplies on hand or you can bring your own. Make holiday cards, scrapbooking pages, etc! Feel free to bring your dinner or a snack. Come and go as you please!	Any female Veteran	Suzanne Anderson 515-699-5999 x4949
Friday, Sept 29 <sup>th</sup>	8:00am- 12:00pm	Slater to Madrid and back. Meet at the swimming pool in Slater. 704 4 <sup>th</sup> Street, Slater 50244	“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 9-27-17	Any Veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page “Veterans Riding to Live” for updates
<b>Save the Date!</b> Wed. Oct. 4	4:30- 8:00pm	VA Auditorium Bldg. 4 first floor	Women Veterans 80’s Game Night! All women veterans are invited to a fun, social evening of games, pizza, junk food, and prizes. Bring a picture of yourself from the 80’s and dress up if you like. Please sign up by Oct. 1 with Suzanne or Connie	Any female Veteran	Suzanne Anderson 515-699-5999 x4949  Or Connie Roth, Women’s Coordinator 515-699-5999 x5647
<b>Save the date!</b> Sunday Oct. 8th	5:00pm- 7:00pm	Urbandale Pool 1702 Aurora Ave Urbandale 50322	<b>“I Tried SCUBA!”</b> Come try SCUBA with trained instructors in a controlled indoor pool environment. <b>\$5.00 for class.</b> 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. <b>Open to 15 veterans</b>	Joyce Ellens 515-699-5999 x4939
<b>Save the date!</b> Wed. Oct. 11 <sup>th</sup>	7:15pm	Des Moines Playhouse	Any Veteran The Des Moines Playhouse is allowing Veterans to attend a FREE dress rehearsal to most of their shows. Show this date is “Choices”(an original play by a local writer). Come in bottom east doors and be there by 7:15pm as doors will lock. Show starts at 7:30pm.	Any Veteran	Suzanne Anderson 515-699-5999 x4949 Get more details from Suzanne

