



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
Tuesdays in April	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 April	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 April	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 April 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
Friday April 13 th and April 27 th	8:15-9:15am	Aspen Athletic 6103 SE 14 th Street Des Moines 50320	Indoor Spinning Class Are you missing riding your bike? This class is offered FREE for any veteran that	Any veteran.	Joyce Ellens 515-699-5999 x 4939 Or

			is interested! They do have 2 bikes that are recumbent bikes-first come first served. Great music and great fun!		Ed Bryja 515-699-5999 x4687
Monday, April 2 nd	6:00- 8:00pm	Building #12 CLC first floor	Central Iowa Amputee Support Group Please come and join us for socialization and support with/from others with an amputation.	Any veteran with an amputation or risk of amputation	Amber Krakau 515-699-5999 x4982
Tuesday April 10th	4:00- 7:00pm	VA Building 12/CLC Room B109	Any female Veteran Come do some scrapbooking or craft making. Bring your own supplies, photos and more. Some supplies, paper, stickers and tape will be provided. Bring your dinner or a snack to share.	Any female Veteran	Suzanne Anderson 515-323-1427 Or Joni Osmundson 515-699-5999 x4980
Friday April 20th	TBD	TBD	Any female Veteran It's Earth Day! Come help us clean up our community. Please contact Joni by April 1 to sign up. Those pre-registered will get a free lunch.	Any female Veteran	Joni Osmundson 515-699-5999 x4980
1 st session starts April 21 st ! Please call for session dates	9:00am- 11:00am on Saturdays	Warrior Run Golf Course, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and one caregiver. 4 class sessions offered in summer months. Must call to sign-up! *Taking names for summer 2018!*	Any veteran and their caregiver	Joyce Ellens 515-699-5999 x4939 Or Klay Queck 515-699-5999x4039
Thursday April 26th	1:30pm	TBD	Any female Veteran Join our walking group! Contact Joni for details on where we will meet and walk.	Any female Veteran	Joni Osmundson 515-699-5999 x4980
Save the Date! May 9-10	TBD	Camp Wesley Woods in Indianola	Any female Veteran Come to our annual overnight women's retreat! Lots of fun, education and socializing! More details and registration to come!	Any female Veteran	Suzanne Anderson 515-323-1427 Or Joni Osmundson 515-699-5999 x4980