

# VA Central Iowa Activities and Events

## June 2024



### MONDAYS

**Music Therapy Jam Session:** (Except June 26th) 5:30pm ·Vet Center· *Please contact Matt at 515-718-5465 to verify if session is being held.*

► **VVC Tai Chi:** 3:00pm ·Main Campus· Virtual Beginning level Tai Chi Chaun style! Learn new slow, fluid movements, improve mental & physical health! *Contact Joni 515-528-6628 or Secure Message CI-Recreation Therapy*

### TUESDAYS

**Aquatic Exercise:** 9:00-10:00am ·Local YMCA· Water exercise has many benefits for your physical health! *Contact Joni for more info 515-528-6628*

► **VVC Yoga:** 2:30pm ·Virtual· Beginning level yoga done on mat or chair. *Contact Megan 515-326-4736 or secure message CI-Recreation Therapy.*

► **Caregiver Support Group:** 2nd & 4th Tuesday ·In-person· 12:00pm-1:00pm and ·Phone/Virtual· 2:00-3:00pm Topics vary. *Contact Amy at 515-718-5106.*

**Yak and Yarn:** 9:30-11:00am ·Grounds for Celebration 2709 Beaver Ave· Join us for crafts, coffee, and socialization. *Contact Jerra at 515-699-5999 x25228, or Secure Message to CI-Recreation Therapy.*

**Adaptive Sports Iowa Wheelchair Basketball:** 7:00-8:30pm ·515 Fieldhouse Courts· Grimes All levels and abilities welcome. Sports chairs available! *Hannah 515-724-1768.*

### WEDNESDAYS

► **VVC Exercise Group:** 9:00am ·Virtual· Join us for a virtual workout using resistance bands! All abilities welcome. No equipment needed. *Contact Amber 515-387-3015 or Secure Message CI-Recreation Therapy.*

**In person Tai Chi:** 3:00pm ·Main Campus· Beginning level Tai Chi Chaun style! Learn new slow, fluid movements, improve mental & physical health! *Contact Joni at 515-528-6628 or Secure Message CI-Recreation Therapy*

### THURSDAYS

**Aquatic Exercise:** 9:00-10:00am ·Local YMCA· Water exercise has many benefits for your physical health! *Contact Joni for more information or to get started at 515-528-6628.*

**Pickleball Club:** 8:30-10:30am ·Walker Johnston Park in Urbandale· *Contact Klay 515-214-4578 or Secure Message to CI-Recreation Therapy.*

► **Break Free from Tobacco:** EXCEPT JUNE 20th, 10:00am ·Virtual· Kick tobacco with counseling, medication, support. *Preregister at 515-473-5363 or via Secure Message to CI-Tobacco Cessation.*

► **VVC Yoga:** 2:30pm ·Virtual· Beginning level yoga, done on mat or chair. *Contact Megan 515-326-4736 or Secure Message CI-Recreation Therapy.*

**Drop-in Jam Session:** 4:00 – 6:00pm (NO GROUP JUNE 20) ·VA Central Iowa, building 12 (CLC), room B109· *Please contact Bailey at 515-218-5407 with questions or to verify if session is being held.*

**Veterans Art Group:** Thursdays (1st and 3rd Thurs are for Veterans and Companion/Caregiver; 2nd and 4th Thurs are for **VETERANS ONLY** - please do not bring non-Veterans on these days) 4:15pm-6:00pm ·Des Moines Art Center Studio 1· Create a project or tour the museum. *Contact Jerra 515-699-5999 x25228 or Secure Message to CI-Recreation Therapy.*

### THURSDAYS (Cont'd)

► **Caregiver Support Program PTSD Support Group:** 5:30pm 2nd & 4th Thurs ·Virtual/Telephone· If you care for a veteran with PTSD, this group is for you. *Contact Amy Hartman 515-718-5106 amy.hartman@va.gov.*

### FRIDAYS

**Break Free from Tobacco:** (Except June 14th & 21st) 12:00pm ·Main Campus, Bldg 7 Rm 10· Kick tobacco with a menu of strategies that work, counseling, pharmacy, acupuncture, clinical hypnosis *Preregister: Angela 515-473-5363.*

### OTHER EVENTS & DATES

#### Battlefield Acupuncture Walk-in Clinic:

·Main campus, Bldg. 6M, West Entrance· Mondays 9:00-11:00am, Thursdays 1:00-3:00pm (call 515-699-5999 X 23851). South Des Moines Clinic: Wednesdays 11:00am- 12:00pm.

**Breakout Room:** Tues June 4th, 5:30pm. Breakout rooms offer groups a unique and engaging team-building experience to build communication and comradery. *If interested, contact Klay 515-214-4578 or Secure Message to CI-Recreation Therapy*

**Team River Runner:** Thurs June 6th & 27th 4:00-6:00pm ·Location TBD· Join Veteran kayaking group, all boats and equipment provided. *Contact Klay 515-214-4578 or Secure Message CI-Recreation Therapy.*

**Air Rifle:** Mon June 10th & 24th, 4:00-6:00pm ·Jester Park Nature Center in Granger· Practice for national events or join to learn how to shoot. Rifles, targets, and equipment provided. *Contact Klay 515-214-4578 or Secure Message CI-Recreation Therapy.*

**LGBTQ Veteran Group:** Thurs June 4th, 6:00-7:15pm ·Des Moines Main Campus, Bldg 6M, Room 148· Safe place for LGBTQ Veterans explore various topics. First Thurs monthly. *Contact Drew (515)418-2440 or Courtney (515)776-1305.*

► **Pain 101/102:** Thurs June 6th & 20th, 1:00pm ·Virtual· 1st & 3rd Thurs. *Jeffrey Remsburg (515) 699-5999 X25529 or MHV Secure Message: CI-Whole Health EDU\_WH.*

**Project Healing Waters Fly Tying:** ·Local ponds around Des Moines· Great for mental & physical health and for connection with other Veteran fishermen! *Contact Bill 515-229-3299 or blackwolfe47@yahoo.com*

**Parkinson's Tai Chi:** Wed June 12th and 26th, 2:00pm ·Main Campus, Building 12 CLC 1 Dining Room· Help manage your Parkinson's symptoms seated or standing, with slow, gentle Tai Chi! *Contact Joni at 515-528-6628*

► **Women Veterans Virtual Game Night:** Thurs June 20th Every 3rd Thurs; 6:00-7:00pm *Contact Joni 515-528-6628 or Secure Message: CI-Recreation Therapy to get link to join*

**Rock Climbing:** Tues June 18th, 6:00-8:00pm ·150 E 4th St, Des Moines, Climb Iowa in the East Village· for bouldering. Admission & equipment rental provided. *Contact Klay 515-214-4578 or Secure Message to CI-Recreation Therapy*

**MOVE! Enrollment Group:** Wed June 26th, 10:00-11:00am ·South Des Moines Clinic: 1211 E Army Post Rd· Want support with managing your weight? Attend MOVE! Enrollment Group to learn about MOVE! *Call 515-699-5999, ext. 23956 or Secure Message to CI-Ask a Dietitian@*

► **Pain 103/104:** Thurs June 27th, 1:00pm. *Nick 515-699-5999 X25529 or Secure Message: CI-Whole Health EDU\_WH*

**Vets Riding to Live:** Fri June 14th & 28th and Tues June 11th (evening ride) 9:00am-12:30pm. Veteran biking group route TBD typically ~20 miles round trip. Lunch provided by DAV after event. *Contact Klay at 515-214-4578 or Secure Message CI-Recreation Therapy*

► Indicates VIRTUAL program



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## ANNOUNCEMENTS

**Horses Helping Heroes (H3) Programs:** Jester Park Equestrian Center (Granger). A variety of FREE horse-based wellness programs for Veterans and Service Members. All current programs take place on the ground, no riding. *For more information call 515-999-2818, or register online, visit [www.JesterParkEC.com](http://www.JesterParkEC.com), click on Horses Helping Heroes tab.*

**Whole Health** is the VA's approach to care that supports your health and well-being. Would you like to learn more about taking charge of your health? Classes & individual coaching available. *Secure message CI-Whole Health EDU\_WH or call 515-699-5999 X25529*

► **Strength at Home:** Virtual 12-week group for Veterans having difficulty with conflict, anger, & aggression in intimate relationships. Learn to improve relationships and prevent violence. *Contact Brandi Austin x24469*

**Save the Date-FREE Dress Rehearsal at the Des Moines Community Playhouse:** Wed July 10th 7:30pm, 831 42nd St. Final dress rehearsal of *School of Rock*. No tickets needed but Veteran name MUST be on the list in order to enter so sign up with Suzanne at least one week ahead of time. One guest per Veteran allowed as seats are limited. Enter by 7:25pm to guarantee seat. Doors lock when show starts. Use east/lower-level door. *Contact Suzanne at 515-699-5999 x24300 or Secure Message to CI-Recreation Therapy. Need Veteran's full name, last 4 and if bringing a guest so we have a seat count.*

## REMINDER

**DEADLINE** to enter the **National Veterans Creative Arts Competition: July 31st 2024**

- Any Veteran enrolled at VA Central Iowa can submit entries in art, creative writing, dance, drama, or music to be judged and displayed at the local level. Top three entries in each category move on to the national judging.
- Bring entries and fill out paperwork with Recreation staff on the Main Campus, Bldg. 12, room B109 on the following dates and times: Fri June 28th from 12:00-4:00pm; Wed July 10th from 4:00-8:00pm; Sun July 14th from 1:00-4:00pm, or Wed July 31st from 12:00-4:00pm.
- *For more info, please Contact [suzanne.anderson4@va.gov](mailto:suzanne.anderson4@va.gov) or Secure Message to CI-Recreation Therapy.*

## FOOD PANTRY

**Veteran Mobile Food Pantry:** Tues June 11th, 10:00am-12:00pm 2309 Euclid Ave, Des Moines. *Bring VA ID card or DD214.*

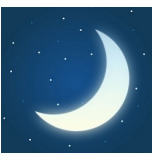
**DMARC Mobile Food Pantry:** No income restrictions. ID for each member of household. [dmarcunited.org](http://dmarcunited.org) 515.277.6969

**Community Fridge** Visit Eat Greater Des Moines for locations both in the Des Moines area and surrounding counties.

## SLEEP WELL!

### Healthy Sleep

Getting high quality sleep is key for good health. Sleeping well is just as important as exercise and eating wisely. Follow the QR code to get tips to help you with sleep.



### Insomnia Coach App

The Insomnia Coach app was created for everyone, including Veterans and Service members, to help manage insomnia. The app is based on Cognitive Behavioral Therapy for Insomnia.

Search "Insomnia Coach" in your app store or follow the QR code for the app!



## Pride in Serving LGBTQ+ Veterans

Sexual orientation and gender identity matter in health care. VA is here to serve **YOU**.



### VA Celebrates Pride Month by Serving all Who Served!

The LGBTQ+ Health Program celebrates Pride Month with the message that **Pride Counts at VA!**

**Pride Counts at VA** because...

- Everyone has a gender identity and a sexual orientation.
- Veterans who are LGBTQ+ face increased health risks and unique challenges in accessing quality health care.
- We envision a VA where everyone feels comfortable and supported in sharing who they are.
- Identities are important for providers to know so they can individualize health care.



**New number, same support.**

Dial 988 then Press 1.

### Attention:

Central Iowa lost a portion of our distribution list.

- If you missed May's Calendar and wish to receive this monthly calendar by email. Or if you have not yet signed up:

Please follow this QR code

Or call 515.256.9543



## VETERANS DAY AT EASTER LAKE !

**Wednesday, June 19th 4:00-7:00pm**

Athene North Shore Recreation Area at Easter Lake Park

- Enjoy the outdoor recreation available at the new Easter Lake Park!
  - pontoon Rides
  - kayaking
  - rowing
  - fishing
  - biking and more!

Please RSVP! *Contact Klay 515-214-4578 or Joni 515-528-6628 or Secure Message CI-Recreation Therapy.*



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