



VA Central Iowa Activities and Events January 2025

THURSDAYS Cont'd

► **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 ·VA Central Iowa, building 12 (CLC), room B109· All levels of experience welcome! Please contact Bailey at 515-218-5407 with questions or to verify if session is being held.

Veteran Plus 1 Art Group: Jan. 2 and 16 (1st and 3rd Thurs of the month)-4:00-6:00pm Des Moines Art Center Studio 1 Education Wing-Come create and learn new art techniques. Veteran can bring a companion (18 years and older). Veteran must be present. Free-no registration needed. For more info, please contact Jerra at 515-699-5999 x25228 or Secure Message to CI-Recreation Therapy

Veteran Only Art Group: Jan. 9 and 23 (2nd and 4th Thurs are for VETERANS ONLY-please do not bring non-Veterans on these days) 4:00-6:00pm ·Des Moines Art Center Studio 1 Education Wing· Come create and learn new art techniques. Free-contact Jerra 515-699-5999 x25228 or Secure Message to CI-Recreation Therapy.

Caregiver Support Program PTSD Support Group: 5:30pm 2nd & 4th Thursday-Virtual- If you care of a Veteran with PTSD, this group is for you (Must be in Caregiver Support Program) Contact Amy 515-718-5106 amy.hartman@va.gov

FRIDAYS

► **VVC Exercise Group:** 9:00am ·Virtual· Join us for a virtual work out with use of resistance bands! All abilities welcome, minimal equipment needed. Contact Amber 515-387-3015 or Secure Message CI-Recreation Therapy.

Pickleball (Except Jan 3rd): 10:30am(Beginners) ·12:00pm(Intermediate/Advanced)· Indoor Pickleball for beginners or advanced players! Waukee YMCA; Contact Joni 515-528-6628 or Secure Message CI-Recreation Therapy to sign up.

Break Free from Tobacco: ·Main Campus, Bldg 7 Rm 101· Kick tobacco with a menu of strategies that work: counseling, pharmacy, acupuncture, clinical hypnosis -Contact Angela 515-473-5363.



**Looking to make changes in the new year?
Contact 515-699-5999 x 23956 to get started!**



► **Indicates Virtual Program**

MONDAYS (Except Jan 20th)

Music Therapy Jam Session: No session Jan. 20 · 5:30pm ·Vet Center· Please contact Matt at 515-718-5465 to verify if session is being held.

► **VVC Tai Chi:** 3:00pm · Virtual Tai Chi! Practice 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:** EXCEPT 12/24, 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: 9:30-11:30am ·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.

WEDNESDAYS

Mat Yoga: Jan 8th & 22nd, 9:15am, Bldg 7M Rm101 Introduction to mat yoga. Contact Brittani 515-699-5999 ext.23582 or secure message CI-Recreation Therapy

► **VVC Exercise Group:** 9:00am ·Virtual· Join us for a virtual work out with use of resistance bands! All abilities welcome, minimal 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 Chuan style! Learn new slow, fluid movements, improve mental & physical health! Contact Amber at 515-387-3015 or Secure Message CI-Recreation Therapy

Mat Yoga: Jan 15th & 29th, 5:00pm, Bldg 7M Rm101 Introduction to mat yoga. Contact Brittani 515-699-5999 ext.23582 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! 515-528-6628

Break Free from Tobacco: 10:00am ·Virtual· Kick tobacco with counseling, medication, support. -Contact Angela 515-473-5363 or via Secure Message to CI-Tobacco Cessation

► **VA CALM Mindfulness Group:** 9:00am ·Virtual· Learn to surf life's waves with mindfulness meditation. Contact Angela 515-473-5363.

Battlefield Acupuncture Walk-in Clinic

Main campus Clinic:

Bldg. 6M, West Entrance

Mondays 9:00-11:00am Thursdays 1:00-3:00pm

515-699-5999 X 23851

South Des Moines Clinic:

Wednesdays 11:00am- 12:00pm.

515-256-9540 (please schedule if this is your 1st time)



Follow this QR
Code & learn
more about
**Battlefield
Acupuncture**

OTHER EVENTS

MOVE! Enrollment Group: Wed Jan 22nd 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! 515-699-5999 ext.
23956 or Secure Message to CI-Ask a Dietitian@

MOVE! Support Group: Wed Jan 22nd 9:00-9:50am,
South Des Moines Clinic: 1211 E Army Post Rd, Support for
Veterans who have already completed 16 MOVE! Sessions,
Contact 515-699-5999 ext. 23956 or Secure Message to
CI-Ask a Dietitian@

Pain 101/102: Thurs Jan 16th, 1:00pm ·Virtual·3rd
Thursday. Nick (515) 699-5999 X25529 or MHV Secure
Message: CI-Whole Health EDU_WH.

Project Healing Waters Fly Tying: ·1st and 3rd Tuesdays
6-8:00pm· Great for mental & physical health, connection
with other Veteran fishermen! Contact Bill 515-229-3299 or
blackwolfe47@yahoo.com

Parkinson's Tai Chi: Wed Jan 15th and 22nd- 2:00pm
·Main Campus, Building 12 · 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 Jan. 16th
Every 3rd Thursday; 6:00-7:00pm Contact Joni 515-528-
6628 or Secure Message: CI-Recreation Therapy to get link
to join

Pain 103/104: Thurs Jan 23rd, 1:00 PM - virtual 4th
Thursday contact Nick (515)699-5999 X25529 or Secure
Message: CI-Whole Health EDU_WH

Veteran Book Club: Tues. Jan. 28th, 6pm, Main Campus
Bldg 12 Rm B109 Book is "Somewhere Beyond the Sea"
by TJ Klune Contact Megan 515-326-4736 or secure
message CI-Recreation Therapy.

Des Moines Community Playhouse:

Veterans get 2 free tickets to **Men on Boats** Feb. 7-9-
opening weekend only (Fri and Sat at 7:30pm and Sun at
2pm). Email menonboats@dmplayhouse.com to reserve
tickets. EMAIL MUST include: attendee names, # of
tickets, phone number, email, date of show, and seating
requirements (accessible seats or wheel-chair seats). 50
tickets given out and processed in the order they are
received. Tickets sent via email and cannot be
transferred. For questions: Suzanne 515-699-5999
x24300 or suzanne.anderson4@va.gov. Suzanne cannot
get tickets for you, you must get them through the
Playhouse.

FOOD PANTRY

Veteran Mobile Food Pantry: Tues. Jan 14th, 10:00am-
12:00pm 2309 Euclid Ave, Des Moines Bring VA ID card
or DD214.

DMARC Mobile Food Pantry: No income restrictions.
Dmarcunited.org 515-277-6969



Get this calendar by EMAIL

Follow the QR code here
Scroll to "Des Moines, IA" at the prompt
Or call 515.256.9543



U.S. Department of Veterans Affairs
Midwest Health Care Network
Central Iowa Health Care System