



# VA Central Iowa Activities and Events February 2025

## THURSDAYS Cont'd

## MONDAYS (Except February 17)

**Music Therapy Jam Session:** No session Feb. 17 · 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:** 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 515-388-0565, or Secure Message to CI-Recreation Therapy.

## WEDNESDAYS

**Mat Yoga:** Feb. 5th & 19th, 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:** Feb. 12th & 28th, 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

► **VVC 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.

► **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:** Feb. 6 and 20 (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:** Feb. 13 and 27 (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.

## 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 Feb. 7th) :** 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:** 12:00pm · Main Campus, Bldg 7 Rm 10 · Kick tobacco with a menu of strategies that work: counseling, pharmacy, acupuncture, clinical hypnosis - Contact Angela 515-473-5363.

## 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



New number, same support.

| Dial 988 then Press 1.

► Indicates Virtual Program

## MORE EVENTS

**Women Veterans Valentines Art Group:** Sat Feb 1st, 1:00-3:00pm Main Campus Bldg 12 Rm B109. Join us to learn how to make felt flowers and Valentines! Contact Theresa 515-699-5999 ext. 24938 or Secure Message: *CI-Recreation Therapy*

**MOVE! Enrollment Group:** Tues Feb 11th 12:00-12:50pm or Wed Feb 26th 10:00-10:50am, 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@

**Veterans Give Back:** Thurs Feb 13th 2:30-4:30pm Meals from the Heartland, 357 Lincoln St, West Des Moines- Join us in giving back, packing meals for this nonprofit! Contact Amber 515-387-3015 to sign up!

**MOVE! Support Group:** Wed Feb 26th 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@

**Healthy Teaching Kitchen:** Wed Feb 26th 11:00a-12:00p, South Des Moines Clinic: 1211 E Army Post Rd, Includes a cooking demonstration and nutrition education. Contact Alexa Grant 515-699-5999 ext. 21843 or Secure Message to CI-Ask a Dietitian@

**Pain 101/102:** Thurs Feb 20th, 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](mailto:blackwolfe47@yahoo.com)

**Parkinson's Tai Chi:** Wed Feb 5th and 19th- 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 Feb 20th 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 Feb 27th, 1:00 PM - virtual 4th Thursday contact Nick (515)699-5999 X25529 or Secure Message: *CI-Whole Health EDU\_WH*

**Veteran Book Club:** (4th Tues. monthly) Tues. Feb. 25th, 6pm, Main Campus Bldg 12 Rm B109. Book is "The Wedding People" by Alison Espach Contact Megan 515-326-4736 or secure message CI-Recreation Therapy.

**Caregiver Support Group: Valentines Art Group:** Tues Feb 11th- 1:30-3:00pm Main Campus Bldg 12 Rm B109. Join us to learn how to make felt flowers and Valentines! Contact Joni Osmundson 515-528-6628 to sign up

## FOOD PANTRY

**Veteran Mobile Food Pantry:** Tues. February 11, 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

## 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)



**Be Involved in Your Health Care  
Healthy Living Message**



**Welcome to the  
Veterans Health Library**

Helping Veterans stay well and well-informed



Veterans Health Library |  
Veterans Affairs  
[www.veteranshealthlibrary.va.gov](http://www.veteranshealthlibrary.va.gov)

