

WORD OF THE MONTH: **INSPIRE**

"Success is no accident. It is hard work, sacrifice, perseverance, learning, studying, and most of all, love of what you are doing/learning to do." — Pele. "

- Your potential is limitless
- Chase Dreams not perfection
- I am excited to take on new challenges



APRIL 2024

GOAL = VALUE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 12p Coffee Creations 230p-5p Access Bars	2 4p CLOSED 4p VREC Staff Mtg 6p DAV MTG Sauk Rapids VFW 6992	3 11a VA Group 12p Healing Touch 12p Down @ 501	4 130p Fly Tying 6p Arts Undergrd (Paramount \$10)	5 5p CLOSED 9a Equine Therapy 2p Craft – Paint rocks 4p Garden CTE MTG 6p Meat Raffle, Winners,	6 CLOSED
7 CLOSED 9a Hero Workout 11a Prize Raffle	8 12p Coffee Creations 230p-5p Access Bars	9 4p CLOSED 11a VREC Staff Mtg 5p BOD Meeting	10 12p GAMES all day	11 CLOSED 'til 1p 10a VA Group BB 2p Yoga 6p HT Practice GP	12 9a Equine Therapy 2p Craft - Etching 4p Gardening Cte Mtg	13 9a Craft w/ Elks 1p Crafts for Garden
14 CLOSED 9a Hero Workout, Omni Tng Fac, Waite Park	15 TAX DAY 12p Coffee Creations 230p-5p Access Bars	16 4p CLOSED 1230-4p DAV Rep 4p VREC Staff Mtg	17 12p Down @ 501 4p-6p Camp Prep	18 2p Yoga 6p Arts Undergrd	19 9a Equine Therapy 2p Craft - Mosiacs 4p Gardening Cte Mtg	20 CLOSED
21 1p MOVIE - Mending the Line	22 12p Coffee Creations 230p-5p Access Bars 5p Essential Oils	23 4p CLOSED 4p VREC Staff Mtg	24 12 Healing Touch 12p Birthday Potluck	25 2p Yoga 6p Arts Undergrd	26 9a Equine Therapy 2p Craft – BBQ Holders 4p Gardening Cte Mtg	27 CLOSED 11a Rice Legion Outreach 5p Beyond the Mess Hall Cooking Class w/Elks
28 CLOSED 9a Hero Workout, Omni Tng Fac, Waite Park	29 12p Coffee Creations 230p-5p Access Bars	30 CLOSED Staff Only- service day 4p VREC Staff Mtg	MAY 1 11a VA Group 12p Down @ 501 12 Healing Touch 5 p VREC Pres & Tour	2 12-4p DAV Rep 130p Fly Tying 2p Yoga 6p Arts Undergrd	3 5p CLOSED 9a Equine Therapy 2p Craft - Stepping Stones 4p Gardening Cte Mtg 6p Meat Raffle Winners	4 CLOSED
5 CLOSED Cinco de Mayo 9a Hero Workout	6 12p Coffee Creations 230p-5p Access Bars	7 4p CLOSED 4p VREC Staff Mtg 6p DAV MTG, Sauk Rapids VFW 6992	8 630p BOD Meeting	9 12-4p DAV Rep 2p Yoga 6p HT Practice GP	10 9a Equine Therapy 2p Craft – 4p Gardening Cte Mtg	11 9a Craft w/ Elks 7p Meat Raffle -Rice

VETERAN RESOURCE AND ENRICHMENT CENTER (VREC) HONORS VETERANS AND THEIR FAMILIES!

EVENTS

Open Hours:

Monday, Wednesday, Thursday, Friday
Noon to 6pm; Tuesday, Noon to 4pm
Or as listed on the calendar, Or By
APPOINTMENT for guaranteed time slot.

Classes:

Sign-up for classes in blue book onsite,
call or talk to a staff member. Seats
not guaranteed-reserve in advance.
Some classes are for Veterans Only or
are closed groups.

Volunteer Opportunities:

Several positions and tasks are needed
daily. Inquire how you can assist Veterans
and Families heal.

Donations welcome & appreciated!

Name and Address of Event:

Description of Monthly Events:

Access Bars – Access Consciousness Therapy	Monday	Relaxing, de-stressing well-being technique to Attune Your Mind, Body, & Spirit
Arts Underground: Paramount, 913 W. St. Germain St, St. Cloud (\$10 art fee)	Thursday	Come & Play in the Art Studios to develop artistic skills in a variety of mediums.
Beyond the Mess Hall Cooking Class with Elks Lodge #2843	Last Sat	Learn to cook easy healthy one-pot meals and enjoy a hot meal monthly.
Birthday Potluck	Last Wed	Celebrate all of the birthdays during the month over a potluck meal at VREC.
Coffee Creations	Monday	Come for coffee/beverage and let your inspiration soar with crafting projects
Craft with Elks Lodge #2843	2nd Sat	Craft together for purpose and camaraderie. Make items for you and VREC.
CREW Volunteer Meeting or VREC Staff Meeting or In-Service Days	Tuesday	VREC CREW, Staff & Volunteer meeting to discuss policies, activities & events.
Disabled American Veteran (DAV) Meeting: VFW 6992, 901 Benton Drive, Sauk Rapids		Members ONLY! 6p food, 630p meeting, social afterwards. & DAV REP at VREC
Down @ 501	Every other Wed	VA VET CENTER Counselor onsite to talk with Combat Veterans & their Families.
Equine Therapy: Gaits of Hope, 2761 125th St. NE, Rice	Friday	Play & connect with horses to help heal the mind, body & soul. MUST SIGN UP.
Essential Oils -Happy Healthy Home Kit	4th Monday	Learn the toxins to avoid and what to shift to to have a healthy home.
Fly Tying	1st Monday	Experienced instructor, equipment provided. Learn to make flies to go fishing.
Games		Play games like: Pool, Darts, Cribbage, Farkel, Bunko, Blurt, Spades, Euchre.....
Healing Touch	Wednesday	Practitioners available to balance energy. FREE 1 hr sessions aid relaxation.
Healing Touch (HT) Practitioners Group (PG)	2nd Thursday	Private Group for Healing Touch Practitioners, meets 2 nd Thursday of month.
Health Care Directives (HCD): Whitney Center, 1529 Northway Drive, Sauk Rapids		Facilitated by Light the Legacy to complete important healthcare documents
Hero Workout at Omni Training Facility, 700 Division St, Waite Park	Sunday	FREE Workout to honor a fallen soldier, firefighter, EMS, police, military, etc.
Movie - Mending the Line		Watch movie together for support and healing.
Meat Raffle: Rice American Legion, 80 Division St. N, Rice		Join VREC CREW to raise funds to improve the lives of our Veterans and their families. Volunteers are welcome to work the events. Sign up in advance.
Meat Raffle: Winners Bar & Grill, 311 2nd St. S., Sartell	1st Friday	
Notary & HCD		By appointment. Get documents signed by a Notary FREE! Bring ID & Docs.
VA or Other Groups		Closed group to do enrichment and crafting activities to enhance lives.
VREC Board of Directors (BOD)	2nd Wednesday	Closed group ... VREC leaders meet to discuss operations.
VREC Craft	Friday	Specialty crafting as a group. Challenge yourself to learn something new.
VREC Presentation & Tour		Stop in to learn about VREC Mission, Vision, Services, Programs, & Vol Positions.
Yoga	Thursday	Chair yoga to relax & ease pain. Learn about falls, balance and nutrition.

THANK YOU FOR YOUR SERVICE AND SACRIFICES!