

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 and CLOSED last Tuesday of month.

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:

Activity Days or Service Projects	Specialty crafts as a group to take home or make for Rosie's Boutique
Beyond the Mess Hall Cooking Class with Elks Lodge #2843 – Cooking Prep	Learn to cook easy healthy one-pot meals and enjoy a hot meal monthly
Birthday Party and Cake	Celebrate all of the birthdays during the month sharing cake at VREC
BOD Meeting	VREC Board of Directors monthly meeting
Coffee Creations or Enrichment fun	Come for coffee/beverage and let your inspiration soar with crafting projects
Craft with Elks Lodge #2843	Craft together for purpose and camaraderie. Make items for you and VREC
Disabled American Veteran (DAV) Meeting: VFW 428 Mtg: 9 18th Ave N, St. Cloud, MN	DAV Members ONLY! 6p food, 630p meeting starts, social time afterwards
DAV Clothing help at VREC Parking Lot	Assist DAV members transfer donated clothing from trailer into big trailer
Sound Quest	Veterans personal journey of expression through music, sound, vibrations
Equine Therapy: Gaits of Hope, 2761 125th St. NE, Rice (Check times with GOH)	Play & connect with horses to help heal the mind, body & soul. MUST SIGN UP
Essential Oils	Learn how to use essential oils in everyday life to ward off colds & ease pain
Fly Tying or Fresh Water Fishing	Experienced instructor, equipment provided. Learn to make flies to go fishing
Games or Movies	Watch movie or Play games: Pool, Darts, Cribbage, Bunko, Spades, Euchre
Healing Touch, MicroCurrent Therapy, Sound therapy	Practitioners available to balance energy. FREE 1 hr sessions aid relaxation
Healing Touch (HT) Practitioners Group	Private Group for Healing Touch Practitioners, meets 2nd Thursday of month
Chat Technology	Chat with St. Cloud Library about technology concerns or topics.
Meat Raffle: Rice American Legion: 80 Division St. N, Rice; Winners Bar & Grill, 311 2nd St. S., Sartell; & Goodfellows: 14351 78th St NE, Foley Bingo: Blue Line South, 1004 Sunridge Dr., St. Cloud; Prize Raffle: Park Event Center	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
Mending Hearts Sewing	Learn how to sew simple straight lines to make a quilt
Nail Care & Wellness Tai chi, massage bed - chair, hand massage, foot detox, etc.,	Pamper you & Buddy up for nail self-care. Looking good, feel good, for health
Notary & HCD	By appointment. Get documents signed by a Notary FREE! Bring ID & Docs
Light the Way: Kids ages 10 to 18 ONLY	Teen leadership program designed to help kids release energy & find
Photography Creative CREW & Visionaries – ENTER MONTHLY CONTEST	Mindfulness photography-learn basic or advanced, editing, video, audio
Veterans Support Group	Meet Marissa at 107 Doctor's Park, St. Cloud
Special Projects/Trips - Bowling Fun	Special projects/trips to have fun or community service activities

501 17th Avenue N., St. Cloud, MN 56303

320.204.5660

vrecmn@gmail.com

www.vrecmn.com



YR GOAL: **THRIVE**

JANUARY 2026

GROUNDING: We begin the year rooted in purpose, stability, and trust. Veterans feel safe, supported, and connected to resources that anchor their well-being. Strong roots help us grow-together!

SUN	MON	TUE	WED	THU	FRI	SAT
VOULUNTEERS ALWAYS WELCOME!			NEW YEAR's EVE GAME DAY ... stay to ring in the Night. Food provided.	JAN 1 11:00am TAI CHI 12:00pm Enrichment Fun 1:30pm Fly Tying	JAN 2 9:00am Equine Therapy 12:00pm Enrichment Fun 5:00pm CLOSED @ 5P 6:00pm Meat Raffle - Winners	JAN 3 CLOSED ALL DAY 12:00pm Veteran Support Group 3:00pm Meat Raffle - Goodfellows
JAN 4 CLOSED ALL DAY	JAN 5 11:00am TAI CHI 12:00pm Coffee Creations 12:00pm Enrichment Fun 4:00pm Nail Care	JAN 6 CLOSED @ 4pm 12:00pm Enrichment Fun 12:00pm MicroCurrent Therapy 6:00pm DAV Meeting	JAN 7 8:00am DAV Clothing Help 11:00am TAI CHI 12:00pm Enrichment Fun 6:00pm Bingo - Blue Line S.	JAN 8 11:00am TAI CHI 12:00pm Enrichment Fun 2:00pm Chat Technology 6:00pm Healing Touch Practitioners Group 6:00pm Photo Visionaries	JAN 9 9:00am Equine Therapy 12:00pm Enrichment Fun	JAN 10 9:00am Elks Crafting Day 12:00pm Veteran Support Group 1:00pm Creative CREW Photography 7:00pm Meat Raffle - Rice Legion
JAN 11 CLOSED ALL DAY	JAN 12 11:00am TAI CHI 12:00pm Coffee Creations 12:00pm Enrichment Fun 4:00pm Nail Care 6:00pm Sound Quest	JAN 13 CLOSED @ 4pm 12:00pm Enrichment Fun 12:00pm MicroCurrent Therapy 7:00pm VFW 428 Post Mtg	JAN 14 8:00am DAV Clothing Help 11:00am TAI CHI 12:00pm Enrichment Fun	JAN 15 11:00am TAI CHI 12:00pm Enrichment Fun 6:00pm Photo Visionaries 7:30pm Elks meeting	JAN 16 9:00am Equine Therapy 12:00pm Enrichment Fun 5:00pm CLOSED @ 5P 6:00pm Meat Raffle - Winners	JAN 17 CLOSED ALL DAY 12:00pm Veteran Support Group
JAN 18 CLOSED ALL DAY 2:00pm Bowling Fun @ Great River Bowl, 208 2nd Street S, Sartell (ask if you need a ride)	JAN 19 11:00am TAI CHI 12:00pm Coffee Creations 12:00pm Enrichment Fun 1:00pm Games @ the 501 4:00pm Fishing - Fresh water 4:00pm Nail Care	JAN 20 CLOSED @ 4pm 12:00pm Enrichment Fun 12:00pm MicroCurrent Therapy 5:00pm VREC BOD Meeting	JAN 21 8:00am DAV Clothing Help 11:00am TAI CHI 12:00pm Enrichment Fun	JAN 22 11:00am TAI CHI 12:00pm Enrichment Fun 2:00pm Chat Technology	JAN 23 9:00am Equine Therapy 12:00pm Enrichment Fun	JAN 24 CLOSED ALL DAY 12:00pm Veteran Support Group
JAN 25 2:00pm Sound Bowls 3:30pm Movie/Games @ 501	JAN 26 11:00am TAI CHI 12:00pm Coffee Creations 12:00pm Enrichment Fun 12:00pm VRSI Employment 4:00pm Nail Care 5:00pm Essential Oils	JAN 27 CLOSED for Staff Training	JAN 28 8:00am DAV Clothing Help 11:00am TAI CHI 12:00pm Birthday Party 12:00pm Enrichment Fun	JAN 29 11:00am TAI CHI 12:00pm Enrichment Fun	JAN 30 9:00am Equine Therapy 12:00pm Enrichment Fun PHOTOS DUE	JAN 31 12:00pm Veteran Support Group 4:00pm Elk's Cooking Class

Open Daily Monday to Friday - Noon to 6pm or as listed. Lots more happening in our 13,000sq ft of Family Fun!

501 17th Avenue N., St. Cloud, MN 56303 | 320.204.5660 | vrecmn@gmail.com | www.vrecmn.com

View live Calender at: <https://schedulesplus.com/vrec/>