

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 Build-Craft-Create	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 Jr Warriors Adventure series	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 & HER Circle and HIS Space	Meet Marissa at 107 Doctor's Park, St. Cloud & VREC activity for camaraderie!
Special Projects/Trips -	Special projects/trips to have fun or community service activities

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| 320.204.5660

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| www.vrecmn.com



YR GOAL: **THRIVE**

JULY 2026

COURAGEOUS: Veterans face growth with bravery--seeking help, sharing stories, and embracing transformation beyond survival.

SUN	MON	TUE	WED	THU	FRI	SAT
SHINDIG AUGUST 15th 1-6p Sign up to Volunteer at: https://schedulesplus.com/vrec/kiosk/ Only volunteers who work 4hrs or more and sign up in advance get a FREE LUNCH! Ask about FREE tickets to: Jay and the Americans Jul 9th at 130p Duluth Air Show Jul 11th or 12th Rox Game Tickets Jul 13th			JUL 1 7:30am DAV Clothing Help 11:00am TAI CHI 12:00pm Enrichment Fun & Strategy Games 5:00pm Garden Oasis CREW 6:00pm Bingo - Blue Line S.	JUL 2 11:00am TAI CHI 12:00pm Enrichment Fun 1:30pm Fly Tying 7:30pm Elks meeting	JUL 3 12:00pm Enrichment Fun 5:00pm CLOSED @ 5P	JUL 4 CLOSED Happy 4th of July
JUL 5 CLOSED ALL DAY	JUL 6 11:00am TAI CHI 12:00pm Coffee Creations 12:00pm Enrichment Fun 4:00pm Nail Care	JUL 7 CLOSED @ 4pm 12:00pm Enrichment Fun 6:00pm DAV Meeting	JUL 8 7:30am DAV Clothing Help 11:00am TAI CHI 12:00pm Enrichment Fun & Strategy Games 5:00pm Garden Oasis CREW	JUL 9 11:00am TAI CHI 12:00pm Enrichment Fun 1:30pm Jay and the Americans 6:00pm Healing Touch Practioners Group 6:00pm Photography Visionairies	JUL 10 12:00pm Enrichment Fun	JUL 11 Duluth Air Show 9:00am Build-Craft-Create; with Elks Lodge 1:00pm Photography Creative CREW 7:00pm Meat Raffle - Rice Legion
JUL 12 CLOSED ALL DAY Duluth Air Show 10:00am SHINDIG MEETING	JUL 13 11:00am TAI CHI 12:00pm Coffee Creations 12:00pm Enrichment Fun 4:00pm Nail Care 6:30pm ROX GAME	JUL 14 CLOSED @ 4pm 12:00pm Enrichment Fun 7:00pm VFW 428 Post Mtg	JUL 15 7:30am DAV Clothing Help 11:00am TAI CHI 12:00pm Enrichment Fun & Strategy Games 5:00pm Garden Oasis CREW	JUL 16 11:00am TAI CHI 12:00pm Enrichment Fun 7:30pm Elks meeting	JUL 17 12:00pm Enrichment Fun 3:00pm Games	JUL 18 CLOSED ALL DAY 3:00pm Meat Raffle - Goodfellows
JUL 19 3:00pm HER Circle 6:00pm HIS Space	JUL 20 11:00am TAI CHI 12:00pm Coffee Creations 12:00pm Enrichment Fun 4:00pm Fishing - Fresh water 4:00pm Nail Care	JUL 21 CLOSED @ 4pm 12:00pm Enrichment Fun 5:00pm VREC BOD Meeting	JUL 22 7:30am DAV Clothing Help 11:00am TAI CHI 12:00pm Enrichment Fun 12:00pm Korean Vets Lunch @ VFW 428 5:00pm Garden Oasis CREW	JUL 23 11:00am TAI CHI 12:00pm Enrichment Fun	JUL 24 12:00pm Enrichment Fun 10a Cooking Class	JUL 25 9:00am Cooking Class - Breakfast
JUL 26 CLOSED ALL DAY	JUL 27 11:00am TAI CHI 12:00pm Coffee Creations 12:00pm Enrichment Fun 4:00pm Nail Care 5:00pm Essential Oils	JUL 28 CLOSED ALL DAY STAFF TNG & VOLUNTEER ACTIVITIES	JUL 29 7:30am DAV Clothing Help 11:00am TAI CHI 12:00pm Birthday Cake 12:00pm Enrichment Fun & Games 5:00pm Garden Oasis CREW	JUL 30 11:00am TAI CHI 12:00pm Enrichment Fun PHOTOS DUE	JUL 31 12:00pm Enrichment Fun	

Open Daily Monday to Friday - Noon to 6pm or as listed.

13,000sq ft of Family Fun!

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