

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:

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| 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 Potluck & Christmas Party – White Elephant Gift Exchange(\$20 max value) | Celebrate all of the birthdays during the month over a potluck meal at VREC |
| BOD Meeting | VREC Board of Directors monthly meeting |
| Coffee Creations | Come for coffee/beverage and let your inspiration soar with crafting projects |
| Crafting Days -Fridays | Specialty crafts as a group to take home or make for Rosie's Boutique |
| Craft with Elks Lodge #2843 | Craft together for purpose and camaraderie. Make items for you and VREC |
| Disabled American Veteran (DAV) Meeting: VFW 6992, 901 Benton Drive, Sauk Rapids | 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 |
| Bri's Lodge Angel Hope Candlelight Vigil at Sartell Community Center | Join Bri's Lodge at the Candlelight Vigil to remember loved ones. |
| Equine Therapy: Gaits of Hope, 2761 125th St. NE, Rice | 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 | Experienced instructor, equipment provided. Learn to make flies to go fishing |
| Games or Movie Night | Watch movie or Play games: Pool, Darts, Cribbage, Bunko, Spades, Euchre |
| Healing Touch | 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 |
| Jewels 4U or Beading 101 | Make jewelry, earrings, bracelets and other items to make you feel pretty |
| 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 | 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 |
| Media Day or Night | Veterans connecting through different forms of media (music, video, writing) |
| Nail Care | 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 |
| Outreach Activities: Christmas Wrapping Party Women Veterans Town Hall at VA | Wrap presents for Healing Hearts Giving Tree Families Advocate for Women's healthcare at the St. Cloud VA HCS B4, R180 |
| Photography Lecture & Photo Days – CONTEST THEME: RULE OF THIRDS | Mindfulness photography to learn photography or take photos for contest |
| Special Projects | Special crafting projects to complete for gifts, activities, thank you's and more |



December 2024

LIVING: Dream as if you'll live forever, Live as if you'll die today. ~James Dean
 - I Live My Life with Awareness & Gratitude

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|--|
| 1 CLOSED 4p Sartell Hockey Team | 2 12p Coffee Creations 330p MDVA Education Basics | 3 5p DAV Christmas-VFW 428 | 4 CLOSED @ 6p 8a Vol DAV Clothing 6p Bingo Blue Line S | 5 130p Fly Tying 730p Elks Meeting | 6 CLOSED @ 5p 2p Craft Wrapping Paper 6p Winners Meat Raf 630p Candle Vigil | 7 CLOSED 3p Goodfellows Meat Raffle |
| 8 CLOSED 1p Special Project Completion Only | 9 12p Coffee Creations 6p Sartell Hockey Team | 10 CLOSED 4p 12p Healing Touch 430p Women Town Hall VA, B4 R180 | 11 8a Vol DAV Clothing 12p Healing Touch 6p VREC BOD Mtg | 12 Special Projects 6p Healing Touch Practitioners Group | 13 HHGT Gifts Due 9a Equine Therapy 2p Craft-Cocoa Jars 6p Nail Care & Movie | 14 9a Elks Crafting 1p Photo Class 1p Wrapping Party 7p Rice Meat Raffle |
| 15 1p Wrapping continued, if needed | 16 12p Coffee Creations | 17 CLOSED 4p Open Crafting | 18 8a Vol DAV Clothing | 19 Special Projects | 20 2p Craft-Ornaments 4p Christmas & Birthday Party | 21 5p Elks Cooking Class |
| 22 CLOSED | 23 12p Coffee Creations 5p Essential Oils | 24 XMAS EVE 4pm Christmas Light Tour (sign up) | 25 XMAS CLOSED | 26 12p Movies & Games | 27 2p Craft Vision Board | 28 CLOSED |
| 29 CLOSED | 30 12p Coffee Creations | 31 CLOSED for STAFF TRAINING OPEN @ 4p-12a NY Eve Games Contest Photos Due | JANUARY 1 8a Vol DAV Clothing 1p Beading 101 | 2 130p Fly Tying 730p Elks Meeting | 3 CLOSED @ 5p 2p Craft Healthy Salts 6p Winners Meat Raffle | 4 CLOSED 230p Goodfellows Meat Raffle |