



HAPPINESS: The human race has one really effective weapon, and that is laughter. ~Mark Twain
 “I am creating happiness within myself.”
 “When I focus on gratitude, happiness flows to me easily.”

September 2024

CLOSED @ 4p

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED 1p Train Tour, Waite Park	LABOR DAY 2 CLOSED ENJOY the DAY	3 OPEN CRAFTING 6p DAV Meeting (Sauk Rapids VFW 6992)	4 8a DAV Clothing help 12p Down @the 501 12p Healing touch	5 130p Fly Tying 3p Oasis Crew	6 9a Equine therapy 1230p Games 2p Craft Gnomes	7 CLOSED Rice Craft Fair
8 CLOSED Rice Craft Fair	9 12p Coffee Creations	10 OPEN CRAFTING 5p BOD Meeting	11 8a DAV Clothing help 12p Healing Touch	12 3p Oasis Crew 6p Healing Touch Practitioners Group	13 CLOSED 2p Rocking Recovery (Lake George) 6p Winners Meat Raffle	14 9am Craft w/Elks 330p Baseball Game 7p Rice Meat Raffle
15 CLOSED 1p Train Tour, Waite Park	16 12p Coffee Creations	17 OPEN CRAFTING 5p Rose Manor Mtg	18 8a DAV Clothing help 12p Down @the 501 12p Healing Touch	19 3p Oasis Crew	20 CLOSED for VETERANS on the LAKE TRIP	21 CLOSED LAKE TRIP
22 CLOSED LAKE TRIP	23 CLOSED LAKE TRIP 5p Essential Oils	24 CLOSED All Day	25 8a DAV Clothing help 12p Birthday Potluck Goulish dishes	26 3p Oasis Crew 630p Media Night (bring Empathy clip)	27 CLOSED @ 5p 2p Craft Affirmations 5p Cooking (Elks)	28 CLOSED Paynesville Craft Fair 6p Colorstreet Nails
29 CLOSED 10a Photography @ Munsinger w/C2C 1p Train Tour	30 Welcome back AmeriCorps Staff 12p Coffee Creations	October 1 6p DAV Meeting (Sauk Rapids VFW 6992)	October 2 8a DAV Clothing help 12p Down @the 501	October 3 130p Fly Tying 730p Elks Mtg	October 4 1230p Games 2p Craft Shadow Box	October 5 CLOSED

6p Winners Meat Raffle

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:

Beyond the Mess Hall Cooking Class with Elks Lodge #2843	Learn to cook easy healthy one-pot meals and enjoy a hot meal monthly
Birthday Potluck	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
Craft Fairs	Take Rosie's Boutique on the road to sell Veteran and Family Art products
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
Down @ 501	VA VET CENTER Counselor onsite to talk with Combat Veterans & their Families
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	Play games like: Pool, Darts, Cribbage, Farkel, Bunko, Blurt, 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 2 nd Thursday of month
Hero Workout at Omni Training Facility, 700 Division St, Waite Park	FREE Workout to honor a fallen soldier, firefighter, EMS, police, military, etc.
Meat Raffle: Rice American Legion, 80 Division St. N, Rice : Winners Bar & Grill, 311 2nd St. S., Sartell	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)
Nails	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
Oasis CREW Thursdays at 3p	Gardening Committee maintains flowers and plants to keep grounds nice!
Outreach Activities – Rocking Recovery, Twins Baseball Game & Veterans on the Lake Camping Trip	Rocking Recovery to support those in Recovery at Lake George. Twins baseball game & VREC Camping in Ely at Veterans on the Lake
Rose Manor House Meeting	Veteran house meeting with Director
Train Tours – St. Cloud Area Rail Legacy (STARail) Museum 1-4p	3 rd Street N, Waite Park
VREC Craft	Specialty crafting as a group. Challenge yourself to learn something new