

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:

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 Cake	Celebrate all of the birthdays during the month sharing cake 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
Dial in with Media	Veterans connecting through different forms of media (music, video, writing)
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 Movies	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
Metrobus	Learn how to ride Metrobus - Ask for a ride if need one
Nail Care & Wellness	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 voices
Photography Lecture & Workshop – CONTEST THEME: Still Life	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



YR GOAL: **EXPAND**

MARCH 2025

AWARENESS: Peripheral awareness ~ Sensory awareness ~ Self-awareness.

- I am Enough, I am Confident, I am Proud of myself, I Deserve fulfilling relationships, I am Present

SUN	MON	TUE	WED	THU	FRI	SAT
						MAR 1 3:00pm Meat Raffle - Goodfellows
MAR 2 10:00am Furniture Move	MAR 3 12:00pm Coffee Creations 4:00pm Nail Care	MAR 4 4:00pm CLOSED @ 4pm 6:00pm DAV Meeting	MAR 5 8:00am DAV Clothing Help 12:00pm Healing Touch 6:00pm Bingo - Blue Line S.	MAR 6 1:30pm Fly Tying 7:30pm Elks meeting	MAR 7 9:00am Equine Therapy 2:00pm Craft-Be Heard Day 5:00pm CLOSED @ 5P 6:00pm Meat Raffle - Winners	MAR 8 9:00am Elks Crafting Day 1:00pm Photography Workshop 7:00pm Meat Raffle - Rice Legion
MAR 9 6:00am Daylight Savings 8:00am MC League Breakfast 3:00pm Pasta Bar Fundraiser	MAR 10 12:00pm Coffee Creations 4:00pm Nail Care 5:00pm Dial in with Media	MAR 11 4:00pm CLOSED @ 4pm 5:00pm BOD Meeting	MAR 12 8:00am DAV Clothing Help	MAR 13 6:00pm Healing Touch Practitioners Group	MAR 14 9:00am Equine Therapy 2:00pm Craft-Lucky Leprechaun	MAR 15
MAR 16	MAR 17 12:00pm Coffee Creations 4:00pm Nail Care-MYSTERY BOX	MAR 18 12:00pm COVE - Craft-Mother's Day 4:00pm CLOSED @ 4pm 5:00pm Light the Way - Age 10-18 ONLY	MAR 19 8:00am DAV Clothing Help 11:00am Good Shepherd SW Group	MAR 20 5:00pm Garden Oasis Crew 7:30pm Elks meeting	MAR 21 9:00am Equine Therapy 2:00pm Craft-Decoupage w/saran wrap	MAR 22 11:00am Celebration of Life-Cheryl 5:00pm Elks Cooking Class
MAR 23	MAR 24 12:00pm Coffee Creations 4:00pm Nail Care 5:00pm Essential Oils	MAR 25 9:00am CLOSED for Staff Training 11:00am Senior Nutrition 5:00pm Photography Class	MAR 26 8:00am DAV Clothing Help 12:00pm Healing Touch & Pendulum 101 2:00pm Birthday Cake	MAR 27 12:00pm Game Day	MAR 28 9:00am Equine Therapy 2:00pm Craft-Easter Baskets	MAR 29 12:00pm Vietnam Veterans day @ VFW 428
MAR 30	MAR 31 12:00pm Coffee Creations 4:00pm Nail Care 4:00pm Photos Due					