

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 – 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
Outreach Activities:	
Photography Lecture & Workshop – CONTEST THEME: REFLECTION	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



GOAL: **EXPAND**

January 2025

IMAGINATION: allows us to visualize possible future scenarios, plan & prepare for challenges & outcomes.

- Dare to Dream and live to make them a reality! Reflect on I Have a Dream: Martin Luther King, Jr.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			CLOSED @ 6p 1 8a Vol DAV Clothing 1p Beading 101 6p Bingo Blue Line S	2 130p Fly Tying 730p Elks Meeting	CLOSED @ 5p 3 2p Craft Bath Detox Soaks 6p Winners Meat Raffle	CLOSED 4 3p Goodfellows Meat Raffle
CLOSED 5 1p Furniture move	6 12p Coffee Creations	CLOSED 4p 7 Open Crafting 6p DAV Meeting	8 8a Vol DAV Clothing 12p Healing Touch	9 Organizing tasks 6p Healing Touch Practitioners Group	10 2p Craft -House plants	11 9a Elks Crafting 1p Photo Workshop 2-5p open crafting 7p Rice Meat Raffle
CLOSED 12	13 12p Coffee Creations 1p How to Navigate Metrobus 5p Dial in w/Media	CLOSED 4p 14 Open Crafting 5p VREC BOD Mtg	15 8a Vol DAV Clothing	16 12p Movies & Games	17 2p Craft -Finish Projects	CLOSED 18
CLOSED 19	CLOSED 20 Martin Luther King Birthday & Presidential Inauguration	21 10a COVE - Make Cards 4p Nail Care - Wax	22 8a Vol DAV Clothing 12p Movies & Games	23 Valentine fun	24 2p Craft -Water colors	25 5p Elks Cooking Class
CLOSED 26	27 12p Coffee Creations 5p Essential Oils	CLOSED 28 for STAFF TRAINING 5p Photo Class - <small>-learn the new contest topic</small>	29 8a Vol DAV Clothing 12p Healing Touch 2p Birthday Cake	30 2p Wellness -Self chakra	31 2p Craft -Puzzles CONTEST PHOTO DUE	CLOSED 1 3p Goodfellows Meat Raffle