

# MEDMATES



MONTHLY EVENTS NEWSLETTER | RESIDENTS • SPOUSES • SIGNIFICANT OTHERS • FAMILIES

## ADULTS' NIGHT

### 3/13 APPS AT HOPCAT

7:00 PM Tuesday | Join us for appetizers on MedMates. Please text Sarah (608-415-0548) to RSVP.

### 3/22 APPS AT OLD DOG

6:00 PM Thursday | Join Sam and Mike for appetizers at Old Dog.

## CRAFT CLUB

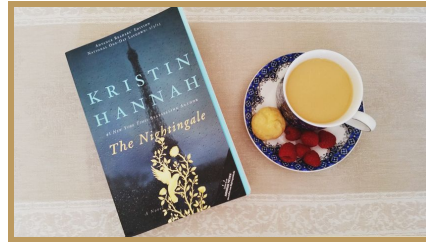
### 3/4 WMED PAINTS

2:00-4:00 PM Sunday | Main Street Pub at 514 W Main St: Lets get together to learn to canvas paint! The cost is \$20 per person. MedMates will cover a portion of the cost. Contact Anita at [anita.shallal@med.wmich.edu](mailto:anita.shallal@med.wmich.edu) by March 1st to reserve your seat!

## WELLNESS CLUB

### 3/11 RESTORE BY CANDLELIGHT YOGA

6:00-7:00 PM Sunday | Bent 9 Hot Yoga (309 N. Burdick St. Kzoo). What better way to end the weekend? \$16, MedMates will pay for \$8. Print your receipt and give to Ashley. Sign up at [www.bent9hotyoga.com](http://www.bent9hotyoga.com)



## BOOK CLUB

### 3/23 THE NIGHTINGALE BY KRISTIN HANNAH

7:00 PM Friday | The Cooper's house 3430 Oakland Dr. Kzoo (Park on Amherst). Let's chat about this thrilling historical fiction novel. We would love for you to come even if you aren't able to finish the book.

## GIRLS' NIGHT

### 3/3 HOT DRINKS

11:00 AM Saturday | Fourth Coast Cafe (816 South Westnedge Ave. — below Crow's Nest): Let's meet up for the best hot chocolate and coffee that Kalamazoo has to offer! MedMates will cover the cost of drinks. RSVP to Becca at (517) 667-6383.

### 3/29 MANI/PEDI NIGHT

6:00 PM Thursday | Hot Nails Salon (6749 S. Westnedge Ave., Portage). Pamper yourself by getting your nails done! MedMates will reimburse a portion of the cost.

## KIDS' PLAYGROUP

### 3/7 PAJAMA PARTY

10:00 AM Wednesday | Sleep in and come play in your pajamas at Brendan Pfeifer's house (1430 Cape Coral Way, Portage). Donut's provided!

### 3/10 53RD ANNUAL MAPLE SUGAR FESTIVAL

10:00 AM Saturday | Kalamazoo Nature Center (7000 N. Westnedge Ave, Kzoo) Join us for pancakes (costs extra) - guided hikes, games, live animal programs, wagon rides, and more. Adult's \$7, Child \$4. 3 and under free. MedMates will cover a portion..

### 3/14 CAROUSEL STORYTIME AT CROSSROADS MALL

11:00 AM Wednesday | Join us for a story, free Carousel ride, snack, & craft.

### 3/21 THE POINT COMMUNITY CENTER OPEN GYM

9:30-11:00 AM Wednesday | Come let your kids run around the gym and play for free! 2595 North 10th Street, Kzoo.

### 3/28 EASTER/ SPRING PARTY

10:00 AM Wednesday | Join us for a fun time and Easter egg hunt at Kelsi Olsen's house 7516 Arborcrest Street, Portage. Bring a snack to share!

### 3/31 SHEEP SHEARING AT DR. DOSTER'S FARM

10am Saturday | Come watch them shear sheep! (185 108th Ave, Plainwell)