ADULTS’ NIGHT OUT
COOKING CLASS Friday | 6-8pm: 3320 Laird Ave, Kzoo: Join us for an Asian cooking class. Menu TBD (vegetarian options available). BYOB or buy beverages at class. Bring a sharp knife, pen, and apron. $30/person. MedMates will reimburse a portion of the class. You must reserve your seat by paying $30 to Sarah Bjorklund. Only 12 seats available. First paid, first served. Text Sarah to sign-up and pay: 608.415.0548

ARCADIA BREWERY TOUR
Sunday | 3:45pm: 701 E Michigan Ave. Enjoy a tour of Arcadia Ales brewing and production facility. $5 includes the tour as well as a 5oz tasting of a freshly brewed batch of beer and a logo pint glass to take home! RSVP to Sue by August 19th 303-921-4009.

MEDMATES TIME
COOKOUT AT THE COHEN’S Friday | 6pm: 1022 Barton St. Otsego. Join us for a cookout, bonfire, games, and more! MedMates will provide hamburgers and hot dogs. Please bring a dish to share and BYOB. RSVP to Andrea by August 3rd so we have enough food 317.410.2625.

GROWLERS BASEBALL GAME
Sunday | 2:45pm: 251 Mills St. Kzoo. Last game of the season! Meet up earlier at entry gate and we will group buy tickets based on section availability. MedMates will cover a portion. RSVP to Sue if interested 303-921-4009.

8/19 PEACH PICKING Saturday | 1pm: Schultz Fruttridge Farm (60139 County Road 652, Mattawan). Come pick delicious peaches. MedMates will reimburse a portion of the cost. Please RSVP to Kelsi if you plan on coming 435-671-3290.

8/26 RASPBERRY PICKING Saturday | 10am: Hunt’s Hillside Farm (27867 66th Ave, Lawton). Date may change depending on season. MedMates will reimburse a portion of the cost. Please RSVP to Kelsi in case of date change 435-671-3290.

WELLNESS CLUB
YOGA IN THE BEER GARDEN Wednesday | 6-7pm: Arcadia Brewing. Bring your mat and enjoy an outdoor yoga session in Arcadia’s beer garden. $5, payable at the bar; includes one hour yoga session and 10 oz beer or non-alcoholic beverage. Space is limited. RSVP by August 5th to Ashley 216.924.5005.

8/12 KAL-HAVEN TRAIL BIKE RIDE Saturday | 10:30am: 4143 10th St. N. Kzoo. Come join us for a bike ride. Don’t forget water and a helmet.

GIRLS’ NIGHT
MANI-PEDI NIGHT Monday | 7pm: Hot Nails Salon (6740 S. Westnedge Avenue, Portage). Take time to pamper yourself & get your nails done! MedMates will reimburse a portion of the cost. RSVP to Becca at 517-667-6383.

SUMMER SERIES MOVIE Wednesday | 6pm: Bell’s Brewery. Bring a blanket or a lawn chair and meet in the beer garden for a free screening of Pitch Perfect. The movie will begin at dusk. RSVP to Becca at 517-667-6383.

8/29 KALAMAZOO VALLEY MUSEUM Tuesday | 10am: 230 N Rose St.Kzoo. Let’s have fun exploring and learning at the kid-friendly interactive museum. Free!

WELLNESS CLUB
YOGA IN THE BEER GARDEN Wednesday | 6-7pm: Arcadia Brewing. Bring your mat and enjoy an outdoor yoga session in Arcadia’s beer garden. $5, payable at the bar; includes one hour yoga session and 10 oz beer or non-alcoholic beverage. Space is limited. RSVP by August 5th to Ashley 216.924.5005.

8/12 KAL-HAVEN TRAIL BIKE RIDE Saturday | 10:30am: 4143 10th St. N. Kzoo. Come join us for a bike ride. Don’t forget water and a helmet.

OUTLET SHOPPING DAY Sunday | 1pm: Tanger Outlet. Let’s carpool and shop until we drop! RSVP to Becca at 517-667-6383 to arrange rides.

KIDS’ PLAYGROUP
ST. JOSEPH BEACH DAY Saturday | 10am: Join us to soak up the sun and enjoy beautiful Lake Michigan! They also have a carousel and splash pad to enjoy.

WESTLAKE NATURE PRESERVE Wednesday | 10am: Come play at the park and explore the nature trails.

KALAMAZOO COUNTY FAIR Friday | 10am: Meet at entrance. MedMates covers the cost of 2 Adult tickets & 2 children tickets. 5 and younger are free. Prior to Aug. 8th you can pick up a wristband half price, $10, at a local Harding’s or Kzoo County Parks Office.

RIVER OAKS SPLASH PAD Tuesday | 10am: 9202 East Michigan Avenue (M-96) Galesburg. Medmates will cover the $5/car park entry fee.

AMBERLY ELEMENTARY PLAYGROUND Tuesday | 10am: 6637 Amberly St, Portage. Come have fun playing on the playground!

KALAMAZOO V ALLEY MUSEUM Tuesday | 10am: 230 N Rose St,Kzoo. Let’s have fun exploring and learning at the kid-friendly interactive museum. Free!

KIDS’ PLAYGROUP
ST. JOSEPH BEACH DAY Saturday | 10am: Join us to soak up the sun and enjoy beautiful Lake Michigan! They also have a carousel and splash pad to enjoy.

WESTLAKE NATURE PRESERVE Wednesday | 10am: Come play at the park and explore the nature trails.

KALAMAZOO COUNTY FAIR Friday | 10am: Meet at entrance. MedMates covers the cost of 2 Adult tickets & 2 children tickets. 5 and younger are free. Prior to Aug. 8th you can pick up a wristband half price, $10, at a local Harding’s or Kzoo County Parks Office.

RIVER OAKS SPLASH PAD Tuesday | 10am: 9202 East Michigan Avenue (M-96) Galesburg. Medmates will cover the $5/car park entry fee.

AMBERLY ELEMENTARY PLAYGROUND Tuesday | 10am: 6637 Amberly St, Portage. Come have fun playing on the playground!

KALAMAZOO V ALLEY MUSEUM Tuesday | 10am: 230 N Rose St,Kzoo. Let’s have fun exploring and learning at the kid-friendly interactive museum. Free!

CONTACT US TO GET INVOLVED OR TO SHARE EVENT IDEAS
• See MedMates monthly email for more details on each event
• MedMates covers some or all of the cost associated with these events