

MEDMATES



RESIDENTS • SPOUSES • SIGNIFICANT OTHERS • FAMILIES

ADULTS' NIGHT OUT

8/25 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

8/27 ARCADIA BREWERY TOUR
Sunday | 3:45pm: 701 E Michigan Ave. Enjoy a tour of Arcadia Ales brewing and production facility. \$5 includes the tour 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

8/4 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.

8/13 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.



WESTERN MICHIGAN UNIVERSITY
Homer Stryker M.D.
SCHOOL OF MEDICINE

8/19 PEACH PICKING Saturday | 1pm:
Schultz Fruitridge 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

8/9 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 214.924.5005.

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

8/7 MANI-PEDI NIGHT Monday | 7pm:
Hot Nails Salon (6749 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.

8/16 SUMMER SERIES MOVIE
Wednesday | 9pm: 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.

8/20 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

For all: RSVP to Brendan 620-886-0500.

8/1 WOLF LAKE FISH HATCHERY TOUR Tuesday | 10am: Join us for a tour to learn about the fish hatchery and how the process works. 34270 County Road 652, Mattawan, MI 48071.

8/5 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.

8/9 WESTLAKE NATURE PRESERVE
Wednesday | 10am: Come play at the park and explore the nature trails. 420 S. Shore Dr. Portage, MI.

8/11 KALAMAZOO COUNTY FAIR
Friday | 10am: 2900 Lake St. Kzoo. 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.

8/15 RIVER OAKS SPLASH PAD
Tuesday | 10am: 9202 East Michigan Avenue (M-96) Galesburg. Medmates will cover the \$5/car park entry fee.

8/22 AMBERLY ELEMENTARY PLAYGROUND Tuesday | 10am: 6637 Amberly St, Portage. Come have fun playing on the playground!

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!

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



KZOOMEDMATES@GMAIL.COM



/MEDMATESKALAMAZOO