

MEDMATES

RESIDENTS • SPOUSES • SIGNIFICANT OTHERS • FAMILIES

ADULTS' NIGHT OUT

9/5 **MOVIE NIGHT** Tues | 7pm
Bell's Brewery. Join us for drinks and appetizers. MedMates will cover the cost of appetizers. The Beer Garden is hosting a special screening of Back to the Future at 9pm! Bring a blanket or a lawn chair if you plan to stay for the movie.

MEDMATES TIME

9/2 **PIZZA PARTY** Saturday | 6pm:
Sam and Mike's House (5567 Mount Olivet Rd. Kzoo) Residents, significant others, kiddos, and friends all welcome to join us for pizza and help celebrate the newest member of our resident family, due to arrive on Oct 31st! Please leave four legged family members at home and BYOB.

9/30 **APPLE PICKING** Saturday | 4pm:
Gull Meadow Farms 8544 Gull Road, Richland. Join us for a wagon ride around the farm, apple picking, animals, donuts, cider and more! \$8.50/person - Please RSVP to Kelsi 435-671-3290 by September 20 to see if we can get a group discount. MedMates will cover a portion of the cost.

WELLNESS CLUB

9/10 **YOGA & STRENGTH TRAINING**
Sunday | 11-1:45pm: Bent 9 Hot Yoga 309 N. Burdick St. #101 Kzoo. Come and get your sweat on! This class is FREE and a combination of yoga and strength training.



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

9/19 **ZUMBA WITH KIM LUDY**
Tuesday | 6:30-7:30 pm: West Kalamazoo Christian Church (454 S. Drake Rd. Kzoo). Come dance your stress away and burn calories at the same time. It's free for newbies, \$5 for returning students.

GIRLS' NIGHT

9/2 **VINTAGE MARKET** Saturday | 10 am:
Gull Meadow Farms (8544 Gull Rd., Richland). Let's get together and enjoy the market that will be filled with vintage inspired goods, re-purposed items, hand-crafted items, and much more! MedMates will cover the cost of admission. RSVP to Becca at 517-667-6383.



KIDS' PLAYGROUP

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

9/7 **SOUTH HAVEN BEACH DAY**
Thursday | 10am: Join us at South Beach for some fun in the sun!

9/14 **JOHN BALL ZOO** Thursday | 10am
1300 W Fulton St. Grand Rapids. Let's explore the zoo and check out the animals! Medmates will cover admission for one adult and one child.

9/21 **OSHTEMO PARK** Thursday | 10am:
7275 W Main St. Kzoo. Let's have some fun playing at the park!

9/28 **KIDS 'N' STUFF CHILDREN'S MUSEUM**
Thursday | 10am: 301 S. Superior St., Albion, MI. Join us for some fun learning and exploring the children's museum. Free admission!

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