Feb 1 - 21 - SNOWMAN COMPETITION
Do you wanna show off your snowman* building skills? Here's what to do:
1) Build a snowman.
2) Take a picture of you/your family next to your snowman.
3) Send that picture no later than 2/21 to Michelle Price’s FB inbox or michelley858@gmail.com.
4) Watch the MedMates FB page the week of February 22-26th and vote on your favorite snow people each day.

The winner will be announced on the MedMates page Saturday, Feb 27, and yes there is a prize!

*Only authentically crafted snow people are allowed for considered submissions

Feb 5 - BOOK CLUB DISCUSSION
Friday | 9am:
30-minute discussion of Educated: A Memoir by Tara Westover. If you didn't get a chance to read the book but are interested in hearing about it and joining in, feel free. MedMates will reimburse your coffee as long as you email your receipt to Ashley that day! (acolloton@gmail.com). Look for the Zoom link on Facebook or email Ashley!

Feb 18 - MORNING MEDITATION
Thursday | 9:30am:
Join us for a stress relieving, morning meditation coloring activity and cup of relaxing tea. We'll be taking time to check in, hear how everyone is doing and get to know each other a little bit better. RSVP to Ashley at acolloton@gmail.com by 2/6 for an activity kit. Or just keep an eye out on Facebook for the link to join us with your own supplies.

Mar 27 - NEXT BOOK
Friday | 10am:
Next month's book is We Were the Lucky Ones by Georgia Hunter. MedMates will reimburse a cup of coffee.

Feb 24 - CROCHET
Wednesday | 10:00am:
MedMates can provide everyone yarn and a crochet hook. Text Ariel at (503)-475-0787 to RSVP and coordinate picking up your supplies.

ALL ACTIVITIES ARE VIRTUAL

kzoomedmates@gmail.com MedMates - Kalamazoo