

MEDMATES



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

HAPPY NEW YEAR!
JANUARY 2021

All Activities are Virtual!



Jan 16 COOKING NIGHT

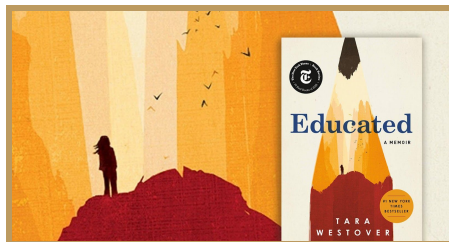
Saturday | 6pm: You will not want to miss out on the second Turner cooking night. Over Zoom you will get to cook along with other home chefs as we tackle the traditional and delicious Korean dish, bibimbap. A perfect meal for a cold night, bibimbap can be tailored to your exact preferences and features crispy rice, sautéed and pickled veggies with an oh-so-incredible, marinated beef bulgogi (easily made vegetarian; mostly GF except for soy sauce). Space is limited so **please text Abby at (434)-426-3836 to RSVP by Jan 10**, to secure your spot! Look for the Zoom link on Facebook or text Abby!



Jan 18 - BREAD MAKING

Monday | 10am:

Zoom it up with Ariel to learn the art of sourdough bread making. We have 5 spots available so RSVP as soon as possible if you want in! **Text Ariel at (503)-475-0787** to coordinate picking up your supplies. Look for the Zoom link on Facebook or text Ariel!

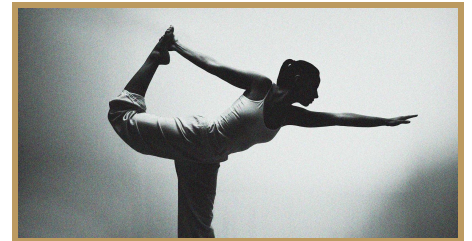


Feb 5 - BOOK CLUB IS

BACK!

Friday | 9am:

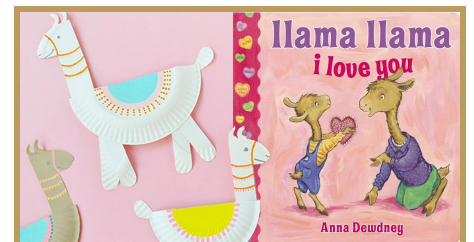
First book is *Educated: A Memoir* by Tara Westover. Grab a coffee and join the host Ashley on Zoom! We will be talking about the book Feb 5! MedMates will reimburse your coffee as long as you email your receipt to Ashley! (acolloton@gmail.com). Look for the Zoom link on Facebook or email Ashley!



Jan 22 - YOGA

Friday | 9am:

All Levels Yoga! Ashley Loescher, has created a beginner friendly class for us to stretch, strengthen and destress. Look for the Zoom link on Facebook or email Ashley! (acolloton@gmail.com).



Jan 31 - KIDS STORY & CRAFT TIME

Sunday | 10am:

Join us for the book *Llama Llama I Love You!* We will also put together a llama paper plate craft! **Please RSVP to Michelle Price by Jan 24 at michelley858@gmail.com.** Materials will be mailed to each participant who RSVP. Be sure to specify how many children will be participating. Look for the Zoom link on Facebook or email Michelle!



KZOOMEDMATES@GMAIL.COM



MEDMATES - KALAMAZOO