

MEDMATES



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

SEPTEMBER



9/2 - ZOO DAY!

Wednesday | 10:00am:

Located at Binder Park Zoo! (7400 Division Dr, Battle Creek, MI 49014). Let out your inner animal and come explore the zoo! Plus an option to feed the giraffes! MedMates will cover a portion of the costs. We will meet outside the ticket office at 10am! Please RSVP to Ariel Williams at (503)-475-0787.



9/9 - YOGA WITH KIDS

Wednesday | 9:30am:

Located at Mayor's Riverfront Park. (251 Mills St, Kalamazoo, MI 49048). Join us for storytime and kids yoga, followed by a picnic in the shade. Very casual! Bring

your own towel, blanket, or yoga mat. Please RSVP to Ashley (518)-470-0508 or Ariel (503)-475-0787 for a packed lunch provided by MedMates.



9/12 - BACKYARD PARTY!

Saturday | 5:00pm: Join us for a party at Shannon and Melissa's house! (610 Gilbert Ave, Kalamazoo). We will have a bonfire and outdoor games. We have limited seating so please bring your own chair and BYOB. Please RSVP online so we know how much food to order! Contact Melissa (630)-981-1381 with questions.



**9/13 - MOUNTAIN BIKE/
BEACH BBQ HANG OUT
Sunday | 5-8:00pm:**

Located at Fort Custer (5163 Fort Custer Drive, Augusta, MI). Meet at 5pm to either go for a ride or hang out on the beach! Dinner will be at 6pm. We will be grilling burgers and hot dogs and will have some drinks. Please bring a side to share! Michigan Recreation passport or \$9 per car to enter Fort Custer. Pets and kids are welcome. Contact Abby or Wes Turner to RSVP or with any questions (434)-426-3836.



9/19 - CROSSFIT

Saturday | 10:00am: A private MedMates Crossfit lesson!

Located at CrossFit Kalamazoo. (1407 Ravine Road, Kalamazoo, MI 49004). No experience needed! The event is limited to 15 people so please RSVP on facebook (you will need to sign a waiver online before going). MedMates will cover the class! Contact Melissa (630)-981-1381 with questions.



KZOOMEDMATES@GMAIL.COM



MEDMATES - KALAMAZOO