

MedMates

For Residents, Spouses, Significant Others and Families

October 2012

Mark Your Calendar!

Playgroup	Oct 3 rd , 10 th , 17 th , 24 th , and 31 st
Family Time Out	Saturday, October 6 th
Book Club	Wednesday, October 17 th
Craft Club	Thursday, October 25 th

Hospitality

Hospitality/Meal delivery is a wonderful way for us to help our fellow MedMates families! **If you would like to make a meal**, please contact Laurie Jastifer (ljastifer@yahoo.com) for more information about meal/food options, family dietary preferences and the delivery/scheduling process. We want to make this an easy and enjoyable process for you too, so if you have any questions, please let Laurie know!!

****Playgroup this Winter****

With the winter months quickly approaching, we are looking to our MedMates families to help fill the playgroup calendar by opening their home to host a playgroup! This is a great way to keep the activity list varied from month to month and keep our costs low. Not only do you not need to trudge out in the snow, will be happy to provide snacks for the kids and adults! If you are interested, please contact Anna Judd (anna_gatlin@hotmail.com), Mandie Gochnour (odamandie@yahoo.com), Holly Tensmeyer (htensmeyer@hotmail.com), or Lindsey Wolfe (wolfe_pack@att.net) to sign up!

Playgroup

Playgroup meets **weekly on Wednesdays** from **10am – 12pm**, unless otherwise noted.

Feel free to come at any time;
don't worry about being late!

October 3rd – Bicentennial Park
(910 E Milham, Portage, MI 49002)

October 10th – Portage District Library
(300 Library Lane, Portage, MI 49002)
Meet at the lower level children's play area.

October 17th – Gene the Pumpkin Man
(22637 M-43 West, Kalamazoo, MI 49009)
Come have some fun picking out your own pumpkin(s)! There will be lots of shapes and sizes to choose from.

October 24th – KRESA West Campus Playgroup
(4606 Croydon, Kalamazoo, MI 49006)
Playgroup starts at 10 am and lasts an hour.
Please use the Great Start entrance off of Drake Road, North of the Croydon Ave light.

October 31st – Halloween Costume Party
(Tensmeyer's House 4656 Pepperbush Ln.
Kalamazoo, MI 49004)
Wear your costume and join us for some Halloween fun!

****Extra Playgroup Outing**** **October 24th 5pm-8pm** **Binder Park ZooBoo**

Join us at the Zoo for some Fall fun. There will be trick or treating, games, and activities for all ages. The cost is \$6 per person and MedMates may cover some of the cost depending on how many attend. Meet at the front gate at 5pm. Please RSVP To Lindsey (wolfe_pack@att.net) by Oct. 23rd.

Catch up with MedMates online! Find us on **Facebook** (search "MedMates") and **Google Calendar** (search by email address – kzoomedmates@gmail.com)!

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Running Club

Let's plan on meeting the 1st and 3rd Sundays of every month at 9 am at Mackenzie's bakery/People's Food Co-Op(527 Harrison St, Kalamazoo) That way we can utilize the trails on the Kalamazoo River Valley Trail. We will change up the run each month depending on what the group would like to do. We could even meet weekly if there is enough interest. Please contact Keri Lyon (248-703-5727) or kericlous@yahoo.com if you have any questions.

Craft Club

This month we will be carving pumpkins! Just bring your own pumpkin! All carving supplies, some light snacks, and friendly company will be provided. Kids are welcome to attend! Come **Thursday, October 25th, 2012 at 6:30pm** to Larissa and Jason Hamel's house, 2423 Pasadena St. Kalamazoo, MI 49001. Please RSVP on facebook or to Larissa at lalarissa@gmail.com. Call if you need directions! [909-362-3452](tel:909-362-3452)

Book Club

This month, sneak away with a mystery of your choice! Then let us in on what you've read at Chocolatea (7642 S. Westnedge Avenue, Portage, Michigan 49002) on **Wednesday, October 17 at 6:30pm**. Please RSVP on Facebook or to Miljoy at mgallegosavino@gmail.com. As always, if you don't get a chance to read or RSVP, come anyway to enjoy good company and a delicious treat, courtesy of MedMates. To get into the Halloween spirit, fellow MedMates have suggested coming dressed to portray a character or theme from your book! (Along those lines, if you are eager to read certain books or have ideas for themes or locations where you'd like to meet for Book Club, suggestions are always welcome!)

Family Time Out

Come out and celebrate autumn with MedMates at Gull Meadow Farms on **Saturday, October 6th**. Enjoy sipping cider, eating donuts, picking apples, finding pumpkins, hayrides and more! MedMates will reimburse up to \$20/family. Please **RSVP by October 5th** to Shanna Simpson (shanna.m.simpson@gmail.com). Please **arrive between 11:00-11:30am** to sign in and meet up with other MedMates near the picnic tables. Gull Meadow Farms is located at 8544 Gull Road, Richland, MI 49083. If you'd like more info on Gull Meadow Farms visit: <http://www.gullmeadowfarms.com>. Hope to see you there!

KSO Muscial Storybooks

Perfect for pre-schoolers and kindergarteners!

Come to the Epic Center (359 S. Kalamazoo Mall) on this special Saturday for music and stories.

This month's story: **The Perfect Purple Feather** by Hanoc Piven

General Admission is \$4 at the door (\$12 for families of 3 or more)

For more information, call (269) 349-7759

Coming next month: **Tchaikovsky's Nutcraker** with the Grand Rapids Ballet

December 8th-9th at Miller Auditorium

Call Miller Box Office for tickets at (269)387-2300

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A running club, also known in some parts of the United States as a running crew, is an eclectic institution specialising in running and oriented towards the sport and recreation of running or track and field. The club may train for and compete in cross country, road running, fell running, track and field some clubs even branch out into multi discipline sports such as triathlon.