

A GUIDE TO PEACE OF MIND

Kalamazoo Hope

Leisure and Socializing Booklet

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About the Leisure and Socializing Booklet

A psychological condition can create notable exhaustion and stress. The items here are to help take one's mind off problems and get away from acquiring more stress, allowing one to refresh and be better focused afterwards (as well as just have fun).

Some might feel guilty about enjoying themselves; there may be a sense that one should be working harder to improve their life, and if such is not being done, one is a "slacker," "deserves to suffer," or is "taking advantage of the system." People need to take time to let go of things and recover psychologically and physically, and not doing so can be unhealthy in both of those areas; it is all right to have fun, kick back, and enjoy one's self.

Some items are marked with an asterisk (*) at the end; this is to indicate an activity or location (or a related group/event) that has been known to provide alcohol, which could create a difficulty for those recovering from addiction.

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About Kalamazoo Hope

Kalamazoo Hope's purpose is to provide support to individuals in the area of psychological health. It seeks to do this by acting as an online guide, and showing ways for individuals to better understand mental health, so that individuals can better care for themselves, be there for those close to them, and improve the lives of those in the Kalamazoo County, Michigan area

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Disclaimer

Kalamazoo Hope is an online mental health service intended to help individuals begin to understand psychological health and connect with related resources; however, as a disclaimer, it is not meant to be used as a substitute for working with a trained and licensed psychological health professional.

Furthermore, Kalamazoo Hope is not a part of any government body in Kalamazoo County or elsewhere; in addition, the presence of any business, organization, or other party on this website does not mean that it endorses Kalamazoo Hope, or vice-versa, merely that Kalamazoo Hope sees it as providing a service that could assist certain individuals.

Finally, Kalamazoo Hope disavows responsibility for the practices of any organization or individual listed on this website, as well as any outcome which may arise from the use of this website or the services found on it.

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Sections:

- 1) Activities
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- 4) Hobbies
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- 12) Sports
- 13) Streaming/Television
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- 16) Video and Computer Games

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1) Activities

[Air Zoo](#)

[Airway Fun Center](#)*

[Celery Flats Historical Area](#)

[Climb Kalamazoo](#) – an indoor climbing gym

[Continental Lanes](#)*

[Echo Valley](#)

[Geocaching](#)

[Golf Services](#)

[Gull Meadows Farms](#)

[Kalamazoo Count Parks & Exp Center](#)

[Kalamazoo Valley Museum](#)

[Kruizenga Archery](#) (just outside Kalamazoo County)

[Kzoo Cat Café](#) – a mixture of food a felines, this establishment offers individuals the company of various cats while visiting.

[OutFront Kalamazoo](#)* - an LGBTQ support service and recreation center; alcohol is present at some events, but not as a part of regular services.

[Portage Creek Bicentennial Park](#)

[Portage Parks & Recreation](#)

[Portage Seasonal Recreation](#)

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[Rollerworld](#)

[Sky Zone](#)

[VerHages Fruit Farm & Cider Mill](#)

[Wings Event Center*](#)

2) Arts and Crafts

[Art Bayou](#)

[Field's Fabrics](#)

[Glass Art Kalamazoo](#)

[Hobby Lobby](#)

[Jo-Ann Fabrics and Crafts](#)

[Kalamazoo Institute of Arts \(KIA\)](#)

[Michaels](#)

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3) Exercise

For those who enjoy outdoors exercise, please see the Nature section

[Anytime Fitness](#) – open 24/7

[Borgess Health and Fitness Center](#)

[Climb Kalamazoo](#) – an indoor climbing gym

[Down Dog Yoga Center](#)

[Family Fitness of Portage](#) – open 24/7

[Intentional Yoga](#)

[Kalamazoo Area Runners](#)

[Kalamazoo Athletic Club](#)

[Kalamazoo Bicycle Club](#)

[Planet Fitness](#) – open 24/7, with locations in Kalamazoo and Portage

[Portage Bikeway](#)

[West Hills Athletic Club](#) – has child care facilities.

[YMCA of Greater Kalamazoo](#) – has locations in Kalamazoo and Portage; a reduced fare scholarship is available for those at certain income levels.

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4) Hobbies

[Extreme Hobbies](#)

[Fanfare](#)

[HobbyTown](#)

[Kalamazoo County Expo Center – Flea & Antique Market](#)

[Mark's Game Corner](#)

[Odyssey Games](#)

[Scott's Sports Cards, Coins, and Jewelry](#)

[Stitching Memories](#)

5) Movie Theaters

[AMC Portage Street 10*](#)

[Celebrations! Cinema Crossroads & IMAX*](#)

[Goodrich Quality Theaters Kalamazoo 10*](#)

[Fandango](#) – allows one to order movie tickets online.

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6) Music

For more music sources, please see the Radio section, libraries in the Reading section, and the Theatre section.

[Amazon \(Prime\) Music](#) - part of Amazon Prime; a [membership discount](#) is available to those with an EBT card or Medicaid.

[Bell's*](#) - concerts are listed under “Eccentric Café” events.

[The Entertainment District*](#)

[Fontana Chamber Arts](#)

[Guitar Center](#)

[Heritage Guitar, Inc.](#)

[Kalamazoo Junior Symphony Society](#)

[Kalamazoo Singers](#)

[Kalamazoo Symphony Orchestra](#)

[Marshall Music Co.](#)

[Meyer Music](#)

[Pandora](#)

[SoundCloud](#)

[Spotify](#)

[Youtube](#)

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7) Nature

[Fort Custer Recreation Area](#)

[The Kal-Haven Trail State Park](#)

[Kalamazoo County Parks & Expo Center](#)

[Kalamazoo Nature Center](#)

[National Audubon Society](#) – includes a page that allows one to search for various birds, providing both images and calls of different types.

[Michigan Department of Natural Resources \(DNR\)](#)

[Parks and Recreation – City of Portage](#)

[Parks Foundation of Kalamazoo County](#)

[Portage Creek Bicentennial Park](#)

[W.K. Kellogg Bird Sanctuary](#)

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8) Online

[Gocomics](#)

[Guinness World Records](#)

[HowStuffWorks](#)

[Luminosity](#)

[The Onion](#)

[Youtube](#)

9) Radio

[Pandora](#)

[radio-locator](#)

[SiriusXM](#)

[TuneIn](#)

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10) Reading

[Augusta-Ross Township District Library \(McKay-Dole Library\)](#)

[Barnes & Noble](#)

[Bookbug](#)

[James B. Knox Resource Library \(at OutFront Kalamazoo\)](#)

[Kalamazoo College Bookstore](#)

[Kalamazoo Public Library \(KPL\)](#) – has multiple branches. The main location in downtown Kalamazoo is also home to the [Friends Bookstore](#), which sells used books for low prices.

[Kazoo Books](#)

[Kalamazoo Valley Community College \(KVCC\) Bookstore](#)

[The Michigan library \(Mel\)](#)

[National Library Services for the Blind and Physically Handicapped \(NLS\)](#)

[Parchment Community Library](#)

[Portage District Library \(PDL\)](#)

[Project Gutenberg](#)

[Richland Community Library](#)

[Schoolcraft Community Library](#)

[Vicksburg District Library](#)

[Western Michigan University \(WMU\) Bookstore](#)

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[Western Michigan University Libraries](#)

11) Social Media/Connecting

[I Live with a Disability](#)

[Face book](#)

[Face time](#)

[Occupied](#)

[Skype](#)

[Twitter](#)

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12) Sports

[Adult Softball \(Portage\)](#)

[American Youth Soccer Organization \(AYSO\)](#)

[Greater Kalamazoo Skating Association \(GKSA\)](#)

[Greater Kalamazoo World of Gymnastics](#)

[Kalamazoo Curling Club*](#)

[Kids Gym, Inc](#)

[Kingdom Sports](#)

[Lightning Kicks](#)

[South Portage Little League](#)

[Southside Dojo](#)

[West Michigan Martial Arts & Holistic Health](#)

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13) Streaming/Television

[Amazon Fire](#)

[Amazon Prime](#) - includes other benefits, including free shipping on Amazon products; a [discount program](#) is available for those with and EBT or Medicaid card.

[Best Buy](#)

[DISH](#)

[Google Chrome cast](#)

[Hula](#)

[Netflix](#)

[Rook](#)

[Sling TV](#)

[Sony Crackle](#)

[Spectrum](#)

[Target](#)

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14) Teams

[Kalamazoo Central Maroon Giants](#)

[Kalamazoo College Hornets](#)

[Kalamazoo Wings*](#)

[Kalamazoo Derby Darlings*](#)

[Loy Norris Knights](#)

[Portage Central Mustangs](#)

[Portage Northern Huskies](#)

[West Michigan Mayhem](#)

[Western Michigan University \(WMU\) Broncos](#)

15) Theatres

[Face Off Theatre Company \(Black Arts & Cultural Center\)](#)

[The Farmers Alley Theatre](#)

[James W. Miller Auditorium](#)

[The Kalamazoo Civic Theatre](#)

[Kalamazoo State Theatre](#)

[New Vic Theatre \(NVC\)](#)

[Queer Theatre Kalamazoo \(QTK\)](#)

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16) Video and Computer Games

[2nd Chance](#) – sells used (and sometimes new) video game consoles, games, and accessories, as well as movies.

[Best Buy](#)

[Glitch Gaming Lounge](#)

[Nintendo](#)

[GameStop](#)

[PlayStation](#)

[Steam](#)

[Target](#)

[Xbox](#)