

Hestóvin Hoofbeats

We believe in the power of the horse to teach, inspire, and heal.

Staff Spotlight

Hestóvin Stables' Staff and Interns For the Win!

Aubrey, Chloe, and Deanri and Cierra, Jenna, and Emily swam, biked, and ran their way in the Ada Sprint Triathlon to raise a grand total of \$3370 for Hestóvin Stables! Thank you to the athletes and those that spurred them on with your pledges!



Upcoming Events - JULY

East Grand Rapids 4TH OF July 4 - 12:00PM

Walk in the parade with us or come cheer us on! If you would like to walk in the parade please contact Laura at Lbhuzenga@mac.com to get the deets!

Read-to-a-Horse - July 7, 3:30 - 4:30

Grab a favorite book and come to our second summer barn read. Bring your Summer Reading BINGO card and fill in some more squares

Book Chat - July 15, 10:00 - 11:00

Bring a book you are reading to our Tuesday morning Book Chat. Sitting on the front porch in our rockers or on the Adirondack chairs over looking the pond, or in the pasture with the horses. We chat about books: what we like, what ratings we give the books, our recommendations. See info for Friday's Book Chat (below).

Horses in the Moment: July 17, 5:30pm-7:15pm

These evenings are centered around activities with the horses at liberty and will focus on learning about what we can learn about living in the present from the mindfulness experts themselves, the horses! Mindfulness techniques can help us to live in the present and capture moments of joy daily.

Friday Evening Book Chat: July 18, 6:00pm-7:00

Books! Books! Books! Do you gather books like you gather friends? Come join us at the barn every third Friday of the month at 6:00pm to chat about books! This is a 'no-pressure' book club. If you like books and you like to be at the barn, you will LOVE our book chats! Bring a book you are reading or one you love. See info for Tuesday morning book chat (above).

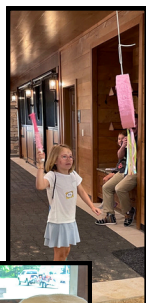
SUMMER CARNIVAL - JULY 26 - 11:00 - 3:00

June Recap

Donuts with Dads: We celebrated our dads, grandpas, and other special gentlemen in our life with donuts from Sprinkles, a donut shaped piñata, a scavenger hunt, and the Icelandic horses!



Summer Equine Camps: Our four-day On-ground camp and a four-day Riding camp were jammed packed with fun activities. During the first two weeks of June horsemanship skills, art projects, 8 week old kittens, games and activities with the horses, and riding filled these morning.



Garden Update: Farm fresh fruit and vegetables.

The strawberries and spinach are ready to be picked! Tomatoes will be ripe soon! If you would like to come pick, please do!



Keep Reading!

Mark off your Reading BINGO card!
Need a Reading BINGO card? Stop in and pick one up!

Save The Date

SUMMER CARNIVAL: JULY 26, 11 - 3

Come One! Come All!

Something for EVERYONE!!!

Food! Pony Rides! Carnival Games! Prizes! Dunk Tank! Face Painting! Goats! Bouncy House! Photo Booth! Fire Truck! Police Car! Live Music! Cotton Candy! Food Trucks! Hot Dogs! Fun! Fun! Fun!



Please register!

Please register for our events on our website: www.hestovinstables.org, under EVENTS. This holds a spot for you at the event. We recommend this because space are limited and spots fill up quickly.

