

SHAVER'S CREEK

PETERSBURG, PA

JUNE 11TH-15TH

GUIDED OUTINGS & WELLNESS ACTIVITIES



Hello friends!

What an amazing afternoon we had at Tussey Mountain Pond for the Family Fishing Picnic!

With clear skies and even clearer streams, our guided walks along the Galbraith Gap trail were a success. Visitors got the chance to learn about ClearWater Conservancy's [conservation initiatives](#) in the area, the importance of riparian habitats, and a special look at a blooming Jack-in-the-Pulpit flower. This event kicked off the official start to our Centred Outdoors summer season. Beginning next week, we will be offering 2-3 guided events per week throughout the summer. Look forward to where we are headed next!



Coming Up Next: Guided outings and wellness activities at Shaver's Creek!

Join us Sunday June 11th, or Thursday June 15th, for guided outings on the easy, family-friendly trails around Shaver's Creek Environmental Center. On Wednesday, June 14th, our first Wellness Wednesday will explore [Medicinal Plants](#) - presented by local herbalist Jennifer Tucker. This program is co-sponsored by the AAUW.

Even more to come in our Wellness Wednesday series!

Wellness Wednesdays offer equitable opportunities for outdoor recreation at nearby natural spaces. The series highlights paths to wellness, engages the community, and includes local partners. Guided by local wellness leaders, we will explore the benefits of spending time in nature through topics such as [Medicinal Plants](#), [Forest Bathing](#), and [Gardening and Therapeutic Landscapes](#). Join us for any of our *six different wellness topics* this season!

Van Service to select Centred Outdoors events - Sign up today!

A limited number of seats are available for our first shuttle to a Centred Outdoors event. This service is intended to reduce transportation limitations for those interested in attending. All sign-

ups will open seven days prior to the shuttle/event date.

Van Service is provided by Cole Transportation, and will begin Wednesday, June 14th to Shaver's Creek. Pick-up locations are the Westerly Parkway Plaza near the vacant lot, or Hills Plaza below Ollie's (S. Atherton). See the full schedule and pickup location maps on our Transportation page.

We look forward to providing a summer full of outdoor experiences!

Bridget Whyte, Adventure Coordinator
ClearWater Conservancy

Questions? Reply to this email or send to: adventure@clearwaterconservancy.org

Special Weather Statement

The Northeast is experiencing poor air quality due to wildfire smoke from Canada. There is also an elevated risk of wildfires due to locally dry conditions. Individuals should consult a weather forecast prior to any outdoor activities.

AccuWeather.com - State College Current Conditions

Where is Centred Outdoors this week?



Shaver's Creek Guided Outings

Explore the easy, family-friendly trails at [Shaver's Creek Environmental Center](#).

Sunday, June 11 at 11 a.m. and 1 p.m.
Thursday, June 15 at 9 and 11 a.m.

[Details](#)

Wellness Wednesday

Wellness Wednesday: Medicinal Plants



June 14th | 6:00 PM
at Shaver's Creek

Presented by local herbalist Jennifer Tucker
Co-sponsored by AAUW

ABOUT THE PRESENTER

Jennifer is a botanical and visionary photographer, herbalist and flower essence practitioner with over 45 years of experience teaching plant ways in workshops, conferences and private sessions. She holds a BFA and MFA from Penn State University. Jennifer's life path changed in 1970 when she met Bill Russell, Keith Wilson and Evelyn Snook and learned wild food foraging and plant medicine ways. She continues following her path and is author of *Evelyn's Way: Cleansing and Nourishing with Plants*. Her passion

is in co-creating with plants as life-long partners for herself and others. For more info visit jennifer-tucker.com.

WEEKLY CO-SPONSOR

This week's event is co-sponsored by the AAUW of State College. For more information on their Mission, Events, or Community Outreach, visit AAUWStateCollege.org.

Wellness Wednesdays are part of Centred Outdoors' efforts to offer equitable opportunities for outdoor recreation at nearby natural spaces. The series highlights paths to wellness, engages the community, and includes local partners.

Event Details



The poster features the Centred Outdoors logo on the left, which consists of a green circular icon with a tree and a sun, and the text "Centred OUTDOORS" below it. To the right of the logo, the text "WELLNESS WEDNESDAYS" is written in large, bold, dark green letters. Below this, a horizontal line is followed by the text "Outdoor health and wellness activities in the Centre region." in a smaller, dark blue font. The background of the poster is a scenic landscape with a river and mountains under a blue sky with clouds. A white rectangular box with a light gray border is centered on the poster, containing a list of six events. Each event is on a separate line, with the date, location, and activity separated by vertical bars. The text in the box is in a bold, black font. At the bottom of the poster, the website "CentredOutdoors.org/events" is written in a bold, white font.

WELLNESS WEDNESDAYS
Outdoor health and wellness activities in the Centre region.

- June 14th | Shaver's Creek | Medicinal Plants
- June 28th | Rhoneymeade | Forest Bathing
- July 12th | Tudek Park | Gardening & Therapeutic Landscapes
- July 26th | Soaring Eagle Wetland | Nature Sketching
- August 9th | Downtown State College | Drum Circle
- August 23rd | Boal Mansion | Yoga & Outdoor Mindfulness

CentredOutdoors.org/events

Need A Ride?



Van Service begins June 14th to Shaver's Creek

Centred Outdoors is providing a limited number of van seats to select Event Destinations.

Van Service to Wellness Wednesday at Shaver's Creek: Sign-ups begin Wednesday, June 7th

Pickup at Hills Plaza, 5:15 PM

Pickup at Westerly Parkway Plaza, 5:25 PM

This free shuttle service is intended to reduce transportation limitations of any kind for those interested in attending Centred Outdoors events. Shuttle provided by Cole Transportation.

See our [Transportation](#) page to find out the best ways to travel in and around the Centre region.

[Van Service Details](#)

Coming Up Next Week

Bald Knob Guided Hikes

Sunday, June 18th at 11AM & 1PM
Thursday, June 22nd at 9AM & 11AM

A more difficult outing for the experienced hiker. Ascend via Lower Trail and Green Shoot before reaching this high point in Rothrock State Forest.

[Event Details](#)



Find more to do outdoors in central PA!



All Centred Outdoors
Events



Featured Destinations



Centred Outdoors is a program of ClearWater Conservancy, made possible with financial assistance from an Environmental Stewardship Fund grant from the Pennsylvania Department of Conservation and Natural Resources, Bureau of Recreation and Conservation. Financial assistance for the program is also provided by the Hamer Foundation, Mount Nittany Health, Richard King Mellon Foundation, and community organizations.



Visit CentredOutdoors.org

STAY CONNECTED!



ClearWater Conservancy's Centred Outdoors | 814-237-0400 | info@centredoutdoors.org
www.centredoutdoors.org