



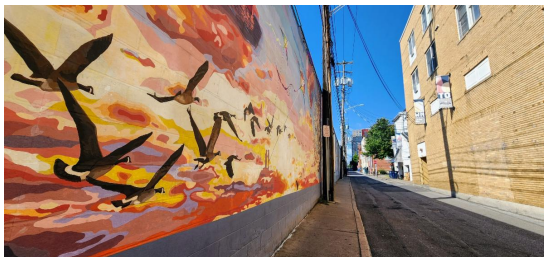
Downtown State College Art Walks & Drum Circle

August 6-10, 2023

Hello from Centred Outdoors!

Everywhere you look these days, the message is clear: getting outdoors is good for your physical and mental health. So why does it seem so hard to find the time, if we know it's good for us?!

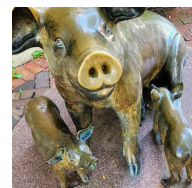
You don't need to pack a day's worth of food and trek off into the woods to find yourself. **Sometimes getting outside just means walking out your front door.** People-watch with a good cup of coffee. Feel the sun on your face and listen to music. Explore your town and find something new!



There is something beautiful around every corner in Downtown State College!

We invite you to join us this week for Centred Outdoors Downtown! If you haven't been there lately - or if you're there every day - we bet there are things you've never noticed before. **Parking is easy, flowers are blooming, and town is abuzz with the approaching Fall Semester.**

The Downtown State College Art Walk is a catalog and **ADA-accessible** tour curated in association with Central PA Arts Festival and committee members "whose goal is to showcase the art we have, and to be a resource, advocate, and workforce for public art." Our guided outings will begin from 3 Dots Downtown on Beaver Avenue, and take various routes to view pieces along the [Art Walk Map](#). There is much more to see than we can fit in one trip, so you can plan to explore on your own anytime, or spend some time shopping!



Our **Wellness Wednesday: Drum Circle** event is another great way to combine the outdoors with activities that restore us. We'll be joined by the Jana Marie Foundation, and the Outdoor

Leadership Cohort, for a rejuvenating evening of music-making. There will be some extra instruments on hand, but feel free to bring your own - drums, buckets, tambourines, or anything else you can use to make a joyful noise!

As with any time outdoors, there are still a few easy ways to prepare so you can enjoy your day. **Good shoes, a bottle of water, and sun protection are always helpful.** Check out the maps and directions ahead of time, and charge your phone so you can take lots of pictures.

Summer is going by fast - we hope you'll come out to explore new places with Centred Outdoors!

Bridget Whyte, Adventure Coordinator

ClearWater Conservancy

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

This Week with Centred Outdoors

Downtown State College Art Walk

Sunday, August 6 at 11AM & 1PM
Thursday, August 10 at 9AM & 11AM



With inspiration of all shapes and colors around every every corner, downtown State College is an outdoor museum with no ticket required!

Take an 'art walk' to admire the countless sculptures, memorials, and vibrant murals that bring State College to life. Each one tells an important story thanks to the talented artists who have shared their expressions of admiration for the people and places who have shaped our region. What new new pieces of art you can find this year?

[Event Details](#)

Wellness Wednesday: Drum Circle

Find wellness through music and the outdoors, with the Centred Outdoors' Drum Circle!

Jana Marie Foundation will have a few instruments to share, or **feel free to bring your own percussion instrument** - drums, buckets, tambourines, or anything else you can use to make a joyful noise!

[Event Details](#)

Wednesday, August 9 at 6:00 PM
Sidney Friedman Park, 241 S. Fraser St.



DOWNTOWN STATE COLLEGE



Wellness Wednesday:

AUGUST 9TH | 6:00 PM
SIDNEY FRIEDMAN PARK

Drum Circle



JANA MARIE
FOUNDATION

OPENING MINDS
SAVING LIVES

This week's Wellness Wednesday host is the Jana Marie Foundation. Since their incorporation in February 2012, Jana Marie Foundation has devoted its energy to opening minds and saving lives through educational programming and community mobilization to empower young people in the Centre County region.



The **Outdoor Leadership Cohort** is hosted by Clearwater Conservancy's Centred Outdoors program to deliver outdoor leadership skills and experiences to individuals with diverse backgrounds, identities, and perspectives. A few of this summer's cohort members will join us to share more about the Outdoor Leadership Cohort, and lead the group in a short discussion about diversity, equity, inclusivity, justice, and belonging in the outdoors.

What to Expect & How to Prepare

Destination:

Downtown
State College,
PA

Guided Outing

Dates:

Sunday, August
6 at 11AM &
1PM
Thursday,

Map Links and Directions:

- **Parking Information & Garage Ticket Validation**
- **ADA Accessible Parking**
- **How to Find Us!**
Guided Art Walks will begin in front of **3 Dots Downtown**, 137 E. Beaver Ave., State

August 10 at
9AM & 11AM

**Wellness
Wednesday:**
August 9 at 6PM

**Outing Length
and Terrain:**

- **Outing length:**
Each outing is



approximately 1 mile.

- **Difficulty:** Easy
- Downtown State College is fully ADA accessible.
- **Terrain:** Sidewalks / pedestrian areas within the [Downtown Art Walk map](#).

- Wellness Wednesday
Drum Circle at **Sidney Friedman Park**, 241 S. Fraser St., State College
- **Downtown Art Walk map** (.pdf for download)
- **Downtown State College Website**

What to bring:

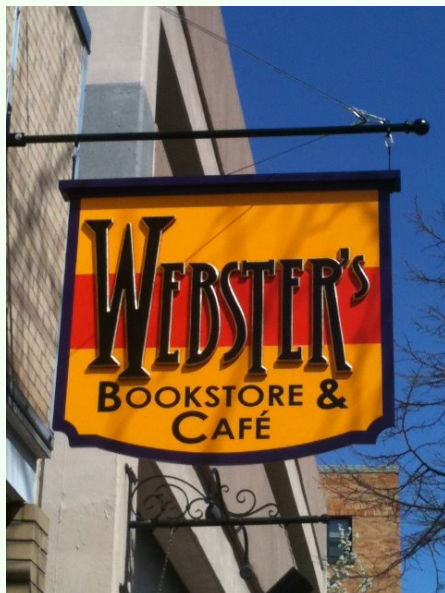
[See our Tips](#) for a safe and successful outing. We encourage all participants to remember:

- a full bottle of water, at least 32 oz. per adult
- sturdy walking shoes
- sun protection such as a hat, sunglasses, and sunscreen
- a light snack to enjoy during or after your outing



Looking for other places to explore nearby? Check out [Historic Walking Tours of State College](#), [The Arboretum at Penn State](#) or [Lederer Park!](#)

More Reasons To Love Downtown!



Thank You Webster's

[Webster's Bookstore & Cafe](#) has been a valuable supporter of Centred Outdoors and the Outdoor Leadership Cohort by making it possible to create an amazing book collection for our new resource library, and increasing access to literature for this season's Cohort members - not to mention the delicious food & coffee to fuel many a ClearWater or Centred Outdoors work session. **Stop in to browse or grab a cup of coffee to enjoy while you explore!**



Thank you Appalachian Outdoors

Join us outdoors, and you could go home with extra comfy feet! Every Sunday, we draw two winners for a pair of [Darn Tough Vermont](#) socks donated by [Appalachian Outdoors](#). Great for any outdoor activity, these socks are made sustainably in the USA and come with a *lifetime guarantee*.

This week's Sunday Art Walks take place in Downtown State College, so winners will be able to head right in to the store to redeem their certificate.



Mount Nittany Health Tips



Hike with a Buddy or Group for Support and Motivation

Hiking with a buddy or group can provide social support and motivation to stick to your fitness goals.

It can also help improve safety, as you can look out for each other and help in an emergency.

Consider joining a hiking club or group to meet new people and explore new trails together.

Centred Outdoors' outings are a great way to explore with a group, feel safe in new places, and meet new people!



Health Tips for Centred Outdoors

Enjoy the health and wellness benefits of time spent in nature. Be prepared with these easy tips to keep you safe and ready for any adventure!

Visit the Mount Nittany Health [Wellness Library](#) for more healthy ways to enjoy the outdoors. Consider these Health Tips and be prepared for any Centred Outdoors outing!

Coming Up Next Week



BALD EAGLE STATE PARK, HOWARD PA

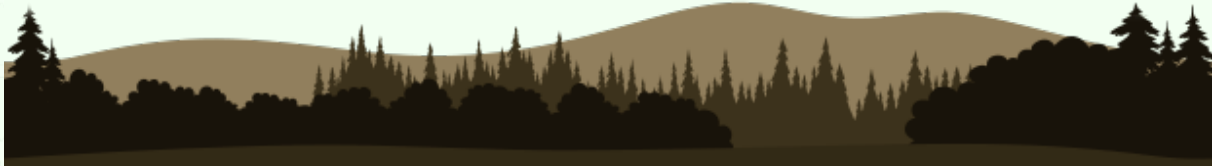


Guided Outings at Bald Eagle State Park

August 13 & 17, 2023

Get out and explore the biodiversity and interesting trails of Bald Eagle State Park. Bring your binoculars and field guides to this incredibly diverse area. Nesting birds of prey and waterfowl co-mingle on the lake, pollinators parole the many fields of flowering plants, and a 200-year-old oak tree awaits the ambitious adventurer.v

[About This Destination](#)



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.



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