



GATHER (Generating Awareness Through Healthy Eating and Recreation)

A “drop-in” program for adults 50+years old.

The program operates on a volunteer basis on Thursday afternoons from 1:30 to 4:00 pm at the Bill Davis Chalet in Clarendville. It is based on the belief that healthy aging involves preserving/enhancing quality of life including our independence and the physical, social, mental, emotional and spiritual aspects of wellness.

Activities include an exercise routine; volunteer work; gardening; educational sessions on topics such as home safety and security, health-related topics and general information. Recreation activities include walking, hiking, bowling, yoga, darts, snowshoeing, board games and cards.

Bus trips are arranged to local sites of special interest or historical importance.

Projects are undertaken to support the community such as scarves knitted for Special Olympics, quilts made for fundraising, items crafted for needy families, etc.

A healthy snack is always available.

Membership is not required

Come join us for fellowship, friendship and fun in a welcoming environment.
For further information call Lina Gillespie 709-429-0479.

