

## Great Gathering Ideas from Past Events

### **Great Wines and Food of Bordeaux Dinner Party**

*Join us for a Great Gathering dinner focused on the great wines and food of Bordeaux, hosted by the Pound, Davis, and Milendorf families. Our hosts are Bordeaux enthusiasts who will be pulling some wines from their cellars, and crafting wonderful courses paired to match. Some education, great wines, delicious food, and Waring friends!*

### **Exploring Mindfulness: An Introduction**

*In this casual gathering, we will try out a few of the mindfulness practices that are taught in the world-renowned Mindfulness Based Stress Reduction Program (MBSR). Wear your comfiest clothing, bring blankets, pillows, cushions and/or yoga mats, and a willingness to experience the journey inward through mindfulness meditation: being fully present in the moment, suspending judgment, unleashing your natural curiosity around the workings of the mind, and experiencing warmth and kindness to ourselves and others. Your guide for this experience is Waring parent Elana Peled - a talented and experienced teacher who has trained in the teaching of MBSR at UMass Worcester. All levels of interest and experience are welcome to join.*

### **Tinkerhaus Community Makerspace**

*Tinkerhaus is a non-profit makerspace for all ages and abilities, located in Newburyport's Rail End neighborhood. They believe that everyone has the ability to create and will help you with space, tools, and teachers. This great gathering will feature an experience using several different parts of the makerspace. Guests will design and make coasters and beer flight trays using a variety of techniques, including power tools. When we finish using things that need to be sharp or straight, we will indulge in some of Newburyport's local food and beer from neighbor, Riverwalk Brewery. This Great Gathering can accommodate five guests to laugh, savor, and enjoy the creative process.*

### **Come Get Muddy!**

*Connect your heart to your hands and make your very own berry bowl, small platter, chowder bowl, or vase. Imagine turning a lump of clay into a high-fired functional stoneware treasure either by throwing it on the wheel or building it by hand. That is the opportunity that this very special three hour Great Gathering event provides. Join former Waring board chair Joanne Avallon along with the chair of Waring's Math Department, Joan Sullivan, for an evening of pottery, wine and nibbles at the studio of acclaimed potter Cynthia Curtis in beautiful Rockport. Under Cynthia, Joan and Joanne's guidance, you will create your own ceramic pieces. From throwing a simple form to selecting a glaze, this is one Great Gathering that promises to be rewarding, fun, and memorable.*

### **Sunday Funday Paddle Boarding Adventure with Coast to Coast Paddle**

*Join us for a Sunday adventure on the water with Aaron, Ashley & their team of qualified instructors from Coast to Coast Paddle in Beverly. No experience necessary! We will get out on the water and begin with a lesson to show you the basic techniques for getting on a paddle board and then choose between games (not just for the kids) or touring the Beverly coastline. One instructor per five paddlers. Boards, Paddles & Life Jackets provided. Bring the kids or come on your own. Lunch on the beach will be provided before moving on into the rest of your day. Launch into summer with a new activity or learn more to jump into winter paddling - Yes, Coast to Coast offers year round paddling. Your adventure is just beginning!*

### **"Tour de France" Wine Tasting at Total Wine & More**

*Total Wine & More will host a wine tasting event that is certain to impress you. Taste eight premium, hand-selected wines and discover hidden treasures from the wine region of France. You will enjoy a tour of the land and learn about the famed appellations and grape varieties that make the region so unforgettable. Travel with us through the most famous appellations from France. Taste Grand Cru Champagne before sampling two stunning and food-friendly wines from the Loire Valley and Provence. Five elegant reds such as prestigious Chateauf-neuf-du-Pape and Margaux will follow the*

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*white wine selections and show you why this is a wine tour of France like no other. Join us in the private room of Total Wine & More with four of Waring's most famed oenophiles. Light refreshments will be provided.*