

LEAVING BEAUTY IN OUR WAKE CREATING RENEWAL EVERYDAY

FRIDAY

5:30–7:00 pm
At the Barn

Pot Luck with Cocktails, Mocktails, and Elixirs (BYOB)

Art Gallery in the Barn Breezeway

7:00–7:30

Walk or Shuttle to the Lodge Pavillion

7:30–8:30 ish
Lodge Pavillion

Sam McKinney LIVE

Suggested donation \$10–\$20

SATURDAY

8:00–9:00 am
At the Barn

Nature Haiku Experience

Led by Gabriela Masala

Some light walking will be involved, though the exercise can also be done just sitting in a chair at the barn. Optional.

9:00–10:00

Breakfast on Your Own

10:00–Noon

Bottom of App
Way near creek

Guided Beautification Projects

Dress for outdoors. Three to choose from. Something for everyone!

Noon–1:30

Lunch & Chill Time

On your own. Rest up.

1:30–3:30

Multiple sites
around High Cove

Visit Beautification & Art Sites

Created since Hurricane Helene.
Map and brochure available.

4:00–5:30

Lodge Pavillion

Sarah Lasswell of Moss & Thistle Farms

5:30–6:00

Lodge Pavillion

Happy Hour

while dinner is being set up.

6:00–7:30

Lodge Pavillion

Catered Dinner

by Blue Cardinal Food Truck & Catering

7:30–9:30

Lodge Pavillion

Variety Show

SUNDAY

8:00–9:00 am
Meet at the Barn

Walking Meditation

Led by Gabriela Masala.

Optional. Sleep in if you need to.

9:00–9:30 am
At the Barn

Movement & Strength

Taught by Chip Conrad.

This is an ongoing Sunday morning class. If you're not a regular, you are invited to drop in, or just observe.

9:30–10:00

Free Time

If you worked out with Chip, you're gonna need to go home and shower.

High Cove Owners Only

10:00–10:30
Lodge Pavillion

Mimosas and Mingling

10:30–Noon
Lodge Pavillion

Brunch and Business

Brunch provided by Jane Greene and Cabot Dixon.

Annual business meeting and brief updates from Circles.

Noon–2:00
Lodge Pavillion

Community Building Exercises

This time is designed to deepen our relationships with this place, and with each other.

11TH ANNUAL HIGH COVE
GATHERING
8/29-8/31
2025

