



Spring is here! With the warming temperatures and the longer days, it is time to come to the parks to exercise while enjoying the natural environment. Most of our programs are free except where noted, and our programs are guided. For questions about any of the programs, call 410-924-1529.

### **WALK, HIKE, JOG, OR RUN**

**Walk 15:** This is a group exercise class for everyone of all ages and all fitness levels. Walk two miles to music in 30 minutes. It is a great aerobic workout for busy people. Meet at the Martinak State Park Nature Center on Mondays April 2, 16 and 23 at 4:00 PM and on Wednesdays at 4:00 PM at Tuckahoe State Park Lake.

**Walk it Out!:** Challenge yourself to go further and walk faster. On Tuesdays and Thursdays at 9:00 AM on April 3, 10, 12, 17, 19, 24 and 26 at the Martinak State Park Nature Center.

**Senior Stroll:** Meet up with others to walk and complete easy exercises on the paved fitness trail on Tuesdays and Thursdays from 10:30 AM on April 3, 10, 12, 17, 19, 24 and 26. Meet at the Martinak State Park Office. During inclement weather, we will meet at the Martinak State Park Nature Center for Walk 15.

**Plogging and More Plogging!:** It is the latest craze to reach the U.S. from Sweden. Save the planet and exercise! Stop at the Martinak State Park office before you jog to pick up your trash bag and gloves on Sunday April 22 from 11:30 -12:30 PM and go to the Tuckahoe State Park Camp Store from 1:30-2:30 PM to pick up your gloves and bags.

**Park Rx Day:** Hike the multi-use trail at Tuckahoe State Park Office at 11:00 AM on April 29 with a naturalist to learn about the Park Rx program and how exercising outdoors is beneficial.

**Go the Extra Mile:** Join a relaxing guided walk at the end of the day. Meet at the Martinak State Park Nature Center on Mondays April 2, 16, and 23 at 4:30 PM and at Tuckahoe State Park Lake on Wednesdays at 4:30 PM.

**First Saturdays:** Discover native habitats at Adkins Arboretum. It is \$5.00 for non-members, Free for members and Park RX holders on April 7 at 10:00 AM.

**Adkins Arbor Day Run and Family Fun Walk Run:** Join fellow runners and nature enthusiasts for the twelfth annual Arbor Day 5K/10K Run and One-Mile Fun Run/Walk. Proceeds will benefit the Arboretum's goatherd, which is used for targeted grazing of invasive plants. The event offers a 5K Run/Walk, a 10K Run, and a one-mile Family Fun Run/Walk. Races begin with a Healthy Kids' Dash at 8:50 a.m. For more information about cost and registration, call 410-634-2847.

### **YOGA AND DANCE**

**Yoga Practice:** Improve your flexibility, core development, and balance on Tuesdays and Thursdays from 8:00-8:45 AM on April 3, 12, 17, 19, 24 and 26 at the Martinak State Park Nature Center. Please bring a mat or towel.

**Evening Yoga Practice:** This yoga practice is perfect for winding down after a busy day. In this practice, you will stretch major muscle groups, which will leave you more flexible, and feeling calm. Meet at the Tuckahoe State Park Lake at 5:00 PM. Please bring a mat or towel.

**Family Yoga Practice:** Spend quality time together practicing simple yoga poses in a relaxing atmosphere at the Martinak State Park Nature Center on Mondays April 2, 16, and 23 at 5:15 PM.

**Clogging Basics:** The basic steps to clog dancing and some easy routines will be taught during this class. No special shoes are needed. Meet at the Martinak State Park Nature Center on Thursdays April 12 and 19 from 5:00-6:00 PM.

### **BIKING**

**Caroline Cycles:** Start the cycling season with a 25-mile ride through country roads. A bike helmet is required. For more information, call 410-924-7402. Meet at Martinak Park Office on Saturday April 14 at 9:00 AM.

### **OTHER ACTIVITIES**

**Nature Crafts:** Parents and children ages 8+ come create crafts reflecting the natural environment on April 2 and 16 at 6:30 PM at the Martinak Nature Center. Call 410-924-1529 to register for the session.

**Disc Golf 101:** Come try it as you enjoy a beautiful walk in the woods! Meet at the Tuckahoe State Park Disc Golf Course in the Cherry Lane Area of Tuckahoe State Park on Wednesdays at 6:00 PM.



**Project Clean Stream:** Join the Caroline County Bird Club for Clean-up day at Pelot Sanctuary. Bring trash bags and work gloves on Sunday, April 8 at 9:00 AM. Sanctuary directions are found at the following link:

<http://www.mdbirds.org/sanctuary/trails.html>

**Bird Conservation:** The Caroline County Bird Club Meeting will present "Saving the Chesapeake's Shrinking Marshes" at the Caroline County Public Library in Denton on Thursday April 19 at 7:30 PM.

**Soup and Walk:** Look again! The blooms of ephemeral plants, trees, and shrubs are here and gone in the blink of an eye. Look for pink, white, and yellow blooms and early pollinators. Plants of interest include pink spring beauty, may apple, dogwood, golden groundsel, spicebush, sassafras, and white beech. Following a guided walk with a docent naturalist, enjoy a delicious and nutritious lunch along with a brief lesson about nutrition. Meet at Adkins Arboretum on April 21 at 11:30 AM. The cost is \$20.00 per person. For more information, and to register, call 410-634-2847.

**Adkins Arboretum Open House and Native Plant Sale:** Browse the plants and enjoy the fun on April 27, 28 & 29. Call 410-634-2847 for more information.

### **SPECIAL EVENT AT TUCKAHOE STATE PARK**

#### **Earth Day Challenge:**

From 9:00-11:00 AM on Saturday April 21, volunteer or participate in Earth Day activities. Activities include planting trees, completing citizen science projects, art projects or trash pickup. Adkins Arboretum, The Caroline County Family YMCA, and the Caroline County Health Department will provide additional activities. After completing the activities, enjoy a FREE day on Tuckahoe's high ropes course including a 40' rock wall, tube net, zip line 50' giant swing and the 25' pamper pole from 11 a.m. - 2 p.m. Challenge course participation is for ages 7 and up.

If you cannot participate in the morning activities but want to join the challenge course fun, the challenge course will cost \$20 for adults 16 and older and \$15 for ages 7-15. Remember to bring close-toed shoes and water. Please call ahead to register!

*Check our website for more park activities by clicking on the calendar of events at*

<http://dnr.maryland.gov/Publiclands/Pages/outdooreduc.aspx>

*Or like us on Facebook at Friends of Tuckahoe and Martinak State Parks*