



HEALTHY PARKS,  
HEALTHY PEOPLE



August 2018

Tuckahoe State Park in Blue

Martinak State Park in Green

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Nich's Rise Up Walk	2 Yoga Practice Dog Walk Easy Breezy Ride Senior Stroll Learn to Series	3 Get Out & Hike Caterpillar Counts Roving Rangers Roving Rangers	4 First Saturday Hike Nature Activities Aviary Tour
5 Paint Afternoon	6 Walk 15 Go the Extra Mile Easy Breezy Ride Evening Yoga	7 Yoga Practice Zumba Gold Senior Stroll Pedal Power Yoga Nidra	8 Nich's Rise Up Walk	9 Yoga Practice Easy Breezy Ride Senior Stroll Learn to Series	10 Roving Rangers Roving Rangers Star Party!	11 Caroline Cycles Nature Activities Aviary Tour
12	13 Walk 15 Go the Extra Mile Easy Breezy Ride Evening Yoga	14 Yoga Practice Zumba Gold Senior Stroll Pedal Power Yoga Nidra	15 Nich's Rise Up Walk	16 Yoga Practice Easy Breezy Ride Senior Stroll Kayak Meet Up Learn to Series	17 Summerfest Roving Rangers Roving Rangers	18 Choptank Rivah Run Summerfest Nature Activities Aviary Tour
19	20 Walk 15 Go the Extra Mile Easy Breezy Ride Evening Yoga	21 Yoga Practice Zumba Gold Senior Stroll Pedal Power Yoga Nidra	22 Nich's Rise Up Walk	23 Learn to Series	24 Roving Rangers Roving Rangers	25 Nich's Rise Up Walk Nature Activities Aviary Tour
26	27	28 Zumba Gold Yoga Nidra	29 Nich's Rise Up Walk	30 Yoga Practice Easy Breezy Ride Senior Stroll Kayak Meet Up Learn to Series	31 Roving Rangers Roving Rangers	1 Nature Center Activities Aviary Tour

**WALK AND HIKE**

**Go the Extra Mile:** Join a relaxing guided walk at the end of the day at the Martinak State Park Amphitheater on Mondays, August 6, 13, 20 at 5:00 PM.

**Senior Stroll:** Meet up with others to walk the paved fitness trail on Tuesdays, August 7, 14, and 21 and Thursdays, August 2, 9, 16, and 30 at 10:30 AM, at the Martinak State Park Office.

**Get Out & Hike:** Meet for a summer evening 3+ mile hike at the Tuckahoe Park Office on August 3 at 4:30 PM. Bring bug spray and water.

**First Saturdays:** Discover native habitats at Adkins Arboretum. The cost is \$5.00 for non-members, Free for members and Park RX holders on August 4 at 10:00 AM.

**Dog Walk:** Meet with fellow dog lovers to walk at the Adkins Arboretum Visitor Center at 9:00 AM, on August 2. The cost is \$5.00 for non-members, free for members and Park RX holders.

**Nich's Rise-Up Walk:** Meet at Nich's Coffee Shop, 5N 3rd St. in Denton on Wednesdays and on Saturday August 25 at 8:00 AM for a 3 -mile walk. Join the group for coffee after the walk! There is a .50 discount per cup for walkers!

**YOGA**

**Yoga Practice:** Improve your flexibility, core development, and balance. Tuesdays, August 7, 14, and 21 and on Thursdays, August 2, 9, 16, and 30 at 8:00 AM, at the Martinak State Park Amphitheater. Bring a mat or towel.

**Evening Yoga:** Yoga is perfect for winding down after a busy day. Stretch major muscle groups, become flexible, and feel calm at the Martinak State Park Amphitheater on Mondays, August 6, 13, 20 at 7:00 PM. Bring a mat or towel.

**Yoga Nidra:** Join Mary Gellen at the Martinak State Park Amphitheatre, which is the perfect setting to experience sound bathing! It is a deeply relaxing sonic meditation with crystal singing bowls, on Tuesdays in August at 7:00 PM. Bring a mat or towel.

**AEROBIC DANCE**

**Zumba Gold:** A perfect low intensity workout to music for adults on Tuesdays at 9:00 AM at the Martinak State Park Nature Center.

**Walk 15:** Join a group exercise class for everyone of all fitness levels. Walk 2 miles to music in 30 minutes. This is a great aerobic workout for busy people at the Martinak State Park Amphitheater on Mondays, August 6, 13, 20 at 4:30 PM.

**SPECIAL PROGRAMS**

**Star Party:** Enjoy viewing the night sky and learning about the stars and constellations with the Delmarva Stargazers on Friday August 10 at 9:00 PM at Tuckahoe State Park Ball Field. Other activities like yoga, hooping, and storytelling will be included in the festivities.

**Aviary Tour:** Learn about our various birds and feeding habits on Saturdays at 3:00 PM at Tuckahoe State Park Aviary located beside the park office.

**Caterpillar Counts:** Participate in a citizen science project for measuring variation and abundance of foliage. Meet at Tuckahoe State Park Cherry Lake Pavilion on Friday August 3 at 6:30 PM.

**Nature Center Activities:** Join others on Saturdays at the Martinak Nature Center between 9:30 AM -5:00 PM for games, stories and other nature activities.

**Roving Rangers:** Rangers will be walking the camp loops at Tuckahoe and Martinak State Park on Fridays from 6:00-8:00 PM. See what creature is featured!

**Summerfest:** The free Family Festival in Historic Downtown Denton that provides free arts and entertainment is held on Friday, August 17 from 5 to 10 PM, and on Saturday, August 18 from 2 to 9 PM.

**Learn to Series:** Thursdays in August at 6 PM (\$10/person/ program) come out to Tuckahoe State Park for our new adventure series! Learn some of the outdoor activities that you have always wanted to try under the direction of trained park staff. No experience or equipment is necessary! Preregistration required. Sessions will be offered in archery, paddling, disc golf and more! Call 410-820-1668 to register and to learn more about the sessions.

**Paint Afternoon:** Paint a lovely nature scene and enjoy a relaxing afternoon at the Martinak State Park Nature Center on Sunday May 20 at 2:00 PM. The cost is \$15.00 per canvas. Light refreshments included. RSVP by calling or texting 410-924-1529.

**BIKING**

**Caroline Cycles:** Cycle 25+ miles through country roads. Bike helmet required. Water, lights and bright clothing suggested. 13mph ride. Call 410-924-7402 for more information. Meet on Saturday, August 11 at 9:00 AM at the Tuckahoe State Park Lake.

**Easy Breezy Ride:** Borrow a beach bike and join the group for a ride at Martinak State Park on Mondays, August 6, 13, 20 at 6:00 PM and Thursdays, August 2, 9, 16, and 30 at 9:00 AM. Meet at the Martinak Nature Center.

**Peddle Power:** Meet at the Martinak Park Office on Tuesdays August 7 and 21 at 5:00 PM and meet at Tuckahoe State Park Lake on August 14 to ride a 10+ miles on local roads. 10mph ride. Beginning road riders welcome. Helmets are required. Water, lights and bright clothing suggested. Call 410-924-7402 for more information.

**PADDLING**

**Kayak Meet Up:** Bring your kayak and gear to paddle Tuckahoe Creek at 5:00 PM. Meet at the Tuckahoe State Park boat ramp on August 16 and meet at Martinak State Park boat ramp on August 30. Life jacket required. Call 410-924-1529 for more information.

**Choptank Rivah Run:** Rivah Run is a fun open 2-mile paddling event for children and adults of all ages (under 18 must be with adult). Any type of paddle craft is eligible for this "POKER RUN". Beginning at Martinak State Park boat ramp on August 18 at 9:00 AM each paddler stops at a series of checkpoints to receive a playing card, finishing at the Choptank River Yacht Club where prizes are awarded. Call 410-479-8120 to register.

*Programs are Free unless noted in the description. 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*



