



**HEALTHY PARKS,
HEALTHY PEOPLE**

July 2018



Tuckahoe State Park in Blue

Martinak State Park in Green

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Adventure Stay'N Play	3 Adventure Stay'N Play	4 Nich's Rise Up Walk Fishing Derby 10 Fishing Derby 10 Aviary Tour 3	5 Yoga Practice Dog Walk Easy Breezy Ride Senior Stroll	6 Roving Rangers Get Out & Hike Caterpillar Counts	7 First Saturday Hike Nature Center Activities
8	9 Walk 15 Go the Extra Mile Easy Breezy Ride Evening Yoga	10 Yoga Practice Eating for Life Senior Stroll Pedal Power	11 Sun Rise Yoga Nich's Rise Up Walk Volleyball Park Pals Jr. Rangers Cruiser Time	12 Yoga Practice Easy Breezy Ride Senior Stroll Kayak Meet Up	13 Roving Rangers Roving Rangers	14 Nich's Rise Up Walk Nature Center Activities
15	16 Adventure Camp Walk 15 Go the Extra Mile Easy Breezy Ride Evening Yoga	17 Adventure Camp Yoga Practice Eating for Life Senior Stroll Pedal Power	18 Sun Rise Yoga Nich's Rise Up Walk Adventure Camp Volleyball Park Pals Jr. Rangers Evening Walk	19 Adventure Camp	20 Adventure Camp Roving Rangers Roving Rangers	21 Nature Center Activities
22	23	24 Yoga Practice Eating for Life Senior Stroll Pedal Power	25 Sun Rise Yoga Nich's Rise Up Walk Park Pals Jr. Rangers Volleyball	26 Yoga Practice Easy Breezy Ride Senior Stroll	27 Adventure Stay and Play Full Moon Party Roving Rangers Roving Rangers	28 Caroline Cycles Nature Center Activities
29	30 Adventure Stay and Play Walk 15 Go the Extra Mile Easy Breezy Ride Evening Yoga	31 Yoga Practice Eating for Life Senior Stroll Pedal Power				

WALK and HIKE

6:30 PM.

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, July 9, 16, and 30 at 4:30 PM.

Go the Extra Mile: Join a relaxing guided walk at the end of the day at the Martinak State Park Amphitheater on Mondays, July 9, 16, and 30 at 5:00 PM.

Senior Stroll: Meet up with others to walk the paved fitness trail on Tuesdays and Thursdays, July 5, 10, 12, 17, 26, 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 July 6 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 July 7, at 10:00 AM.

Dog Walk: Meet with fellow dog lovers to walk at the Adkins Arboretum Visitor Center at 9:00 AM, on July 5. 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 Saturday July 18, 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!

Evening Walk: A good way to end the day is with a 2- mile walk through the park on Wednesday July 18, at 7:00 PM. Meet at the Martinak Nature Center.

YOGA

Yoga Practice: Improve your flexibility, core development, and balance. Tuesdays and Thursdays July 5, 10, 12, 17, 26, 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, July 9, 16, and 30 at 7:00 PM.

Sun Rise Yoga: Come out for Vinyasa Flow Yoga, at 7:15 AM at the Martinak State Park Amphitheater and connect with nature. This class provides mind and body fitness at your own pace. Call Caroline County Recreation and Parks to register at 410-479-8120.

SPECIAL EVENTS, CAMPS, AND MORE

Full Moon Party: Come to Martinak State Park on Friday July 27 at 8:30 PM for the first ever full moon celebration! Participate in a full moon paddle, night hike, drumming circle, dancing and glow in the dark games! Call 410-820-1668 to register for the paddle.

Fishing Derby: Spend July 4 at Martinak and Tuckahoe State Parks fishing from 10:00 - 12:00 PM. Free loaner poles for the first 15 children. Call 410-820-1668 for more information.

Aviary Tour: Learn about our various birds and feeding habits on July 4, at 4:00 PM at Tuckahoe State Park Aviary located beside the park office.

Eating for Life: Healthy eating is important, and every now and then, we need help with new recipes. Meet at the Martinak Nature Center at 9:00 AM on Tuesday July, 10, 17, 24, and 31 to learn about portion control , the new food pyramid and more.

Caterpillar Counts: Participate in a citizen science project for measuring variation and abundance of foliage. Meet at Tuckahoe State Park Cherry Lake Pavilion on July 6, at

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!

Adventure Camp: 5-day camps will run Monday through Friday 9:00 AM to 4:00 PM for youth ages 8-14. Participants will explore Tuckahoe by canoe, mountain bike and on foot. In addition, learn about raptors and reptiles. Other activities will include archery, fishing, nature art, and ropes course. Call 410-820-1668 to register.

Jr. Rangers: Provides youth (ages 7-12) with conservation information, environmental education and fun recreational experiences Wednesdays at Martinak State Park from 7:00 - 8:30 PM, from June 24 to July 29. Call 410-820-1668 for more information and for Registration.

Park Pals: This program is for children 4-6 years old and features games, snacks, stories, and other nature related activities. It is held on Wednesday evenings from 6:00 -7:00 PM at the Martinak State Park Nature Center from June 24 to July 29. Call 410-820-1668 for more information and for registration.

Stay'N Play: This is a wrap around program for campers. Enjoy the free activities offered on the weekend and then on the weekdays, the kids will spend the day canoeing, learning about wildlife, practicing archery and completing the Challenge Course! Call 410-820-1668 to register.

BIKING, PADDLING AND VOLLEYBALL

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, July 28, at 9:00 AM behind the Caroline County Courthouse.

Easy Breezy Ride: Borrow a beach bike and join the group for a ride at Martinak State Park on Mondays, July 9,16, and 30 at 6:00 PM and Thursdays, July 5, 12, and 26 at 9:00 AM. Meet at the Martinak Nature Center.

Peddle Power: Meet at the Martinak Park Office on Tuesdays July 10 and 24, at 5:00 PM and meet at Tuckahoe State Park Lake on July 17 and 31 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.

Cruiser Time: Borrow bikes from the Martinak State Park Nature Center to ride through the park. 6:00 to 8:00 PM on Wednesday July 11.

Volleyball Meet Up: For students ages 14 to 18 meet Hannah at the Tuckahoe State Park beach volleyball court at the lake on Wednesdays starting on July 11 at 3:00 PM to practice your skills.

Kayak Meet Up: Bring your kayak and gear to paddle Watts Creek on July 12 at 5:00 PM. Meet at the Martinak State Park boat ramp. Life jacket required.

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



