



**HEALTHY PARKS,
HEALTHY PEOPLE**



June 2018

Tuckahoe State Park in Blue

Martinak State Park in Green

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Roving Rangers Roving Rangers	2 First Saturday Hike Nature Center Activities Fishing Derby Fishing Derby
3	4 Walk 15 Go the Extra Mile Easy Breezy Ride Evening Yoga	5 Yoga Practice Zumba Gold Senior Stroll Pedal Power	6	7 Yoga Practice Dog Walk Easy Breezy Ride Senior Stroll	8 Roving Rangers Roving Rangers	9 Tuckahoe Triathlon Nich's Rise UP Walk Nature Center Activities Paddling Adven-
10	11 Walk 15 Go the Extra Mile Easy Breezy Ride Evening Yoga	12 Pedal Power	13 Nich's Rise UP Walk	14 Forest Music Get Out & Hike Caterpillar Counts	15 Roving Rangers Roving Rangers	16 Caroline Cycles Nature Center Activities
17 Family Archery Fun	18 Walk 15 Go the Extra Mile Easy Breezy Ride Evening Yoga	19 Yoga Practice Zumba Gold Senior Stroll Pedal Power	20 Park Pals Jr. Rangers	21 Yoga Practice Easy Breezy Ride Senior Stroll	22 Roving Rangers Roving Rangers	23 Nature Center Activities Rock and Ropes
24 Summer Wildlife Walk	25 Adventure Camp	26 Adventure Camp	27 Adventure Camp Park Pals Jr. Rangers	28 Adventure Camp	29 Roving Rangers Roving Rangers	30 Nature Center Activities

WALK, HIKE, JOG, OR RUN

Walk 15: Join a group exercise class for everyone of all fitness levels. Walk 2 miles to music in 30 minutes. A great aerobic workout for busy people at the Martinak State Park Amphitheater on Mondays 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, at 5:00 PM.

Senior Stroll: Meet up with others to walk the paved fitness trail on Tuesdays and Thursdays 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 June 14, at 4:30 PM. Bring bug spray and water.

First Saturdays: Discover native habitats at Adkins Arboretum. \$5.00 for non-members, Free for members and Park RX holders on June 2, at 10:00 AM.

Dog Walk: Meet to walk with fellow dog lovers at the Adkins Arboretum Visitor Center at 9:00 AM, on June 7; \$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 June 9 and 13, at 8:00 AM to walk to Martinak State Park and back. Join the group for coffee after the walk! Discount of .50 per cup for walkers!

Summer Wildlife Walk: Join Maryland Master Naturalist Margan Glover to explore habitats at Adkins Arboretum on Sunday, June 24, at 1:00 PM. \$5.00 for non-members, Free for members and Park RX holders.

YOGA AND DANCE

Yoga Practice: Improve your flexibility, core development, and balance. Tuesdays and Thursdays June 7 and 21 at 8:00-8:45 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 at 7:00 PM and at Tuckahoe State Park Lake on June 7 and 14, at 7:00 PM.

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

OTHER ACTIVITIES

Family Fun Archery: Learn the basics of archery at the Tuckahoe State Park Youth Group Area on Sunday, June 17, at 2:00 PM. Register to participate at 410-820-1668.

Fishing Derby: Fish on June 2, at Martinak and Tuckahoe State Parks from 10:00-12:00 PM. Free loaner poles for the first 15 children. Call 410-820-1668 for more information.

Tuckahoe Triathlon: The Tuckahoe Triathlon is comprised of a 2-mile run, 10-mile bicycle course, and a 1-mile canoe course. The race starts at 8 a.m. on June 9, 2018. Go to the following link to learn more and to register.

<http://dnr.maryland.gov/publiclands/pages/eastern/tuckahoetriathlon.aspx>

Caterpillar Counts: Participate in a citizen science project for measuring variation and abundance of foliage. Meet at Tuckahoe State Park Cherry Lake Pavilion on June 14, 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: At Tuckahoe and Martinak State Park Campgrounds on Fridays from 6:00-8:00 PM. See what creature is featured!

Forest Music: Musicians from Chestertown's National Music Festival return to Adkins Arboretum for a unique performance in the forest on June 14, at 3:00 PM.

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 our raptors and reptiles. Other activities will include archery, fishing, nature art, and ropes course. Call 410-820-1668 for more information and to register.

Jr. Rangers: Provides local 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 to register.

Park Pals: This program is geared for children 4-6 years old and features games, snacks, stories, and other fun nature related activities. 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 to register.

BIKING, PADDLING AND ROCK WALL

Caroline Cycles: Cycle 25+ miles through country roads. Bike helmet required. Call 410-924-7402 for more information. Meet on Saturday, June 16, at 9:00 AM at Nich's Coffee Shop, 5N 3rd St. in Denton.

Easy Breezy Ride: Borrow a beach bike and join the group for a ride at Martinak State Park on Mondays at 6:00 PM and Thursdays at 9:00 AM on June 7 and 21. Meet at the Martinak Nature Center.

Peddle Power: Meet at the Martinak Park Office on Tuesdays June 5 and 19, at 5:00 PM, and meet at Tuckahoe State Park Lake on June 12, to ride a 10+ mile on local roads. Beginning road riders welcome. Helmets are required. Call 410-924-7402 for more information.

Rock and Ropes: Bring a friend to the Tuckahoe Challenge Course to climb in the dark under the lights on Saturday, June 23, at 7:30 PM! Primitive camping available for \$5 a person. Cost is \$30 per person to climb. Call 410-820-1668 for a required reservations.

Paddling Adventures: Discover the beauty of the mid-shore's river trails. Meet at Christian Park (Red Bridges) on Saturday, June 9, at 2:20 PM. Call 410-479-8120 for reservations.

Programs are FREE unless otherwise stated. Check our website for more park activities by clicking on the calendar of events at

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

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



