



**HEALTHY PARKS,
HEALTHY PEOPLE**

Tuckahoe and Martinak State Parks

May 2018

We all know increasing activity improves our physical and mental health, but did you know that exercising outside may increase your enjoyment of exercising and provide greater relaxation. So join us at one of our many Healthy Parks, Healthy People activities this month. Challenge yourself to 150 minutes of exercise a week, increase your count step by 2,000 steps per day, or try two new activities this month.

WALK, HIKE, JOG, OR RUN

Walk 15: Walk 15 is a group exercise class for everyone of all ages and all fitness levels. Virtually anyone can do this fitness program. Walking 2 miles to music in 30 minutes is a great aerobic workout for busy people. Meet at the Martinak Amphitheater on Mondays at 4:30 PM.

Walk it Out!: Challenge yourself to go further and walk faster on Tuesdays and Thursdays at 9:00 AM at the Martinak Amphitheater.

Senior Stroll: Meet up with others to walk the paved fitness trail and complete easy exercises. Meets Tuesdays and Thursdays at 10:30 AM at the Martinak Park Office.

Plogging!: It's the latest craze to reach the U.S. from Sweden. Save the planet and exercise at the same time. Stop at the Martinak Nature Center before jogging to pick up your trash bag and gloves on Sunday, May 20 at 11:30 AM and at the Tuckahoe Camp Store at 12:30 PM.

May Day Hike: Meet for a spring evening 3+ mile hike at the Tuckahoe Park Office on May 4 at 5:00 PM. Bring bug spray and water.

Go the Extra Mile: Join a relaxing guided walk at the end of the day. Meet at the Martinak Amphitheater on Mondays at 5:00 PM and at Tuckahoe Lake on Wednesdays, May 9, 16, 23 and 30 at 4:30 PM.

First Saturdays: Discover native habitats at Adkins Arboretum. It's \$5.00 for non-members and free for members and Park RX holders on May 5, 10:00 AM.

Dog Walk: Meet to walk with fellow dog lovers at the Adkins Arboretum Visitor Center at 9:00 AM on Thursday May 3. It's \$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. Denton on May 12 or 16 at 8:00 AM to walk to Martinak State Park and back. Join the group for coffee after the walk! .50 discount on coffee!

YOGA AND DANCE

Yoga Practice: Improve your flexibility, core development, and balance on Tuesdays and Thursdays at 8:00 AM at the Martinak Amphitheater. Bring a mat or towel.

Evening Yoga: This yoga practice is perfect for winding down after a busy day. In this class, you will stretch major muscle groups, which will leave you more flexible, and feeling calm. Tuckahoe Lake, 5:45 PM

Family Yoga: Spend happy, healthy and quality time together practicing simple yoga poses in a relaxing atmosphere at the Martinak Amphitheater on Mondays at 6:00 PM.

Clogging Basics: You will learn clog dancing steps and easy routines. No special shoes needed at the Martinak Nature Center on Thursdays from 5:00-6:00 PM.

Zumba Gold: It's a perfect low intensity workout to music for older adults on Tuesday afternoon at 1:30 PM at the Martinak Nature Center.

OTHER ACTIVITIES

Paint Afternoon: Paint a lovely beach 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. RSVP by calling or texting 410-924-1529.

Nature Crafts: Parents and children ages 8+ create crafts reflecting the natural environment on May 7 and



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21 at the Martinak Nature Center at 6:30 PM. Call 410-924-1529 to register.

Caterpillar Counts: Participate in a citizen science project for measuring variation and abundance of foliage that arthropods need for survival, which in turn affects birds. Collect data by observation and record. Meet at Tuckahoe State Park Cherry Lake Pavilion on May 9 and 23 at 6:30 PM.

Nature Center Activities: On Saturday May 26 come to the Martinak Nature Center between 9:30AM – 5:00 PM for games, stories and other nature activities.

Roving Rangers: Meeting the rangers at Tuckahoe and Martinak State Park Campgrounds is full of surprises on Friday May 25 from 6:00-8:00 PM. See what creature is featured!

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, May 26 at 9:00 AM at the Tuckahoe State Park Lake.

Guided Paddles: Enjoying the wildlife along the creek will be relaxing and fun on Saturday, May 26 at the Martinak State Boat Launch from 6:00-7:30 PM and on Sunday, May 27 at Tuckahoe State Park Lake from 6:00-7:30 PM. Call 410-820-1668 for reservations. \$

Rock Wall: Open from 11:00-2:00 PM on Saturday, May 26 at Tuckahoe State Park Challenge Course call 410-820-1668 for reservations. \$

Marshy Hope Paddle: Discover the beauty of the mid-shore's river trails. Meet at the Federalsburg VFW Boat Ramp at 2:30 PM on Saturday, May 12. 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/outdooreduc.aspx> or like us on Facebook at Friends of Tuckahoe and Martinak State Parks