

# Healthy Parks, Healthy People

## Martinak State Park and Tuckahoe State Park

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1 Crafty Weekends: All day! Adkins Arboretum</p>	2	<p>3 Fitness Steps: 5 PM MSP Nature Center Cruiser Cycling: 6 PM MSP Nature Center  PM Stretch: 7 PM MSP Amphitheater</p>	<p>4 Step Challenge: 5 PM, MSP Office  Peddle Power: 6 PM, MSP Office</p>	<p>5 AM Stretch: 8 AM MSP Amphitheater  Fitness Steps: 9 AM MSP Nature Center  Senior Walk: 10:30 PM MSP Office  Cruiser Cycling: 12 PM MSP Nature Center</p>	6	<p>7 First Saturday Walk: 10 AM Adkins Arboretum  Crafty Weekends: All day! Adkins Arboretum</p>	
<p>8 Crafty Weekends: All day! Adkins Arboretum</p>	9	<p>10 Fitness Steps: 5 PM MSP Nature Center  Cruiser Cycling: 6 PM MSP Nature Center  PM Stretch: 7 PM MSP Amphitheater</p>	<p>11 Yarning: 2 PM Adkins Arboretum  Step Challenge: 5 PM MSP Office  Peddle Power: 6 PM MSP Office</p>	<p>12 AM Stretch: 8 AM MSP Amphitheater  Fitness Steps: 9 AM MSP Nature Center  Senior Walk: 10:30 PM MSP Office  Cruiser Cycling: 12 PM MSP Nature Center</p>	13	<p>14 Crafty Weekends: All day! Adkins Arboretum</p>	
<p>15 Crafty Weekends: All day! Adkins Arboretum</p>	16	17	<p>18 Step Challenge: 5 PM, MSP Office  Peddle Power: 6 PM, MSP Office</p>	<p>19 AM Stretch: 8 AM MSP Amphitheater  Fitness Steps: 9 AM MSP Nature Center  Senior Walk: 10:30 PM MSP Office  Cruiser Cycling: 12 PM MSP Nature Center</p>	<p>20 Summerfest 5 - 9 PM Downtown Denton</p>	<p>21 Caroline Cycles  Crafty Weekends: All day! Adkins Arboretum  Rivah Run: Two Launch Times! 8-10 AM or 11 AM-1 PM. Choptank River Yacht Club  Summerfest 5 - 9 PM Downtown Denton</p>	
<p>22 Crafty Weekends: All day! Adkins Arboretum</p>	23	<p>24 Fitness Steps: 5 PM MSP Nature Center  Cruiser Cycling: 6 PM MSP Nature Center  PM Stretch: 7 PM MSP Amphitheater</p>	<p>25 Step Challenge: 5 PM MSP Office  Peddle Power: 6 PM MSP Office</p>	<p>26 AM Stretch: 8 AM MSP Amphitheater  Fitness Steps: 9 AM MSP Nature Center  Senior Walk: 10:30 PM MSP Office  Cruiser Cycling: 12 PM MSP Nature Center  Wild Readers: 7 PM MSP Nature Center</p>	<p>27 Explore Your Park</p>	<p>28 Crafty Weekends: All day! Adkins Arboretum   ADKINS ARBORETUM A Chesapeake Native Garden</p>	
<p>29 Crafty Weekends Adkins Arboretum  Nature Zentangle: 10 AM MSP 1st Picnic Area  Paint Afternoon 2 PM, MSP Nature Center Call: 410-924- 1529</p>	30	<p>31 Fitness Steps: 5 PM MSP Nature Center  Cruiser Cycling: 6 PM MSP Nature Center  PM Stretch: 7 PM MSP Amphitheater</p>	  		  		<p>(Turn over for details)</p>

## **Events**

**Rivah Run:** This poker run paddle is an out and back course that starts and ends at Choptank River Yacht Club on Saturday August 21. There will be two Launch Times, 8–10 AM Morning Madness Paddle or 11 AM -1 PM High Noon Finish Paddle. Both limited to 75 boats and pre-registration is recommended. Check in opens 45 minutes prior to each launch time. Post paddle eats available (\$) with CRYC Grill Master Mike Mann. Bottled drinks and water complimentary. Call: 479-8120 for more information.

**Summerfest:** *Under the Stars* is the theme for this year's Summerfest, which will be held in downtown Denton on Friday and Saturday August 21 and 2, from 5 - 9 PM.

**Wild Readers:** Join our book group! *Lab Girl* will be this month's reading selection, and the discussion will be on August 26, at 7:00 PM at the Martinak Nature Center followed by a short walk.

## **Walks and Hikes**

**Senior Walk:** Meet at the Martinak State Park Office at 10:30 AM on Thursdays for a guided walk on a paved trail and camp loop. It's 1.5 miles in length or about 3,000 steps. Plenty of benches are available for resting and enjoying nature.

**Step Challenge Walk:** How many steps can you walk this month? Let's set a goal for walking on Wednesday afternoon at 5:00 PM. Meet at the Martinak State Park Office to begin your guided walk challenge and meet others.

**Fitness Steps:** Meet at the Martinak State Park Nature Center on Tuesday at 5:00 PM and on Thursday at 9:00 AM for a 2 mile brisk walk that includes body weight exercises and resistance bands. Guaranteed to shape your legs and arms!

**First Saturday Guided Walk:** Discover native habitats as you walk at Adkins Arboretum on August 7 at 10:00 AM. Registration is required. Call 410-634-2847.

**Explore Your Park:** Meet at the Tuckahoe State Park Office on Friday, August 27 at 9:00 AM for a 3 mile guided walk. Explore the various plants and trees along the way. Bring bug spray and water.

## **Yoga**

**AM and PM Stretch:** Meet at Martinak State Park Amphitheatre on Tuesday evenings at 7:00 PM for a relaxing stretch and Thursday mornings for an energetic practice at 8:00 AM. Both sessions are designed to improve your flexibility, core development, and balance through exercises and yoga. Please bring a yoga mat or towel. Inclement weather, meet in the nature center. No session on August 17.

## **Cycling**

**Cruiser Cycling:** Borrow bikes from the Martinak State Park Nature Center on Tuesdays at 6:00 PM and Thursdays at noon for an easy guided ride through the park and nearby low traffic roads. No session on August 17.

**Peddle Power:** Cycle 10 miles on roads near the parks. Meet at the Martinak State Park Office on Wednesday August 4 & 18 at 6:00 PM and on August 11, & 25 at the Tuckahoe State Park Lake Parking Lot. Helmet required and lights suggested. This guided ride is for beginner road riders. Average speed is 10 mph.

**Caroline Cycles:** Discover 20+ miles of country roads in Caroline County on Saturday August 21 at 9:00 AM. Meet at the Greensboro Library, Cedar Lane Greensboro, MD. This no one left behind ride is for experienced riders. Average speed is 12-15 mph. Helmet required and lights suggested. Call 410-924-1529 for more information.

## **Craft and Art**

**Paint Afternoon:** Participants will be guided through a nature painting. The cost is \$15 at the door, which includes all supplies and light refreshments. Exact amount appreciated. Fee goes to charities. Meet on Sunday, August 29 at 2 PM at the Martinak State Park Nature Center. For more information and to make reservations, call or text 410-924-1529.

**Nature Zentangle:** Create a giant doodle out of natural materials and when you visit again, you can add to the design. Then, zentangle rocks to take home. Meet on Sunday, August 29 at 10 AM at the 1st picnic area at Martinak State Park.

**Yarning at the Arboretum:** Join us for Yarning at the Adkins Arboretum on Wednesday, August 11 from 2 to 4 PM. Bring yarn projects and a chair for an afternoon of camaraderie and encouragement. Registration is suggested. Call 410-634-2847.

**Crafty Weekends:** Visit Adkins Arboretum on Saturdays and Sundays in August and enjoy a nature craft to make and take home! Crafts will be available at the front desk. Complete yours on the patio, or find a nearby picnic table in the shade where you can get crafty. Each week will feature a different project.

Check our website for more park activities by clicking on the calendar of events <https://go.activecalendar.com/doi-md/?&q=y&search=y> Or <https://www.carolinemd.org/141/Recreation-Parks> or like us on Facebook at Caroline County Recreation and Parks