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Are you an adult aged 55+ looking to spend more time in Maryland State Parks?

Join us on Thursdays for six two-hour sessions (April 10th through May 16th) to engage with nature and recreate in our state parks!

This program will take place at <u>Calvert</u> Cliffs State Park and Merkle NRMA. To register, please scan the <u>QR code</u> or email cierra.maszkiewicz@maryland.gov

APRIL 10

Take a walk back in time at Calvert Cliffs
State Park, where we will be taking a short
hike to learn about the Miocene Era and hunt
for fossils along the beach.

APRIL 24

Practice mindfulness in nature by taking a scenic stroll along Grays Creek at Calvert Cliffs and practicing some nature journaling techniques.

MAY 8

Spend some time with our Scales & Tales program at Merkle, where you will be able to meet live reptiles and learn about their life history and conservation needs.

APRIL 17

Join us at Calvert Cliffs for a beginners lesson in archery! You will learn each part of the shooting process and practice using proper technique.

MAY 1

Love to fish or want to get into fishing? Join us at Merkle Natural Resources Management Area for a few hours of catch and release fishing at Catfish Pond!

MAY 15

Ready for a peaceful afternoon on the water? Our final program will be a guided kayak trip on the Patuxent River out of Merkle, followed by a graduation potluck!