

# Healthy Parks, Healthy People

## Martinak State Park and Tuckahoe State Park

February 2022

| Sunday  | Monday | Tuesday                                  | Wednesday  | Thursday                                 | Friday  | Saturday  |
|---|--------|--|--|--|---|---|
|       |        | 1<br>Senior Walk<br>MSP Office<br>10:30  | 2<br>Explore Your Park<br>Hike:<br>TSP Lake Parking Lot<br>10 AM   | 3<br>Senior Walk<br>MSP Office<br>10:30  | 4   | 5<br>First Saturday Walk:<br>10 AM<br>Adkins Arboretum                                |
| 6<br> | 7      | 8<br>Senior Walk<br>MSP Office<br>10:30  | 9<br>Explore Your Park<br>Hike:<br>Wye Island NRMA,<br>Holly Tree Trail<br>Parking<br>10 AM<br><br>Yarning at the<br>Arboretum<br>Visitor Center,<br>2:00 PM | 10<br>Senior Walk<br>MSP Office<br>10:30 | 11<br> | 12  |
| 13  | 14     | 15<br>Senior Walk<br>MSP Office<br>10:30 | 16<br>Explore Your Park<br>Hikes:<br>Adkins Arboretum,<br>Visitor Center<br>10 AM  | 17<br>Senior Walk<br>MSP Office<br>10:30 | 18  | 19<br>Art Reception<br>Adkins Arboretum<br>Visitor Center,<br>2:00 PM                 |
|     | 21     | 22<br>Senior Walk<br>MSP Office<br>10:30 | 23<br>Explore Your Park<br>Hikes:<br>Trap Pond State Park,<br>Visitor Center<br>10:00 AM   | 24<br>Senior Walk<br>MSP Office<br>10:30 | 25  | 26  |
| 27<br>Paint Afternoon<br>MSP Nature Center,<br>2:00 PM<br>(See picture above)         | 28     |  |    |  |      |  |

### Walks and Hikes

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

**First Saturday Guided Walk:** Discover native habitats as you walk at Adkins Arboretum on February 5 at 10:00 AM. Registration is required. Call 410-634-2847.

**Explore Your Parks:** Meet at the Tuckahoe State Park Lake 10:00 AM for the first in a series of walks this month. Through the winter, guided hikes will be offered in a variety of parks. Each hike will be 3 to 5 miles. Explore the plant diversity along the way. It's a great way to get exercise and meet new people! Email [Karen.gianninoto@maryland.gov](mailto:Karen.gianninoto@maryland.gov) or call 410-924-1529 for more information and to register for the hikes.

### Art and Crafts

**Yarning at the Arboretum:** Bring your yarn projects for an afternoon of camaraderie and encouragement. Beginners are welcome: experienced knitters and crocheters will help you learn the ropes. Please bring your own chair. Fiber artists will meet on the patio. In the case of inclement weather, plan on meeting in the Visitor's Center gallery. Call 410-634-2847 to register for this free program.

**Art Reception:** There's magic in artist John Moran's paintings. *Journeys Imagined*, his show of watercolor, oil, and acrylic paintings, is full of glowing color and animated trees, hills, clouds, and abstract forms. Visit the gallery, and meet the artist on Saturday, February 19 from 2 to 4 p.m.

**Paint Afternoon:** Paint a bluebird on February 27 at 2:00 PM at the Martinak Nature Center. Masks are required and participants will be limited. \$25 fee includes paint instruction, materials, and refreshments. All proceeds go to charities. Call 410-924-1529 to reserve a space.

Check our website for more park activities by clicking on the calendar of events <https://go.activecalendar.com/doi-md/?&q=y&search=y>

For more information call 410-820-1668 or email [karen.gianninoto@maryland.gov](mailto:karen.gianninoto@maryland.gov).