

# Healthy Parks, Healthy People



## Martinak State Park and Tuckahoe State Park March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Senior Walk MSP Office 10:30	2 Explore Your Park Hike: Tuckahoe State Park Lake Parking Lot 10 AM	3 Senior Walk MSP Office 10:30	4	5 First Saturday Walk: 10 AM Adkins Arboretum
6 	7	8 Senior Walk MSP Office 10:30	9 Explore Your Park Hike: Idylwild Wildlife Management Area, parking at 3348 Houston Branch Rd. 10 AM  Yarning at the Arboretum Visitor Center, 2:00 PM	10 Senior Walk MSP Office 10:30	11	12 St. Paddy's Day Fun Run 9:30 AM 107 S. 4th St. Denton  Art Reception 2:00 PM Adkins Arboretum
13 Yarnstorming Adkins Arboretum	14	15 Senior Walk MSP Office 10:30	16 Explore Your Park Hikes: Adkins Arboretum, Visitor Center 10 AM	17 Senior Walk MSP Office 10:30	18	19 Art Reception Adkins Arboretum Visitor Center, 2:00 PM
	21	22 Senior Walk MSP Office 10:30	23 Explore Your Park Hikes: Blackwater Wildlife Refuge Visitor Center 10:00 AM	24 Senior Walk MSP Office 10:30	25 Camping opens at TSP and MSP	26 Herpetology Walk Adkins Arboretum 10 AM \$5
27 	28	29	30 Explore Your Park Hike: Wye Island Natural Resource Management Area Lodge Lane Parking Area	31 		

### 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 March 5 at 10:00 AM. Registration is required. Call 410-634-2847.

**Explore Your Parks:** Meet at the Tuckahoe State Park Lake on March 2 at 10:00 AM for the first in a series of walks this month. Through the winter and early spring, 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.

**Herpetology Walk:** Join Scott Smith on March 26, at 10 AM at Adkins Arboretum to learn about the frogs, turtles, snakes, and salamanders that inhabit the wetlands and forest. Scott is the Maryland DNR-Natural Heritage Program Wildlife Diversity Ecologist. Call 410-634-2847 to register. \$5

**St. Paddy's Day Fun Run:** Start your salute to the Irish and your spring fitness conditioning on this certified fast and scenic course through Denton and Martinak State Park (10K course) Saturday, March 12th at the St. Paddy's Day 5K and 1 Mile Fun Run. Plenty of lucky surprises await on the course and at the finish. Register anytime through our finish line production partner Seashore Striders at [www.seashorestriders.com](http://www.seashorestriders.com)

### 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:** The 2022 Juried Art Show, *Discovering the Native Landscapes of Maryland's Eastern Shore*, celebrates the Arboretum's mission of conservation. This annual show draws entries in a wide variety of mediums, from painting and sculpture to photography and crafts, by artists from the mid-Atlantic region and beyond. This year's juror, Teddy Johnson will discuss his choices for the show on Saturday, March 12 from 2 to 4 p.m. Visit the gallery, and meet the artists during the reception to be held at the same time. Free for Caroline County residents!

**Yarnstorming:** Yarnstorming is back! For the third year running, Adkins Arboretum is partnering with local yarn artists and the *Fiber Arts Center of the Eastern Shore* (FACES) to create a whimsical and exciting visual experience in the trees around the Arboretum Visitor's Center. Fiber artists, both veterans and those new to yarn art, will adorn native trees with everything from pompoms to needle felted animals to branch and trunk wraps and hammocks for woodland creatures. Visit the Adkins Arboretum on Tuesday - Saturday from 10 AM to 4 PM and Sunday 12 PM to 4 PM. Free for Caroline County residents!

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).