



HEALTHY PARKS,  
HEALTHY PEOPLE



December 2018

Tuckahoe State Park in Blue

Martinak State Park in Green

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 First Saturday Hike
2 Woodland Architecture	3	4 Zumba Gold Senior Stroll Walk 15 Evening Yoga	5	6 Dog Walk	7	8 Santa's Magic Workshop
9 Santa's Magic Workshop Santa Chase	10	11 Yoga Practice Zumba Gold Senior Stroll Walk 15 Evening Yoga	12	13 Yoga Practice Walk15 Senior Stroll  Enchanted Stroll	14 Santa's Magic Workshop	15 Santa's Magic Workshop
16 Enchanted Stroll	17	18 Yoga Practice Zumba Gold Senior Stroll Enchanted Stroll Evening Yoga	19	20 Yoga Practice Walk15 Senior Stroll	21	22
23 	24 <b>Happy Holidays!</b>	25 <b>Happy Holidays!</b>	26 <b>Happy Holidays!</b>	27 <b>Happy Holidays!</b>	28 <b>Happy Holidays!</b>	29 
30 	31	January 1, 2019 First Day Hikes Martinak and Tuckahoe State Parks				

**WALK, HIKE AND RUN**

**Senior Stroll:** Meet up with others to walk the paved fitness trail on Tuesdays and Thursdays, December 4, 11, 13, 18, and 20 at 10:30 AM, at the Martinak State Park Office.

**First Saturdays:** Discover native habitats as you walk at Adkins Arboretum. The cost is \$5.00 for non-members, Free for members and Park Rx holders on December 1 at 10:00 AM.

**Dog Walk:** Meet with fellow dog lovers to walk at the Adkins Arboretum Visitor Center at 9:00 AM, on December 6. The cost is \$5.00 for non-members, free for members and Park RX holders.

**Santa Chase:** December 9 (Rain Date December 16) Martinak State Park, 137 Deep Shore Rd. Pre-registration is \$15 per runner (before Dec. 5) or \$50 for group of four. Group rates and dogs welcome, call for price if you are bringing a dog. 2-mile run, walk, or jog with holiday magic! Candle luminaries and holiday lights mark the park based race trail. Registration 3:30 – 4:30 PM. Race starts at 4:45 PM. Call 410-479-8120 for more information.

**Enchanted Strolls:** Enjoy the lights and the beauty of the night as you walk through the park. Glow bracelets and hot chocolate will be provided. Meet at the Martinak State Park Nature Center at 6:00 PM on December 13, 16 and 18.

**First Day Hikes:** Enjoy the beauty of winter and the start of a new year with our First Day Hikes. Meet at the Tuckahoe Lake Pavilion for a 1.5 mile Macros on the Move hike at 11:00 AM, and Meet at Martinak State Park office at 2:00 PM for an easy Tree Huggers walk. Commemorative "I hike 2019" stickers will be provided as well as snacks and a warm beverage.

**Woodland Architecture:** Sunday, December 2, 1:00 – 2:30 PM. This walk is free for members and ParkRx holders. Also free with \$5 admission for non-members. Appreciate the shifting seasons with Master Naturalist Margan Glover as we admire the newly revealed "bones" of the woodland, meadows, and wetlands. All ages are welcome.

**YOGA AND DANCE**

**Yoga Practice:** Improve your flexibility, core development, and balance on Tuesdays and Thursdays, December 11, 13, 18, and 20 at 8:00 AM, at the Martinak State Park Amphitheater. Bring a mat or towel.

**Evening Yoga:** Yoga is perfect for winding down after a busy day. Stretch major muscle groups, become flexible, and feel calm at the Martinak State Park Nature Center on Tuesdays, December 4, 11, and 18 at 7:00 PM.

**Zumba Gold:** Kathy Leary leads a perfect low intensity workout to music for adults on Tuesdays, December 4, 11, and 18 at 9:00 AM at the Martinak State Park Nature Center. Come join the fun!

**Walk 15:** Join a group aerobic class for everyone of all fitness levels. Walk/dance 4,000 steps to upbeat music in 30 minutes. This is a great aerobic workout for busy people at the Martinak State Park Nature Center on Tuesdays, December 4 and 11 at 6:30 PM and on Thursdays, December 13 and 20 at 9:00 AM.

**TRADITIONAL HOLIDAY PROGRAM**

**Santa's Magic Workshop:** On Saturday, December 8 and 15 from 4-7 PM and on Friday, December 14 from 5-8 PM. Meet at the Martinak State Park Nature Center. Admission is one canned good per person to contribute to our local food pantry. This program is a partnership with Maryland State Park and Caroline County Recreation and Parks, which offers a great family tradition of holiday ornament making. Your family can make a variety of unique holiday ornaments and crafts and join in the fun with a hayride through the Enchanted Campground, a tour through the model train display, and even a visit with Santa himself! Finish it all off with some tasty cocoa and cookies.

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

