

Fresco 2018 Programs



Here's a list of upcoming Fresco Programs, so check your calendar and come on out to play or learn something new!

Visit us online at www.frescoadventures.com and www.meetup.com/Fresco-Adventures for updates

January:

Teleconference: Wednesday, January 3, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview (FREE)

7Day Detox: Thursday - Wednesday, January 11-17, 7-8PM – 7 Days to Wellness Natural Detox and Cleansing Program (\$25)

Hike: Sunday, January 14, 12-3PM – Difficult Run in Virginia – 5 Miles (FREE)

Workshop: Tuesday, January 30, 7-9PM – Teen Money Management/Investing at the Sports and Learning Complex in MD (\$10)

February:

Workshop: Thursday, February 1, 7-9PM – Adult Money Management/Investing at the Sports and Learning Complex in MD (\$10)

Workshop: Tuesday, February 6 – February 27, 7-9PM – Adult Money Management/Investing at the Sports and Learning Complex in MD (\$50)

Hike: Sunday, February 25, 12-4PM – Urban Walk, Annapolis, MD – 4 Miles (FREE)

March:

Hike: Sunday, March 25, 9AM-1PM – Torrey C. Brown Trail Hike #1– 10 Miles (FREE)

Workshop: Wednesday, March 6-27, 6-7PM – Adult Money Management/Investing at the Sports and Learning Complex in MD (\$50)

7Day Detox: Thursday - Wednesday, March 29-April 4, 7-8PM – 7 Days to Wellness Natural Detox and Cleansing Program (\$25)

April:

Hike and Lunch: Saturday, April 7, 10AM to 2PM – Hike and Lunch at Jefferson State Park in Maryland – (\$15)

Hike and Wine: Saturday, April 7, 11AM to 2PM – Hike and Wine in Maryland – (\$69)

Workshop: Tuesday, April 10-24, 7-9PM – Stock Market Basics at the Sports and Learning Complex in Maryland (\$50)

Teleconference: Wednesday, April 11, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview (FREE)

Retreat: Friday through Sunday, April 20-22 – Spring Weekend Wellness Getaway Retreat (\$325/\$425)

Workshop: Thursday, May 26, 7-9PM – How to Start and Organize and Investment Club (\$10)

Hike and Lunch: Saturday, April 28, 9AM-2PM – Torrey C. Brown Trail Hike #2 in Maryland (\$15)

May:

Workshop: Tuesday, May 15, 7-9PM – How to Start and Organize and Investment Club (\$10)

Hike and Wine: Saturday, May 19, 11AM to 2PM – Hike and Wine in Virginia - (\$69)

Hike or Bike: Sunday, May 20, 10AM-2PM – Torrey C. Brown Trail Hike #3 in Maryland (FREE)

June:

Hike and Lunch: Sunday, June 3, 10AM to 2PM – Hike and Lunch at Jefferson State Park in Maryland – (\$15)

Hike and Wine: Sunday, June 3, 11AM to 2PM – Hike and Wine in Maryland - (\$69)

Hike: Wednesday, June 6, 6:30-8:30PM – Evening Meditation Hike Introduction – 3 miles (FREE)

Waterfun: Sunday, June 10, 12-4PM – Afternoon Kayak Outing- Patuxent River (\$59)

Workshop: Tuesday, June 12, 7-9PM – Teen Introduction to Money Management and Investing (\$10)

Workshop: Thursday, June 14, 7-9PM - Adult Introduction to Money Management and Investing (\$10)

Hike: Wednesday, June 20, 6:30-8:30PM – Evening Meditation Hike – Glover Archibald Trail - 4 miles (\$10)

Excursion: Thursday, June 21 - Saturday, June 30, **Ireland/Scotland Adventure** (\$3995)

July:

Waterfun: Saturday, July 7, 10AM to 1PM – Kayak along the Breton Bay in Leonardtown, Maryland (\$69)

Hike: Wednesday, July 11 6:30-8:30PM – Evening Meditation Hike – Circles of DC – 3 miles (\$10)

Hike and Wine: Saturday, July 14, 4-7PM – Hike and Wine in Virginia – (\$69)

Excursion: Wednesday – Sunday, July 18-22 – **Paris Adventure #1**– 5Day Getaway in Arkansas (\$1950)

Workshop: Thursday, July 24-August 2-Teen Summer Camps Money Management and Investing Workshop (\$50)

Hike: Wednesday, July 25 6:30-8:30PM – Evening Meditation Hike – C&O Canal – 3 miles (\$10)

August:

Teleconference: Wednesday, August 1, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview (FREE)

Hike: Wednesday, August 8, 6:30-8:30PM – Evening Meditation Hike – Rock Creek Park – 3 miles (\$10)

Hike and Wine: Saturday, August 25, 10AM to 2PM – Hike and Wine in Maryland - (\$69)

Waterfun: Saturday, August 25 4-7PM – Evening Kayak along the Patuxent River in Maryland (\$59)

September:

Hike and Lunch: Sunday, September 9, 9AM-2PM – York Heritage Trail Hike #4 in Pennsylvania – 10 miles (\$15)

7Day Detox: Thursday - Wednesday, September 6-12, 7-8PM – 7 Days to Wellness Natural Detox and Cleansing Program (\$25)

Workshop: Tuesday, September 11, 7-9PM – Teens Introduction to Money Management and Investing (\$10)

Workshop: Wednesday, September 12, 7-9PM – Adult Introduction to Money Management and Investing (\$10)

Excursion: Saturday– Monday, September 15-24 – **Greece Adventures** (\$4125)

Fresco Enterprises, LLC

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Fresco 2018 Programs



October:

Workshop: Tuesday, October 2-23, 7-9PM –Teen Money Mgt/Investing at the Sports and Learning Complex in MD (\$50)

Workshop: Thursday, October 4-25, 7-9PM –Adult Money Mgt/Investing at the Sports and Learning Complex in MD (\$50)

Hike and Lunch: Saturday, October 6, 9AM-2PM – York Heritage Trail Hike #5 in Pennsylvania – 8 miles (\$15)

Hike and Lunch: Sunday, October 7, 9AM-2PM – Jefferson Patterson Park in Maryland – 4 miles (\$15)

Hike and Wine: Sunday, October 7, 11AM to 2PM – Hike and Wine in Maryland - (\$69)

Hike: Wednesday, October 24, Full Moon Night Hike – 3 miles (FREE)

Retreat: Friday through Sunday, October 26-28 – Fall Weekend Wellness Getaway Retreat (\$325/425)

November:

Teleconference: Wednesday, November 7, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview (FREE)

Hike and Wine: Saturday, November 10, 11AM to 2PM – Hike and Wine in Virginia - (\$69)

Hike: Sunday, November 4, 12 - 4PM – DC Border Hike – 7 miles (FREE)

December:

Workshop: Tuesday, Dec. 4-18, 7-9PM –Basics of the Stock Market at the Sports and Learning Complex in Maryland (\$50)

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Program Summary

All Hikes:

Hike: Sunday, January 14, 12-3PM – Difficult Run in Virginia
Hike: Sunday, February 25, 12-4PM – Urban Walk, Annapolis, MD
Hike: Sunday, March 25, 9AM-1PM – Torrey C. Brown Trail Hike #1
Hike and Lunch: Saturday, April 7, 10AM to 2PM – Hike and Lunch at Jefferson State Park in Maryland
Hike and Wine: Saturday, April 7, 11AM to 2PM – Hike and Wine in Maryland
Hike and Lunch: Saturday, April 28, 9AM-2PM – Torrey C. Brown Trail Hike #2 in Maryland
Hike and Wine: Saturday, May 19, 11AM to 2PM – Hike and Wine in Virginia
Hike or Bike: Sunday, May 20, 10AM-2PM – Torrey C. Brown Trail Hike #3 in Maryland
Hike and Lunch: Sunday, June 3, 10AM to 2PM – Hike and Lunch at Jefferson State Park in Maryland
Hike and Wine: Sunday, June 3, 11AM to 2PM – Hike and Wine in Maryland
Hike: Wednesday, June 6, 6:30-8:30PM – Evening Meditation Hike Introduction
Hike: Wednesday, June 20, 6:30-8:30PM – Evening Meditation Hike – Glover Archibald Trail
Hike: Wednesday, July 11 6:30-8:30PM – Evening Meditation Hike – Circles of DC
Hike and Wine: Saturday, July 14, 4-7PM – Hike and Wine in Virginia
Hike: Wednesday, July 25 6:30-8:30PM – Evening Meditation Hike – C&O Canal
Hike: Wednesday, August 8, 6:30-8:30PM – Evening Meditation Hike – Rock Creek Park
Hike and Wine: Saturday, August 25, 10AM to 2PM – Hike and Wine in Maryland
Hike and Lunch: Sunday, September 9, 9AM-2PM – York Heritage Trail #4 in Pennsylvania
Hike and Lunch: Saturday, October 6, 9AM-2PM – York Heritage Trail #5 in Pennsylvania
Hike and Lunch: Sunday, October 7, 9AM-2PM – Jefferson Patterson Park in Maryland
Hike and Wine: Sunday, October 7, 11AM to 2PM – Hike and Wine in Maryland
Hike: Wednesday, October 24, Full Moon Night Hike
Hike and Wine: Saturday, November 10, 11AM to 2PM – Hike and Wine in Virginia
Hike: Sunday, November 4, 12 - 4PM – DC Border Hike

Hike and Lunch Program Dates:

Saturday, April 7, 10AM to 2PM – Jefferson State Park in Maryland
Saturday, April 28, 9AM-2PM – Torrey C. Brown Trail in Maryland
Sunday, June 3, 10AM to 2PM – Jefferson State Park in Maryland
Sunday, September 9, 9AM-2PM – York Heritage Trail in Pennsylvania
Saturday, October 6, 9AM-2PM – York Heritage Trail in Pennsylvania
Sunday, October 7, 9AM-2PM – Jefferson Patterson Park in Maryland

Hike and Wine Program Dates:

Saturday, April 7, 11AM to 2PM – Hike and Wine in Maryland
Saturday, May 19, 11AM to 2PM – Hike and Wine in Virginia
Sunday, June 3, 11AM to 2PM – Hike and Wine in Maryland
Saturday, July 14, 4-7PM – Hike and Wine in Virginia
Saturday, August 25, 10AM to 2PM – Hike and Wine in Maryland
Sunday, October 7, 11AM to 2PM – Hike and Wine in Maryland
Saturday, November 10, 11AM to 2PM – Hike and Wine in Virginia

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Summer Meditation Walks:

Wednesday, June 6, 6:30-8:30PM – Evening Meditation Hike Introduction
Wednesday, June 20, 6:30-8:30PM – Evening Meditation Hike – Glover Archibald Trail
Wednesday, July 11 6:30-8:30PM – Evening Meditation Hike – Circles of DC
Wednesday, July 25 6:30-8:30PM – Evening Meditation Hike – C&O Canal
Wednesday, August 8, 6:30-8:30PM – Evening Meditation Hike – Rock Creek Park

Bike Rides:

Sunday, May 20, 10AM-2PM – Torrey C. Brown Trail in Maryland

7 Days Guidance Program - 7 Days to Wellness Natural Detox and Cleansing Program:

Thursday - Wednesday, January 11-17, 7-8PM
Thursday - Wednesday, March 29-April 4, 7- 8PM
Thursday - Wednesday, September 6-12, 7-8PM

7 Days to Wellness Program Overview:

Wednesday, January 3, 6-7PM
Wednesday, April 11, 6-7PM
Wednesday, August 1, 6-7PM
Wednesday, November 7, 6-7PM

Retreats:

Friday through Sunday, April 20-22 – Spring Weekend Wellness Getaway Retreat
Friday through Sunday, October 26-28 – Fall Weekend Wellness Getaway Retreat

WaterFun:

Sunday, June 10, 12-4PM – Kayak Outing- Patuxent River
Saturday, July 7, 10AM to 1PM – Kayak along the Breton Bay in Leonardtown, Maryland
Saturday, August 25 4-7PM – Kayak along the Patuxent River in Maryland

Money Management and Investment Programs:

Tuesday, January 30, 7-9PM –Teen Money Management/Investing
Thursday, February 1, 7-9PM –Adult Money Management/Investing
Tuesday, February 6 – February 27, 7-9PM –Adult Money Management/Investing
Wednesday, March 6-27, 6-7PM –Adult Money Management/Investing
Tuesday, April 10-24, 7-9PM – Stock Market Basics
Thursday, May 26, 7-9PM – How to Start and Organize and Investment Club
Tuesday, May 15, 7-9PM – How to Start and Organize and Investment Club
Tuesday, June 12, 7-9PM – Teen Introduction to Money Management and Investing
Thursday, June 14, 7-9PM - Adult Introduction to Money Management and Investing
Thursday, July 24-August 2-Teen Summer Camps Money Management and Investing Workshop
Tuesday, September 11, 7-9PM – Teens Introduction to Money Management and Investing
Wednesday, September 12, 7-9PM – Adult Introduction to Money Management and Investing
Tuesday, October 2-23, 7-9PM –TeenMoney Mgt/Investing
Thursday, October 4-25, 7-9PM –Adult Money Mgt/Investing
Tuesday, Dec. 4-18, 7-9PM –Basics of the Stock Market

Fresco 2018 Programs



Excursions:

Thursday, June 21 - Saturday, June 30, *Ireland/Scotland Adventure*

Wednesday – Sunday, July 18-22 – *Paris Adventure #1*– 5Day Getaway in Arkansas

Saturday– Monday, September 15-24 – *Greece Adventures*

FREE Programs:

Teleconference: Wednesday, January 3, 6-7PM – 7 Days to Lose the Waste Program Overview

Hike: Sunday, January 14, 12-3PM – Difficult Run in Virginia

Hike: Sunday, February 25, 12-4PM – Urban Walk, Annapolis, MD

Hike: Sunday, March 25, 9AM-1PM – Torrey C. Brown Trail Hike #1

Teleconference: Wednesday, April 11, 6-7PM – 7 Days to Lose the Waste Program Overview

Hike or Bike: Sunday, May 20, 10AM-2PM – Torrey C. Brown Trail #3 in Maryland

Hike: Wednesday, June 6, 6:30-8:30PM – Evening Meditation Hike Introduction

Teleconference: Wednesday, August 1, 6-7PM – 7 Days to Lose the Waste Program Overview

Hike: Wednesday, October 24, Full Moon Night Hike

Hike: Sunday, November 4, 12 - 4PM – DC Border Hike

Teleconference: Wednesday, November 7, 6-7PM – 7 Days to Lose the Waste Program Overview

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