

Fresco 2019 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 9, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview (FREE)

Workshop: Tuesday, January 15, 5-7PM – Teen Money Management/Investing at the Sports and Learning Complex in MD (\$10)

Workshop: Wednesday, January 16, 7-9PM – Adult Money Management/Investing at the Sports and Learning Complex in MD (\$10)

7Day Detox: Thursday - Wednesday, January 17-23, 7-8PM – 7 Days to Wellness Natural Detox and Cleansing Program (\$25)

Hike: Sunday, January 27, 12-3PM – Potomac Heritage Trail and Roosevelt Island in Virginia – 5 Miles (FREE)

Workshop: Thursday, January 31, 7-9PM – How to Start and Organize and Investment Club at the Sports and Learning Complex in MD (\$10)

February:

Workshop: Tuesday, February 5 – February 28, 5-7PM – Teen Money Management/Investing at the Sports and Learning Complex in MD (\$50)

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

Hike: Sunday, February 10, 12-4PM – Urban Walk, Baltimore, MD – 4 Miles (FREE)

March:

7Day Detox: Thursday - Wednesday, March 14-20, 7-8PM – 7 Days to Wellness Natural Detox and Cleansing Program (\$25)

Workshop: Thursday, March 26-April 16, 7-9PM – Adult Money Management/Investing at the Sports and Learning Complex in MD (\$50)

Hike: Saturday, March 30, 9AM-1PM – Mason Dixon Line Hike #1 on the Torrey C. Brown Trail– 10 Miles (FREE)

April:

Hike and Wine: Sunday, April 14, 11AM to 2PM – Hike and Wine in Maryland – (\$69)

Hike: Saturday, April 20, 9AM-1PM – Mason Dixon Line Hike#2 on the Appalachian Trail Hike #2– 10 Miles (FREE)

May:

Workshop: Tuesday, May 7-21, 7-9PM – Basics of the Stock Market at the Sports and Learning Complex in Maryland (\$50)

Hike: Saturday, May 18, 9AM-1PM – Mason Dixon Line Hike C&O Canal Trail Hike #3– 10 Miles (FREE)

Hike: Saturday, May 18, Full Moon Night Hike – 3 miles (FREE)

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

June:

Waterfun: Saturday, June 8, 9AM – 1PM – Kayak and Lunch on the Patuxent River - (\$69)

Hike and Dinner: Saturday, June 8, 3-7PM – Jefferson State Park in Maryland – (\$15)

Hike, Dinner, and Wine: Saturday, June 8, 4-7PM – Jefferson State Park in Maryland – (\$69)

Hike: Wednesday, June 12, 6:30-8:30PM – Evening Meditation Hike Introduction – 3 miles (FREE)

7Day Detox: Thursday - Wednesday, June 13-19, 7-8PM – 7 Days to Wellness Natural Detox and Cleansing Program (\$25)

Workshop: Tuesday, June 18, 5-7PM – Teen Introduction to Money Management and Investing (\$10)

Workshop: Thursday, June 19, 7-9PM - Adult Introduction to Money Management and Investing (\$10)

Hike: Wednesday, June 26, 6:30-8:30PM – Evening Meditation Hike – Glover Archibald Trail - 4 miles (\$10)

July:

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

Excursion: Monday – Sunday, July 15-21 – **Paris Adventure #2 and National Parks** – 7Day Getaway (\$2895)

Workshop: Thursday, July 23-August 13-Teen Summer Camps Money Management and Investing Workshop (\$50)

Hike: Wednesday, July 24 6:30-8:30PM – Evening Meditation Hike – C&O Canal – 3 miles (\$10)

Hike and Wine: Saturday, July 27, 11AM-2PM – Hike and Wine in Virginia – (\$69)

Waterfun: Sunday, July 28, 10AM to 1PM – Kayak along the Breton Bay in Leonardtown, Maryland (\$69)

Hike: Wednesday, July 31, 6:30-8:30PM – Evening Meditation Hike – Rock Creek Park – 3 miles (\$10)

August:

Waterfun: Saturday, August 17, 10AM to 1PM – Morning Kayak, Lunch and Wine in Maryland - (\$69)

Waterfun: Saturday, August 17, 4-7PM – Evening Kayak and Dinner along the Patuxent River in Maryland (\$59)

7Day Detox: Thursday - Wednesday, August 22-18, 7-8PM – 7 Days to Wellness Natural Detox and Cleansing Program (\$25)

Fresco Enterprises, LLC

P.O. Box 10067 Silver Spring, MD 20914

Phone: (301) 352-5272 Fax: (866) 650-6189

Email: marcia@frescoservices.com Internet: www.frescoadventures.com and www.the-learning-quest.com

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September:

Teleconference: Wednesday, September 4, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview (FREE)

Workshop: Thursday, September 12, 7-9PM – How to Start and Organize and Investment Club at the Sports and Learning Complex in MD (\$10)

Hike: Saturday, September 14, 9AM-1PM – Mason Dixon Line Hike #4 , Allegheny Gap Trail – 10 Miles (FREE)

Hike and Wine: Sunday, September 15, 11AM to 2PM – Hike and Wine in Virginia - (\$69)

Workshop: Tuesday, September 17, 5-7PM – Teens Introduction to Money Management and Investing (\$10)

Workshop: Thursday, September 19, 7-9PM – Adult Introduction to Money Management and Investing (\$10)

Excursion: Saturday– Sunday, September 21-29 – **National Parks Canyons Adventure (SOLD OUT)**

October:

Hike and Lunch: Sunday, October 6, 9AM-2PM – Jefferson Patterson Park in Maryland – 4 miles (\$15)

Hike and Wine: Sunday, October 6, 11AM to 2PM – Hike and Wine in Maryland - (\$69)

Workshop: Tuesday, October 8-29, 7-9PM –Teen Money Mgt/Investing at the Sports and Learning Complex in MD (\$50)

7Day Detox: Thursday - Wednesday, October 24-30, 7-8PM – 7 Days to Wellness Natural Detox and Cleansing Program (\$25)

Hike: Saturday, October 26, 9AM-1PM – Mason Dixon Line Hike #5 – Hagerstown, MD – 10 Miles (FREE)

Workshop: Thursday, October 31-Nov. 21, 7-9PM –Adult Money Mgt/Investing at the Sports and Learning Complex in MD (\$50)

November:

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

Hike and Wine: Saturday, November 9, 11AM to 2PM – Hike and Wine in Virginia - (\$69)

Hike: Sunday, November 10, 12 - 4PM – DC Border Hike – 7 miles (FREE)

Hike: Tuesday, November 12, Full Moon Night Hike – 3 miles (FREE)

Excursion: Saturday-Friday, November 23-29, **Argentina Adventure** (\$3595)

Excursion: Saturday-Wednesday, November 23-December 4, **Argentina and Chile Adventure** (\$6195)

Excursion: Tuesday-Monday, November 26-December 9, **Antarctica Adventure** (\$10,259)

December:

Workshop: Tuesday, Dec. 16-30, 7-9PM –Basics of the Stock Market at the Sports and Learning Complex in Maryland (\$50)

Register for all programs online at www.meetup.com/fresco-adventures

Fresco 2019 Programs



Program Summary

All Hikes:

Sunday, January 27, 12-3PM – Potomac Heritage Trail and Roosevelt Island in Virginia – 5 Miles
Sunday, February 10, 12-4PM – Urban Walk, Baltimore, MD – 4 Miles
Saturday, March 30, 9AM-1PM – Mason Dixon Line Hike #1 on the Torrey C. Brown Trail– 10 Miles
Sunday, April 14, 11AM to 2PM – Hike and Wine in Maryland
Saturday, April 20, 9AM-1PM – Mason Dixon Line Hike#2 on the Appalachian Trail Hike #2– 10 Miles
Saturday, May 18, 9AM-1PM – Mason Dixon Line Hike C&O Canal Trail Hike #3– 10 Miles
Saturday, May 18, Full Moon Night Hike – 3 miles
Sunday, May 19, 11AM to 2PM – Hike and Wine in Virginia
Saturday, June 8, 3-7PM – Jefferson State Park in Maryland
Sunday, June 8, 4-7PM – Hike and Wine in Maryland
Wednesday, June 12, 6:30-8:30PM – Evening Meditation Hike Introduction – 3 miles
Wednesday, June 26, 6:30-8:30PM – Evening Meditation Hike – Glover Archibald Trail - 4 miles
Wednesday, July 10 6:30-8:30PM – Evening Meditation Hike – Circles of DC – 3 miles
Wednesday, July 24 6:30-8:30PM – Evening Meditation Hike – C&O Canal – 3 miles
Saturday, July 27, 11AM-2PM – Hike and Wine in Virginia
Wednesday, July 31, 6:30-8:30PM – Evening Meditation Hike – Rock Creek Park – 3 miles
Saturday, September 14, 9AM-1PM – Mason Dixon Line Hike #4 , Allegheny Gap Trail – 10 Miles
Sunday, September 15, 11AM to 2PM – Hike and Wine in Virginia
Sunday, October 6, 9AM-2PM – Jefferson Patterson Park in Maryland – 4 miles
Sunday, October 6, 11AM to 2PM – Hike and Wine in Maryland
Saturday, October 26, 9AM-1PM – Mason Dixon Line Hike #5 – Hagerstown, MD – 10 Miles
Saturday, November 9, 11AM to 2PM – Hike and Wine in Virginia
Sunday, November 10, 12 - 4PM – DC Border Hike – 7 miles
Tuesday, November 12, Full Moon Night Hike – 3 miles

Hike and Lunch Program Dates:

Sunday, June 8, 2:30 – 7PM – Jefferson State Park in Maryland – 4 miles
Sunday, October 6, 9AM-2PM – Jefferson Patterson Park in Maryland – 4 miles

Hike and Wine Program Dates:

Sunday, April 14, 11AM to 2PM – Hike and Wine in Maryland
Sunday, May 19, 11AM to 2PM – Hike and Wine in Virginia
Saturday, June 8, 4-7PM – Jefferson State Park in Maryland
Saturday, July 27, 11AM-2PM – Hike and Wine in Virginia
Sunday, September 15, 11AM to 2PM – Hike and Wine in Virginia
Sunday, October 6, 11AM to 2PM – Hike and Wine in Maryland
Saturday, November 9, 11AM to 2PM – Hike and Wine in Virginia

Summer Meditation Walks:

Wednesday, June 12, 6:30-8:30PM – Evening Meditation Hike Introduction – 3 miles
Wednesday, June 26, 6:30-8:30PM – Evening Meditation Hike – Glover Archibald Trail - 4 miles
Wednesday, July 10, 6:30-8:30PM – Evening Meditation Hike – Circles of DC – 3 miles
Wednesday, July 24 6:30-8:30PM – Evening Meditation Hike – C&O Canal – 3 miles
Wednesday, July 31, 6:30-8:30PM – Evening Meditation Hike – Rock Creek Park – 3 miles

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

Thursday - Wednesday, January 17-23, 7-8PM – 7 Days to Wellness Natural Detox and Cleansing Program
Thursday - Wednesday, March 14-20, 7-8PM – 7 Days to Wellness Natural Detox and Cleansing Program
Thursday - Wednesday, June 13-19, 7-8PM – 7 Days to Wellness Natural Detox and Cleansing Program
Thursday - Wednesday, August 22-18, 7-8PM – 7 Days to Wellness Natural Detox and Cleansing Program
Thursday - Wednesday, October 24-30, 7-8PM – 7 Days to Wellness Natural Detox and Cleansing Program

7 Days to Wellness Program Overview:

Wednesday, January 9, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview
Wednesday, February 6, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview
Wednesday, September 4, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview
Wednesday, November 6, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview

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WaterFun:

Sunday, June 8, 9AM – 1PM – Kayak and Lunch along the Patuxent River
Sunday, July 28, 10AM to 1PM – Kayak and Lunch along the Breton Bay in Leonardtown, Maryland
Saturday, August 17 10AM-1PM – Kayak, Lunch and Wine along the Breton Bay in Maryland
Saturday, August 17 4-7PM – Kayak and Dinner along the Patuxent River in Maryland

Money Management and Investment Programs at the PG Sports and Learning Complex:

Tuesday, January 15, 5-7PM –Teen Money Management/Investing
Wednesday, January 16, 7-9PM –Adult Money Management/Investing
Thursday, January 31, 7-9PM – How to Start and Organize and Investment Club
Tuesday, February 5 – February 28, 5-7PM –Teen Money Management/Investing
Thursday, March 26-April 16, 7-9PM –Adult Money Management/Investing
Tuesday, May 7-21, 7-9PM –Basics of the Stock
Tuesday, June 18, 5-7PM – Teen Introduction to Money Management and Investing
Thursday, June 19, 7-9PM - Adult Introduction to Money Management and Investing
Thursday, July 23-August 13-Teen Summer Camps Money Management and Investing Workshop
Thursday, September 12, 7-9PM – How to Start and Organize and Investment Club
Tuesday, September 17, 5-7PM – Teens Introduction to Money Management and Investing
Thursday, September 19, 7-9PM – Adult Introduction to Money Management and Investing
Tuesday, October 8-29, 7-9PM –Teen Money Mgt/Investing
Thursday, October 31-Nov. 21, 7-9PM –Adult Money Mgt/Investing
Tuesday, Dec. 16-30, 7-9PM –Basics of the Stock Market

Excursions:

Monday – Sunday, July 15-21 – **Paris Adventure #2 and National Parks** – 7Day Getaway
Saturday– Sunday, September 21-29 – **National Parks Canyons Adventure (SOLD OUT)**
Saturday-Friday, November 23-29, **Argentina Adventure**
Saturday-Wednesday, November 23-December 4, **Argentina/Chile Adventure**
Tuesday-Monday, November 26-December 9, **Antarctica Adventure**

FREE Programs:

Wednesday, January 9, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview
Sunday, January 27, 12-3PM – Potomac Heritage Trail and Roosevelt Island in Virginia – 5 Miles
Wednesday, February 6, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview
Sunday, February 10, 12-4PM – Urban Walk, Baltimore, MD – 4 Miles
Saturday, March 30, 9AM-1PM – Mason Dixon Line Hike #1 on the Torrey C. Brown Trail– 10 Miles
Saturday, April 20, 9AM-1PM – Mason Dixon Line Hike#2 on the Appalachian Trail Hike #2– 10 Miles
Saturday, May 18, 9AM-1PM – Mason Dixon Line Hike C&O Canal Trail Hike #3– 10 Miles
Saturday, May 18, Full Moon Night Hike – 3 miles
Wednesday, June 12, 6:30-8:30PM – Evening Meditation Hike Introduction – 3 miles
Wednesday, September 4, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview
Saturday, September 14, 9AM-1PM – Mason Dixon Line Hike #4 , Allegheny Gap Trail – 10 Miles
Saturday, October 26, 9AM-1PM – Mason Dixon Line Hike #5 – Hagerstown, MD – 10 Miles
Wednesday, November 6, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview
Sunday, November 10, 12 - 4PM – DC Border Hike – 7 miles
Tuesday, November 12, Full Moon Night Hike – 3 miles