



# Fresco Adventures Spring 2026

Mother Nature is calling you to come outside and play.  
Join us for the fresh air and sunshine!

Visit the [\*Fresco Adventures Meetup\*](#) site for the latest events. Join today to begin exploring nature with a group of fun outdoor people.

**FRESCO** = Fun Reasons Everyone Should Come Outdoors!



**March 21:** Urban Hike of 13 Colonies, Part 1, Wash, DC

**April 4:** Hike the PF2 Trail in Maryland

**April 4:** Hike, Lunch, and Wine in Maryland

**May 23:** Overall Run Trail Hike in Virginia

**May 23:** Meditation Hike - Glover Trail in Wash, DC

**May 24:** Hike, Lunch, and Wine in Virginia

**June 6:** Kayak, Lunch, and Wine in Maryland

**June 6:** Hike, Lunch, and Wine in Maryland

**June 7:** Hike, Lunch, and Wine in Virginia

**June 7:** Meditation Hike - Circles of DC in Wash, DC



*Health and Wellness*

Join us for 7 days to a healthy lifestyle living.

*Lose the waste, weight, and waist!*

Program Teleconference Overview at 6PM:

September 2

Fall Renew and Recharge Wellness Retreat in Virginia

March 27-29

Private sessions or on your own with daily emails for guidance are available.



## *Investment Learning Programs*

Introduction to Money Management and Investing for  
Teens and Adults

Register online at [www.pgparcs.com](http://www.pgparcs.com)  
Select the Activities and Events option for classes



**June 6:** Kayak, Lunch, and Wine in Maryland

**June 6:** Hike, Lunch, and Wine in Maryland

**June 7:** Hike, Lunch, and Wine in Virginia

**June 7:** Meditation Hike - Circles of DC in Wash, DC

**August 8:** Hike, Lunch, and Wine in Maryland

**August 8:** Meditation Hike - Georgetown in Wash, DC

**September 12:** Hike, Lunch, and Wine in Maryland

**September 12:** Meditation Hike - Soapstone Trail in  
Wash, DC



***Fresco Excursions***  
***Travel the World with Fun People!***

***Coming in 2027***

African American History Tour Series #3,  
Living in America featuring Black Wallstreet, Martha's  
Vineyard, and Washington DC  
California National Parks: Redwoods, Lesson Volcanic,  
Pinnacles

[\\*Join the Mailing List for the Fresco Adventure African American History  
Tour Series](#)