

# Fresco 2023 Programs



Dates are subject to change. The latest updates will be online at [www.meetup.com/fresco-adventures](http://www.meetup.com/fresco-adventures)

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](http://www.frescoadventures.com) and [www.meetup.com/Fresco-Adventures](http://www.meetup.com/Fresco-Adventures) for updates as dates may change for programs throughout the year

## January:

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

**Hike:** Sunday, January 8, 12PM – Potomac Heritage Trail – Virginia – 5 Miles (FREE)

**Workshop:** Tuesday, January 31, 5:30-7PM – Teen Money Management/Investing, Sports/Learning Complex in MD (\$10)

**Workshop:** Tuesday, January 31, 7:15-9PM – Adult Money Management/Investing, Sports/Learning Complex in MD (\$10)

## February:

**Hike:** Sunday, February 19, 12-4PM – Urban Walk, Annapolis, Maryland – 4 Miles (FREE)

**Workshop:** Tuesday, Feb 21 – March 14, 5:30-7PM – Teen Money Management/Investing, Sports/Learning Complex in MD (\$50)

**Workshop:** Tuesday, Feb 21 – March 14, 7:30-9PM – Adult Money Management/Investing, Sports/Learning Complex in MD (\$50)

## March:

**Teleconference:** Wednesday, March 8, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview (FREE)

**Retreat:** Friday - Sunday, March 17-19. 7 Days to Wellness Weekend Retreat in Heathsville, Virginia (\$375/475)

**Hike:** Saturday, March 25, 9AM-1PM – Northwest Branch – Valley Trail in Maryland - 8 Miles (\$3)

**Hike and Wine:** Sunday, March 26, 2:30-6PM – Hike and Wine in Virginia – (\$75)

## April:

**Excursion:** Thursday– Monday, April 6-17 – **Paris, Texas and Three National Parks (\$4179)**

**Workshop:** Tuesday, April 25 – May 9, 6-8PM – Basics of the Stock Market, Sports/Learning Complex in MD (\$60)

**Hike:** Saturday, April 29, 9AM-1PM – Number 9 Trolley Trail in Maryland – 10 Miles (\$3)

**Hike and Wine:** Sunday, April 30, 2:30-6PM – Jefferson State Park in Maryland – (\$75)

## May:

**Workshop:** Tuesday, May 16, 6-8PM – How to Start and Organize and Investment Club – Sports/Learning Complex in MD (\$10)

**Hike:** Saturday, May 20, 9AM-1PM – Overall Run Trail in Virginia - 8 Miles (\$3)

**Hike and Wine:** Sunday, May 21, 2:30-6PM – Hike and Wine in Virginia - (\$75)

## June:

**Excursion:** Friday-Wednesday June 2-14, **Israel, Jordan, Egypt (\$6639)**

**Excursion:** Friday-Wednesday June 9-19, **Egypt/Nile Cruise (\$4859)**

**Waterfun:** Saturday, June 24, 10AM to 1PM – Kayak, Lunch and Wine in Maryland - (\$75)

**Hike and Wine:** Saturday, June 24, 2:30-6PM – Jefferson State Park in Maryland – (\$75)

**Waterfun:** Saturday, June 24, 6-8PM – Bring your own kayak to Jefferson State Park in Maryland (FREE)

**Workshop:** Tuesday, June 27, 5-7PM – Teen Introduction to Money Management/Investing, Sports/Learning Complex in MD (\$10)

**Workshop:** Tuesday, June 27, 7-9PM - Adult Introduction to Money Management/Investing, Sports/Learning Complex in MD (\$10)

**Hike:** Thursday, June 29, 6:30-8:30PM – Evening Meditation Hike – Glover Archibald Trail - 4 miles (\$10)

## July:

**Hike:** Wednesday, July 5, 6:30-8:30PM – Evening Meditation Hike – Circles of DC – 3 miles (\$10)

**Waterfun:** Saturday, July 22, 10AM to 1PM – Kayak, Lunch and Wine in Maryland - (\$75)

**Waterfun:** Saturday, July 22, 4-6PM – Bring your own kayak to the Occoquan River (FREE)

**Hike and Wine:** Sunday, July 23, 2:30-6PM – Hike and Wine in Virginia – (\$75)

**Hike:** Wednesday, July 26 6:30-8:30PM – Evening Meditation Hike – C&O Canal – 3 miles (\$10)

## August:

**Hike:** Wednesday, August 9, 6:30-8:30PM – Evening Meditation Hike – Soapstone Trail – 3 miles (\$10)

**Waterfun:** Saturday, August 26, 10AM to 1PM – Kayak, Lunch and Wine in Maryland - (\$75)

**Hike and Wine:** Saturday, August 26, 2:30-6PM – Jefferson State Park in Maryland – (\$75)

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Live Life as an Adventure!

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## **September:**

**Workshop:** Tuesday, September 5, 5-7PM – Teens Intro to Money Management/Investing, Sports/Learning Complex in MD (\$10)

**Workshop:** Tuesday, September 5, 7-9PM – Adult Intro to Money Management/Investing, Sports/Learning Complex in MD (\$10)

**Workshop:** Tuesday, September 5-26, 5-7PM – Teen Money Mgt/Investing, Sports/Learning Complex in MD (\$50)

**Workshop:** Tuesday, September 5-26, 7-9PM – Adult Money Mgt/Investing, Sports/Learning Complex in MD (\$50)

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

**Hike and Wine:** Saturday, September 16, 2:30-6PM – Hike and Wine in Virginia - (\$75)

**Hike:** Sunday, September 17, 9AM-1PM – Alexandria Heritage Trail in Virginia – 8 miles (\$3)

**Waterfun:** Sunday, September 17, 4 to 6PM – Kayak on the Patuxent River - (\$75)

**Retreat:** Friday - Sunday, September 22-24. 7 Days to Wellness Weekend Retreat in Heathsville, Virginia (\$375/475)

## **October:**

**Hike:** Sunday, October 1, 11AM-1PM – Jefferson Patterson Park in Maryland – 6 Miles (\$3)

**Hike and Wine:** Sunday, October 1, 2:30-6PM – Hike and Wine in Maryland - (\$75)

**Excursion:** Thursday– Sunday, October 5-16 – **South Africa and Victoria Falls Adventure (\$5925)**

**Excursion:** Thursday– Sunday, October 16-26 – **Ghana Adventure (\$4695)**

## **November:**

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

**Workshop:** Thursday, Nov 2-16, 6-8PM – Basics of the Stock Market - Sports/Learning Complex in MD (\$60)

**Hike:** Saturday, November 4, 10AM, White Oak Canyon Trail in Virginia – 10 Miles (\$3)

## **December:**

**Hike:** Saturday, December 2, 12-4PM Harpers Ferry Holiday Hike in West Virginia– 6 miles (FREE)

**Note: Dates and programs are subject to change. Updates will be available on Fresco Adventure Meetup Site**  
**Register for all programs online at [www.meetup.com/fresco-adventures](http://www.meetup.com/fresco-adventures)**

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