

Fresco 2021 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 6, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview (FREE)

Hike: Sunday, January 24, 12-3PM – Potomac Heritage Trail in Virginia – 5 Miles (FREE)

February:

Hike: Sunday, February 7, 12-4PM – Urban Walk, Frederick, MD – 4 Miles (FREE)

March:

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

Workshop: Thursday, March 4, 5-7PM –Teen Money Management/Investing Virtual Program (\$10)

Workshop: Thursday, March 4, 7-9PM –Adult Money Management/Investing Virtual Program (\$10)

Workshop: Tuesday, March 9-30 18, 5-7PM –Teen Money Management/Investing – Virtual Program (\$50)

Workshop: Tuesday, March 9-30, 7-9PM –Adult Money Management/Investing - Virtual Program (\$50)

Hike and Wine: Saturday, March 20, 2:30-6PM – Hike and Wine in Virginia – (\$69)

Hike: Sunday, March 21, 9AM-1PM – Old Rag Trail in Virginia - 8 Miles (FREE)

April:

Workshop: Wednesday, April 7-21, 6-8PM –Basics of the Stock Market - Virtual Program (\$50)

Hike: Saturday, April 17, 9AM-1PM – Rock Creek Park in DC – 10 Miles (FREE)

Hike and Wine: Sunday, April 18, 2:30-6PM – Jefferson State Park in Maryland – (\$69)

May:

Hike: Saturday, May 1, 9AM-1PM – Goldmine Trail in MD - 8 Miles (FREE)

Hike and Wine: Sunday, May 2, 2:30-6PM – Hike and Wine in Virginia - (\$69)

Workshop: Tuesday, May 11 7-9PM – How to Start and Organize and Investment Club – Sports/Learning Complex in MD (\$10)

Hike: Wednesday, May 26, Full Moon Night Hike – 3 miles (FREE)

June:

Teleconference: Wednesday, June 2, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview (FREE)

Hike: Wednesday, June 23, 6:30-8:30PM – Evening Meditation Hike Introduction – 3 miles (FREE)

Workshop: Thursday, June 24, 5-7PM – Teen Introduction to Money Management and Investing (\$10)

Workshop: Thursday, June 24, 7-9PM - Adult Introduction to Money Management and Investing (\$10)

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

Hike and Wine: Sunday, June 27, 2:30-6PM – Jefferson State Park in Maryland – (\$69)

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

July:

Hike and Wine: Saturday, July 10, 2:30-6PM – Hike and Wine in Virginia – (\$69)

Waterfun: Sunday, July 11, 10AM to 1PM – Kayak, Lunch and Wine in Maryland - (\$75)

Waterfun: Sunday, July 11, 3-5PM – Bring your own kayak and kayak along Breton Bay (FREE)

Hike: Wednesday, July 14 6:30-8:30PM – Evening Meditation Hike – Circles of DC – 3 miles (\$10)

Excursion: Monday – Sunday, July 19-25 – **Paris Adventure #3 to Tennessee** – 7Day Getaway (\$2895)

Hike: Wednesday, July 28 6:30-8:30PM – Evening Meditation Hike – C&O Canal – 3 miles (\$10)

Hike and Wine: Saturday, July 31, 2:30-6PM – Jefferson State Park in Maryland – (\$69)

August:

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

Waterfun: Sunday, August 1, 3-5PM – Bring your own kayak and kayak along Breton Bay (FREE)

Hike: Wednesday, August 11, 6:30-8:30PM – Evening Meditation Hike – Soapstone Trail – 3 miles (\$10)

Excursion: Saturday-Wednesday August 13 -25 **Israel, Jordan, Egypt** (\$5754) **DATES ARE SUBJECT TO CHANGE**

Excursion: Saturday-Monday August 20 - 30, **Egypt/Nile Cruise** (\$4595) **DATES ARE SUBJECT TO CHANGE**

Fresco Enterprises, LLC

P.O. Box 10067 Silver Spring, MD 20914

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

Email: fun@frescoadventure.com Internet: www.frescoadventures.com and www.the-learning-quest.com

Live Life as an Adventure!

Fresco 2021 Programs



September:

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

Waterfun: Saturday, September 11, 10AM to 1PM – Kayak, Lunch and Wine in Maryland - (\$75)

Waterfun: Saturday, September 11, 3-5PM – Bring your own kayak and kayak along Breton Bay (FREE)

Hike and Wine: Sunday, September 12, 2:30-6PM – Hike and Wine in Virginia - (\$69)

Workshop: Tuesday, September 14, 5-7PM – Teens Introduction to Money Management and Investing (\$10)

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

Hike: Saturday, September 18, 9AM-1PM – Sugarloaf Mountain in Maryland – 8Miles (FREE)

Excursion: Thursday– Sunday, September 23 – October 5 – **South Africa Adventure (\$5625) DATES ARE SUBJECT TO CHANGE**

October:

Workshop: Thursday, October 12-26, 5-7PM –Teen Money Mgt/Investing at the Sports and Learning Complex in MD (\$50)

Workshop: Thursday, October 12-26, 7-9PM –Adult Money Mgt/Investing at the Sports and Learning Complex in MD (\$50)

Hike and Wine: Saturday, October 16, 2:30-6PM – Hike and Wine in Maryland - (\$69)

Hike: Sunday, October 17, 9AM-1PM – Manassas Battlefield in Virginia – 10 Miles (FREE)

Retreat: Friday - Sunday, October 23-25, 7 Days to Wellness Weekend Retreat in Heathsville, Virginia (\$350/450)

November:

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

Hike and Wine: Saturday, November 6, 2:30-6PM – Hike and Wine in Virginia - (\$69)

Hike: Sunday, November 7, DC Border Hike – 6 miles (FREE)

Workshop: Thursday, November 18, 7-9PM – How to Start/ Organize an Investment Club – Sports/Learning Complex in MD (\$10)

Workshop: Tuesday, Nov 9, 16, 30, 6-8PM –Basics of the Stock Market - Sports/Learning Complex in MD (\$50)

December:

Hike: Saturday, December 11, 12-4PM Harpers Ferry Holiday Hike – 6 miles (FREE)

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

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Program Summary

Hikes and Walks (FREE):

Sunday, January 24, 12-3PM – Potomac Heritage Trail in Virginia – 5 Miles
Sunday, February 7, 12-4PM – Urban Walk, Frederick, MD – 4 Miles
Sunday, March 21, 9AM-1PM – Old Rag Trail in Virginia - 8 Miles
Saturday, April 17, 9AM-1PM – Rock Creek Park in DC – 10 Miles
Saturday, May 1, 9AM-1PM – Goldmine Trail in MD - 8 Miles
Wednesday, May 26, Full Moon Night Hike – 3 miles
Wednesday, June 23, 6:30-8:30PM – Evening Meditation Hike Introduction – 3 miles
Saturday, September 18, 9AM-1PM – Sugarloaf Mountain in Maryland – 8Miles
Sunday, October 17, 9AM-1PM – Manassas Battlefield in Virginia – 10 Miles
Sunday, November 7, DC Border Hike – 6 miles
Saturday, December 11, 12-4PM Harpers Ferry Holiday Hike – 6 miles

Hike, Wine, and Lunch Programs (\$69):

Saturday, March 20, 2:30-6PM – Hike and Wine in Virginia
Sunday, April 18, 2:30-6PM – Hike and Wine in Maryland
Sunday, May 2, 2:30-6PM – Hike and Wine in Virginia
Sunday, June 27, 2:30-6PM – Hike and Wine in Maryland
Saturday, July 10, 2:30-6PM – Hike and Wine in Virginia
Saturday, July 31, 2:30-6PM – Hike and Wine in Maryland
Sunday, September 12, 2:30-6PM – Hike and Wine in Virginia
Saturday, October 16, 2:30-6PM – Hike and Wine in Maryland
Saturday, November 6, 2:30-6PM – Hike and Wine in Virginia

Summer Meditation Walks:

Wednesday, June 30, 6:30-8:30PM – Evening Meditation Hike – Glover Archibald Trail - 4 miles
Wednesday, July 14 6:30-8:30PM – Evening Meditation Hike – Circles of DC – 3 miles
Wednesday, July 28 6:30-8:30PM – Evening Meditation Hike – C&O Canal – 3 miles
Wednesday, August 11, 6:30-8:30PM – Evening Meditation Hike – Soapstone Trail – 3 miles

WaterFun Programs:

Saturday, June 26, 10AM to 1PM – Kayak, Lunch and Wine in Maryland - (\$75)
Sunday, July 11, 10AM to 1PM – Kayak, Lunch and Wine in Maryland - (\$75)
Sunday, July 11, 3-5PM – Bring your own kayak and kayak along Breton Bay (FREE)
Sunday, August 1, 10AM to 1PM – Kayak, Lunch and Wine in Maryland - (\$75)
Sunday, August 1, 3-5PM – Bring your own kayak and kayak along Breton Bay (FREE)
Saturday, September 11, 10AM to 1PM – Kayak, Lunch and Wine in Maryland - (\$75)
Saturday, September 11, 3-5PM – Bring your own kayak and kayak along Breton Bay (FREE)

7 Days to Wellness Program Overview (FREE):

Wednesday, January 6, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview
Wednesday, March 3 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview
Wednesday, June 2, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview
Wednesday, September 8, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview
Wednesday, November 3, 6-7PM – 7 Days to Lose the Waste Teleconference Program Overview

Retreat:

Friday - Sunday, October 23-25. 7 Days to Wellness Weekend Retreat in Heathsville, Virginia (\$350/450)

Fresco 2021 Programs



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

Thursday, March 4, 5-7PM –Teen Money Management/Investing Virtual Program (\$10)
Thursday, March 4, 7-9PM –Adult Money Management/Investing Virtual Program (\$10)
Tuesday, March 9-30 18, 5-7PM –Teen Money Management/Investing – Virtual Program (\$50)
Tuesday, March 9-30, 7-9PM –Adult Money Management/Investing - Virtual Program (\$50)
Wednesday, April 7-21, 6-8PM –Basics of the Stock Market – Virtual Program (\$50)
Tuesday, May 11 7-9PM – How to Start and Organize and Investment Club – Sports/Learning Complex in MD (\$10)
Thursday, June 24, 5-7PM – Teen Introduction to Money Management and Investing (\$10)
Thursday, June 24, 7-9PM - Adult Introduction to Money Management and Investing (\$10)
Tuesday, September 14, 5-7PM – Teens Introduction to Money Management and Investing (\$10)
Tuesday, September 14, 7-9PM – Adult Introduction to Money Management and Investing (\$10)
Thursday, October 12-26, 5-7PM –Teen Money Mgt/Investing at the Sports and Learning Complex in MD (\$50)
Thursday, October 12-26. 7-9PM –Adult Money Mgt/Investing at the Sports and Learning Complex in MD (\$50)
Thursday, November 18, 7-9PM – How to Start/ Organize an Investment Club – Sports/Learning Complex in MD (\$10)
Tuesday, Nov 9, 16, 30, 6-8PM –Basics of the Stock Market - Sports/Learning Complex in MD (\$50)

Excursions: DATES ARE SUBJECT TO CHANGE FOR INTERNATIONAL PROGRAMS BASED ON WORLD CIRCUMSTANCES

Monday – Sunday, July 19-25 – **Paris Adventure #3 to Tennessee** – 7Day Getaway (\$2895)
Saturday-Wednesday August 13 -25 **Israel, Jordan, Egypt** (\$5754)
Saturday-Monday August 20 - 30, **Egypt/Nile Cruise** (\$4595)
Thursday– Sunday, September 23 – October 5 – **South Africa Adventure** (\$5625)