



# Fresco Adventures Winter 2024

Although the outside air is chilled, you can still come out to play.  
Join us outdoors and enjoy the winter views!

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!**

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**UPCOMING  
EVENTS**

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*Outdoor Fun*

**January 7:** Hike the Potomac Heritage Trail and Roosevelt Island

**February 4:** Baltimore Urban Walk

**March 9:** Hike the Appalachian Trail in Virginia

**March 9:** Hike, Lunch, and Wine in Virginia

Interested in Hiking any or all of the Pacific Crest Trail?

Need a Gift for someone that enjoys the outdoors?  
Fresco Adventure Packages are now Available



*Health and Wellness*

Join us for 7 days to a healthy lifestyle living

*Lose the waste, weight, and waist!*

Program Teleconference Overview at 6PM:

January 3 and March 6

Spring Weekend Retreat: March 22-24

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



### *Investment Learning Programs*

**January:** Introduction to Money Management and Investing for Teens and Adults (4-week series)

**March:** Introduction to Stock Market Investing for Teens and Adults (3-week series)

**May:** Introduction to Starting an Investment Club

Register online at [www.pgparcs.com](http://www.pgparcs.com) and select the Activities and Events option to search for your class session



### *Upcoming 2024 Outdoor Fun*

[Register Online](#)

**April 28:** Hike along the trails at Jefferson Patterson Park in Maryland

**April 28:** Hike, Lunch, and Wine in Maryland

**May 19:** Hike the Appalachian Trail at Snickers Gap in Virginia

**May 19:** Hike, Lunch, and Wine in Virginia

**June 8:** Kayak, Lunch, and Wine in Maryland

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

**June 9:** Hike, Lunch, and Wine in Virginia

**June 9:** Bring Your Own Kayak

**June 12:** Meditation Hike in DC (Archibald Trail)

**June 26:** Meditation Hike in DC (Circles of DC)

### *Investment Learning Programs*

**May:** Introduction to Starting an Investment Club

**June:** Introduction to Money Management and Investing for Teens and Adults



***Fresco Excursions for 2024***  
***Travel the World with Fun People!***

**April 14-20: California National Parks to Death Valley, Joshua Tree, and Mojave Desert**  
*(2 spaces available)*

**May 2-5: Level-Up Luxury Experience at the 150th Kentucky Derby**  
*(2 spaces available)*

**September 4-15: Paris Adventure featuring London, Frankfurt, and Paris**  
*(2 spaces available)*

**September 10-20: Paris Adventure featuring Paris and the French Riviera**  
*(1 space available)*



### Fresco Adventure Memories

Below are a few throwback photos from Fresco Adventure activities that have been submitted by members of the Fresco Family.  
*Got some old photos of memories of being in the outdoors?*  
Send them to the Fresco mailbox and we'll highlight them in a future newsletter.



On a beach Hike in Southern Maryland



Building a fire during a camping trip



Kayaking in Antartica



On a sand dune in Dubai

Check out YouTube videos of Fresco Adventure Lifetime Journeys:  
Kilimanjaro Trek - <http://www.youtube.com/watch?v=49gkFvOWk2Q>  
Tanzania Safari - <http://www.youtube.com/watch?v=Y6K9nHS9goY>  
Appalachian Trail - <http://www.youtube.com/watch?v=gS7IjHGSIt0>