

# 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](http://www.frescoadventures.com) and [www.meetup.com/Fresco-Adventures](http://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)

**Excursion:** Saturday-Monday August 20 - 30, **Egypt/Nile Cruise** (\$4595)

Fresco Enterprises, LLC

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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)**

### 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](http://www.meetup.com/fresco-adventures)*

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**Live Life as an Adventure!**

# Fresco 2021 Programs



## 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 – Jefferson State Park in Maryland  
Sunday, May 2, 2:30-6PM – Hike and Wine in Virginia  
Sunday, June 27, 2:30-6PM – Jefferson State Park in Maryland  
Saturday, July 10, 2:30-6PM – Hike and Wine in Virginia  
Saturday, July 31, 2:30-6PM – Jefferson State Park 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:

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)