



Fresco Adventures Fall 2024

Get ready for some great fall foliage scenes and join us outside.
Come and enjoy the 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!



Outdoor Fun

October 5: Hike the trails of Jefferson Patterson Park in Maryland

October 5: Hike, Lunch, and Wine in Maryland

November 24: Hike Alexandria Heritage Trail in Virginia

December 7: Holiday Hike Harpers Ferry West Virginia

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



Health and Wellness

Join us for 7 days to a healthy lifestyle living

Lose the waste, weight, and waist!

Program Teleconference Overview at 6PM:

November 5

Fall Weekend Retreat: November 15-17

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

More on the 7-Days to
Wellness Programs



Investment Learning Programs

October: Introduction to Money Management and Investing for Teens and Adults

Register online at www.pgparke.com and select the Activities and Events option to search for your class session

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Upcoming Winter Outdoor Fun

[Register Online](#)

January 5: Hike the trails at Anne Maries Garden in
Solomon's Island, MD

February 2: Urban walk in Old Town Alexandria, Virginia

March 9: Hike The National Zoo in Washington, DC

Investment Learning Programs

January - March: Introduction to Money Management
and Investing for Teens and Adults

www.pgparke.org (Select Classes and Events and search
'money' for the list of classes available)



Fresco Excursions
Travel the World with Fun People!

2025 Excursion
African American History Tour Series:
***Year 1, Coming to America Visiting Jamestown,
Williamsburg, Norfolk, and Virginia Beach***
June 19-23, 2025

(5 spaces available)

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

Fresco Adventurers visit a community in need at the St. Joseph school in Juaso, Ghana and contribute to upgrade a school building. Send an email to fun@frescoadventure.com if you are interested in providing support to this school.

