



NATIONAL TRAILS DAY

Saturday, June 2 8:30 am – 11:30 am Program Locations Vary Free Event

Celebrate America's 50th Anniversary of the National Trails System. Try well-known trails or lesser known ones that will surprise and challenge you. Hikes and walks begin at 8:30 am. Pre-registration required for guided hikes. For more information and to register visit go.nps.gov/ntd.

GUIDED BIRD WALKS

Tuesdays, June 12 & 26 7:30 am meet at Artillery Park parking lot on East Inner Line Drive

Walk is intended for birders of all levels. Please bring binoculars, hat, and water. For a printable schedule and information sheet, visit vfparkalliance.org.

TRAIL TUESDAYS WEEKLY WALKS IN THE PARK

Weekly walks in the Park 10 am – 11 am Free Event Wear sturdy shoes meet at Alliance table in Visitor Center lower lot

Join us as we walk, talk, and get healthy. Walk is intended for all fitness levels. Dogs and strollers welcome. Grab lunch at **The Tavern at Valley Forge** after your walk – 20% discount for members!

- JUNE 5 Gretchen Skwer, Paoli Hospital • Walk with a Nutritionist
- JUNE 12 Dr. Arthur, Experience Chiropractic • Importance of stretching at any age
- JUNE 19 Domenica Libertella, RN, BSN, CRRN • Discussion on stroke awareness and warning signs
- JUNE 26 Dr. Eric, Experience Chiropractic • Lower Back Pain

NEW! Saturday, June 16 • 10:30 am – 12 pm
Join Francine Axler for a moderately-paced hike on unpaved trails. Departs from Wilson Road parking lot.

LUNCH AND LEARN SUMMER SPEAKER SERIES

Wednesdays in June & July 12 – 1 pm Meeting Room at VFNHP Free Event

- JUNE 20 *Portraits of Continental Army Officers* **Karie Diethorn**, Chief Curator at Independence National Historical Park
- JUNE 27 *Ironies and Hierarchy: Fighting the War for America* **Justin Clement**, PhD candidate, University of California Davis

ANNUAL MARCH-OUT OF THE CONTINENTAL ARMY

Saturday, June 16 10 am – 11:30 am Meet at Artillery Park Rain or Shine

Walk the historic trace road used by the Continental Army as they departed Valley Forge in June of 1778 in pursuit of the British Army. Event kicks-off at Artillery Park at 10 am. Along the way, learn about the role of women during the Encampment and the life of a Continental Soldier. Event concludes at Varnum's Picnic area with demonstrations of musket drills and musket firing pending weather. Visit go.nps.gov/MarchOut for more information.

PATRIOTS OF AFRICAN DESCENT WREATH LAYING CEREMONY

Saturday, June 16 9:45 am Washington Memorial Chapel Free Event

The Valley Forge Alumnae Chapter of Delta Sigma Theta Sorority Inc. invite you to the 25th Anniversary Celebration Wreath Laying Ceremony to honor the patriots of African descent who served, suffered, and sacrificed during the Valley Forge Encampment from 1777-1778. Visit www.dstvalleyforge.org/events for more information.