

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>♥--HeartSmart (HS) 1 mile Trail</p> <p>N--natural trail P--paved trail</p>	<p>L--Loop Trail</p> <p>RT--Roundtrip</p>	<p>May is Mental Health Awareness Mo. Military Appreciation Mo. Global Employee Health/Fitness Mo.</p>	<p>7th-13th: Children's Mental Health Week (Day is May 7th)</p> <p>8th-12th: Teacher Appreciation Week</p>	<p>7th - 13th: National Hospitals Week</p>		<p>V-E (VIC IN EUR) DAY is on MAY 8TH</p>
	1	2	3	4	5	6
7	8	9	10	11	12	13
<p><u>Watkins Park Loop</u> 11am (1.7mi, LP)</p> <p><u>Rachel Carson Conservation Park Trails</u> 3pm (4mi, N)</p>			<p><u>Lake Frank & Meadowside Trails</u> 4pm (2.5mi, P)</p>		MILSPOUSE APP DAY	<p><u>Turkey Run Loop Trail</u> 9am (2.8mi, P)</p> <p><u>Martin Luther King Jr. Park Trails</u> ♥ 10am (2.8mi, P)</p>
MOTHER'S DAY 14	15	16	NAT'L EMP HEALTH & FINTESS DAY 17	18	19	20
<p><u>Matthew Henson Trail</u> 10am (3.5mi, P)</p>			<p><u>Huntley Meadows</u> 10am (2.8mi, TR, P)</p> <p><u>Sligo Creek Trail</u> 10am (4.8mi, P)</p>			<p><u>South Germantown Recreation Park</u> ♥ 10am (.8/6mi, P)</p>
21	22	23	24	25	26	27
<p><u>Paint Branch Trail</u> 10am (3mi, P)</p> <p><u>Rock Creek Nature Center</u> 10am (Wheelchair Access, .8m, RT, P)</p>			<p><u>Brookside Gardens</u> ♥ 4pm (1mi, P)</p>			<p><u>Great Falls Park River Trail Mini Loop</u> 9am (1.6mi, N)</p> <p><u>Black Hill Regional Park Trails (Black Hill Trail)</u> 10am (3mi, P)</p>
28	MEMORIAL DAY 29	30	31			
<p><u>Lake Needwood Trails</u> 6pm (3.3mi RT, N)</p>			<p><u>Capital Crescent Trail</u> 5:15pm (3.5mi, P)</p>			