

POTOMAC APPALACHIAN TRAIL CLUB (PATC)

Leads weekly hikes and work trips in the greater Washington area. Contact PATC for more information. 703-242-0965, www.patc.net.

APPLACHIAN MOUNTAIN CLUB

Leads hiking, bicycling, canoeing and conservation events in Md., Va., and D.C. Event details and phone numbers at www.amc-dc.org.

SENIORS EXERCISE FOR A BETTER LIFE

Exercise for free every Tuesday and Thursday, 10:30-11:15am. Cora B. Wood Senior Center, 3601 Taylor St., Brentwood, MD. 301-699-1238, www.pgparcs.com.

FITNESS CENTER SENIOR CLASSES

Prince George's County Sports & Learning Complex, Landover, MD. 301-583-2626, www.pgparcs.com.

WASHINGTON AREA ROADSKATERS

Year round, check Website for dates and times. Skates leave from the White House, Washington, DC. www.skatedc.org.

CENTER HIKING CLUB

Various hikes and locations in the D.C. metropolitan area. 703-751-3971, www.centerhikingclub.org.

FREESTATE HAPPY WANDERERS WALKING CLUB

Various walking trails and locations in Maryland. 410-437-2164, www.ava.org/clubs/freestate.

WANDERBIRDS HIKING CLUB

Sundays. Various hikes and locations in Virginia. 703-242-0315, www.wanderbirds.org.

SWIMMING AND WATER EXERCISE PROGRAMS

Tuesdays & Thursdays, 6:00-8:00am. Glenarden/Theresa Banks Complex Pool, 8615-A McLain Ave., Glenarden, MD. 301-772-5515.

NOW SHOWING

MOUNTAIN VALLEY CLUSTER DOG SHOW

Aug. 4-8. Five different dog shows in five distinct days vying for points towards the championships in Westminster. Salem Civic Center, 1001 Blvd., Salem, VA. 540-375-3004, www.salemciviccenter.com

AN ECLECTIC MIX: ART SHOW BY BEV REIDINGER

Aug. 5-30. Having a wide range of subject matter and mediums that she uses, it is always amazing to see what new materials the artist has included in her work. Cultural Arts Center, 15 W. Patrick St., Frederick, MD. 301 662-4190.

WHEAT THRESHING, STEAM AND GAS ENGINE SHOW

Aug. 6-8, 10:00am. See antique farm equipment in operation; flea market, steam engines, and antique tractors. Rt. 313, between Denton and Federalsburg, Federalsburg, MD. 410-754-8422, www.threshermen.org.

GRAYSON HIGHLANDS DOG SHOW

Aug. 7, 1:00-3:00pm. Show off your hound's special talents at the Grayson Highlands Dog Show. Categories include fetching, dress-up, catching, and obedience free-time for showing special talents. Grayson Highlands State Park, 829 Grayson Highlands Lane, Mouth of Wilson, VA. 276-579-7092.

SEAWALL ART SHOW

Aug. 28-29, 10:00am-6:00pm. Whether you plan to buy or browse, your choices will range from oils, acrylics, watercolors and pastels to photography, pottery, stained glass, handmade baskets, and handcrafted jewelry. High St. Landing Portsmouth, VA. 757-393-8983, ext. 13.

MUSIC

Orchestra/Band/Classical/Choral

NATIONAL SYMPHONY ORCHESTRA: THE MUSIC OF JAMES BOND, CARL DAVIS, CONDUCTOR

Aug. 5, 8:00pm. Film composer and conductor Carl Davis leads the NSO through an impressive array of musical selections from the James Bond films from 1962's *Dr. No* through 2006's *Casino Royale*. Wolf Trap National Park for the Performing Arts, 1551 Trap Road, Vienna, VA. 703-255-1868.

Jazz/Blues/Country

JAZZ IN THE PARK

Aug. 5, 12, 19, 26, 8:00pm. Jazz in the Park is a series of free jazz concerts held during the summer and featuring top quality jazz groups. Gypsy Hill Park, 1 Churchville Ave., Staunton, VA. 540-337-6944, www.visitstaunton.com.

POSSUM RIDGE STRING BAND IN SHENANDOAH NATIONAL PARK

Aug. 23, 8:00-10:00pm. Enjoy old time string music from the southern Appalachian mountains along with a mix of Irish and Scottish music. Skyland Resort - Shenandoah National Park, Luray, VA. 800-999-2100.

THE BOTTLING WORKS

426 E. Main St., Romney, WV. 304-496-8201, www.thebottlingworks.com.

Popular/Other

REGGAE 2010! FOR THE LOVE OF IT

Aug. 1, 3:00pm. Legendary reggae pioneers and up-and-coming artists create a festive block party filled with pulsing beats. Wolf Trap National Park for the Performing Arts, 1551 Trap Road, Vienna, VA. 703-255-1868, www.wolftrap.org.

RAMS HEAD LIVE

Call for dates, times, and performers. 20 Market Place, Power Plant Live! Baltimore, MD. www.ramsheadlive.com.

RAMS HEAD TAVERN

Call for dates, times, and performers. 33 West St., Annapolis, MD. www.ramsheadtavern.com.

ENTERTAINMENT

Theater

LEGALLY BLONDE: THE MUSICAL

Aug. 13-15. Wolf Trap National Park for the Performing Arts, 1551 Trap Road, Vienna, VA. 703-255-1868, www.wolftrap.org.

SUMMERFEST FAMILY THEATRE

Through Aug. 12, 10:30am. Children's theatre showcasing the arts through storytelling, magic, music, and dance. Baker Park, 2nd and Bentz Sts., Frederick, MD. 301-600-2844, www.celebratefrederick.com.

GREATER TUNA

Through Sept. 19. Two men, twenty characters, too funny for words. Lazy Susan Dinner Theatre, Woodbridge, VA. 703-550-7384, www.lazy-susan.com.

Films

COMCAST FILM FESTIVAL FOR NIH CHARITIES

Aug. 13-20, 8:30pm. Free movies shown outdoors over ten nights on a 65' screen benefiting NIH Children's Charities. Grounds of the Strathmore Center, North Bethesda, MD. 301-816-6958, www.filmfestnih.org.

CHILDREN'S FILMS

In the Nation's Capital, 1228 1/2 31st St., NW, Washington, D.C. 202-342-2564.

DAILY FILMS

Various days, check website for times and titles. The National Gallery of Art, Washington, DC. 202-737-4215, www.nga.gov.

Dance

VIRGINIA BALLET COMPANY SUMMER PERFORMANCE

Aug. 8, 4:30-6:30pm. Virginia Ballet Company's summer performance "Precedence" combines contemporary dance styles with classical ballet technique. Ernst Community Cultural Center Theater, NVCC Annandale Campus, 8333 Little River Turnpike, Annandale, VA. 703-249-8227.

LINE DANCE: FREESTYLE

Mondays Aug. 9-30, 7:15-8:15pm. PGS&LC, 8001 Sheriff Road, Landover, MD. 301-583-2400.

DANCE PROGRAMS

Weekends, 7:30-11:30pm. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo, MD. www.fridaynightdance.org.

THE WASHINGTON BALLET

Call for performances and times. 3515 Wisconsin Ave., NW, Washington, DC. 202-362-3606, www.thewashingtonballet.com.

Exhibits

Resources and Institutions Directory

NATIONAL MUSEUM OF CIVIL WAR MEDICINE

48 Patrick Street, Historic Downtown Frederick, MD. www.CivilWarMed.org, 800-564-1864.

PRY HOUSE FIELD HOSPITAL MUSEUM

18906 Shepherdstown Pike (MD Route 34), Antietam Nation Battlefield, Keedysville MD. www.CivilWarMed.org, 301-416-2395.

SHAKESPEARE GALLERY

The Folger Shakespeare Library, 201 E. Capitol St., Washington, DC. 202-544-7077, www.folger.edu.

AMERICAN UNIVERSITY MUSEUM AT THE KATZEN

Ward Circle, Massachusetts and Nebraska Aves., Washington, DC. 202-885-1300, www.american.edu/katzen.

CARROLL ARTS CENTER TEVIS GALLERY

91 Main St., Westminster, MD. 410-848-7272.

THE BALTIMORE MUSEUM OF ART

10 Art Museum Drive, Baltimore, MD. 443-573-1700, www.artbma.org.

MARYLAND HALL FOR THE CREATIVE ARTS

801 Chase St., Annapolis, MD. 410-263-5544, www.marylandhall.org.

MONTPELIER ARTS CENTER

9652 Muirkirk Road, Laurel, MD. 310-953-1993, www.pgparcs.com/places/artsfac/mac.html.

THE TEXTILE MUSEUM

2320 S St., NW, Washington, DC. 202-667-0441, www.textilemuseum.org.

CARRIAGE HOUSE GALLERY AT THE EMLÉN PHYSICK ESTATE

1048 Washington St., Cape May, NJ. 609-884-5404 or 800-275-4278, www.capemaymac.org.

THE WALTERS ART MUSEUM

600 North Charles St., Baltimore, MD. 410-547-9000, www.thewalters.org.

AMERICAN VISIONARY ART MUSEUM

800 Key Hwy., Baltimore, MD. 410-244-1900, www.avam.org.

THE PHILLIPS COLLECTION

1600 21st St., NW, Washington, DC. 202-387-2151, www.phillipscollection.org.

VIRGINIA MUSEUM OF FINE ARTS

200 N. Blvd., Richmond, VA. 804-204-2704.

NATIONAL GALLERY OF ART

National Mall between Third and Seventh Sts. at Constitution Ave., NW, Washington, DC. 202-737-4215, www.nga.gov.

HIRSHHORN MUSEUM AND SCULPTURE GARDEN

Independence Ave. and Seventh St., SW, Washington, DC. 202-633-1000, www.hirshhorn.si.edu.

LADEW TOPIARY GARDENS

3535 Jarrettsville Pike, Monkton, MD. 410-557-9570.

TUDOR PLACE HISTORIC HOUSE AND GARDEN

1644 31st St. Georgetown, Washington, DC. 202-965-0400, ext. 109, www.tudorplace.org.

NATIONAL MUSEUM OF CIVIL WAR MEDICINE

48 E. Patrick St., Frederick, MD. 301-695-1864, www.civilwarmed.org.

SURRATT HOUSE MUSEUM TOURS

Surratt House Museum, 9118 Brandywine Road, Clinton, MD. 301-868-1121, www.surratt.org.

AMERICAN CIVIL WAR CENTER AT HISTORIC TREDEGAR

490 Tredegar St., Richmond, VA. 804-788-6480, www.tredegar.org.

Featured Exhibitions

PIECES OF THE PATH: MOSAIC EXHIBIT

Aug. 14-Sept. 30. Magical Mosaic creations by top regional artists exhibited in more than half a dozen indoor and outdoor locations throughout five blocks of downtown Cambridge. Downtown Cambridge, Cambridge, MD. 410-228-0020.

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PRO SPORTS



BALTIMORE ORIOLES AT HOME
 Tue., Aug. 3 vs. Angels, 7:05pm
 Wed., Aug. 4 vs. Angels, 7:05pm
 Thu., Aug. 5 vs. Angels, 7:05pm
 Fri., Aug. 6 vs. White Sox, 7:05pm
 Sat., Aug. 7 vs. White Sox, 7:05pm
 Sun., Aug. 8 vs. White Sox, 1:35pm
 Mon., Aug. 9 vs. White Sox, 7:05pm
 Tue., Aug. 16 vs. Seattle, 7:05pm
 Wed., Aug. 17 vs. Seattle, 7:05pm
 Thu., Aug. 18 vs. Seattle, 12:35pm
 Fri., Aug. 19 vs. Texas, 7:05pm
 Sat., Aug. 20 vs. Texas, 7:05pm
 Sun., Aug. 21 vs. Texas, 4:10pm
 Tue., Aug. 22 vs. Texas, 1:35pm
 Tue., Aug. 31 vs. Boston, 7:05pm
 Baltimore Orioles play home games at Oriole Park at Camden Yards, 333 West Camden Street, Baltimore, MD 21201. For more information, call 866-848-BIRD or visit baltimore.orioles.mlb.com.



WASHINGTON FREEDOM AT HOME
 Wed., Aug. 4 vs. Phila. Independence, 7:30pm
 Thu., Aug. 19 vs. Chicago Red Stars, 7:30pm
 Sat., Aug. 28 vs. Sky Blue FC, 7:00pm
 Washington Freedom plays home games at the Maryland SoccerPlex, 18031 Central Park Circle, Boyds, MD 20841. For more information, call 866-761-GOAL or visit www.womenprosoccer.com.



WASHINGTON NATIONALS AT HOME
 Sun., Aug. 1 vs. Philadelphia, 1:35pm
 Tue., Aug. 10 vs. Florida, 7:05pm
 Wed., Aug. 11 vs. Florida, 7:05pm
 Thu., Aug. 12 vs. Florida, 7:05pm
 Fri., Aug. 13 vs. Arizona, 7:05pm
 Sat., Aug. 14 vs. Arizona, 7:05pm
 Sun., Aug. 15 vs. Arizona, 1:35pm
 Mon., Aug. 23 vs. Cubs, 7:05
 Tue., Aug. 24 vs. Cubs, 7:05pm
 Wed., Aug. 25 vs. Cubs, 7:05pm
 Thu., Aug. 26 vs. St. Louis, 7:05pm
 Fri., Aug. 27 vs. St. Louis, 7:05pm
 Sat., Aug. 28 vs. St. Louis, 7:05pm
 Sun., Aug. 29 vs. St. Louis, 1:35pm
 Washington Nationals play home games at the new Nationals Stadium, 1300 South Capitol Street SE, Washington, D.C. 20003. For more information, call 202-397-SEAT (7328) or visit washington.nationals.mlb.com.

DC UNITED AT HOME
 Sat., Aug. 14 vs. SC Dallas, 8:00pm
 Sun., Aug. 22 vs. Philadelphia Union, 2:00pm
 DC United plays home games at Robert F. Kennedy Stadium, 2400 East Capitol Street SE, Washington, D.C. 20003. For more information, call 202-587-5000, dcunited.mlsnet.com.