

WE RISE UP FOR PARKS AND RECREATION

NRPA'S PARK AND RECREATION MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Buy local at the Farmers' Market! 9am-1pm @ the Town Hall parking lot 3	 Party like it's 1776! Hit up Pine Point Beach to celebrate the 4th of July. 4	 MARTIN'S POINT® HEALTH CARE Zumba @ Memorial 6:30-7:30pm 5	Targeted Yoga @ Memorial Park 10:30-11:30am PiYo @ Memorial Park 6:00-6:45pm 6	Jazzercise @ the Hub 5:30-6:30pm Concert in the Park 6:30pm @ Memorial <i>60s Invasion</i> 7	Join us in celebrating Parks & Rec Month! Post your park pics with the hashtags #RiseUpJuly and #WeAreSCS. 1	Go for a leisurely bike ride on the Eastern Trail. 2
Venture through the trails of the Scarborough River Wildlife Sanctuary. 10	Yoga @ Memorial Park 6:00-7:00pm 11	Bodyweight Bootcamp @ Memorial Park 9:00-9:45am Zumba @ Memorial 6:30-7:30pm 12	Targeted Yoga @ Memorial Park 10:30-11:30am SoulFusion @ Memorial 6:00-6:45pm 13	Jazzercise @ the Hub 5:30-6:30pm Concert in the Park 6:30pm @ Memorial <i>Don Campbell Band</i> 14	Embody the Rhythm African Drum & Dance @ Memorial Park 3:00-3:45pm  8	Go for a leisurely bike ride on the Eastern Trail. 9
It's National Ice Cream Day! Grab a scoop at your favorite local ice cream shop. 17	Yoga @ Memorial Park 6:00-7:00pm 18	Family POUND Class @ Memorial Park 9:30-10:30am Zumba @ Memorial 6:30-7:30pm 19	Targeted Yoga @ Memorial Park 10:30-11:30am PiYo @ Memorial Park 6:00-6:45pm 20	Jazzercise @ the Hub 5:30-6:30pm Concert in the Park 6:30pm @ Memorial <i>Motor Booty Affair</i> 21	Embodiment the Rhythm African Drum & Dance @ Memorial Park 3:00-3:45pm 22	Surfs up Saturday! Catch some swells at Higgins Beach. 23
Find a book to read in the Little Free Library at Springbrook Park (or the other LFLs around town!) 24	Yoga @ Memorial Park 6:00-7:00pm 25	Bodyweight Bootcamp @ Memorial Park 9:00-9:45am Zumba @ Memorial 6:30-7:30pm 26	Targeted Yoga @ Memorial Park 10:30-11:30am SoulFusion @ Memorial Park 6:00-6:45pm 27	Jazzercise @ the Hub 5:30-6:30pm Concert in the Park 6:30pm @ Memorial <i>Something Stupid</i> 28	Unwind from the week with a sunset walk at Ferry Beach. 29	Jazzercise @ Memorial 9:00-10:00am 30
Kayak the waters of Scarborough and explore Maine's largest salt water marsh. 31						