

NRPA'S PARK AND RECREATION MONTH

JULY 2026



THE POWER OF PARKS AND RECREATION



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Sponsored by:



Martin's Point

**Buy Local at the
Farmers' Market!**
9:00 - 1:00 pm @ the
Town Hall Parking
Lot

5

Reel in a good time
on the Scarborough
River.

6

Yoga
6:00 - 7:00 pm
@ Memorial Park

7

Chair Yoga
9:00 - 10:00 am
@ the SCS Hub

8

Concert in the Park
6:30 pm @ Memorial
Delta Knights

9

Join the fun for
**Maine Backyard
Campout Weekend!**



10

**Pokémon in the
Park**
1:00 - 4:00 pm
@ Memorial Park

11

Shoot some hoops at
the High School
basketball courts.

12

Kids Jamboree
5:00 - 7:00 pm
@ Memorial Park

13

Yoga
6:00 - 7:00 pm
@ Memorial Park

14

Chair Yoga
9:00 - 10:00 am
@ the SCS Hub

Line Dancing
5:30 - 6:30 pm
@ the SCS Hub

15

Concert in the Park
6:30 pm @ Memorial
Stolen Mojo

16

Wander the peaceful
paths of the
Scarborough River
Wildlife Sanctuary.

17

Hunt for treasure at
the Higgins Beach
shipwreck.

18

It's National Ice
Cream Day! Grab a
scoop at your
favorite local ice
cream shop.

19

Zumba
5:30 - 6:30 pm
@ the SCS Hub

20

Wacky Water Day
11:00 - 1:00 pm
@ Memorial Park

Weight Lifting
6:00 - 7:00 pm
@ Memorial Park

21

Chair Yoga
9:00 - 10:00 am
@ the SCS Hub

22

Concert in the Park
6:30 pm @ Memorial
Don Campbell

23

**SHiNE Dance
Fitness**
5:30 - 6:30 pm
@ Memorial Park

24

Cruise the Eastern
Trail on a leisurely
bike ride.

25

Sunset strolls just hit
different at Ferry
Beach.

26

Enjoy a picnic at a
nearby park, like
Peterson, Willey, or
Springbrook!

27

JI-BEH Martial Arts
5:00 pm & 6:00 pm
@ Memorial Park

28

Chair Yoga
9:00 - 10:00 am
@ the SCS Hub

29

Concert in the Park
6:30 pm @ Memorial
Under the Covers

30

Swing, slide, and
have a good time at
Black Point Park.

31

SCAN HERE



TINY.CC/PARKSMONTH