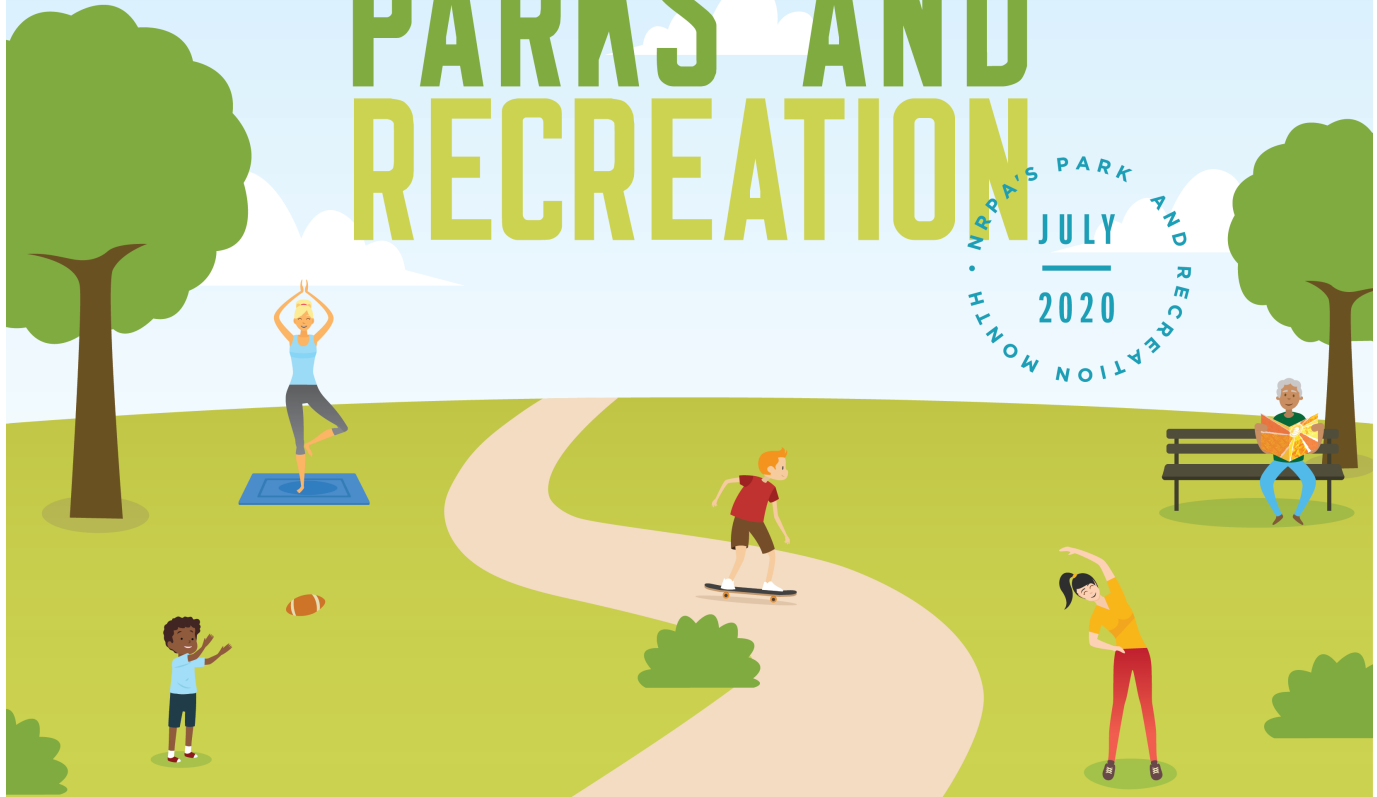





WE ARE PARKS AND RECREATION

NRPA'S PARK AND RECREATION
MONTH • JULY 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 			<p>Join us in celebrating Parks & Rec Month! Post your park pics with the hashtags #WeAreParksAndRec and #WeAreSCS.</p> <p>1</p>	<p>Go for a leisurely bike ride on the Eastern Trail.</p> <p>2</p>	<p>Pack your basket and enjoy a picnic in the park.</p> <p>3</p>	<p>Party like it's 1776! Hit up Pine Point Beach to celebrate the 4th of July.</p> <p>4</p>
<p>Buy local at the Farmers' Market! 9am-1pm @ the Town Hall parking lot</p> <p>5</p>	<p>Yoga in the Park 6pm-7pm @ Memorial Park</p> <p>6</p>	<p>Zumba in the Park 6pm-7pm @ Memorial Park</p> <p>7</p>	<p>Boot Camp in the Park 5:30pm-6:15pm @ Memorial Park</p> <p>8</p>	<p>Venture through the trails of the Scarborough River Wildlife Sanctuary.</p> <p>9</p>	<p>Prepare for the Maine Backyard Campout and pick up your CAMPOUT KIT from Community Services!</p> <p>10</p> 	<p>Surfs up Saturday! Catch some swells at Higgins Beach.</p> <p>11</p>
<p>Cast a line in the Scarborough River.</p> <p>12</p>	<p>Yoga in the Park 6pm-7pm @ Memorial Park</p> <p>13</p>	<p>Zumba in the Park 6pm-7pm @ Memorial Park</p> <p>14</p>	<p>Pound Fitness in the Park 5:30pm-6:15pm @ Memorial Park</p> <p>15</p>	<p>Laughter in the Park 6pm-6:45pm @ Memorial Park</p> <p>16</p>	<p>Pound Fitness in the Park KIDS EDITION! 10am-10:45am @ Memorial Park</p> <p>17</p>	<p>Seas the day at Scarborough Beach.</p> <p>18</p>
<p>It's National Ice Cream Day! Grab a scoop at your favorite local ice cream shop.</p> <p>19</p>	<p>Yoga in the Park 6pm-7pm @ Memorial Park</p> <p>20</p>	<p>Zumba in the Park 6pm-7pm @ Memorial Park</p> <p>21</p>	<p>Boot Camp in the Park 5:30pm-6:15pm @ Memorial Park</p> <p>22</p>	<p>Laughter in the Park 6pm-6:45pm @ Memorial Park</p> <p>23</p>	<p>Loop around the beautiful peninsula of Prouts Neck on the Cliff Walk.</p> <p>24</p>	<p>Seas the day at Scarborough Beach.</p> <p>25</p>
<p>Kayak the waters of Scarborough and explore Maine's largest salt water marsh.</p> <p>26</p>	<p>Yoga in the Park 6pm-7pm @ Memorial Park</p> <p>27</p>	<p>Zumba in the Park 6pm-7pm @ Memorial Park</p> <p>28</p>	<p>Pound Fitness in the Park 5:30pm-6:15pm @ Memorial Park</p> <p>29</p>	<p>Laughter in the Park 6pm-6:45pm @ Memorial Park</p> <p>30</p>	<p>Enjoy a nice sunset walk at Ferry Beach.</p> <p>31</p> 