



July Resources

- **Note: Due to COVID-19 please confirm with the activity directly prior to attending.**

★ [Tollen Farm](#)

- With it's century-old farmhouse, mature orchards and pastures complete with a fluffy llama, Arabian Horses, and a herd of Mediterranean Donkeys, this is a 4+ acre eco-friendly working farm offering everything from plants and livestock to art and home décor. Located in Wilsonville.
- 503.682.1604 info@tollenfarm.com

★ [Cultural Services Directory](#)- check this out for a ton of resources and contact information

★ [Americans with Disabilities Act 31st anniversary Free Lunch & Learns!](#)

- Every Tuesday in July: 6, 13, 20 and 27 from noon to 1 p.m.
- [Register here](#)

★ [Portland Parks & Recreation- Adaptive Inclusive Recreation](#)

- Check out some of the Summer offerings:
- [Aquatics Inclusion](#)
- [Virtual - Bingo Bonanza](#) ages 12+ 6/25-7/23 from 2-3:30pm
- [Virtual-Cooking with Friends](#) ages 16+ 6/21-7/19 from 4:30-6:00pm
- [Virtual - Drum Circle](#) ages 12+ 6/21-8/23 from 3:00-3:34pm
- [Virtual - More Than Words Book Club](#) ages 12+ 6/24-8/26 from 4:00-5:00pm

★ **Tualatin Hills Park & Recreation District**

- [Walk with Me- Barrows Trail](#) all ages 7/7 at 9am
- [Walk with Me - Lowami Hart Woods Trail](#) all ages 7/14 at 9am
- [Walk with Me - Fanno Creek Trail](#) all ages 7/21 at 9am
- [Walk with Me - Waterhouse Trail](#) all ages 7/28 at 9am
- [Camp Rivendale](#)- Camp Rivendale is a summer day camp that provides recreational opportunities for children and young adults who have physical, emotional, and/or developmental disabilities.

★ **Washington Park turns 150!**

- Washington Park is celebrating its 150th anniversary with Discovery Points, marked locations throughout the Park that highlight stories and culture from the past 150 years and present.

★ **Oregon Rail Heritage Center is back open!**

- Come by the Oregon Rail Heritage Center to experience the wonder of Portland's locomotives. Admission is always free, and your donations keep it that way!
- Thursday, Saturday, and Sunday from 1:00 - 5:00pm
- 2250 SE Water Ave. Portland OR 97214

★ **Cathedral Park Porch Concert Series**

- June 26- 11am – KiLoFri (Mr. Ben & Zazzy Zoe) & 12:30pm – Mo Phillips
- July 10 @ 12:30pm – Djangovitis
- July 24 @ 11am – Annie Sea & 12:30pm – Jeremy Famà
- 7528 N. Charleston Ave

- ★ **Camp Yakety Yak**- Camp Yakety Yak is an inclusive social skills day camp supporting friendship development in children with special needs, ages 5-15, and social skills in the workplace instruction for young adults age 16-22.

- ★ **UP Camp** through Evans Creek Retreat
- ★ **Upward Bound Camp**- The purpose of Upward Bound Camp is to provide on-going Christian based recreational and educational camp experiences for persons with disabilities, twelve years of age and over in an environment that presents opportunities for growth outside the individual's usual routine or habitat.
- ★ **Meadowood Springs**- EMPOWERING KIDS THROUGH COMMUNICATION. Camp Meadowood Springs is a summer camp for children with communication disorders and related learning differences. Summer Camp Program for ages 6 -14
- ★ **Mt Hood Kiwanis Camp**- Mt. Hood Kiwanis Camp offers award-winning, unique and innovative summer camp opportunities for children and adults with disabilities.
- ★ **Spectra Gymnastics**- The world's first and only gymnastics club catering to neurodiverse children, teens & adults living with developmental & intellectual disabilities.
- ★ **Parent + Teen Online Support Group**
 - Meets the 3rd Saturday of each month from 1:00-2:00pm, July 17th
 - For autistic teens ages, 13 – 18, to meet new friends and have fun. This group is for teens who need a supporter (parent or caregiver) to participate
 - Register [here](#)
- ★ **2021 RIVER ADVENTURES SUMMER CAMPS**
 - This year, we've created a hybrid program with both live and online components that include opportunities to get outside while learning with us, and to go on our signature camp paddle too!
 - Check out the specific camp session to learn more about how this hybrid structure will work, and which public health and safety guidelines will be in

place for the duration of the summer. Even though this is still a little different than what we normally do together at River Adventures Summer Camp, we're so excited to be able to see each other again!

★ **[Make like Ramona.](#)**

- Head to Northeast Portland for a self-guided Ramona Quimby walking tour. Walk by her school, Beverly Cleary's house, and even the spot where Ramona's boots got stuck in the mud in Ramona the Pest.

★ **[2021 Regal Summer Movie Express](#)**

- \$1 family movies every Tuesday and Wednesday all summer.
- Summer movies for kids at Regal. Bring the family to the nearest Regal theatre for our 2021 Summer Movie Express series! Summer Movie Express tickets are just \$1 on Tuesdays and Wednesdays featuring summer movies the whole family will enjoy like Teen Titans Go! To the Movies, Smallfoot, Kung Fu Panda and many more. Theatre opening times vary so check participating theatres for feature start times.

★ **[Ethos Summer Sessions](#)**

- Join Ethos for our first city-wide, free-to-all youth music and performance series! It doesn't matter if you're an expert or have never held an instrument before—just show up! Each event will focus on a different instrument family at a different Portland Park, and students will be grouped by age.
- ["Guitar Day" at Woodlawn Park!](#) Saturday July 3rd, 10:00-2:00pm
- ["Drum Day" at Verdell Burdine Rutherford Park!](#) Saturday July 10th, 10:00-2:00pm
- ["Hip Hop Day" at McCoy Park!](#) Sunday July 18th, 10:00-2:00pm

★ **Stroll, Roll & SHINE Virtual Walk**

- Shriners Hospital for Children-Portland hosts the first annual Stroll, Roll, & SHINE as we start a new tradition that brings together our patients, their families, our medical team and our amazing community.
- June 25th-July 4th
- [Register here to participate](#)

★ **[A Day Out with Thomas the Tank Engine at Northwest Railway Museum](#)**

- Destination Good Times! Thomas the Tank Engine is rolling into the Northwest Railway Museum in Snoqualmie, WA with the Party Train Tour, July 9th - 11th and 16th- 18th
- Hop on board for a real train ride with Thomas and grab your party pass to pick up favors at stops along the way. We're back on track for delivering fun and memories with this two-hour experience designed around your safety. Capacity will be limited, masks will be mandatory, and advance tickets are required. Want to learn more? [Check out our Frequently Asked Questions!](#)

★ **[OMSI now has Sensory hours for the Dinosaurs Revealed exhibit!](#)**

★ **[The Portlandia Mermaid Parade](#)**

- Saturday July 31st from 11am-5pm
- Tom McCall Waterfront Park
- The Portlandia Mermaid Parade in collaboration with the Unipiper and Weird Portland United presents a festival of all things mermaid and water related!
- Outdoors, and socially distant, come visit interactive mermaid spaces, educational booths, performances, art installations, a live mermaid tank exhibit and more! Grab your shells and tails and come down to the waterfront for a swimmingly good time!

★ [Family Forest Days at Hoyt Arboretum- BIRDS](#)

- Saturday July 10th from 11am-2:00pm
- Please check in at the Stevens Pavilion at 4000 SW Fairview Blvd.

★ [COMMUNITY DROP-IN SUPPORT](#)

- Every Thursday from 12pm-2pm
- Both in English and Spanish
- We work to provide you tools, tips, and strategies to navigate early childhood services, special education services, and inclusive communities.
- [Register Here](#)

★ [DanceAbility](#)

- DanceAbility uses improvisational dance to promote artistic expression and exploration between people with and without disabilities.
- [Check out the calendar here for classes, workshops and events.](#)

★ [Social Justice Youth Group](#)

- Monday, July 5th, 12th, 19th and 26th from 11:00-12:00pm.
- The Social Justice Youth Group meets every Monday to discuss making social justice a priority in our lives, becoming advocates for our rights, and creating a more equal and accepting world.
- We are an inclusive group with members of all abilities who are passionate about social issues and use creative expression to explore them and advocate for justice.
- See [flyer here](#) and [register here](#)

★ [Drive Thru Safari](#)

- June 26th from 3:00-7:00 pm
- Safari Tour Guides will be welcoming you from a safe distance with masks on as you stop by our Elephant, Giraffe, Zebra, Lion & Tiger Tents. Capture your adventure at our outdoor family photo spot. (Don't worry! The animals

will be big and wild, but they are only filled with air. No live animals will be present)

- [East Salem Community Center](#)