



2026 Resources

NOTE: **BLUE** indicates a link to the website for more information.

CLICK the BLUE



Some JULY CELEBRATIONS- Disability Pride Month; National Minority Mental Health Awareness Month; Plastic Free July; Fragile X (FXS) Awareness Month; National Cleft & Craniofacial Awareness & Prevention Month; 4th of July. UV Safety Awareness Month & Wild About Wildlife Month to note a few!

[Here is a website with more celebrations: Articles July Awareness Days.](#)

★ **SUMMER FREE FOR ALL MAILING LIST**

★ **SNAP Double Up Oregon: Where Can I Spend Produce Match**

- What: Double Up Food Bucks (Double Up) is a program that “matches” SNAP benefits spent at participating farmers markets. For every \$2 of SNAP benefits you choose to spend at the market, you’ll get a dollar for dollar match of up to \$20 in Double Up that you can spend on fruits and vegetables. So, if you spend \$20 in SNAP benefits, you’ll get an extra \$20 – FREE – that you can use to buy more produce.

★ **VENDOR APPLICATION** → [REGISTER SIGN UP HERE](#)

- What: **SEEKING BIPOC YOUTH start up small business owners for The People's Farmers Market in Rockwood.** Barbers, braiders, artists, crafters, performers, musicians, and others are encouraged to sign up.
- When: The PFMR market runs from June 21 to September 27, 1:00 to 4:00 PM. **Youth Market Dates** July 26, August 30 and September 27
- Where: at the East County Courthouse parking [lot \(18480 SE Stark St 97233\)](#)

★ [Almost PHAMEous & Friends - Monthly Showcase at Portland Comedy Theater](#) **JULY 27th**, 2026

- What: Almost PHAMEous, PHAME's resident comedy troupe, hosts a monthly improv comedy show featuring some of Portland's finest talent. Each month, Almost PHAMEous kicks it off with their hilarious brand of fast-paced short form improv comedy a la "Whose Line is it Anyway". Then they invite a carousel of creative cadres, including special guest improvisers, comics, and musicians, to close out the show. *A portion of the evening's proceeds benefit PHAME, thanks to our partners at Portland Comedy Theater!*
- When & Where: 4th Sunday of the month
 - 2:00 PM - 3:30 PM (doors open at 1:30 PM)
 - \$10 tickets <https://www.portlandcomedy.com/buy-tickets>
 - 535 NW 16th Ave, Portland, OR 97209



★ [Autism Society Oregon ASO JULY Events](#)

- What: State wide Autism events
- When: The month of **July 2026**
 - What: Join us in the Library Park to explore some of the vehicles that serve our community. Clackamas Fire & Rescue, OC Police, OC Public Works, and the OC School District! [Touch a Truck Event \(Oregon City\) July 8 @ 10am-12pm Free](#)
 - Where: Library Park 606 John Adams St. Oregon City



★ [LGBTQIAS+ Multnomah County Library Calendar of Events July 2026](#)

★ [GAMES at Multnomah County Library for July 2026](#)

★ [Multicultural Musical Performances at Multnomah County Libraries July 2026](#)

★ [Multnomah County Library Sensory Accessibility resources](#)

- What: Multnomah County Library hosts a large variety of classes from learning technology, employment, language specific classes and many many more FREE events and classes!
 - You search by EVENT TYPE on their web site
- Where: Multnomah County Libraries



★ [Molalla Buckaroo 2026](#)

- What: “Helping those with physical and developmental disabilities discover unknown abilities in a unique, safe and modified rodeo environment.”
Astoria, OR. **July 22**, 2026. 11:00am **Clatsop County Fairgrounds**
- When: July 1,2, 3 & 4th at 10:00am.
- Where: Molalla Buckaroo Arena 815 Shirley St, Molalla, OR 97038



★ [Summer Food Oregon](#)

- **ZOOM IN on OREGON Find your area and CLICK on the dot and a location will pop up**
- This nutrition program, known as Summer Meals, is available to all youth aged 1-18 years with no sign-up requirements, paperwork, or cost. All children and teens are welcome to drop in and enjoy breakfast or lunch with friends. Many sites even offer fun activities like games and arts and crafts along with the no-cost summer meals.

- The Summer Meals program aims to address the challenge of providing healthy food for children during the summer break when they aren't able to access meals at school. Approximately 50 Summer Meals locations in Multnomah County — including parks, youth centers, Gresham Library, and apartment and mobile home communities — will be open this summer. Additional schools and camps are feeding students enrolled in summer programming.
- [Summer Lunch 2026 MIDLAND Library Tues July 1st, 2026 12:15PM to 1PM](#)



★ It is HOT outside! Where can I find **SENSORY SWIMMING**?

- Where: Cretson Pool SE 44th Avenue and Powell Blvd
- When: **July 2026 CALL FIRST**
- What: Autism Society of Oregon (ASO) hosts free Sensory Friendly Swims rotating around the Portland Metro area. Features include no music, limited capacity, and restricted lifeguard whistles to provide a calm, supportive environment for families.
- **While specific dates for July 2026 are still finalizing, typical summer events with the ASO run at outdoor pools from 10:30 am – 12:30 pm.** Previous July/summer dates have featured [Sellwood Pool](#) (7951 SE 7th Ave) [\(503\) 823-3679](#) and [Creston Pool](#) (4454 SE Powell Blvd) [503-823-3672](#)

★ Summer is here! FREE movies, concerts, festivals & special events



- What:
 - **Festivals:** Music, food, dance, activities, and more! Begin at varied times.
 - **Concerts:** Live performances from a local band, artist, or performer. Begin at 6:30pm, unless otherwise noted below.
 - **Movies:** Movies under the stars with free popcorn. All movies are subtitled. Movie screenings begin after dusk and the event starts at 7:30pm.
 - **Special Events:** Dance, theater, comedy, spoken word, mini-festivals, or community gatherings. Begin at varied times.
- When: **July 10th** 2026 until the **end of July**



PORTLAND PARKS & RECREATION

Healthy Parks, Healthy Portland

★ **Portland Parks & Recreation's Summer Free For All Returns for 2026!**

- What: Free live music, movies, and cultural **events start July 8** citywide with a Bollywood dance party at Gateway Discovery Park. The Free Lunch + Play program starts June 22 at parks across Portland, and helps to fill the summertime gap, with free meals for anyone 18 and under while schools are out of session.
- Also - The 2026 Summer Program will be held June 22 through August 21, 2026.
- [Free Lunch + Play 2026 Schedule - English](#)
- [Free Lunch + Play Schedule - Chinese](#)
- [Free Lunch + Play Schedule - Russian](#)
- [Free Lunch + Play Schedule - Somali](#)
- [Free Lunch + Play Schedule - Spanish](#)
- [Free Lunch + Play Schedule - Tongan](#)
- [Free Lunch + Play Flier - Ukranian](#)
- [Free Lunch + Play Flier - Vietnamese](#)
- [**Free WEEKEND Lunches**](#)



★ [Parks and Rec - Access Discount Program](#)

- What: Portland Parks & Recreation (PP&R) believes recreation is for everyone. We know that the price of programs and activities prevents some community members from being able to participate. You can register over the phone or in-person call 503-823-2525. *Phone interpretation provided.*
- You can use an Access Discount to reduce the price of the following:
 - Admission to recreation centers and pools, personal training
 - Classes, camps, swim lessons, and other registered activities
 - Preschool and after school programs

★ [DROP IN - No Sign up needed Adaptive Recreation Program](#)

- What: Drop-in Activities PP&R offers a variety of drop-in activities that are open to all abilities. **You do not need to sign up for these activities ahead of time.** Personal aids are welcome to support participants.
- Drop-in schedules are available online or printed at each recreation center.
Adults: \$6 Seniors (age 60 and older): \$5 Youth: \$4
- **Wheelchair Basketball:** [Southwest Community Center](#), *Ages 14 and older*
Drop-in wheelchair basketball. Equipment is not provided; please bring your own.
- **Wheelchair Treadmill:** [East Portland Community Center](#), *Ages 14 and older*. Treadmill technology designed for wheelchair users—from the

sedentary to the athletic and those in SCI rehabilitation. The experience of a powerful cardio workout like none experienced before—with ease, control, and convenience.

- **Sensory Gym:** [St. Johns Community Center](#), Ages 2-5

A welcoming and inclusive playtime for children of all abilities. Fun play without sensory overload.



★ **[Fitness in the Park is Free this summer!](#)**

- **What:** Beginning Monday, June 22, Fitness in the Park expands to nine parks across Portland. The final day of classes is Friday, August 28. Portland Parks wants to help more people use their local parks and activities, especially seniors, teens, people of color, immigrants, people with disabilities, and those with less money.

★ **[FREE Summer Open Studio Art Sessions in the Art Hive](#)**

- **What:** Summer Open Studio Art Sessions in the Art Hive. Join us for our upcoming summer open studio art sessions.
- All art materials are provided, and no prior art-making experience is necessary—just a willingness to explore and be curious. **Space is limited and registration is required. HERE→ **[Registration: Pre-registration required](#)**
- **When:** **July 9th & July 23rd**, 2026 7 in-person sessions will take place on the 2nd and 4th Thursdays from 3:00 PM – 6:00 PM
- **Where:** In the Art Hive at the Lewis & Clark Community Counseling Center 4445 SW Barbur Blvd. Portland, OR 97239



★ Sabin CDC Play Streets: July 14th, 2026

- What: The purpose of Play Streets is to close down a street to make space for play, learning, and fun for all ages, with a special focus on neighborhoods where parks and other outdoor community spaces are scarce. The Sabin CDC Play Streets series includes five events, each on the second Tuesday of the month May through September 2026.
- Where: 1420 Northeast Killingsworth Street



★ Self-defense in the park

- What: Join Metro in partnership with Rose City Self-Defense for a summer self-defense class. Participants will learn: intuition and instinct. assertive communication. boundary-setting tools. physical self-defense escapes. physical self-defense strikes. what to do after an unsafe situation
- The class will end with a mindfulness and tea session, plus an optional guided walk on the nature trail with a Metro naturalist. Activities can be tailored to meet participants' physical needs. Park at the nature trail parking lot at NE 148th Ave & NE Halsey St. **Cost**: free . **Ages**: 16 years and older.

Minors must be accompanied by an adult. **Difficulty:** easy Advanced registration is required. Space is limited.

- When: **July 18th**, 2026 11AM to 1PM
- Where: Glendoveer Nature Trail Nature trail parking lot at NE 148th Avenue and NE Halsey St. 14015 NE Glisan St. 97230 OR

★ **Personal Safety Workshop presented by City of Portland**

- What: Have concerns about your personal safety at home or in the community? Have a youth headed to college this fall? A teen beginning high school? A tween staying home by themselves for the first time? Come join us for an Introductory Personal Safety and Self-Defense workshop to learn the empowering skills to help keep yourself and your young ones safe and strong! Snacks provided for all attendees
 - The class will cover assertive communication and de-escalation skills. Learn how to tap into intuition and options for escape and safety planning. This is open to all community members ages 11 and older. Community members ages 11-14 must be accompanied by an adult.
- When & Where: Wed **Jul 15** 5:30 PM - 7:30 PM [Midland Library](#)



★ **Trek Bicycle Pride Ride**

- What: Let's ride for PRIDE
- We're saddling up to celebrate the LGBTQIA+ community, and you're invited to join in on the fun! Everyone is welcome on this casual cruise —

so bring your family, coworkers, neighbors, and friends. We'll start the ride from Slabtown head to the waterfront and end at 503 Distilling for a parking lot party with music and games.

- **ROUTE LINK** → <https://ridewithgps.com/routes/51255628>
- Where: 1560 NW 21st Avenue _ **END** 4644 SE 17th Ave, Portland 503 Distilling Company
- When: **Saturday, July 18** • 5:30 PM - 8:30 PM



★ Life jacket giveaway

- What: All summer long, Metro staff will be setting up a canopy at parks with water access to help visitors have fun and stay safe. Stop by for free life jackets (while supplies last) and information about water safety.
While supplies last: Infant: less than 50 lbs. Child: 33-55 lbs. Youth: 55-88 lbs. Adult & Adult XL...Cost: free; parking fee \$5/car, \$7/van or bus
- When: **July 2**, 2026 11AM to 2PM. **July 9th July 16th**
- Where: [4141 NE Marine Drive 97211 OR](#) [July 2]
- Oxbow Boat launch [3010 SE Oxbow Parkway 97080 OR](#) [July 9]
- Broughton BeachMetro canopy tent [4141 NE Marine Drive](#) [July 16]

★ Wheels & Deals!! The World's First Traveling Indoor Car Show & Vintage Clothing Convention.

- What: Wheels & Deals is the world's first traveling indoor car show and vintage clothing convention! This one-of-a-kind event is bringing together car enthusiasts and fashion lovers from across the country, featuring 80+ stunning cars and 100+ unique clothing vendors. [WEBSITE](#)
- When: Saturday **July 18**, 2026 1:00pm - 7:00pm
- Tickets Available at WHEELS & DEALS | Thrift Haven
- Where: Convention Center - Exhibit Halls B-C-D



★ [4 Days Of Aloha July 23-26th, 2026](#)

- What: Dive into the heart of Hawaiian traditions with our enriching cultural workshops at 4 Days of Aloha. Renowned Kumu Hula and master practitioners will guide you through hands-on experiences, sharing the art of hula, lei making, music, and more. Don't miss this opportunity to take home not just memories, but newfound appreciation for the cultural treasures of Hawai'i. [YOUTUBE INFO](#)
- Where: Esther Short Park 605 Esther St Vancouver, WA 98660



★ Mississippi Street Fair

- What: The avenue closes to cars and opens to thousands. You walk freely among vendors, musicians, and neighbors—Free admission. Hundreds of local vendors offering everything from handmade goods and art to culinary treats and everything in between. A Grandfather's Rib-Off barbecue competition and delicious food options all along the street. Live music spanning multiple stages showcasing Portland's rich local music scene. Family-friendly attractions, including a Kids Zone and a dedicated Kids Stage at Mississippi Pizza. The fair is rain or shine, making it a dependable fixture of Portland's summer festivities.
- When: Sat **July 11**, 2026 · 10am – 8pm (music until 9pm) Mississippi Ave.



★ Open Lab Drop-in Hours **

- When: Each Thursday from 12PM-5PM
- What: **ASSISTIVE TECHNOLOGY**. Stop by for our weekly Thursday Open Lab drop-in hours. Ask questions about AT, see some technology, get referrals, find out more about our services. FREE. 503.292.4964 x152
- Where: AT Lab 2475 SE Ladd Ave #120 Portland, OR 97214

- The AT Lab has an AT [Loan Closet](#). The Lab has a growing inventory of Assistive Technology to loan over a 2-week period.
- [Assistive Technology Lab Main Page](#)
- [YouTube Video](#)
- What is Assistive Technology? AT is any tool or strategy that helps people with disabilities participate in life. Examples include pencil grips, iPads, dictation & read-aloud software, adaptive keyboards, Augmentative & Alternative Communication (AAC), and powered wheelchairs



★ [Zoo Keeper Talks and Animal Activities](#)

- **10:30 a.m.** Crocodile feeding (Sundays only)
- **11:00 a.m. & 12:00 p.m.** [Wildlife Live](#) at the Amphitheater
- **11:00 a.m.** Giraffe keeper talk (Tuesday, Wednesday, Thursday only)
- **11:30 a.m.** Condor keeper talk, **1:00 p.m.** Sea Otter talk, **1:15 p.m.** Rhino keeper talk **1:30 p.m.** Elephant keeper talk , **2:00 p.m.** penguin feeding, **2:15 p.m.** Orangutan or gibbon keeper talk
- [Accessibility The Oregon Zoo is accessible to people of all abilities](#)



★ [Woodlawn Farmers Market](#)

★ [Rocky Butte Farmers Market](#)

★ [St. Johns Farmers' Market](#)

★ [Woodstock Farmers Market](#)

★ [Montavilla Farmers Market](#)

★ [Waterfront Farmers Market](#)

- What: The South Waterfront Farmers Market, founded is a mid-size neighborhood evening market with the aim to make connections between farmers and urban community members in a dynamic and lively market setting. The market is a place to relax and shop for fresh, local, seasonal produce and artisanal goods before your after-work commute, or a place to wind down with your neighbors and listen to live music after coming home to the district for the evening.
- When: Summer Hours/Location: Every **Thursday, June through October** for our summer season! NEW HOURS: 12:00 pm - 5:00 pm.
- Where: Elizabeth Caruthers Park in the South Waterfront neighborhood of Portland, Oregon, at 3508 S Moody Avenue. See it on [**Google Maps!**](#)

★ [Cully Farmers' Market](#)

- What: Cully Farmers Market is a project funded and led by the Native American Youth and Family Center. Indigenous-led. Community-focused.

The Cully Collective Market was launched in the spring of 2007. A group of community members worked together voluntarily and cooperatively to stage a weekly market in the parking lot of Trinity Lutheran Church. Most of the vendors were backyard farmers from the neighborhood, including Cully Neighborhood Farm, which operated on the church property. The vegetable rows were visible from the market and transported by wheelbarrow across the soccer field to set up there. This ran for 2 years on a small scale and served the neighborhood with hyperlocal food.

- When: Every Thursday, 4PM 8PM Free **July 2, July 9, July 16 & July 23**
- Where: 5011 NE 42nd Ave

★ [The Rockwood Community Market](#)

- Where: **Rockwood Market Hall** 458 SE 185th Ave Portland 97233
- When: Thursday, **July 2, July 9, July 16 & July 23** 3PM – 7PM
- What:.The Rockwood Community Market was created to showcase fresh, locally grown and culturally specific food in a shared community space within the Rockwood community.

Rockwood, known for its diverse population, faces challenges as a food desert with limited access to affordable, nutritious food, especially fresh produce. The Rockwood Community Market aims to address this need by showcasing small, local, BIPOC, LGBTQ+, and women-owned farms, food growers, and producers, empowering the community while supporting local agriculture.

★ **SWINDELL'S 2026 JULY CLASSES**

★ **Supportive Care Education - Advance Directive Workshop**

- **What: Your Voice. Your Choices. Your Care.** An Advance Directive is the legal document that allows you to express your health care wishes and choose someone you trust to speak for you if you are unable to communicate in a medical situation. Join us for this interactive workshop that offers space, guidance, and conversation to help you make thoughtful, informed choices about your future care.
- **THINK :** Explore what matters most to you through guided values activities.
- **TALK :** Learn how to discuss your wishes with loved ones and care providers.
- **CHOOSE :** Understand how to select a Health Care Representative who can speak for you if needed.
- **COMPLETE :** Review the Advance Directive form step by step, with support available as you go.
- Open to all adults 18+ **[REGISTER HERE](#)**
- **When:** **July 27th**, 2026 12PM to 1:30PM Offered quarterly in person
Location: Providence Portland Medical Center, 4805 NE Glisan St., 1st Floor Library

★ **Baby Steps: New Parent & Caregiver Support Group**

- **What:** Join us for this free virtual 6-week group series via Zoom for new parents and caregivers of babies newborn-6 months to share your experiences, explore important topics and connect with other parents and caregivers.

- Group Sessions Include: - Soothing your baby - Sleep for babies and caregivers - Managing stress - Resources and more
 - This 6-week group series will be held virtually via Zoom on Wednesdays July 1 - August 5, 2026, from 10-11:30 a.m.
 - The information to access the live virtual group series via Zoom will be included in your class registration confirmation email and will be included in the 48 hour and 8 hour reminder emails.
- This group is intended for those who have babies ages newborn to 6 months old. . [REGISTER HERE](#)
- When: **July 1st**, 2026 10AM to 11:30AM
- Where: VIRTUAL

★ [Showers and Hygiene Resources 11:00 AM - 2:00 PM](#)

- What: Cultivate Initiatives offers free hot showers and other resources, including (while supplies last) clothing and hygiene products. No registration required.



★ [FREE SUMMER CONCERT MUSIC EVENTS](#)

★ [ONE STOP for FREE Summer Things To Do!](#)

- Click → [Summer Free for All Enjoy live music, movie screenings and kids' games in Portland's public parks.](#)

★ [MULTNOMAH LIBRARY CALENDAR](#) **Scroll** to the Month of JULY

★ [Tollen Farm](#) (All)

- ***Take a day trip and get out for the day!***
- 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



★ Cars, motorcycles and Swap Meet Events & Races

- [Oregon Car Culture Events July 2026](#)
- [WOODBURN Drag Strip Website - Events](#) =
 - **July 12th** ~ 41st Annual Mopar Nationals (Mopar or no car, Racing & Car Show), also have a Swap meet!
 - What: Gates Open at 8AM. Racing 9AM and Eliminations 12PM: Car Show, and Swap Meet. A limited number of event T-shirts will be available for sale. [All Tickets must be purchased HERE](#)

★ [City of Gresham Calendar of Events](#)



[S.K.I.P. Free recreation for youth in Gresham.](#)

- The city's free summer lunch and recreation program for youth runs Monday-Thursday from June 22 to July 30 at Main City Park and Red Sunset Park. Activities run from 11:30 am-1:00 pm
- Free lunch is served at each park from noon-12:45pm
- Read more about [Summer Kids in the Park](#).

- [The City partners with local organizations to host and promote activities for all ages and abilities. Make new friends and have fun exploring Gresham's fun recreation activities.](#)

★ **SAVE THE DATE for AUGUST Back to School EVENT** -



- [Community Resource Fair](#)
- What: Join us on **Saturday, August 8**, from 11:00 AM to 2:00 PM for the Salvation Army Back To School event! This community-focused celebration is the perfect way to gear up for the new school year. Hosted at the local **Salvation Army 5325 North Williams Ave**
- Nonprofit Resources
- [Vaccines & Dental Screenings](#)
- [Free Lunch & Ice Cream](#)
- [Bill Discount Sign Ups](#) (Bring your utility bill to see if you qualify)
- Face Painting

- **Backpack & School Supply Giveaway (Limit 3 per household, while supplies last)**

★ **Portland Parks & Recreation- Adaptive Inclusive Recreation**

- **REGISTER for an ACTIVITY here**
- Universal Access Play Areas
- The concept of a [Universal Access Play Area](#) environment is one that not only meets ADA requirements; it means an environment that is designed for all children of all abilities and their families.
- Contact **Jane Doyle**, AIR Adaptive Programming Coordinator at 503-307-4131 to register when you find a class or activity you would like to participate in. Our monthly dance is a drop-in activity, no pre-registration is required.
- Inclusion Services arksair@portlandoregon.gov 971-284-5060 ADA Requests and Questions 503-307-4131
- Sign Language Interpreter Please call 503-307-4131 or fill out a sign language interpreter form online at portland.gov/parks/air.
- Discount offered - Choose discounts up to 90%. Find more information on this webpage: **For Discount CLICK HERE**
- The early [registration flier](#) is also ***available in your language***: Spanish, Call or email us to request the flier in your language. Call phone number & email address: 503-260-2487 or parksrecreation@portlandoregon.gov.



★ [WEBSITE for The Shadow Project: Summer](#)

★ JOIN BEFORE JUNE 30TH!

- You Tube Video [The Shadow Project Summer Goal Setting Program](#)
- **July 6**—August 14, 2026
- [REGISTER HERE](#)
- What: The Shadow Project is a Portland-based nonprofit that helps make school more accessible and engaging for children with learning challenges. Special ed teachers use our programs to help students stay motivated to learn, manage their behavior, and improve reading skills.

A free summer program to help parents and caregivers support their kids' confidence, attention, motivation, and behavior by setting and working toward goals. This program is designed for ages 4-14.

Children earn "Shadow Bucks" for making progress and reflecting on goals. Weekly emails contain all the materials you need, video resources, & one-on-one support for parents/caregivers. After the session, kids get to pick out celebratory items in an online Shadow Store filled with fun books, art supplies, LEGOS and more!

★ [About ABILITY Magazine](#)

- *ABILITY Magazine* is an award winning publication and is **consistently ranked in the top 50 magazines in the world**. For over 30 years, our mission has been to provide new insights into our individual levels of ability.

- *ABILITY Magazine* strives to change public perception of what it means to have a disability by focusing on ability, shattering myths and stereotypes that surround disabilities, and bringing greater attention to the issues—showing that disability is part of the fabric of all our lives and shining a light on unconscious bias. *ABILITY Magazine* covers the latest on health, environmental protection, assistive technology, employment, sports, the arts, travel, universal design, mental wellness—and much more.
- [Ability Magazine digital version](#)
- [Useful RESOURCE Links](#)

★ [Website: Parenting Special Needs](#)

- [How to Use SNAP, Telehealth, and Digital Nutrition Tools to Support Your Family's Health](#)
- *ABILITY Magazine* is providing FREE Premium Memberships that include all Content, Digital Flip Page *ABILITY Magazine*, PDF versions, plus online interactive *ABILITY* Crossword Puzzles. [SIGN UP HERE FOR YOUR FREE MEMBERSHIP](#)

★ [Portland Disability Resources](#)

- Disability Community Organizations
- Disability-Specific Organizations
- Independent Living & Housing
- Public Transportation, Transportation Services & Parking
- Business & Employment
- Recreation and Fun
- Service Animals
- Disaster Preparedness

★ [Camp Yakety Yak](#)- (Not covered through K plan) 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. Contact: 971-303-3901 Email: info@campyaketyyak.org

★ [Upward Bound Camp: Summer Camp Session Dates & Themes](#) -

- What: The purpose of Upward Bound Camp is to provide on-going Christian based recreational and educational camp experiences for persons with disabilities, **12+** of age and over in an environment that presents opportunities for growth outside the individual's usual routine or habitat.
- Where: 40151 Gates School Rd., **Gates, OR** 97346 Phone - 503-897-2447 Email - camp@UpwardBoundCamp.org
- [2026 Catalog of camps](#)

★ [Meadowood Springs](#) - (Not covered through K plan)

- 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
- Register - Go to the [CampDoc website](#), **Create an account**. Click "+New Participant" and enter your child's information. Click "Register for a new session"
- Select the session you'd like to register your child for. A \$35 deposit is due with registration. Click "continue" , Complete your camper's profile. Once the profile is completed, camp staff will review the profile and confirm your camper's acceptance to the program.
- Phone - (541) 276 - 2752 Email - camp@meadowoodsprings.org

- **Overnight camp. 3 and a half hours away near Pendleton, OR**

- LOCATION - 77650 Meadowood Rd Weston, OR 97886

★ **PTBM Dance And Movement Therapy**

- What: This Proud To Be Me dance class is designed for preK to middle schoolers with special needs. Our beginner-level dance and movement classes currently take place through Zoom and provide a fun outlet for children to let out energy and meet new people. The free class is also designed to help refine motor skills, concentration, social/communication abilities, and general happiness. Dance and movement therapy has been proven to have significant benefits for children with special needs; it gives the children an immersive experience where they are challenged to carefully observe and imitate the movements of the instructor or based on the music. This allows the children to develop greater awareness over themselves, their surroundings, and other people.
- Where: ZOOM online Virtual



★ **2026 Regal Summer Movie Express**

- Summer movies for kids at Regal. Bring the family to the nearest Regal theater for our 2026 Summer Movie Express series! Summer Movie Express tickets are just \$1 on Tuesdays and Wednesdays 11AM showtime featuring summer movies the whole family will enjoy! Theater opening times vary so check participating theaters for feature start times.



★ **St. Johns 46th Annual Cathedral Park Jazz Festival**

- What: This is a free event! There will be food carts and booths. Bring your own low chair or a blanket. Only service animals. No outside alcohol allowed. Get there early to get a good parking spot (street parking only) - or better yet, take public transit to the park!
- When & Where: **July 17-19, 2026** 1:00PM-9:00PM Cathedral Park
6635 N Baltimore Ave Portland



★ **2026 Portlandia Mermaid Parade**

- Anyone can join the parade as a mer-person !FREE Saturday July 25th from 12:00 pm - 4:00 pm
- Begins @ Japanese Historical Plaza, Downtown Waterfront. Located between NW Davis and Burnside along the downtown waterfront. The

Portlandia Mermaid Parade is a FREE whimsical, all-ages promenade celebrating water, creativity, and community. Merfolk, sea creatures, and ocean allies of all kinds march through Portland in a joyful tide of color, costumes, and music. It's a splashy celebration of imagination and water stewardship for all who love the sea!

- **Parade Route** - The parade route will take approx. 30-45 minutes depending on the size of our group. The route is along flat sidewalks, no streets, and is ADA friendly. Individuals utilizing mobility devices may need assistance getting on to the beach. There is a paved pathway that leads down to the sand.



★ [Oregon State Fair AUGUST 28th, 2026](#)

- Also there is a 4th of July event. Family fun for all at the Official Fireworks of Salem, with a carnival, food and beverage, and a concert by Alabama, wrapping up with a FREE 20-minute fireworks show that will light up the sky above the Oregon State Fairgrounds! [BUY TICKETS HERE](#)
- Where: Oregon State Fair & Exposition Center
- 2330 17th Street NE Salem, Oregon 97301-0601



★ [Marion County Fair July 9-12, 2026](#)

- Where: Oregon State Fair Grounds, 2330 17th St NE, **Salem**
- **\$3.00 Thursday On Thursday, July 9**, everyone ages 6-61 are \$3 all day long! Children 5 and under and Seniors 62+ are FREE.
- Family Day Sunday July 12: All youth 12 years old and under are FREE.
- [GET YOUR TICKETS HERE](#)



★ [Oregon Country Fair 2026](#)

- The Oregon Country Fair (OCF) hosts an annual three-day festival offering the finest in entertainment, hand-made crafts, delectable food and information sharing, with annual attendance of approximately 45,000.
- [Oregon Country Fair YOU TUBE Video](#)
- When: July 10th - 12th h 11am - 7pm
- Where: 24550 Chickadee Ln, Veneta, OR 97487 (near Eugene)

★ [Hoyt Arboretum Learn JULY Events](#)

★ [List of Hoyt Arboretum EVENTS for 2026](#)

