

 **Kangaroo Care July Activity Newsletter**  
By Mary Graitzer



---

 **ACTIVITIES & EVENTS** 

Also follow us on Facebook for more activities and updates

 <https://www.facebook.com/profile.php?id=100092587147359>

---



**Extra June activities 2026**

---

**June 17th | Sensory Friendly Movie in Oregon City - The Mandalorian & Grogu**

**Time:** 5:45pm • FREE

**Location:** Cornelius 10 Cinemas 200 N 26th Ave, Cornelius, OR 97113

Join the Autism Society of Oregon for a sensory-friendly private screening of *The Mandalorian & Grogu*! Enjoy a smaller, accessible theater with reclining seats, lower sound, soft lighting, open captions, and sensory supports including headphones, fidgets, bean bags, and weighted plushies. Limited Seating - Must Register to Attend


 <https://charity.pledgeit.org/Movies>

**June 23rd | Gateway Park: Summer free lunch and activities**

**Time:** 10am-5pm • FREE

**Location:** Gateway Discovery Park 10520 NE Halsey St, Portland, OR 97220

Join Kangaroo Care and The Connection Club every 1st and 3rd Tuesday from June 23–August 18 for a fun, active summer with games, crafts, and a free meal!

 <https://www.portland.gov/parks/arts-culture/summer-free-all/free-lunch>

**June 21st | Miller Family Community Free Day at the Portland Museum**

**Time:** 10am-2pm • FREE

**Location:** Portland Art Museum 1219 SW Park Ave, Portland, OR

Celebrate the final weeks of the David Hockney exhibition with a Miller Family Free Day featuring music, hands-on art activities, and gallery experiences for all ages. Visitors can explore the exhibition before it closes while enjoying creative stations throughout the museum. This Free Day also includes POWER UP, the museum's Pride celebration for LGBTQ2SIA+ youth, families, and allies, with artmaking, performances, and activities centered on creativity and self-expression

 <https://portlandartmuseum.org/event/miller-family-community-free-day-june2026/>

**June 24th | Sensory Friendly Movie in Cornelius - Toy Story 5**

**Time:** 7:05pm • FREE

**Location:** Regal Hilltop in Oregon City

Join the Autism Society of Oregon for a sensory-friendly private screening of *Toy Story 5!* Enjoy a smaller, accessible theater with reclining seats, lower sound, soft lighting, open captions, and sensory supports including headphones, fidgets, bean bags, and weighted plushies. Limited Seating - Must Register to Attend

<https://charity.pledgeit.org/CorneliusMovies>

**June 24th | Disability Pride PDX- Good in the Hood Parade**

**Time:** Start at 9am • FREE

**Start Location:** Corner of N Williams Ave & N Russell St Portland OR

Join the PDX disability community at the Good in the Hood Celebration Parade to celebrate Disability Pride, connect with others, and help make the community more visible. Participants will march, blow bubbles, and show their pride while walking the 1+ mile parade route. Wear your favorite Disability Pride or disability-support organization shirt, and feel free to bring a sign celebrating disability pride, advocacy, or inclusion.

<https://braininjuryconnections.org/disabilitypridepdx/>

**June 25th | Washington County Summer I/DD Art Show**

**Time:** 4pm-7pm • FREE

**Location:** 5240 NE Elam Young Pkwy, Suite 150 Hillsboro, OR 97124

Explore artwork created by talented local artists with intellectual and developmental disabilities at Washington County's I/DD Art Show. This community event celebrates creativity, self-expression, and connection through art.

<https://www.washingtoncountyor.gov/devdis/i-dd-art-show>

**June 25th | Bigfoot Fest: The Invisible / Visible Disabilities Poetry Open Mic**

**Time:** 3pm-4pm • FREE

**Location:** Multnomah County Central Library 801 Southwest 10th Avenue Portland, OR 97205

Join the Bigfoot Poetry Festival's (In)Visible Disabilities Poetry Open Mic on June 25 at 3:00 PM at the Multnomah County Central Library. This free, inclusive event celebrates the voices of people with visible and invisible disabilities through poetry and community. Everyone is welcome to attend, and members of the disability community are invited to share their work during the open mic. The venue is ADA accessible.

<https://www.washingtoncountyor.gov/devdis/i-dd-art-show>

**June 27th | 3rd Annual Clackamas County DD Resource Fair**

**Time:** 10am-2pm • FREE

**Location:** 19600 Mollala Ave, G103 Oregon City, OR 97045

This free, public event is a great opportunity to connect with local service providers, advocacy experts, and community organizations supporting individuals with intellectual and developmental disabilities.

<https://www.portland.gov/parks/arts-culture/summer-free-all/free-lunch>



**July 2026**

**July 4th | King City's annual Walk & Roll Festival**

**Classic Car Rally and Parade Line-Up:** 9:00 AM to 9:30 AM

starting at 15245 SW 116th Ave, King City, OR 97224

**King City Festival:** 11:00 AM to 1:00 PM

17470 SW Montague Way, King City, OR 97224

Celebrate Independence Day at King City's annual Walk & Roll Festival and 4th of July Celebration! The day begins with a Classic Car Rally and Parade, followed by a community festival featuring family-friendly activities, local connections, and plenty of patriotic spirit. Bring your family, friends, and neighbors for a fun-filled day of community celebration.

[https://www.ci.king-city.or.us/4th\\_of\\_july/index.php](https://www.ci.king-city.or.us/4th_of_july/index.php)

**July 4th | Tigard's annual 4th of July Celebration**

Time: 6pm-10pm • FREE

Location: Tigard High School

Celebrate Independence Day at Tigard's annual 4th of July Celebration! Enjoy live music from the Tualatin Valley Community Band, kids' activities, food trucks, and a traditional fireworks show. Bring a blanket, relax with family and friends, and enjoy an evening of community fun

<https://www.tigard-or.gov/explore-tigard/community-events/4th-of-july-celebration#ad-image-5>

**July 4th | Fourth of July Concert & Laser Light Show (Wilsonville)**

Time: Music at 8pm | Laser Show ~9:45pm • FREE

Location: Town Center Park 29600 SW Park Place Wilsonville, OR 97070

Celebrate Independence Day at Wilsonville's Fourth of July Concert & Laser Light Show! Enjoy a free evening of live music, family-friendly entertainment, food vendors, and a spectacular laser light show at Town Center Park. Bring a blanket or lawn chair and enjoy a fun night out with family and friends.

<https://www.wilsonvilleparksandrec.com/parksrec/page/fourth-july-concert-laser-light-show>

**July 4th | Concerts in the Park - Fourth of July Celebration (Oregon City)**

Time: Music at 8pm | Laser Show ~9:45pm • FREE

Location: 17th St &, Washington St, Oregon City, OR 97045

Celebrate Independence Day at Wilsonville's Fourth of July Concert (Roll On: Alabama Tribute ) & Laser Light Show! Enjoy a free evening of live music, family-friendly entertainment, food vendors, and a spectacular laser light show at Town Center Park. Bring a blanket or lawn chair and enjoy a fun night out with family and friends.

<https://www.facebook.com/share/17sKdRG4y3/>

<https://historicoregoncity.org/event-directory/>

### **July 4th | Stars, Stripes and Wildlife-Lincoln City**

**Time:** Activities throughout the day, with live music from 12:00 PM–5:00 PM and fireworks at dusk

**Location:** Taft District and Devils Lake, Lincoln City

Celebrate the 4th of July in Lincoln City with a full day of family-friendly fun, including live music, food trucks, community activities, and a spectacular fireworks show over Devils Lake. The festivities highlight the natural beauty of the Oregon Coast while offering entertainment and activities for all ages.

<https://www.explorelincity.com/events/holidays/4th-of-july/>

### **July 8th | Touch a truck event (Oregon City)**

**Time:** 10am-12pm • FREE

**Location:** Library Park 606 John Adams Street Oregon City, OR 97045

Join the Oregon City Public Library in the Library Park to explore some of the vehicles that serve our community with B&B Leasing, Clackamas Fire & Rescue, OC Police Department, OC Public Works, and the OC School District!

<https://www.portland.gov/parks/arts-culture/summer-free-all/free-lunch>

### **July 7th AND 21st | Gateway Park: Summer free lunch and activities**

**Time:** 10am-2pm • FREE

**Location:** Gateway Discovery Park 10520 NE Halsey St, Portland, OR 97220

Join Kangaroo Care and The Connection Club every 1st and 3rd Tuesday from June 23–August 18 for a fun, active summer with games, crafts, and a free meal!

<https://www.portland.gov/parks/arts-culture/summer-free-all/free-lunch>

### **July 11th & 14th | A day at OMSI**

**Time:** Saturday 7/11 & Tuesday 7/14 10am-11am check in time • FREE

**Location:** OMSI 1945 SE Water Ave. Portland, OR 97214

Come join The Connection Club and Kangaroo Care (11th only) at OMSI for a free day to learn new things, interact with fun hands-on exhibits, and make new friends along the way. They will be providing free entry, as well as sensory kits if needed. Parking assistance and access to planetarium shows and special exhibits will also be available.

This is free with limited availability each month.

[Saturday https://charity.pledgeit.org/OMSI-Weekend](https://charity.pledgeit.org/OMSI-Weekend)

[Tuesday https://charity.pledgeit.org/OMSI-Weekday](https://charity.pledgeit.org/OMSI-Weekday)

### **July 12th | Wild Peloria Open House and Sensory Fair**

Time: 10:30 am - 1:00 pm • FREE

Location: 5480 SE 82nd Drive, Suite C Clackamas, OR 97015 United States

A family-friendly event for all ages to explore and better understand sensory preferences, with sensory themed/interactive booths and resources to support you and your loved ones.

<https://pdxparent.com/event-single/wild-peloria-sensory-fair/>

<https://www.wildpeloria.com/about>

### **July 15th | Healthy Relationships & Sex Education for Adults with I/DD (Virtual)**

Time: 10:00 am - 12:00 pm

Cost: \$70/person **Eligible for Medicaid billing (if receiving ODDS services)**

Location: Virtual

Join Boundaries & Beyond for a 15-week virtual class designed for adults with intellectual and developmental disabilities to build confidence, self-advocacy skills, and knowledge about healthy relationships, personal safety, consent, sexual health, LGBTQIA2S+ inclusion, and online safety. Classes meet once a week for two hours in a supportive and inclusive environment. Virtual classes begin July 15, 2026. To learn more or register, call 503-482-8452 or email [info@boundariesandbeyond.org](mailto:info@boundariesandbeyond.org).

<https://www.boundariesandbeyond.org/copy-of-we-offer>

### **July 18th & 19th | Portland Pride- Festival and Pride parade**

Waterfront Festival: Sat. 12pm-pm and Sun. 11:30am -6pm

Parade: Parade begins at 11AM from the North Park Blocks and ends on Naito Pkwy at the Festival

Location: Tom McCall Waterfront Park, 98 SW Naito Parkway, Portland, OR 97204  
Portland Pride is a vibrant, two-day celebration of the LGBTQIA+ community featuring a festival and parade filled with live entertainment, community booths, food vendors, and family-friendly activities. The festival is donation-based with a **\$10 suggested donation per person**, though no one is turned away for inability to pay.

<https://portlandpride.org/>

### **July 19th | Tryon Creek Nature Walk**

Time: 10:30 am - 1:00 pm • FREE

Location: Tryon Creek State Natural Area: 11321 Southwest Terwilliger Boulevard  
Portland, OR 97219

Join the Autism Society of Oregon for a guided nature walk at Tryon Creek State Natural Area, a welcoming space for Autistic individuals (ages 15+), families, friends, and supporters to enjoy nature together. These free walks are led by an Oregon Master Naturalist, limited to 20 participants, and require advance registration. Additional walks are available in August, September, and October. Parking fees are covered for registered attendees, and assistance with transportation may be available.

<https://charity.pledgeit.org/TryonCreek/>

**July 24th & 26th | Summer concert in the park- CRUZAR LA CARA DE LA LUNA**

**Friday, July 24, 2026** — Shute Park — 6:30pm (FREE)

**Sunday, July 26, 2026** — Peninsula Park — 6:00pm (FREE)

Experience the Oregon premiere of *Cruzar la Cara de la Luna (To Cross the Face of the Moon)*, the world's first mariachi opera, presented free by Opera in the Park Portland. Performed with a full orchestra, chorus, and soloists, this moving bilingual (Spanish and English) production explores themes of migration, family, and cultural identity through the story of a Mexican-American family spanning three generations.

<https://operaintheparkportland.org/performance/>

**July 25th | Brownsville "Stand By Me" Day! 40th Anniversary**

**Time:** 11:00 am to 5:00 pm • FREE

**Location:** 101 Park Ave, Brownsville, OR , Brownsville, Oregon 97327

Celebrate *Stand By Me Day* in Brownsville, hosted by the Linn County Historical Museum, honoring the iconic film shot in town. This year marks the 40th anniversary of the movie! Held on the 4th Saturday in July at Library Park from 11:00 AM to 5:00 PM, the event features a full day of fun including a 50's sock hop breakfast, walking tours, a fan forum, music and games, a treehouse replica, classic cars, and a movie in the park.

Join locals and fans in downtown Brownsville for a nostalgic community celebration!

<https://www.facebook.com/StandByMeDayJuly23>

<https://www.facebook.com/share/p/18rSzFPZGh/>

---

  **Ongoing / Flexible Activities**  

---

**Every third Tuesday of the month | Neurodivergent Dungeons and Dragons**

**Time:** June 16th- Every third Tuesday of the month 5PM – 8PM •FREE

**Location:** Taborspace 5441 SE Belmont St. Portland OR 97215

Whether you are an experienced adventurer, a beginner, or completely new, all skill levels are welcome! They'll provide snacks and beverages while an experienced and inclusive Game Master guides you into another world full of adventure, teamwork, and new friendships. This is a limited-space event, as only a set number of adventurers can join each table, and if there is enough interest, they will open additional campaigns in the future.

<https://charity.pledgeit.org/NDND>

**Every Friday | Social via Zoom**

**Time:** Every Friday 4:30 PM – 6:30 PM • FREE

**Location:** Virtual-Zoom Link: <https://us02web.zoom.us/j/85207648882>

Each week you are invited to gather with your friends and do some socializing, meet new people, play new games, and create community, with fun ideas to get things started every week. Go for it!

<https://www.kindtree.org/event-details/every-friday-social-via-zoom-2026-07-03-16-30-2>

### **Every Thursday | Free Summer Movies (Hermiston)**

**Time:** June 11th- Aug. 13th Every Thursday 5PM – 8PM •FREE

**Location:** Hermiston Cinema | 355 West Theater Lane, Hermiston, OR 97838

Each month the theater shows a family-friendly film that caters to neurodiverse moviegoers. During the movies, all of which appeal to kids, staff also turn up the lights, lower the sound volume and allow audience members the freedom to stand up and move around during the screening. Upcoming movies include Dog Man, The Lego Movie, David, Sonic the Hedgehog 3, The bad guys 2, Teenage mutant Ninja Turtles mutant mayhem, Shrek 2 and more

<https://www.moviesinhermiston.com/?vdate=6/18/2026>

### **Every Thursday | Showtime Concert Series (Hillsboro)**

**Time:** June -July Every Thursday 6:30PM – 8:30PM •FREE

**Location:** Shute Park 750 SE 8th Ave, Hillsboro, OR 97123

Enjoy free summer evenings at the Hillsboro Showtime Concert Series at Shute Park, featuring live music, food trucks, and a fun community atmosphere every Thursday in June and July. Upcoming bands include Eagle Eyes (Eagles Tribute), Conjunto Alegre (Salsa/Cumbia), Jackson Michelson (Country), Jennifer Batten & Full Steam (80s covers), and Taken By The Sky (Fleetwood Mac Tribute). Bring a chair or blanket and enjoy a relaxed night of great music with friends and family.

<https://www.hillsboro-oregon.gov/our-city/departments/parks-recreation/events/showtime-concert-series>

### **May 23rd-Oct. 11th | Oregon rail heritage center seasonal train rides**

**Time:** Every Sat/Sun May 23, 2026 – October 11, 2026

Departure times 1:00pm, 2:00pm, 3:00pm, 4:00pm • \$15-\$17

**Location:** Oregon Rail Heritage Center 2250 SE Water Ave, Portland, OR 97214

All aboard for weekend train rides in Portland! From summer through fall, enjoy a scenic ride behind a diesel locomotive with views of the city skyline, riverfront, wildlife, and Oaks Park. Choose an open-air car or a vintage air-conditioned coach for a classic rail experience the whole family can enjoy. Advance tickets are recommended, and admission to the Center is included. The Center is ADA-compliant but please note that train rides are not fully handicap accessible

<https://orhf.org/weekend-train-rides/>

### **Every Tuesday | Katu 2 Two for One Tuesdays at Oaks Park**

**Time:** Every Tuesday until Sept. 1st

**Location:** Oaks Park 7805 SE Oaks Park Way, Portland, OR 97202

KATU 2 for 1 Tuesdays are back starting next week! Get your wristbands online at [oakspark.com/ridetix](http://oakspark.com/ridetix) using coupon code KATU to get the deal. Offer only valid for Tuesdays, and only online. Not valid for wristband + skating options, but you can add skating to your wristband onsite for just \$5.

<https://www.facebook.com/share/p/1EFGj7BrzS/>

**Every other first Saturday | Neurodivergent & I/DD Speed Dating Event (Salem)**

**Time:** July 4th & Every other first Saturday of the month 3PM – 5PM •\$20

**Location:** The Blooming Venue 480 Center St NE #120 Salem, 97301

Our Neurodivergent & I/DD Speed Dating Event is designed especially for individuals who identify as neurodivergent and/or have intellectual and developmental disabilities (I/DD) and are interested in building meaningful connections with individuals of the opposite gender. For individuals seeking couples of the same gender or that identify as non-binary or are otherwise non-conforming, please sign up for our LGBTQIA+ Speed Dating! Questions? Contact [www.neuronavigations.com](http://www.neuronavigations.com)

<https://www.neuronavigations.com/booking-page>

**Once a month | First Sunday OMSI \$5 Days**

**Time:** First Friday of each month. Next one SAT. July 4th •\$5

**Location:** OMSI 1945 SE Water Ave. Portland, OR 97214

Explore the museum's permanent exhibits and labs for just \$5 per person on the first Sunday of each month. On OMSI \$5 Days, you can also purchase \$5 tickets for the Empirical Theater, Kendall Planetarium shows, USS Blueback Submarine tours, and select special exhibitions. High visitor traffic is expected, so advance ticket purchase is recommended.

<https://omsi.edu/events/5-day/>

**Every other Sunday | Women & Non-Binary Friendship Group #2 (Ages 18+)**

**Time:** Every other Sunday 6:00 PM – 7:30 PM • FREE

**Location:** Virtual

For female-identifying and non-binary Autistic people, ages 18 and up, looking for an accepting environment in which to hangout with other female-identifying or non-binary Autistic adults. Come chat, relax, or just chill. Participate in great discussions and/or activities (or not) of your choosing! This group is facilitated by Erika Kraft, an Autistic adult who identifies as nonbinary.

<https://us02web.zoom.us/join/zoom-join-link>  
[https://us02web.zoom.us/meeting/register/tZcqO6trT0qGdXbRBPriAYn2sTFsG\\_XgA7k#/registration](https://us02web.zoom.us/meeting/register/tZcqO6trT0qGdXbRBPriAYn2sTFsG_XgA7k#/registration)

**We'd love your feedback!** Please let us know if there are any events or activities you feel we're missing, or anything you'd like to see included in the future. We'd also appreciate your thoughts on timing—do you find it more helpful to receive these updates monthly or every three months? If you have any questions or comments about the newsletter, you can reach out to Mary Graitzer, Client Coordinator, at [admin@kangaroocarehelp.com](mailto:admin@kangaroocarehelp.com) .