

# WEEKLY BULLETIN

July 5 - July 11

## ANNOUNCEMENTS

### WE NEED VOLUNTEERS! <<<

If you or someone you know is interested in volunteering with MMCC, you can reach out at [info@mainemulticulturalcenter.org](mailto:info@mainemulticulturalcenter.org) or at (207) 307-7154

### >>> QUESTIONS?

Questions about something on the Weekly Bulletin? Feel free to reach out!

## UPDATES <<<

### >>> MAINE DISCOVERY MUSEUM FREE ADMISSION

#### Another activity to do this Summer

Just a reminder that we can get families free admission tickets to visit the Maine Discovery Museum with children. Up to 6 people per day. Just text us with the day that you would like to go and we will print the tickets for you. You can come pick them up at the office or, if that doesn't work, we could mail them to you. Learn more about the museum here: [www.mainediscoverymuseum.org](http://www.mainediscoverymuseum.org)

### POOLS IN THE AREA <<<

#### Get some relief from the heat

The Bangor Parks and Recreation has updated information on the pools' hours of operation and admission prices You can find that information here: <https://www.bangormaine.gov/348/Pool-Information>

## EVENTS

### >>> TUESDAY, JULY 7TH

#### Seaweed Squishies with 4H

3:00pm - 4:00pm @ Bangor Public Library  
Join us for a STEAM activity about seaweed found in the Gulf of Maine, learn why it is important to the ecosystem, and get a chance to make Seaweed Squishies to take home!  
Grades K-12

### WEDNESDAY, JULY 8TH <<<

#### Webinar: Forest Structure, Shade & Summer Ecology

5:30pm - 6:30pm @ Online

This webinar examines forest interior plant communities, focusing on how light availability, soil moisture, and vertical structure shape understory vegetation. Participants will explore shade-tolerant species, ferns, and forest herbs, and learn how to read forest composition beyond dominant trees. The session will also highlight how mature forests support wildlife through cover, microclimates, and seasonal food webs. Register [here](#).

### >>> ON THURSDAYS STARTING JULY 9TH

#### Technology Series: Break Up with Google

12:00pm - 1:00pm @ Bangor Public Library  
This three-session workshop series will guide attendees through the first steps of de-Googleing their digital lives, to improve privacy and security. Participants are welcome to sign up for some or all of the sessions, depending on their goals and needs. Please be sure to register individually for each date. More info and registration [here](#).