



Get out there, explore your community, get involved, and give back!

There is so much to do in Falmouth! We've compiled a list of 375 activities and experiences you can enjoy right here in our home town. Explore 300 activities from the list below during our 300th year. Work through the list on your own or as a family, a couple, or a group of friends. What's the prize? A new-found appreciation for everything Falmouth has to offer and the knowledge that the place you call home is an amazing place to live!

GET OUTSIDE

Swim

- ☐ Town Landing
- ☐ Mackworth Island
- ☐ Highland Lake

View Wildlife

- ☐ Blackstrap Hill Community Forest & Preserve
- ☐ North Falmouth Community Forest
- ☐ Hadlock Community Forest
- ☐ Hardy Road Conservation Area
- ☐ Falmouth Town Forest
- ☐ Falmouth Community Park
- ☐ Riverpoint Conservation Area
- ☐ McCrann/McLaughlin Preserve
- ☐ Woods Road Community Forest
- ☐ Trails at Falmouth Corner
- ☐ Walton Park/Presumpscot Falls Park
- ☐ Pleasant Hill Preserve
- ☐ Ledgewood Preserve
- ☐ Tidewater Farm
- ☐ Falmouth Nature Preserve/Mill Creek Preserve
- ☐ Underwood Park
- ☐ Pinegrove Preserve
- ☐ Maine Audubon
- ☐ Mackworth Island
- ☐ Suckfish Brook Conservation Area

Hike/Walk

- ☐ Walton Park/Presumpscot Falls Park
- ☐ Blackstrap Hill Community Forest & Preserve
- ☐ Falmouth Corners Preserve
- ☐ Falmouth Community Park
- ☐ Falmouth Nature Preserve/Mill Creek Preserve
- ☐ Falmouth Town Forest
- ☐ Hadlock Community Forest
- ☐ Hardy Road Conservation Area
- ☐ Tidewater Farm
- ☐ McCrann/McLaughlin Preserve
- ☐ North Falmouth Community Forest
- ☐ Pleasant Hill Preserve
- ☐ River Point Conservation Area
- ☐ Suckfish Brook Conservation Area
- ☐ Woods Road Community Forest
- ☐ Falmouth Community Park
- ☐ Trails at Falmouth Corner
- ☐ Mackworth Island
- ☐ Ledgewood Preserve
- ☐ Underwood Park
- ☐ Pinegrove Preserve
- ☐ Maine Audubon
- ☐ Route 1 Multipurpose Pathway
- ☐ Falmouth Land Trust Property Trails
- ☐ Hurricane Valley Farm Trails of Falmouth Land Trust

Cross Country Ski

- ☐ Hadlock Community Forest
- ☐ North Falmouth Community Forest
- ☐ Blackstrap Hill Community Forest & Preserve
- ☐ Hardy Road Conservation Area
- ☐ Falmouth Town Forest
- ☐ Falmouth Community Park
- ☐ McCrann/McLaughlin Preserve
- ☐ River Point Conservation Area
- ☐ Woods Road Community Forest
- ☐ Trails at Falmouth Corner
- ☐ Pleasant Hill Preserve
- ☐ Ledgewood Preserve
- ☐ Tidewater Farm
- ☐ Falmouth Nature Preserve/Mill Creek Preserve
- ☐ Underwood Park
- ☐ Pine Grove Preserve
- ☐ Maine Audubon
- ☐ Mackworth Island
- ☐ Suckfish Brook Conservation Area

Tennis

- ☐ Legion Field
- ☐ Huston School Park
- ☐ Falmouth Schools Complex
- ☐ Private Courts

Golf

- ☐ Falmouth Country Club
- ☐ Woodlands Country Club
- ☐ Portland Country Club

Snowmobile

- ☐ Hadlock Community Forest
- ☐ North Falmouth Community Forest
- ☐ Blackstrap Hill Community Forest & Preserve
- ☐ Falmouth Community Park

Picnic

- ☐ Falmouth Community Park
- ☐ Legion Field
- ☐ Stillings Field on Blackstrap

Snowshoe

- ☐ Ledgewood Preserve
- ☐ Mackworth Island
- ☐ Hadlock Community Forest
- ☐ North Falmouth Community Forest
- ☐ Blackstrap Hill Community Forest & Preserve
- ☐ Hardy Road Conservation Area
- ☐ Falmouth Town Forest
- ☐ Falmouth Community Park
- ☐ McCrann/McLaughlin Preserve
- ☐ River Point Conservation Area

- ☐ Trails at Falmouth Corner
- ☐ Pleasant Hill Preserve
- ☐ Woods Road Community Forest
- ☐ Tidewater Farm
- ☐ Falmouth Nature Preserve/Mill Creek Preserve
- ☐ Underwood Park
- ☐ Pine Grove Preserve
- ☐ Maine Audubon
- ☐ Suckfish Brook Conservation Area

Boat/Kayak/Canoe

- ☐ Highland Lake Boat Launch
- ☐ Presumpscot River
- ☐ Clapboard Island
- ☐ Mussel Cove
- ☐ Town Landing
- ☐ Blackstrap Canoe Launch
- ☐ Walton Park/Presumpscot Falls Park

Fish

- ☐ Walton Park/Presumpscot Falls Park
- ☐ Town Landing
- ☐ Highland Lake
- ☐ Hadlock Community Forest
- ☐ Riverpoint Conservation Area
- ☐ Blackstrap Hill Community Forest & Preserve
- ☐ Falmouth Nature Preserve/Mill Creek Preserve
- ☐ Blackstrap Canoe Launch
- ☐ McCrann/McLaughlin Preserve
- ☐ Mussel Cove
- ☐ Mackworth Island

Bird Watching

- ☐ River Point Conservation Area
- ☐ Maine Audubon
- ☐ Falmouth Nature Preserve/Mill Creek Preserve
- ☐ Mussel Cove
- ☐ Mackworth Island
- ☐ Suckfish Brook Conservation Area
- ☐ Highland Lake

Off Road Biking

- ☐ Ledge wood Preserve
- ☐ Hadlock Community Forest
- ☐ North Falmouth Community Forest
- ☐ Blackstrap Hill Community Forest & Preserve
- ☐ Hardy Road Conservation Area
- ☐ Falmouth Town Forest
- ☐ Falmouth Community Park
- ☐ River Point Conservation Area
- ☐ McCrann/McLaughlin Preserve
- ☐ Woods Road Community Forest
- ☐ Pleasant Hill Preserve
- ☐ Falmouth Nature Preserve/Mill Creek Preserve
- ☐ Pine Grove Preserve
- ☐ Suckfish Brook Conservation Area

Hunt

- ☐ Hadlock Community Forest
- ☐ North Falmouth Community Forest
- ☐ Blackstrap Hill Community Forest & Preserve
- ☐ Hardy Road Conservation Area
- ☐ Woods Road Community Forest
- ☐ Suckfish Brook Conservation Area

Horseback Riding

- ☐ Hadlock Community Forest
- ☐ North Falmouth Community Forest
- ☐ Blackstrap Hill Community Forest & Preserve
- ☐ Hardy Road Conservation Area
- ☐ Falmouth Town Forest
- ☐ Falmouth Community Park
- ☐ Woods Road Community Forest

GET CULTURED

- ☐ Attend a Falmouth300 Event
- ☐ Go to a dance
- ☐ Join a book club
- ☐ Read a book set in Falmouth
- ☐ Enjoy a Community Program Summer Concert
- ☐ Attend a choral concert
- ☐ Attend a band concert
- ☐ Attend a theatrical production
- ☐ See a dance performance
- ☐ Go the movies
- ☐ Listen to a musical performance
- ☐ Paint en plein air
- ☐ Attend a Falmouth Memorial Library Program
- ☐ Check out a book
- ☐ Download a book
- ☐ Snap some photos of Falmouth
- ☐ Explore an historic Falmouth cemetery
- ☐ Watch a skating show
- ☐ Research your ancestors
- ☐ Attend an historic lecture on Falmouth
- ☐ Attend an author talk
- ☐ Take a historic tour of Falmouth
- ☐ Browse a newspaper or magazine
- ☐ Take a garden tour
- ☐ Check out or rent a DVD

EAT OUT

- ☐ Book a business lunch
- ☐ Grab a pizza
- ☐ Enjoy a lobster roll
- ☐ Get carry out
- ☐ Order a gourmet sandwich
- ☐ Make it an Italian
- ☐ Indulge in a pastry
- ☐ Celebrate with a decorated cake
- ☐ Get a coffee at the drive thru
- ☐ Visit a food truck
- ☐ Fill your bowl at the salad bar
- ☐ Treat yourself to a sweet
- ☐ Enjoy a burger
- ☐ Carb-load on pasta
- ☐ Watch the game with wings
- ☐ Go for extra spicy
- ☐ Romantic dinner for two
- ☐ Too-tired-to-cook night
- ☐ Girl's night out
- ☐ Get supper at the club
- ☐ Grab an appetizer
- ☐ Celebrate a birthday
- ☐ Meet for coffee
- ☐ Order dessert
- ☐ Savor some seafood
- ☐ Celebrate an anniversary
- ☐ Do lunch with friends
- ☐ Organize a breakfast meeting
- ☐ Enjoy a meal with a view

- ☐ Picnic in a park
- ☐ Bring in bagels for the office
- ☐ Pick some fresh produce

SHOP FOR A CAUSE

- ☐ Falmouth High School Spirit Store
- ☐ Annual Lions Club Auction
- ☐ Ski Swap to benefit Falmouth Ski Club
- ☐ Christmas Trees to benefit Falmouth Hockey
- ☐ Falmouth Schools Fundraisers (magazine, gift wrap, holiday gifts, etc.)
- ☐ Falmouth Education Foundation Rummage Sale
- ☐ Annual Yard Sale to Benefit OceanView Resident Assistance Fund
- ☐ Falmouth Memorial Library Book Sale
- ☐ Scout Troop Fundraisers
- ☐ Maine Audubon Gift Store
- ☐ Falmouth Little League Calendars
- ☐ Falmouth Swim Team Wreaths
- ☐ Mattress Sale to benefit Falmouth Football
- ☐ Church Holiday Fairs
- ☐ Field Hockey Poinsettias
- ☐ The Bargain Barn at the Transfer Station
- ☐ Falmouth Historical Society books or gifts
- ☐ Shop300 online store
- ☐ T-Shirt to benefit Falmouth Land Trust

PATRONIZE THE BUSINESS COMMUNITY

- ☐ Get a hair cut
- ☐ Consign something
- ☐ Get your nails done
- ☐ Get a massage
- ☐ Buy flowers
- ☐ Drop off your dry cleaning
- ☐ Open a savings account
- ☐ Fill up with gas
- ☐ Pick up a hostess gift
- ☐ Purchase a good book
- ☐ Get a facial
- ☐ Get a pedicure
- ☐ Get your eyes checked
- ☐ See a chiropractor
- ☐ Update your insurance
- ☐ Set a mood with new lighting
- ☐ Try acupuncture
- ☐ Choose a greeting card
- ☐ Mail a package
- ☐ Pamper your pet
- ☐ Browse for antiques
- ☐ Update your home décor
- ☐ Pick out a new outfit
- ☐ Service your car
- ☐ Get a checkup
- ☐ Buy back-to-school clothes
- ☐ Have your hearing checked
- ☐ Get a flu shot
- ☐ Pick up a newspaper
- ☐ Get your teeth cleaned
- ☐ Stock your pantry
- ☐ Pick up pet supplies
- ☐ Purchase a plant
- ☐ Take home a toy
- ☐ Put air in your tires
- ☐ Try on some shoes
- ☐ Start investing
- ☐ Get your taxes done

- ☐ Update your wireless plan
- ☐ Buy a piece of art
- ☐ Hire a photographer
- ☐ Get something framed
- ☐ Straighten your teeth
- ☐ Stock up your tool box
- ☐ Hire a contractor or handyman
- ☐ Pick up hobby supplies
- ☐ Pick up a prescription
- ☐ Stock up on office supplies
- ☐ Get your car inspected
- ☐ Hire a plumber
- ☐ Get your trees trimmed
- ☐ Purchase a nice bottle of wine
- ☐ Landscape your yard
- ☐ Get your lawn mowed
- ☐ Hire a lawyer
- ☐ Conduct Craigslist sales at the safe spot at Falmouth PD
- ☐ Stroll through the Farmer's Market

BRING THE KIDS

- ☐ Play on the playground at Underwood Park
- ☐ Go crabbing at Town Landing
- ☐ Attend a school-sponsored fair or festival
- ☐ Listen in at Falmouth Memorial Library story time
- ☐ Visit the playground at Legion Field
- ☐ Go for ice cream
- ☐ Sign up for Falmouth Memorial Library Summer Reading Program
- ☐ Swing and slide on the playground at Mason-Motz
- ☐ Touch a truck
- ☐ Fly a kite at Community Park
- ☐ Visit the Graves School playground
- ☐ Build a ferry house on Mackworth Island
- ☐ Ice skate at Lee Twombly Pond
- ☐ Enjoy the playground at Huston School Park
- ☐ Dip your toes at Town Landing
- ☐ Skip stones at Mackworth Island
- ☐ Trick-or-Treat
- ☐ Sled the big hill at Portland Country Club
- ☐ Play at the playground in Huston Park
- ☐ Attend the Fire and EMS Open House
- ☐ Run in FEF's Color Run
- ☐ Participate in the annual Halloween Parade

GET INVOLVED AND GIVE BACK

- ☐ Support your Falmouth team by attending a game or meet
- ☐ Honor a veteran
- ☐ Register to vote
- ☐ Get a library card
- ☐ Become a Falmouth Rotarian
- ☐ Write a letter to the editor
- ☐ Attend a Town Council meeting
- ☐ Become a member of Falmouth Historical Society
- ☐ Attend a Falmouth church function
- ☐ Join the Falmouth Lions Club
- ☐ Sign up for a Community Programs' activity
- ☐ Join Falmouth Land Trust
- ☐ Support Falmouth Education Foundation
- ☐ Join a Falmouth Schools PTO
- ☐ Join a Falmouth Parent Booster Group
- ☐ Join a Falmouth Garden Club
- ☐ Serve as a volunteer on a town committee
- ☐ Become a member of Maine Audubon

- ☐ Volunteer!
- ☐ Donate food to the Falmouth Food Pantry
- ☐ Donate items to the FEF Annual Rummage Sale
- ☐ Donate books to the Library Book Sale
- ☐ Take a town survey
- ☐ Connect with the Town of Falmouth on social media
- ☐ Organize a neighborhood service project
- ☐ Vote (June 2018)
- ☐ Vote (November 2018)
- ☐ Donate items to the Lions Club Auction
- ☐ Attend a school board meeting
- ☐ Help your neighbor
- ☐ Recycle electronics at the Rotary Electronics Recycling Collection Day
- ☐ Join a Falmouth Service Club
- ☐ Become a member of a Falmouth Non-Profit

GET SOME EXERCISE

- ☐ Join a free monthly hike with Ranger Rick of the Falmouth Land Trust
- ☐ Walk laps at the Mason-Motz Activity Center
- ☐ Join a gym
- ☐ Take an exercise class
- ☐ Ice skate
- ☐ Play pick up hockey
- ☐ Join a pickle ball league
- ☐ Take a bike ride
- ☐ Go for a jog
- ☐ Play soccer at Community Park
- ☐ Do some yoga
- ☐ Run in the Ugly Sweater 5K
- ☐ Take part in the Ugly Sweater Merry Mile Fun Run/Walk
- ☐ Play basketball at Huston School Park

LEARN SOMETHING NEW

- ☐ Ice skating
- ☐ Martial arts
- ☐ Yoga
- ☐ Piano
- ☐ Singing
- ☐ Painting
- ☐ Ukulele
- ☐ Knitting
- ☐ Master gardening
- ☐ Canning
- ☐ Speed skating
- ☐ Tennis
- ☐ Racquetball
- ☐ Sailing
- ☐ Kickboxing
- ☐ Snowshoeing
- ☐ Golfing
- ☐ Stand-up paddleboarding
- ☐ Pilates
- ☐ Meditation

MY OWN DISCOVERIES

Did we forget something? Share your discoveries with us on Facebook at <https://www.facebook.com/Falmouth300/>

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Thoughtful CARE IN A Spectacular SETTING

After a hospital stay, we know your goal is to return home and it is our job to help get you there.

Our highly qualified **Skilled/Rehab Team** will work together to get you back home and doing the things you enjoy as soon as possible.

- Physician/Medical Provider Visits
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Skilled Nursing Care
- Discharge Planning and Education



Falmouth by the Sea
Professional Care Today and Tomorrow

GOING HOME

WELCOME HOME

If you are in need of additional support with housekeeping, personal assistance, medication management, consider us as your new home.

With **28 Private Assisted Living Apts.** and a variety of floor plans, our intimate size allows us to customize our service to meet your needs.

- Emergency Response System
- Activities and Outings
- Formal Dining
- Spectacular Ocean View



Foreside Harbor
ASSISTED LIVING IN A COASTAL SETTING

Proud to Support Our Community

Congratulations to Falmouth on 300 Years!



Call 207-781-4714 ext. 229 for more information and to schedule a tour.

191 Foreside Road • Falmouth, Maine
www.falmouthsea.com • www.foresideharbor.com