



# July 2024

## Parks and Rec Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Take a walk on the outdoor path around the Rec Center	<b>2</b> Use the zip line at Holly Park	<b>3</b> Take a dip in one of the MRD swimming pools	<b>4</b> Have a BBQ with friends at one of the local parks with an outdoor grill	<b>5</b> Listen to the Summer Music Series at the Amphitheater	<b>6</b> Go SUP, kayak, or tubing at Taviwach Park
<b>7</b> Go fishing at Ridgway State Park	<b>8</b> Play a round of disc golf	<b>9</b> Watch the sunset and moon rise with friends and/or family	<b>10</b> Try river surfing at the white water park at Riverbottom Park	<b>11</b> Go to a park and hang out in a hammock	<b>12</b> Go down the drop slide and/or spiral slide at the Rec Center	<b>13</b> Participate in or watch the Youth Skateboarding Clinic at the skate park
<b>14</b> Take a friend fishing!	<b>15</b> Stand barefoot in the grass and take 30 deep, relaxing breaths	<b>16</b> Set up a Slip 'N Slide or have a water fight	<b>17</b> Take a Fitzone class at the Rec Center	<b>18</b> Walk/run/bike the connect trail from flex rec. to the CRC	<b>19</b> Play pickleball outdoors with a coworker or 2	<b>20</b> Take the Fly Fishing Casting Clinic at the Rec Center
<b>21</b> Shoot hoops with a parks and rec employee	<b>22</b> Spend your lunch break outside and get some Vitamin D	<b>23</b> Sit under a tree and listen to the birds sing	<b>24</b> Visit the botanical garden	<b>25</b> Come support your favorite softball team!	<b>26</b> Sit around a firepit with friends and/or family and make s'mores	<b>27</b> Go to the farmer's market and buy local produce
<b>28</b> Pack a picnic and enjoy it at a local park	<b>29</b> Go hit golf balls at the driving range or play a round of golf	<b>30</b> See how many shooting stars you can see in 30-minutes of stargazing	<b>31</b> Do pullups or pushups on the outdoor fitness equip. at McNeil Park	<b>BONUS:</b> Hike a 14er	<b>BONUS:</b> Spend a weekend camping. MRD has rental gear if you need it!	<b>BONUS:</b> Go pick fruit at one of the nearby farms or orchards

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