

# CONWAY REC

# JULY 2023

## NRPA'S PARKS & RECREATION MONTH



SUN

MON

TUE

WED

THU

FRI

SAT

Prizes Awarded  
Daily

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	

Each Day Post & Tag us on Social Media  
**#WhereCommunityGrows**

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If you don't have social media email your submission to  
[mike@conwayrec.com](mailto:mike@conwayrec.com)

1. GUESS WHO, PLAY A FAMILY GAME
2. WATCH A FAMILY MOVIE
3. CAVEPERSON DAY (PUT DOWN YOUR CELL PHONE AND BUILD A HOUSE OF CARDS)
4. CELEBRATE AMERICA'S BIRTHDAY
5. STACK ROCKS AT A RIVER OR BEACH WITH YOUR FAMILY OR PAINT A ROCK FOR THE REC GARDEN.
6. THROWBACK THURSDAY, FIND THE OLDEST PICTURE OF YOURSELF AT REC(USE OUR SOCIAL MEDIA)
7. GO ON A HIKE OR WALK ON YOUR FAVORITE TRAIL
8. HELP YOUR FAMILY BY COMPLETING A CHORE OR ASSISTING YOUR PARENTS IN YARD WORK.
9. TAKE YOUR PET FOR A WALK OR MAKE A TREAT DONATION TO THE HUMANE SOCIETY AT THE REC
10. BAKE SOMETHING WITH YOUR FAMILY!
11. HAVE A DANCE-OFF WITH YOUR FAMILY.
12. FIND YOUR INNER ARTIST, PAINT OR DRAW SOMETHING IN OUR COMMUNITY
13. CELEBRATE CHRISTMAS IN JULY AND TAKE PART IN YOUR FAVORITE CHRISTMAS TRADITION
14. CLEAN A WALKING PATH, TRAIL, OR BEACH WITH YOUR FAMILY
15. ENJOY A BIKE RIDE OR WALK WITH YOUR FAMILY
16. VISIT AN ICE CREAM SHOP (TO CELEBRATE NATIONAL ICE CREAM DAY)
17. FIND A CONSTELLATION IN THE SKY
18. PLAY CATCH WITH A FAMILY MEMBER (ANY BALL OR FRISBEE WILL DO)
19. HAVE A FAMILY COOKOUT AND EAT A HOT DOG (TO CELEBRATE NATIONAL HOT DOG DAY)
20. THANK A FIRST RESPONDER FOR THEIR HARD WORK
21. DONATE CANNED GOODS(DONATIONS CAN BE BROUGHT TO THE REC)
22. WITH YOUR PARENT'S HELP ENJOY A S'MORE BY A CAMPFIRE (DON'T FORGET YOUR FIRE PERMIT)
23. TEACH YOUR FAMILY A REC GAME/ACTIVITY AND PLAY.
24. VISIT A GRANDPARENT, CALL A GRANDPARENT, OR SEND A CARD TO AN ELDERLY FRIEND.
25. PAY IT FORWARD! PAY FOR SOMEONE'S ORDER OR COMPLETE ANOTHER ACT OF KINDNESS.
26. TAKE A SELFIE WITH YOUR PET OR A PHOTO OF YOUR FAVORITE ANIMAL
27. PERFORM AN ACT OF KINDNESS
28. BRING A SMALL FLOWER TO PLANT IN OUR NEW REC COMMUNITY GARDEN
29. DANCE IN THE RAIN (TO CELEBRATE NATIONAL RAINY DAY)
30. VISIT A LOCAL PARK AND USE ITS FACILITIES (PICKLEBALL, BASKETBALL, TENNIS)
31. WALK TO REC DAY (MEET AT THE HAM ARENA)

More info at [www.conwayrec.com](http://www.conwayrec.com)

