

For Immediate Release

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## **July is National Park and Recreation Month Visit a Plano Park and Change Your Life**



Park and Recreation Month provides a way to celebrate all the ways parks and recreation can transform our daily lives. It's a great opportunity to discover the power of play. Plano's Parks and Recreation department is celebrating by offering a variety of fun, free or affordable activities for people of all ages and abilities, including kayaking, family night hikes, geocaching and more. Game on!

Plano is the top ranked City in Texas and number 15 in the U.S. in this year's Trust for Public Land's ParkScore Index. "From providing places to play, get fit and stay healthy to fostering new relationships and forging a connection with nature, Plano's close-to-home parks and recreation facilities provide essential services that improve the overall quality of life," said Plano Parks and Recreation Director Robin Reeves.

We're encouraging residents to share their photos with us on Facebook, Twitter and Instagram by using #PlayInPlano and #GameOnJuly. Here are just a few ways to join us in the celebration during July:

- Cut a rug - Tuesday Night Dances at the Sam Johnson Recreation Center for Adults 50+
- Sprawl out on a blanket at the All-American Fourth Fireworks Celebration
- Introduce your kids to classic outdoor games every Tuesday with Play in the Park (free)
- Rent a kayak and explore the lake at Oak Point Park & Nature Preserve
- Learn about the many volunteering opportunities with Volunteer in Plano
- Check out the Downtown Music Series at McCall Plaza
- Take in a game at the USA Softball Gold National Championship July 28-Aug. 3

“Our goal is to ensure that the lives of all residents in Plano are touched in some way by the services we provide, whether it’s taking a class at our recreation centers, taking the family to one of our pools, or exploring the beauty of Plano’s parks and nature preserves,” said Reeves. There truly is something for everyone.”

For more information, please visit [www.planoparks.org](http://www.planoparks.org) or [www.nrpa.org/july](http://www.nrpa.org/july).

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### **About Plano**

Plano, Texas, is the largest city in Collin County with a population of 284,070 as of January 2019. Incorporated in 1873, the city is located 20 miles north of Dallas. Niche and AreaVibes recently named Plano as one of the Best Cities to Live in America. Forbes designated Plano one of America’s safest cities. The City offers a high quality of life that includes nationally recognized schools, award-winning parks, and sustainability initiatives and a wide variety of multi-cultural neighborhoods appealing to families, young singles and retirees. Plano is home to the headquarters or regional operations of major corporations such as Toyota, Liberty Mutual, JPMorgan Chase Boeing Global Services, Fannie Mae, FedEx Office, JC Penney, Rent-A-Center, Cinemark Holdings, Denbury Resources and Alliance Data Systems. Our dynamic community features excellent restaurants, vibrant shopping and entertainment venues, a lively historic downtown district and active local arts scene. Easy access to DART light rail and major highways makes Plano a convenient place to live, work and visit. To learn more about Plano, go to our website at [plano.gov](http://plano.gov).