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			1 Join the Independence Day Art Challenge. Send a photo of your art to IndependenceDayArt@flower-mound.com by Sunday, July 5.	2 Get a great, socially distanced workout in at the CAC fitness floor.	3 Visit the monarch butterfly garden at Green Acres Memorial Park.	4 Celebrate Independence Day - fly your USA flags with pride!
5 Like the Town's Parks and Recreation department pages on social media.	6 Register for fall athletic leagues, including softball and kickball.	7 Sign up for our daily virtual senior center emails. Visit www.flower-mound.com/seniors .	8 Tire the kids out at the Fort Wildflower community built playground at Heritage Park.	9 Sign up for the virtual Creative Art Challenge classes at www.flower-mound.com/adventures	10 SIM members can walk on the indoor track at the CAC, Monday-Friday from 8 a. m. - 2 p.m.	11 Enjoy a morning stroll along the Purple Coneflower trail.
12 Take a selfie at your favorite park or trail and share it with a friend.	13 SIM members: sign up for lunches on Tu/Th and pick up curbside at the senior center.	14 Treat your best friend with a visit to the Hound Mound dog park.	15 Hoops anyone? Play at the outdoor basketball court at Gaston Park.	16 Take an evening hike on the Northshore trail at Twin Coves Park.	17 Beat the heat with the kids at the Heritage Park splash pad.	18 Grab a friend and try out the 18-hole disc golf course at Heritage Park.
19 Enjoy a picnic at Bluebonnet Park.	20 Schedule a play date at the shaded Staton Oak Park.	21 Improve your tennis game with Bad Dawg! For info, visit www.flower-mound.com/tennis .	22 It's national hot dog day - grill out at one of your local park pavilions!	23 Swim some laps or just splash around at the CAC indoor pool.	24 Submit a local 'Community Creatives' nominee: www.flower-mound.com/arts	25 Rent a kayak at Twin Coves Park and enjoy some time on Grapevine Lake.
26 SIM members: OLLI at UNT is virtual! Register for online lectures at olli.unt.edu .	27 Search for animal sculptures along the nature encounter trail at Heritage Park.	28 Visit the recently upgraded and aeronautically themed Lakewood Park.	29 Treat yo'self: book a relaxing weekend cabin stay-cation at TwinCovesPark.com!	30 It's World Friendship Day - organize a get together at a local park with people of different cultures	31 Celebrate national mutt day and take your fur-legged friend to the Hound Mound!	WE ARE PARKS AND RECREATION

For more information, please call 972.874.6300 or visit www.flower-mound.com/parks